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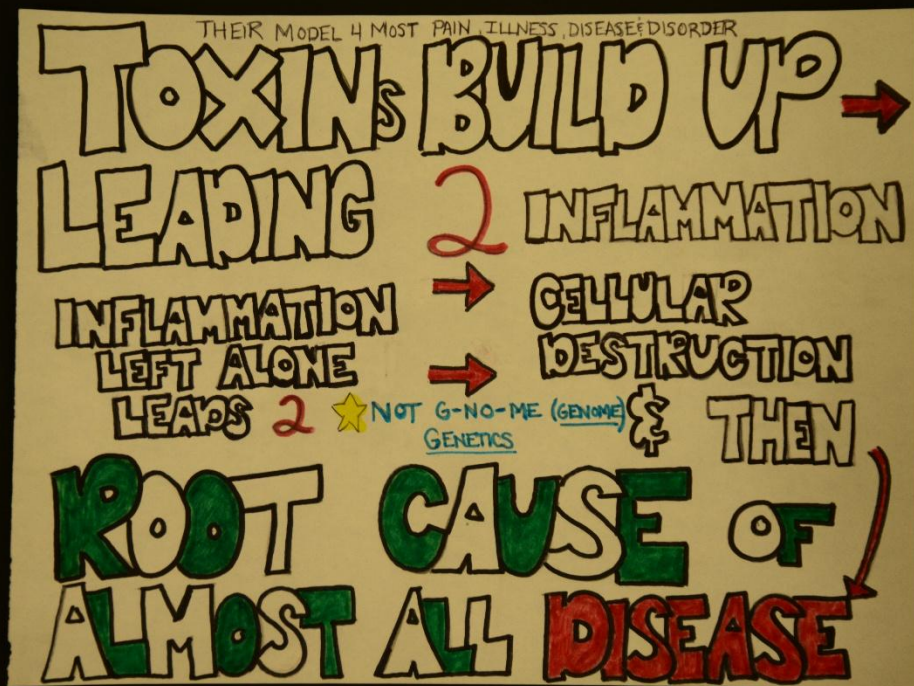
B.T.T.S.





P.6

2 CURE PAIN MESSAGE THE AREA HARD



8 DAILY FUNDAMENTALS

^{2 B} Your Greatest ETERNAL Energy

- #1 GRATITUDE JOURNAL ^{CTR VIAJOSNO} & ^{CLEAR KARMA} DAILY
- #2 FILL UP FULLY ON PURE H₂O
- #3 MYOGA - DEEP STRETCHING & BREATHING ^{DIAPHRAGMATIC}
- #4 ONLY EAT REAL FOOD - RAW PHYTOCELLS
- #5 GET SUN WHILE WALKING BRISKLY 30 MIN/DAY
- #6 PH BALANCE EACH MEAL & YOUR B.T.T.S.
- #7 TUNE WITH POSITIVE TUNES & SLEEP ^{8 HOURS PER DAY}
- #8 1 ACT OF SERVICE, ESPECIALLY 2 ^{THEIR} ^{RAW} 'EARTH'
- ^{Divine} #9 ^{Divine} A LITTLE 'CANNABIS A DAY KEEPS THE DOCAWAY

TUNE YOUR B.T.T.S.

RULES r TOOLS &
ALL WHO SAY
OTHERWISE r (SICK)
FOOLS !

WELCOME 2 THE MOST BASIC HOMO SAPIEN B.T.T.S. (BIOLOGICAL TECHNOLOGICAL TEMPLE AND SUITE FORMERLY KNOWN AS THE BODY) USER MANUAL EVER WRITTEN MY SACRED AND SENTIENT SISTERS AND BROTHERS AROUN THE WORLD.

THE TOP DRIVING FACTORS OF ALL PAIN AND SUFFERING FROM DISEASE AND DIS-ORDERS WITHIN OUR SACRED AND SENTIENT SOUL STEWARD SPECIES:

1. DEHYDRATION-ALMOST ALL ARE DEHYDRATED AND SO DEHYDRATED IT IS CAUSING CELLULAR DAMAGE, PAIN, SUFFERING, DISEASE AND DISORDER. AND THEN WHEN SUFFERING WE AS A WHOLE SEEK THE WRONG SOLUTIONS.

2. A LACK OF ESSENTIAL OILS IN OUR B.T.T.S. CANNABIS IS OUR CREATOR'S CROWN JEWEL OF THEIR PLANT AND FOOD QUEEN AND KINGDOM. CANNABIS IS THE NUMBER ONE PRODUCER OF THE GREATEST VARITEY OF ESSENTIAL OILS OF ALL PLANTS/FOODS AND THESE ESSENTIAL OILS ABSOLUTELY SHOULD BE RE-CLASSIFIED AS A MACRO NUTRIENT AND WOULD B IMMEDIATELY IF COMMIES WERE NOT IN CONTROL. AND REMEMBER ABOVE ALL HERE THAT CANNABINOIDS ARE ESSENTIAL OILS AS WELL AS SUPERVITAMINS SPECIFICALLY CALIBRATED 4 OUR E.C.S. OF OUR I.S. OF OUR OVERALL B.T.T.S., AND FOUND PRETTY MUCH NOWHERE ELSE IN NATURE. THERE ARE OTHER PLANTS IN THEIR DOUBLE DOM THAT PRODUCE MORE ESSENTIAL OILS PER PLANT BUT NOT A LARGER VARIETY OF ALL OUR B.T.T.S. NEEDS. CANNABIS WAS SPECIFICALLY AND BEYOND BRILLIANTLY DESIGNED PERFECTLY PAIR AND SYNC WITH OUR B.T.T.S. 4 THOUSANDS OF DIFFERENT REASONS AND APPLICATIONS. ARE YOU PICKING UP EVERYTHING I AM THROWING DOWN? YOU GOT THIS.

THESE OILS ARE CALLED ESSENTIAL FOR A REASON. THEY ARE NOT AN OPTION. PERIOD. YOU MUST HAVE THEM IN YOUR B.T.T.S. JUST LIKE WATER AND THESE ARE THE OILS AND FLUIDS YOUR MOST ADVANCED TECH IN THEIR UNIVERSE NEEDS 2 FUEL AND FUNCTION AT MAXIMUM POTENTIAL AND POWER. JUST LIKE THE TIN MAN IN WIZARD OF OZ, SO MANY OF YOU SUFFER BONE AND JOINT DISEASE AND DISCOMFORT BECAUSE YOU DO NOT HAVE ANY OIL IN YOUR MAGICAL MACHINE FROM MOM. YOU MUST HAVE YOUR B.T.T.S. PROPERLY LUBRICATED 2 OPERATE AT ALL, LET ALONE OPTIMALLY AND ALMOST NONE OF YOU HAVE ANY EMBEDDED IN YOUR B.T.T.S. AND ALMOST ALL OF YOU HAVE FAKE FU**YA FOODS CON OF A CON CONCENTRATED COOKING OILS IN THEIR PLACE MESSING YOU UP BIG TIME. THESE FAKE FOOD OILS ARE SOYBEAN, CANOLA, SAFFLOWER, SUNFLOWER, MCT, AVACADO, PEANUT, COCONUT, ETC. ALL ARE GREAT IF IN THEIR NATURAL AND UNPROCESSED FORMS AND FOODS. THESE OILS ARE THE (MAIN) CARRIER FOR THE BIOWEAPONS EMBEDDED IN YOUR FAKE FOODS. THE COMMIES CALL THESE DOUBLE SPEAK VACCINES.

3. MAD COWS DISEASE. THIS WILL OFFEND MANY, BECAUSE THEY KNOW THEY ARE LIVING HIGH ON THE HOG AND DEAD WRONG. YOU ALL KNOW AT A GUT LEVEL YOU SHOULD NOT BE EATING ANIMALS AND THEIR CELLS ARE FULLY INCOMPATIBLE WITH OUR HUMAN TECHNOLOGY CALLED THE B.T.T.S. THIS HAS BEEN STUDIED AND PROVEN TIME AND TIME AND TIME AND TIME AGAIN THROUGHOUT NEARLY EVERY CIVILIZATION SINCE ALL CREATION. EATING ANIMALS CAUSES ALL CELLS DAMAGE BUT BRAIN DAMAGE WITHOUT A DOUBT. NO BOOK EVER SAID EAT THE ANIMALS. SHOW ME THE BOOK AND THE LEGITIMATE SOURCE WHO WROTE IT AND YOU CANNOT SO YOU ARE IN A DOGMATIC RELIGION AND CULT WITH FOUNDATIONS BUILT ON SANDY LIES. DO NOT LIE IN THE SAND WHEN THE STORM BEGIN POUNDING THE BEACHES. IT IS NOT MY GAME OR

CODE/RULES/LAW/STRUCTURE SO HATE THE GAME AND CREATORS
NOT THIS PLAYER WITH A HIGH SCORE HAVING ALREADY DESTROYED
THE MATRIX AND RETURNED 2 HELP EXTRICATE YOU AND RAISE YOUR
OWN PERSONAL SCORE. HATE THE GAME OR ITS CREATORS, NOT THE
PLAYER. I LOVE YOU. I DO NOT CARE IF YOU LIKE ME OR HATE ME, ALL
I CARE IS THAT WHEN WE MEET AT THE END OF THIS LEVEL FOR OUR
EXIT INTERVIEW AND GRADUATION/REPEAT/REMOVAL THAT YOU
HAVE 2 ADMIT 2 MOM AND DAD THAT YOU HAD THE OPPORTUNITY 2
BECOME A FAR BETTER PLAYER 4 HAVING CROSSED MY PATH. SOME
DAY YOU WILL RESPECT AND LOVE ME ALTHOUGH MOST OF YOU WILL
NOT LOVE ME THE SECOND OR DAY YOU READ WHAT I WRITE 4 THE
FIRST TIME. MOST OF YOU WILL HATE ME AT FIRST UNTIL MOM AND
DAD WORK ON YOUR FALSE EGO A BIT.

**MY FRIEND TOLD ME SHE
WOULDN'T EAT BEEF TONGUE
CAUSE IT CAME OUT OF A
COWS MOUTH...**

SO I GAVE HER AN EGG.

4. LEAKY GUTS/BOWELS/BLADDERS. FAR MORE THAN 50% OF HUMANS HAVE A LEAKY GUT CAUSED BY EATING FAKE FOODS LIKE THE GUT AND CELL PUNCHING BIOWEAPON HFCS. HIGH FRUCTOSE CORN SYRUP. THIS SHIT IS IN DARN NEAR EVERYTHING AND IT IS A TOTAL BIOWEAPON. OUR DIGESTIVE TRACK IS MEANT 2 BE A NEAR CLOSED LOOP WITH ONLY A COUPLE OF EXITS 4 BEYOND BRILLAINTLY DESIGNED REASONS. THE DIGESTIVE TRACK AND ORGANS ENGAGED IN DETOXIFIYING AND CLEANING THE B.T.T.S. HANDLES TOXINS OTHER CELLS CANNOT HANDLE BEING EXPOSED 2, AND WHEN OUR STOMACH AND DIGESTIVE TRACK ARE DAMAGED AND LEAKING THE TOXINS INTO OTHER PORTIONS OF OUR B.T.T.S. HEALTH NIGHTMARES BEGIN VIA THE MODEL I PRESENT HERE ON TOXINS AND ALL DISEASE/DISORDER

AND PAIN. AS THE TOXINS BLEED IN2 THE OTHER PORTIONS OF THE B.T.T.S. THEY ACT ARE LIKE AN ABSOLUTE BOMB GOING OFF. LEAKY B.T.T.S. SYSTEMS THAT SHOULD NOT LEAK LEAD 2 MASSIVE PAIN, SUFFERING, DIS-EASE, AND DIS-ORDER IN YOUR B.T.T.S. ROLL WITH ME HERE AND IT WILL NATURALLY HEAL ITSELF THROUGH CELLULAR REGENERATION ONCE GIVEN THE PROPER INPUT BUILDING BLOCKS. THERE IS NO GREATER DRIVER OF CELLULAR GENERATION THAN H2O AND CANNABIS. ALL OTHER FOOD TECH IS RIGHT BEHIND THESE 2 JUGGERNAUTS. THE OTHER MAJOR DRIVER OF A LEAKY GUT IS CARBONATED AND FERMENTED BEVERAGES. THESE ARE ALL HIGHLY TOXIC AND CARBONATION IS CARBON DIOXIDE WHICH IS THE WASTE OF THE B.T.T.S. CARBON DIOXIDE IS THE EXHAUST OF OUR B.T.T.S. AND IT NEVER SHOULD B BROUGHT BACK IN2 YOUR SYSTEMS. THIS IS LIKE TAKING A HOSE AND PLACING IT ON THE EXHAUST PIPE OF YOUR PORSCHE AND OPENING UP THE ENGINE BAY AND BLOCK AND STICKING THE OTHER END OF THE HOSE RIGHT BACK IN THE MOTOR. THIS IS SHITTING WHERE YOU LIVE, EAT, WORK, CO-CREATE, SLEEP, AND BREATHE. IF YOU DRINK CARBONATED BEVERAGES THIS IS LITERALLY EATING YOUR OWN SHIT. THIS IS WHAT OUR CREATORS TOLD ME, DAD SPECIFICALLY IN HIS SIGNATURE SIMPLE STYLE AND THIS WAS WHAT IT TOOK ME HEARING 2 SNAP MY WICKED AND SELF DESTRUCTIVE MIND CONTROL AND HYPNOSIS THE WICKED WANNAB WHACKJOBS HAD EMBEDDED IN MY B.T.T.S., AND OF COURSE BECAUSE I ABOVE ALL ALLOWED THEM 2 GAIN ACCESS 2 IT. I AM NO VICTIM HERE. I WENT THROUGH PHASES WHERE I WAS IN SPORTS AND I WOULD NOT TOUCH IT AND HAD COACHES SAY THINGS IF THEY SAW ANYONE HOOFING IT AND LAGGING BEHIND SO IT IS VERY COMMON BIOCHEMICAL KNOWLEDGE IN THE FIELD OF SPORTS SCIENCES. THEN THERE WERE PERIODS WHERE I WAS WORKING IN THE AUTOMOTIVE INDUSTRY BUYING AND FIXING WRECKED CARS AND I WOULD DRINK

50-100 OUNCES OF COLA A DAY. I WAS SHITTING ALL OVER AND INSIDE OF MYSELF. I AM VERY BLUNT. ESPECIALLY WITH MYSELF WHEN I SPEAK 2 MYSELF. I AM NICE AND LOVING BUT VERY BLUNT. THIS PRODUCES THE BEST OUTCOMES IN MY LIFE. I NEVER LET MYSELF OFF EASY. I AM MY OWN GREATEST CRITIC AT ALL TIMES SO I LAUGH WHEN OTHERS EVEN TRY. I AM A HIGH POWERED AMATEUR 2 TRIPLE A LEVEL ATHLETE AND I WAS RAISED ON COKE A COLA. MY PARENTS GAVE IT 2 ME IN MY BOTTLE WHEN I WAS SICK. I HAD 2 BREAK THAT HABIT WHEN I ENTERED SPORTS AND REALIZED IT WAS KICKING MY OWN ASS. MOST ALL ATHLETIC FINANCIAL CONTRACTS OUTLAW THE INTAKE/UPTAKE OF CARBON DIOXIDE IN2 THE ATHLETE'S B.T.T.S. THINK ABOUT IT. HARD. STOP EATING YOUR OWN SHIT AND PUNCHING HOLES IN YOUR GUT VIA PRESSURE AND NOTHING ELSE, BUT BEYOND THIS THE DRINKS ARE ALMOST ALWAYS HIGHLY ACIDIC AND MORE LIKE BATTERY ACID OR TOILET BOWL CLEANER. THE SAME GOES 4 FERMENTED BEVERAGES. ALCOHOL AND HIGHLY ACIDIC BEVERAGES ARE NOT MEANT 4 OUR BEYOND BRILLIANTLY DESIGNED MAGICAL MACHINES FROM MOTHER (AND FATHER OF COURSE). THESE BIOWEAPONS ALL CAUSE CELLULAR WALLS OF THE STOMACH AND OTHER HARDWARE COMPONENTS OF OUR DIGESTIVE TECHNOLOGY AND LEAD 2 FIRST LEAKY GUT AND THEN YOU NAME IT ALMOST. QUIT THEM 2DAY AND JOIN ME IN MY T4 CLASSES 4 FREE AND I PROMISE 2 MAKE QUITTING BAD HABITS FUN AS IT GETS. IF YOU BEGIN WITH THE RIGHT INTENT AND PUT IN THE PROPER AMOUNT OF WORK ETHIC.



5. NUTRIENT LOCKOUT. THIS IN ITS MOST REDUCED AND SIMPLE OF SIMPLE TERMS MEANS NUTRIENTS BROUGHT IN2 OUR B.T.T.S. THAT NEVER GET UPTAKEN AND PROPERLY UTILIZED MEANING CONVERTED IN2 ENERGY THAT BENEFITS US IN SOME WAY AS BEYOND BRILLIANTLY DESIGNED. DEYHDRATION IS ONE FORM OF NUTRIENT LOCKOUT AS THE B.T.T.S. DOES NOT HAVE THE NECESSARY H2O 2 PROCESS THE FOODS AND NUTRIENTS YOU EAT. IF YOU ARE DEHYDRATED YOU ARE WASTING YOUR MONEY EATING MORE FOOD AS ONLY A FRACTION WILL ACTUALLY B ABLE 2 B COVERED 2 THE ENERGY YOUR B.T.T.S. CAN EFFECTIVELY UTILIZE. OTHER CAUSES OF NUTRIENT LOCKOUT ARE COPIOUS BUT THE BIGGEST CAUSE BEYOND DEHYDRATION IS MY #6 PH IMBALANCE. WHEN OUR B.T.T.S. BECOMES OVERLY ACIDIFIED OUR DIGESTIVE TECHNOLOGY AND THE CELLS THEY ARE BUILT OF BEGIN 2 SEE MAJOR FUNCTIONALITY DECLINE, ALMOST IDENTICAL 2 WHAT YOU SEE HAPPEN 2 A COMPUTER WHEN IT BECOMES 2 HOT. AS A COMPUTER BECOMES 2 HOT THE HARDWARE COMPONENTS ONLY

DESIGNED AND BUILT FOR CERTAIN TOLERANCES INCLUDING TEMPERATURE TOLERANCES BEGIN 2 LAG AND SLOW DOWN. CELLS ARE IDENTICAL WHEN 2 HOT AND 2 ACIDIC IS EXACTLY THAT. WHEN THESE CELLS BEGIN 2 SLOW DOWN THEIR WORK THE B.T.T.S BEGINS 2 MALFUNCTION AND TOXINS STACK LEADING 2 PAIN, DISEASE, AND DISORDER SO THINGS LIKE CANCER CELLS BECOME FAR MORE LIKELY 2 FORM AND TAKE HOLD. CANCER CELLS THRIVE IN ACIDIC ENVIRONMENTS. IF YOU WANT 2 MURDER THEM OR THROUGH APOPTOSIS PROGRAM THEM 2 COMMIT A FORM OF CELLULAR SUICIDE YOU WANT 2 FLUSH THEM WITH A HIGH PH OR ALKALINE REGIMEN. THEY CANNOT LIVE IN CLEAN AND BALANCED ENVIORONMENTS. CLEAN CELLS ROCK THEM AS BEYOND BRILLIANTLY DESIGNED BY YOUR MOTHER AND FATHER WHO ARE WAY BEYOND HEAVENLY OR ANY WORDS I HAVE EVER HEARD IN THE HUMAN VERNACULAR.

#6 B.T.T.S. PH IMBLANCE. OUR B.T.T.S. CELLS MOSTLY SEEK AN ALKALINE ENVIORMNENT AND SO MUCH DISEASE AND DISORDER EXISTS BECAUSE OUR B.T.T.S.' ARE OVERLY ACIDIFIED FROM OUR HIGHLY ACIDIC SAD DIET. STANDARD AMERICAN DIE (T). REMEMBER THOSE WHO DIE (T) DIE AND SOONER MEANING THEY DO NOT GRADUATE THIS LEVEL AND AT BEST GET A REPEAT. CANCER AND ALL DISEASE SEEKS ACIDIC CELLS. YOU SHOULD BE PH BALANCING YOUR B.T.T.S. AND EVERYTHING YOU PUT IN IT LEANING ALKALINE.

#7 A LACK OF REAL VITAMINS, MINERALS AND NUTRIENTS. MOST HUMANS ARE EATING FAKE FOODS VOID OF ALL OF THIS AND WHICH ARE ACTUALLY NET NEGATIVE NUTRITION MEANING WHEN DONE DIGESTING THE FAKE FOOD REMOVED NUTRIENTS FROM YOUR B.T.T.S. AND A LOT OF THIS TAKES PLACE BECAUSE OF THE DAMAGE THESE BIOWEAPONS CAUSE AND THE ENERGY AND RESOURCES NEEDED 2 REPAIR THESE DAMAGES. ALMOST NO ONE IS GETTING THEIR ESSENTIAL OILS BECAUSE THEY SOLELY EAT COOKED FOODS/FAKE

FOODS AND WHEN WE COOK OUR FOODS WHERE ESSENTIAL OILS EXIST THEY EVAPORATE, ARE DAMAGED, DEPLETED, OR FULLY DESTROYED. SAME WITH VITAMINS AND NUTRIENTS. THIS IS WHY EATING RAW IS SO VITAL. AND CANNABIS IS THE ONLY FOOD OR SUPERFOOD THAT CONTAINS OUR B.T.T.S.' I.S' E.C.S. SUPER VITAMINS CALLED CANNABINOIDS. IT'S A MOUTHFUL. OUR BIOLOGICAL TECHNOLOGICAL TEMPLE AND SUITE'S IMMUNE SYSTEM'S ENDOCANNABINOID SYSTEM NEEDS SUPER VITAMINS CALLED CANNABIINOIDS AND WAS BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD 2 WORK AND PAIR SEEMLESSLY WITH THE 5TH MOST ADVANCED TECHNOLOGY ON THEIR PLANET AFTER US AND H2O, AND THIS IS CANNABIS AND ESPECIALLY IT'S CANNABINOIDS LIKE THC AND CBD. YOUR BILLIONS OR MORE DOCKING OR PORTING SITES OF YOUR ECS PAIR PERFECTLY WITH THE POWERHOUSE OF A PLANT TECHNOLOGY CALLED CANNABINOIDS. THEY ACT LIKE LOCK AND KEY AND YOU CAN FEEL THIS INTERPLAY WITHIN YOU IN SUPER MAGICAL WAYS.

SUPER VITAMINS CALLED CANNABINOIDS BEING IMPROPERLY AND ILLEGALLY PATENTED BY THE UNITED STATES OF AMERICA DEPARTMENT OF HEALTH AND HUMAN SERVICES:

Cannabinoids as antioxidants and neuroprotectants

pubchem.ncbi.nlm.nih.gov/patent/US-6630507-B1

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PATENT

Cannabinoids as antioxidants and neuroprotectants

Patent	US-6630507-B1
Inventor	HAMPSON AIDAN J (US) AXELROD JULIUS (US) GRIMALDI MAURIZIO (US)
Assignee	US HEALTH (US)
Country	United States
Dates	Priority: 1998/04/21 Grant: 2003/10/07
Description	This web page summarizes information in PubChem about patent US-6630507-B1. This includes chemicals mentioned, as reported by PubChem contributors, as well as other content, such as title, abstract, and International Patent Classification (IPC) codes. To read more about how this page was constructed, please visit the PubChem patents help page . PubChem

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1 Abstract

Cannabinoids have been found to have antioxidant properties, unrelated to NMDA receptor antagonism. This new found property makes cannabinoids useful in the treatment and prophylaxis of wide variety of oxidation associated diseases, such as ischemic, age-related, inflammatory and autoimmune diseases. The cannabinoids are found to have particular application as neuroprotectants, for example in limiting neurological damage following ischemic insults, such as stroke and trauma, or in the treatment of neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease and Huntington's disease.

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<https://pubchem.ncbi.nlm.nih.gov/patent/US-6630507-B1>

2 MY DEAR SACRED AND SENTIENT SISTERS AND BROTHERS
WORLDWIDE. I HOPE YOU ARE FEELING LOVE IN YOUR LIFE FROM
BARE MINIMUM YOUR CREATORS. I AM TOTALLY TONY AND HAVING
FUN FIGHTING FOR FREEDOM. WITHOUT FREEDOM LOVE, FAMILY,
FORTUNES AND FAME REALLY DO NOT MATTER. DO YOU AGREE OR
DISAGREE? MOM AND DAD TRY 2 COMMUNICATE WITH EACH OF US
ON AN INDIVIDUAL AND GROUP BASIS EVERY DAY. ARE YOU FEELING
THEIR VIBRATIONS AND ARE YOU BENEFITING FROM YOUR PERSONAL
DATA AND REVELATION THEY HAVE BEEN SENDING YOU? YOU KNOW,
THAT GUT FEELING IN THE STOMACH, 8TH SENSE, OR STILL SMALL
VOICE THAT NEVER HAS BEEN WRONG, NOT EVEN ONCE? I HOPE AND
WORK HARD EVERY DAY ALONGSIDE MANY OF YOU AND OF COURSE
MOM AND DAD IN THESE, THEIR VINEYARDS OF EARTH THAT WE ALL
MIGHT HAVE A BETTER WORLD SO YOU WILL FEEL THESE GUT FEELINGS
AND 8TH SENSES FAR MORE, AND EVEN HEAR THEIR STILL SMALL VOICE
AND HAVE IT RESONATE WITHIN YOUR TECH AND TEMPLE OFTEN.
ABOVE ALL WITH THIS TEXT I AM TRYING 2 HELP YOU HAVE A FAR
STRONGER SIGNAL STRENGTH SO YOU CAN HEAR AND COMMUNICATE
WITH THEM EFFECTIVELY SO YOU CAN BUILD A SERIOUS RELATIONSHIP
WITH THEM. IN ORDER FOR US 2 HAVE A SERIOUS RELATIONSHIP WITH
OUR CREATORS AND COMMUNICATE WELL WE MUST BE HEALTHY AND
2 DO THIS WE NEED HIGH QUALITY FOOD, AND THE COLD HARD
REALITY IS THAT RIGHT NOW THE FOOD SYSTEM IS VERY CORRUPT AND
UNDER THE CONTROL OF COMMUNISTS GLOBALLY. THEY DO A PRETTY
GREAT JOB FEEDING EVERYONE SOMETHING BUT MOST ARE EATING
FAKE FOOD. IN ORDER 4 US 2 BECOME HEALTHIER AND HAPPIER AS
INDIVIDUALS, THEN IN THE AGGREGATE AS FAMILIES, THEN AS
NEIGHBORHOODS, TOWNS, CITIES, A NATION, AND FINALLY THE
WORLD WE WILL NEED 2 EAT FAR MORE REAL AND HEARTY HEALTHY
NATURAL FOODS FROM MOM AND DAD'S SUPER SACRED AND

SENTIENT SOIL SOULS OF THE EARTH. RIGHT NOW WE DO NOT GROW ENOUGH DENSELY NUTRITIOUS FOODS AND WHAT IS BEING GROWN IS STRUGGLING BIG TIME BECAUSE IT IS NOT BEING FARMED CORRECTLY AND EVEN LARGER MIDGET MINDED MACRO MADNESS ISSUES THAT FARMERS, ESPECIALLY IF COMMERCIAL, CANNOT AVOID. THE SOLUTION AT A MACRO LEVEL IS 2 GET NEW HUMANS IN CHARGE OF THE FARMLAND ALL OVER EARTH, AND PERFECT PAIRING MICRO SOLUTION IS EVERYONE GROWING A VICTORY GARDEN IN THEIR FRONT YARD OR BACK WHEREVER POSSIBLE, AND STARTING LOCAL GARDENS AND FARMING COMPANIES IN EVERY COMMUNITY ON EARTH SO WE EAT UP LESS ENERGY TRYING 2 GAIN ENERGY. THAT MAKES NO SENSE 2 DESTROY ENERGY WHEN WE ARE TRYING 2 CREATE NEW ENERGY AND POWERFUL POSITIVE ENERGY FROM THE CHOSEN SOCIAL SUPERSTRUCTURES OF EARTH MIRRORING OUR OWN. THE NEXT WOULD BE 2 STOP GROWING GRASS EVEN THOUGH I LOVE GRASS AND WON GOLF TOURNAMENTS ON THAT STUFF. KEEP ALL OF THE GOLF COURSES AND MAKE MORE PLEASE BUT LAWNS AT HOME NOT SO MUCH. I LOVE, LOVE, LOVE GRASS, BUT I LOVE FOOD EVEN MORE. DON'T YOU? LETS ALL GROW A VICTORY GARDEN AND GET MORE INVOLVED SO THE FARMING TECHNIQUES CHANGE AND OUR SYSTEM CAN THEN GROW THE SUBSTANTIALLY ADDITIONAL FOOD IT WILL TAKE 2 MAKE US ALL EQUALLY HEALTHY, PEACEFUL, PRODUCTIVE, PROFITABLE, AND POWERFUL BOTH INDIVIDUALLY AND AS A TEAM IN LARGER UNITS UP 2 THE NATION STATE LEVEL. THIS IS SOMETHING WE CAN ALL GENUINELY PARTICIPATE IN 2GETHER. IT IS IN EVERY SINGLE ONE OF OUR BEST INTEREST. NO ONE IS FREE FROM THIS NEED 2 KEEP THEM IN THE GAME. WE ALL MUST EAT DAILY 2 TAKE ADVANTAGE OF THIS OPPORTUINITY WE CALL LIFE. YESTERDAY WAS A BAD DAY 4 ME SO I MAY HAVE TOLD MOM AND DAD OTHERWISE YESTERDAY PRIVATELY. EVER HAVE A DAY LIKE THAT WHERE OTHERS ARE TRYING 2

WRECK IT AND YOU HAVE 2 FIGHT 2 JUST SALVAGE IT? FIND ME NEXT DAY YOU DO AND I WILL GIVE YOU A HUGE HUG AND BUY YOU A LUNCH WHILE WE TURN THAT FROWN UPSIDE DOWN. IT HAPPENS 2 US ALL. THIS IS LIFE. IT IS MEANT 2 B HIGHLY CHALLENGING AS GRADUATION NETS US NEW AND SUPER MAGICAL ETERNAL ENERGY OR GIFTS.

WILL YOU JOIN ME IN BUILDING A BOLD, BRAVE, AND BEAUTIFUL NEW REALITY 4 US AND OUR POSTERITY? I HOPE ALL OF YOU HAVE HAD A CHANCE TO READ AND BEGIN TESTING MOM AND DAD'S SCIENCE AS PRESENTED (BUT NOT PERFECTLY AND ERRORS ARE MY OWN), IN *CANNABIS, CREATION'S COMMUNICATION CHANNEL CLEANER & MOTHER'S MOST MAGICAL MEDICINE (WE NEED DIE IN SIN NO MORE)*. THIS BOOK IS A LOVE NOTE, AND A FREE NO OBLIGATION GIFT FROM THEM AND THE BEST I COULD DO 2 RELAY THEIR DAILY TRANSMISSIONS OF TOTAL TRUTH AND LOVE IN REGARDS 2 THE FUEL AND FOOD YOU AND US ALL SHOULD BE PARTAKING OF 2 BUILD, MAINTAIN, FORTIFY, AND RUN OUR B.T.T.S.'

IF YOU ARE NOT FULLY AWARE, YOU HAVE CREATORS WHO HELPED YOUR BIOLOGICAL EARTHLING PARENTS CO-CREATE YOU AND BRING YOU HERE 2 "EARTH" AND THE SUPER EXCITING NEWS IS THEY ARE HERE ON EARTH WORKING WITH US IN THEIR VINEYARDS EVERY DAY. SAY HELLO, GET 2 KNOW THEM INTIMATELY. THAT IS ONE OF THE MAIN OBJECTIVES OF THIS ETERNAL GAME WE ARE ALL PLAYING. IT WILL LEAD 2 PURE JOY ALTHOUGH THEIR HIGHER PATH IS NOT EASY. THE MORE YOU ENGAGE THEM THE MORE THEY WILL ENGAGE YOU. BY NOW BILLIONS OF US HOMO SAPIENS HAVE EXPERIENCED OUR CREATORS IN OUR LIVES 2 SOME DEGREE 4 OURSELVES WHETHER WE KNEW IT OR NOT AT THE TIME. TELL ME AM I WRONG? TELL ME THEY ARE NOT FAR DIFFERENT THAN YOU ACTUALLY THOUGHT THEY WERE AT FIRST OR WERE TOLD BY OTHERS, ESPECIALLY RELIGIONS, SCHOOLS,

GOVERNMENTS, CLUBS, CULTS, FRIENDS, ETC. THEY ARE SO MUCH MORE MAGICAL! SUPER MAGICAL! DO YOU NOT AGREE?

IN ORDER 4 US 2 RECOGNIZE OUR CREATORS ARE HERE ON EARTH WITH US AND 2 RECEIVE THEIR TRANSMISSIONS OF TOTAL TRUTH AND LOVE VIBRATIONS (WHICH WE BENEFIT FROM GREATLY AND IN THE SHORT 2 ETERNAL RUN), WE MUST PURIFY AND TUNE OUR B.T.T.S. SO IT ALIGNS PROPERLY WITH MOM AND DAD'S TECHNOLOGY. THIS IS VERY CLOSE 2 THE TECHNOLOGY KNOWN AS SATELLITES WHICH WERE DESIGNED BASED ON THE UNDERSTANDING OF MOTHER AND FATHER'S TECHNOLOGIES AND THEIR NATURAL TECHNOLOGIES OF THE UNIVERSE ARE SO MUCH MORE ADVANCED. IF YOUR SAT DISHES 4 YOUR TELL A VISION OR YOUR SAT DISH LIKE CELLS GET COVERED UP THEY LOSE TRANSMISSION OF THE FREQUENCY BEING BEAMED 2 THEM FROM THEIR HIGHER POWER OR TECHNOLOGY. SO KEEP YOUR TRILLIONS OF SAT DISHES BABY CLEAN.

2 HELP YOU ALL TUNE YOUR B.T.T.S. A LITTLE BIT BETTER AND WITH LESS READING INVOLVED I FIGURED I WOULD MAKE A COMPANION BOOK 2 HELP SUMMARIZE WHAT ONE NEEDS TO DO ON A DAILY BASIS SO THAT THEY CAN MAXIMIZE THEIR POTENTIAL AS AN ETERNAL ENERGY HERE ON EARTH. THIS IS A COMPANION 2 THE 1 GREAT RESET IN CHAPTER 3 OF *CCCC,MMMM*. BOTH OF THESE ARE FREE. YOU ARE LOVED. GO AND LET THIS B A TOTAL GAME CHANGER 4 U HERE ON EARTH. THIS BOOK, *CCCC,MMMM* AND JUSTEATIT.ORG AS A WHOLE AT THIS VERY MOMENT ALREADY POSSESS THEE MOST VALUABLE DATA 4 EVERY HUMAN ON EARTH BECAUSE OF WHAT IT CAN UNLOCK AND DO 4 EACH OF US ON AN INDIVIDUAL BASIS. WHAT IS THERE NOW IS MAYB AT MOST 1 PERCENT OF WHAT WILL B THERE EVENTUALLY AND SOON IF ALL GOES WELL. WE ARE FIRST HERE AS ETERNAL ENERGIES 2 LEARN, LOVE, AND GROW IN MOM AND DAD'S DIAMOND F PATTERN OF FAITH, FREEDOM, FOREVER FAMILY, AND

FOREVER FRIENDSHIP (TRUE AND GENUINE). AND IN THAT ORDER. WE ARE ETERNAL ENERGIES WHO MAY CHANGE VEHICLES AND HOMES OVER THAT JOURNEY, BUT ON THIS LEVEL WE HAVE BEEN GENEROUSLY GIFTED THESE AMAZING B.T.T.S' (BIOLOGICAL TECHNOLOGICAL TEMPLE & SUITE) AS HOMES AND VEHICLES 2 WORK HARD AND PLAY HARD SO THAT ULIMATELY WE MAY GROW AND EXPERIENCE PURE JOY.

THE FOLLOWING BOOK IS MY WAY OF TAKING WHAT MOST PEOPLE MAKE FUN OF ME FOR AND IMPROVING 2 BETTER HELP THEM AND SO MANY OTHERS. I TEND 2 SHARE A TON OF DATA AND 4 SOME THAT OVERWHELMS THEM SO THIS BOOK 82BGR8 IS 4 YOU WHO LIKE IT SHORT AND SWEET LIKE THE OLD READER'S DIGEST. AND EVEN SHORTER THAN THOSE TOILET TREASURES. THE FOLLOWIING IS:

ANCIENT WISDOM OF HOW WE PURIFY, TUNE, AND ALIGN OUR B.T.T.S. WITH OUR CREATOR'S TECH EVERY DAY

#1: B GRATEFUL, AND KEEP A GRATITUDE JOURNAL. USE THIS EVERY DAY 2 HELP YOU STAY ON TRACK CHOOSING THEIR RIGHT WHILE KEEPING IT SUPER SIMPLE SWEETHEARTS. AND NEVER FORGET 2

CLEAR YOUR KARMIC DEBT HERE AND IN THE REAL WORLD DAILY. IF YOU HAVE NEVER ENGAGED IN THIS PROCESS I WILL SHARE FAR MORE IN ANOTHER TEXT COMING SOON BUT IT BASICALLY MEANS TRYING A LITTLE HARDER 2 BE A LITTLE BETTER EACH DAY AND WHEN WE MAKE MISTAKES APOLOGIZING 2 THOSE WE HARMED. NEVER LET SIN OR ANGER BUILD. NIP IT IN THE ASS WHEN IT IS SMALL AND YOUR LIVES WILL B SO MUCH MORE JOYFUL. WHEN YOU BEGIN DOING THIS YOU WILL BEGIN 2 GROW IN SUPER MAGICAL WAYS. THERE IS POWER IN SO CALLED REPENTANCE AND YOU SHOULD TAP IN2 IT IF YOU NEVER HAVE. START EVERY MORNING OFF WRITING IN THIS JOURNAL ONE THING YOU ARE GRATEFUL 4. REPEAT THIS AT NIGHT AND NEVER STOP. THIS CAN B ONE WORD OR SENTENCE AND EVERYONE HAS TIME 4 THIS. SEE WHERE ONE WORD OR SENTENCE TAKES YOU. JOURNAL IN THIS JOURNAL WHAT JOURNALING DOES 4 YOU. THINKING OF WHAT WE ARE GRATEFUL 4 TAKES EVERY CELL IN OUR B.T.T.S. 2 AN ENTIRELY DIFFERENT LEVEL AND FREQUENCY, ESPECIALLY ALL OF THE CELLS IN OUR MAJOR ENERGY CENTERS OUR CREATORS GAVE US. JOURNAL HOW THIS MAKES YOU FEEL IF IT DOES MAKE YOU FEEL BETTER. PAY ATTENTION 2 HOW IT MAKES YOU FEEL BETTER. AND GIVE AN EXPERIEMENT A TRY FOR A FEW MONTHS TO A FEW YEARS BEFORE YOU MAKE ANY CLAIMS ONE WAY OR THE OTHER. EVERYTHING BEGINS WITH INTENT. AND SCIENCE REQUIRES YOU B GENUINE AND HONEST SO GIVE THIS YOUR VERY BEST ATTEMPT AND WATCH THE MAGIC THAT BEGINS 2 TAKE PLACE AND FLOW IN2 YOUR LIFE. MOM AND DAD WILL COMMUNICATE WITH YOU FAR MORE IF YOU REMEMBER 2 DO THIS. JOURNAL WHAT HAPPENS IN RELATION 2 THEM, THE ETERNAL ENERGY THAT PUT YOU HERE WITH YOUR PARENTS HELP IN AN ACT OF CO-CREATION. START OFF BY WRITING DOWN YOU ARE GRATEFUL 4 YOUR PARENTS AND MENTION BOTH SETS. THIS IS AN EXPERIMENT. SEE WHAT HAPPENS. YOU WERE

GIVEN THAT B.T.T.S. 2 CARRY OUT SCIENCE AND EXPLORE THEIR UNIVERSE AND CO-CREATE AWESOME NEW REALITIES. EXPLORE. TEST THIS AND SEE WHAT HAPPENS. MAGIC HAPPENS WHEN WE PURIFY, TUNE, AND ALIGN OURSELVES WITH THE HIGHEST TECH IN THE UNIVERSE WHICH THEN GENUINELY GENESIS GUIDES US AS WE CO-CREATE 2GETHER IN SUPER MAGICAL WAYS. YOU GOTTA GET IN ON THE ACTION IF YOU ARE SITTING ON THE SIDELINES OF LIFE. GET ON UP, YOU GOT THIS. LETS ROCK THIS. LETS ROLL!

IF YOU GIVE THIS YOUR ALL YOU WILL SEE IT HAS POTENTLY POWERFUL EFFECTS ON OUR LIVES. WHEN WE PURIFY, TUNE, AND ALIGN WITH MOM AND DAD'S TECH, JUST LIKE AN AWESOME GAME OR MOVIE PLAYED ON TELL A VISIONS VIA SAT, THEIR MAGIC AND OUR ABILITY 2 CO-CREATE OUR OWN BEGINS. WHEN YOUR DISH SATELLITE ALIGNS WITH CORPORATE SATS THEY BEAM OR TRANSMIT THE SIGNAL AND FREQUENCY, OR THE DATA YOU NEED 2 HAVE THAT MAGIC APPEAR ON THE SCREEN. MOM AND DAD'S SYSTEMS WORK SIMILARLY AND ON SO MANY OTHER LEVELS OR CHANNELS VIA MANY OTHER CONDUITS. THE MAJORITY OF ANTI-TECH DESIGNED BY COMMIES (CULLING CHOSEN CHILDREN OF OUR CREATOR WITH IT) WHICH THEY SELL 2 YOU AS TECHNOLOGY IS MOST OF THE TIME AN INVERSION AND TOTAL PERVERSION OF ONE OF MOM AND DAD'S TECHNOLOGIES ALREADY IN EXISTENCE HERE IN THEIR NATURAL WORLD. THE COMPUTER IS DEISGNEED BASED UPON DEEP DEEP STATE CULTS UNDERSTANDING OF THE HUMAN BRAIN. THEY ARE MIRRORING THINGS ALREADY HAVING BEEN CREATED OR CO-CREATED, NOT COMING UP WITH ANYTHING ORIGINAL AND THEN MASS HARMING US WITH THESE ANTI-TECHNOLOGIES. THE EARTH IS A TECHNOLOGY AND IS MADE UP OF MANY LESSER TECHNOLIGES BUT ALL MIND BLOWINGLY AWESOME! GET 2 KNOW IT MUCH BETTER. I KNOW 2 REALLY AMAZING GENUINE GENESIS GUIDES. WHY DON'T YOU ASK THEM 2 SHOW YOU THE SO

CALLED 'UNIVERSE' THROUGH THEIR ETERNAL EYES AND NEVER STOP. JOURNAL WHAT HAPPENS AND IF IT IS GREAT GIVE THANKS AND SHARE THE JOY WITH OTHERS SOMEHOW IN AN ACT OF SERVICE. THEN YOU WILL BE KARMICALLY BLESSED AGAIN. CHOOSING THE RIGHT CAN QUICKLY CREATE A VORTEX OF SERIOUSLY MAGICAL ENERGY, JUST AS CHOOSING THE WRONG CAN WIND UP BEING A DEATH SPIRAL. YOU GET 2 CHOOSE WHAT KIND OF ENERGY YOU ARE. CHOOSE WISELY. GRATITUDE KEEPS OUR B.T.T.S. AND EVERY CELL IN REGENERATION MODE, OR LIKE I CALL IT ALIVE OR EXPANDING EVOLUTION MODE. A LACK THEREOF REMOVES US FROM BEING IN THIS STATE AND PUSHES US OR DRIVES US TOWARDS CELLULAR DEGERATION. GOAL OF ALL GOALS SHOULD B 4 YOU 2 ALWAYS BE RECREATING YOURSELVES OR REMEAIN IN REGENERATION MODE. STAY ALIVE SISTERS AND BROTHERS. B ALIVE AND WELL.

#2 H2O. FILL UP FULLY ON H2O DAILY. THERE WOULD B NO EARTH WITH NO HYDROGEN AND OXGYEN IN THIS EXACT FORMULA H2O. THERE WOULD B NO PLANT QUEEN AND KINGDOM WITHOUT WATER. THERE WOULD B NO YOU SISTERS AND BROTHERS. THERE4 WATER IS LIFE ITSELF. AND LIFE IS SUPER SACRED AND SENTIENT. TAKE A LOOK AT THIS FROM BROTHER EMOTO. ABSOLUTELY INCREDIBLE, EVEN SUPER MAGICA! <https://www.youtube.com/watch?v=1qQUFvufXp4>

MOM AND DAD'S FIRST LINE OF DEFENSE AGAINST CELLULAR BREAKDOWN AND THE PAIN, INFLAMMATION, AND EVENTUAL DISEASE AND DISORDERS THAT RESULT, IS ABOVE ALL BY A LANDSLIDE WATER.

GET USE 2 IT OR SUFFER. IT IS THAT EASY. THE FASTER YOU TURN 2 IT OVER ALL ELSE THE FASTER YOU WILL BE HEALTHY AND GENUINELY HAPPY AT YOUR PERSONAL HOMEOSTASIS. REMEMBER THIS. AND REMEMBER THAT THEIR FIRST LINE OF DEFENSE IN REMOVING PAIN, INFLAMMATION, DISEASE AND DISORDER IS H₂O AGAIN. NOTHING HEALS MORE AND NOTHING ELSE WOULD EVEN EXIST WITHOUT IT. WATER IS A BUILDING BLOCK OF ALL THAT IT CAN ALSO FORTIFY AND REPAIR. THINK ON THAT LAST SENTENCE HARD. EVEN MEDITATE ON IT. OR SEARCH, PONDER, AND PRAY. JUST MAKE SURE YOU ARE NOT THE PREY OF THE WICKED. BEST 2 MAKE SURE YOU ASK 4 HELP AND GIVE THANKS BUT DO EVERYTHING IN YOUR POWER 2 GATHER ALL OF THE DATA NECESSARY AND DO YOUR DUE DILLIGENCE SO MOM AND DAD KNOW YOU ARE DOING YOUR ALL AND DESERVE THE BLESSINGS. WATER BUILDS ALL THAT I AM TELLING YOU IT CAN ALSO REPAIR. YOU CAN FULLY TRUST IT AND LIKELY HAVE NO CLUE HOW POWERFUL IT TRULY IS. AND REMEMBER IT IS ALSO THE SAFEST AND CHEAPEST SOLUTION IN ALMOST ALL CASES AS A FIRST LINE OF OFFENSE AND DEFENSE WHEN THINKING IN TERMS OF HOLISTIC HEALTH AND HOMEOSTASIS. I AM CURRENTLY WORKING ON PROJECT H₂O 4 AND WITH MOM AND DAD AND I AM EXCITED 2 SHARE MORE AT A LATER POINT. THERE ARE A BUNCH OF IRONS IN THE FIRE RIGHT NOW AND ITS HEATING UP WHICH IS FUN. TESTING WATER AND PROVING HOW POWERFUL IT IS AS A SCIENTIST IN YOUR OWN B.T.T.S LABORATORY WILL INCREASE YOUR UNDERSTANDING/APPRECIATION OF OUR CREATOR'S AND IMPROVE YOUR RELATIONSHIP WITH THEM NO DOUBT. TRULY AND GENUINELY TEST THE POWER OF WATER IN YOUR B.T.T.S. A MASS NUMBER OF YOU HAVE NEXT 2 NO WATER IN YOU AT ALL. IT IS AMAZING YOU ARE STILL WALKING. BEGIN THE 80 GALLON CHALLENGE. YOU WILL NEVER REGRET IT AND YOU WERE SUPPOSE 2 B LIVING THIS WAY SINCE BIRTH. IT IS NOT A (DIE)T OR FAD. THIS IS

YOUR PROPER AND MANDATORY MAINTENANCE PROGRAM 4 YOUR
MOST ADVANCED TECHNOLOGY IN THEIR UNIVERSE.

ALMOST ALL HOMO SAPIENS ARE SUFFERING FROM DEYHDRATION
AND THE NUTRIENT LOCKOUT THAT STEMS FROM THEM EATING
THINGS THEIR B.T.T.S. CANNOT PROCESS AND CONVERT 2 ENERGY
BECAUSE IT IS SHORT OF THE H2O NEEDED 2 GET IT DONE. MOST
HUMANS STRUGGLE FROM THIS SO THEY WASTE MONEY ON FOOD
WITH NUTRIENTS THAT NEVER MAKE IT 2 THEIR BOTTOM LINE. A
MASSIVE REASON HUMANS HAVE BEEN SO SICK AND THE FIRST MOST
IMPORTANT REASON WITH THE EASIEST AND CHEAPEST SOLUTION IS
LACK OF HYDRATION. GET HYDROGEN IN YOU, AND OF COURSE
OXYGEN. YOU GOT THIS. NEVER IN YOUR LIFE BREAK DOWN BELOW 1
OUNCE PER POUND PER DAY AND PUSH CLOSER 2 2 IF YOU CAN AND
ESPECIALLY DO SO DURING THE 1 GREAT RESET OR IF YOU ARE
TRAINING AND IN A BUILDING OR DETOX/CLEANING PHASE.
REMEMBER THAT WATER IS THE GREATEST CLEANER AND ENERGIZER
OR ENERGY DRINK ON EARTH. NOTHING ELSE EVEN COMES CLOSE AND
SO MANY TRY AND ADD 2 IT AND REDUCE ITS POTENT POWER. YOU
WILL ALWAYS NEED MORE WATER THAN YOU THINK 2 GET ANY JOB
DONE. IF YOU WORK OUT IN THE SUN OR EXERCISE HARD YOU HAVE 2
HAVE 2 OUNCES PER POUND PER DAY MINIMUM. IF YOU DO NOT FEEL
AMAZING IT IS ALMOST ALWAYS WATER RELATED. IT IS THE GREATEST
CLEANER ON EARTH AND BEING CLEAN AND ENERGIZED NATURALLY
FROM WELL RUNNING SYSTEMS FEELS INCREDIBLE!

MOST OF YOU ARE FULL OF SOME OTHER FLUIDS LIKE COKE OR
ROOTBEER, BEER, WINE, BOOBIE MILK FROM ANOTHER MAMMAL,
OTHER SOFT DRINKS WHICH IS DOUBLE SPEAK BECAUSE THEY SHOULD
ABSOLUTELY B CALLED HARD, JUICES, ETC., AND/OR A COMBINATION
OF THESE AND YOUR B.T.T.S. COMPOSITION IS NOWHERE NEAR THE
70% H2O LEVELS YOUR CREATORS BEYOND BRILLIANTLY DESIGNED IT 2

OPERATE OPTIMALLY AT. YOU ALMOST HAVE NO GENUINE H2O IN YOUR B.T.T.S. IF YOU WERE ON THE GOLF COURSE WITH ME 4 THE DAY AND WE WERE TALKING ABOUT YOUR HEALTH AND WELLNESS, I COULD NOT RESPONSIBLY AS A BROTHER, FRIEND, OR PHYSICIAN TELL YOU 2 DO ANYTHING BUT DRINK MORE WATER FIRST AND NOTHING ELSE IF YOU WERE IN ANY WAY DEHYDRATED AND FEELING IN ANY WAY UNDER THE WEATHER OR LESSER THAN YOUR BEST. ONCE WE GOT YOUR B.T.T.S. PROPERLY FULL OF THE CORRECT FLUIDS IF THE PAIN OR PROBLEM PERSISTED I MIGHT RECOMMEND SOMETHING ELSE. MY FIRST QUESTION 2 EVERYONE WHEN THEY BRING UP THEIR HEALTH IS HOW MUCH H2O DO YOU DRINK? THAT IS MY MORAL OBLIGATION 2 SPEAK THEIR TOTAL TRUTH AND LOVE VIBRATIONS AT ALL TIMES, IN ALL PLACES, WITH ALL PEOPLE AND ALL THINGS. WHEN BEING EXAMINED OR HAVING AN INTAKE WITH A PHYSICIAN THEY VERY FIST THING THEY SHOULD ASK IS WHERE YOUR COMPOSITION AND DAILY INTAKE OF H2O IS AT. IF THEY DO NOT START HERE IN THE DATA GATHERING PROCESS AS A SCIENTIST THEY WILL BE WORKING OFF OF INCOMPLETE AND INCORRECT DATA, AND THUS THE WRONG PREMISE, THE WRONG FOUNDATION, AND THEREFORE HER OR HIS PRESCRIPTION IN THE END WILL NEVER B CORRECT OR WHAT IS IN YOUR VERY BEST INTEREST SISTERS AND BROTHERS. LEARN 2 CARE 4 AND HEAL YOURSELVES SISTERS AND BROTHERS. NO ONE WILL B BETTER AT THIS THAN YOU, BUT THERE ARE TIMES WE NEED HELP AND DENTISTS ARE A GREAT EXAMPLE. SAME WITH ORTHODONTISTS. AND E.R. SURGEONS, ETC.

MANY THINGS GO WRONG WHEN OUR B.T.T.S. COMPOSITION IS OFF AND THIS ABOVE ALL BY A LONG SHOT, AND THIS IS WHY SO MANY ARE SICK AND THEN WHEN NOT FEELING WELL THEY SEEK THE WRONG OUTLETS 2 FEEL/FILL BETTER. START WITH WATER AND WATER ONLY IF YOU WANT 2 BUILD YOUR TESTIMONY OF YOUR CREATOR'S BEING

HERE WITH YOU AND THEY WILL MANIFEST THEMSELVES IN YOUR LIFE AND THEN I WILL NO LONGER HAVE 2 SPEND TIME HELPING YOU SO I CAN GET 2 THE NEXT PATIENT SISTER OR BROTHER WAITING AND WANTING MORE TRUTH AND HEALTH IN THEIR LIVES THIS VERY MINUTE. WHEN AT A PHYSICIAN THEY SHOULD BY LAW B REQUIRED AS THE FIRST QUESTION OF ANY INTAKE PROCESS 2 ASK HOW MUCH H2O YOU DRINK DAILY AND WHAT YOUR COMPOSITION FEELS LIKE. I KNOW THERE ARE MACHINES THAT TEST 4 COMPOSITION BUT THEY ARE RARE AND EXPENSIVE. THIS PRICE SHOULD B SUBSIDIZED BY A WISE COLLECTIVE EFFORT SADLY STILL CALLED GOVERNMENT AND THEN EVERYONE CAN B FAR MORE HEALTHY KNOWING THIS 1 METRIC. IT IS THE MOST VITAL OF ALL METRICS SHORT OF WHETHER OR NOT YOUR BATTERY IS STILL RUNNING AND TICKING. IF WE WERE ALL HEALTHIER WE WOULD PAY MORE TAXES AND DEMAND LESS SERVICES. WE WOULD QUICKLY BECOME NET PRODUCERS NOT CONSUMERS. WE WOULD BE MORE PRODUCTIVE IN POWERFUL NEW WAYS THAT WOULD LEAD 2 TRUE PROFITABILITY AND NEW ENERGIES/INVENTIONS BROUGHT IN2 EXISTENCE LEADING 2 FAR MORE POSITIVE ENERGY OUTPUT FORM THE CHOSEN SOCIAL SUPER-STRUCTURE OR EVOLUTION IF IT IS NET POSITIVE. AT THIS TIME THE MOST MACRO STRUCTURE HAS A NET NEGATIVE OR ANTI-ENERGY OUTPUT. IT IS ACTUALLY BANKRUPTED IN EVERY WAY. INVESTMENTS IN ALL HUMANS' HEALTH SHOULD B LEADERSHIP'S TOP PRIORITY WHEN OUR DATA ALONE IS SEEN AS THE MOST VALUABLE DATA AND THAT IS ALL PRODUCED BY OUR MAGICAL MACHINES FROM MOM. THESE MACHINES SHOULD B KEPT IN PERFECT A PERFECT OPERATING STATE AT ALL TIMES. DOING ANTHING LESS WOULD BE WICKEDLY FOOLISH. FOCUS FIRST ON WATER, THEN IMPLEMENT THE NEXT VARIABLE. IF YOU IMPLEMENT THEM ALL AT ONCE YOU MIGHT NOT SEE THEIR INDIVIDUAL WORTH AND BECOME SLIGHTLY OVERWHELMED AND

EVEN CONFUSED AS A SCIENTIST IN YOUR OWN KICK ASS B.T.T.S LAB
MOM AND DAD GAVE 4 YOU 2 EXPERIMENT WITH AND BE SUPER SAFE
AND SUCCESSFUL AS A RESULT. EITHER WAY, I WOULD IMPLEMENT
THEM ALL AT ONCE PERSONALLY, BUT MY RELATIONSHIP WITH MOM
AND DAD WAS SUEPER STRONG B4 I BEGAN MY OWN 1 GREAT RESET. I

ALREADY TRUSTED THEM FULLY OVER DECADES OF EXPERIENCE
FOLLOWING THEIR GENUINE GENESIS GUIDANCE. I WANTED ALL OF
THE BENEFITS AND IMMEDIATELY SO I QUIT EVERYTHING WITH A BARE
BONES ELIMINATION REGIMEN. I STRIPPED EVERYTHING OUT OF MY
LIFE BUT NATURAL FOODS. THEN I ADDED SOME BACK IN ON THE WAY

BACK UP AND THEY ALL MADE ME SUPER SICK AT THAT POINT. I
ISOLATED VARIABLES AND BUILT A LAB AND FOUNDATION THAT
COULD NET ME ACCURATE DATA ABOUT THE WORLD ALL AROUND ME,
AND EVEN MORE IMPORTANTLY THIS NETTED ME INCREDIBLE DATA
FROM AND ABOUT MY B.T.T.S. IN RELATION 2 THE WORLD AROUND
ME THAT I WAS INERACTING AND EXCHANGING ETERNAL ENERGY
WITH IN SO MANY WAYS. I ACCOMPLISHED THIS BY FIRST MAKING IT
SURGICALLY CLEAN AND I RESET ALL OF MY SYSTEMS WITH MOM AND
DAD'S GUIDANCE OF COURSE. IT BLOWS MY MIND AND SOUL EVERY
DAY STILL BUT IT HAS NOT BEEN EASY. 4 SOME THIS TRUSTING MOM
AND DAD WILL TAKE TIME, BUT I CAN GUARANTEE YOU THIS, THEY ARE
ALWAYS POSITIVE, NEVER USE GUILT, AND THEY ARE SO MUCH MORE
FUN AND FUNNY THAN ALMOST EVERYONE KNOWS. THEY ARE THEE
COOLEST. YOU HAVE NOTHING 2 FEAR. ABSOLUTELY NOTHING. I
KNOW MASSES OF YOU AGREE SO SHARE THE TRUTH THAT THEY ARE
HERE WITH US WITH EVERYONE AND WATCH WHAT THAT DOES.

SISTERS AND BROTHERS WHEN IS THE LAST TIME YOUR PHYSICIAN OR
HEALTH CARE PROVIDER ASKED YOU WHEN YOU CHANGED YOUR
B.T.T.S. FLUIDS LAST? B HONEST? I BET NOT ONE PERCENT OF ONE
PERCENT ON EARTH HAVE EVER BEEN ASKED THIS. LADIES YOU ARE

ROCKING THEE MOST ADVANCED TECHNOLOGY IN OUR CREATOR'S SUPER MAGICAL SO CALLED 'UNIVERSE'. DUDES, BE BRAVE, BOLD, BEAUTIFUL AND BRILLIANT BROTHERS AND REALIZE YOU HAVE WAY BEYOND A FERRARI OR FORMULA 1 RACE CARE UNDER YOUR ASS. ENZO FERRARI CO-CREATED THE FERRARI, NOT THE OTHER WAY AROUND. MANY OF THE MACHINES IN THE UNIVERSE THAT ARE TECHNICALLY TECHNOLOGY AND NOT A LIE REQUIRE VERY SPECIFICALLY CALIBRATED FLUIDS 2 PROPERLY OPERATE. AN ENZO NEEDS VERY SPECIFIC BRAKE FLUIDS, COOLANT FOR THE ENGINE AND TRANSMISSIONS, IT NEEDS PRECISE ENGINE OR MOTOR OIL, YOU NEED DIFFERENTIAL FLUIDS AND THEN OF COURSE PETROLEUM. YOU CANNOT JUST ADD ANY FLUID IN THAT ENZO AND EXPECT IT 2 OPERATE AT OPTIMAL LEVELS 4 LONG IF YOU DUMP WHATEVER YOU WANT IN IT. WHEN YOU TAKE YOUR CAR TO THE SHOP, MECHANIC, LUBE, BODY AND PAINT, MOST OF THEM ASK YOU WHEN YOU CHANGED THE FLUIDS LAST, EVEN IF THEY ARE NOT CHANGING OIL SO THEY CAN LOG AND HELP TRACK YOUR DATA FOR OTHER ESTIMATE AND REPAIR PURPOSES. EVERY TIME YOU GO IN2 A REPUTABLE LUBE SHOP (I HAVE WORKED AT MULTIPLE AND I AM OBSESSED WITH AUTOMOBILES 4 SO MANY REASONS I WILL SHARE LATER ELSEWHERE- BUT THEY ARE NOT 4 EVERYONE AND THEY HARM SO MANY WHO SHOULD NOT B IN THEM) THEY ARE GOING 2 ASK YOU WHEN THE LAST TIME WAS THAT YOU CHANGED YOUR FLUIDS, OR THEY WILL SCAN YOUR VIN OR CHECK YOUR CARS DATA VIA OBDii ACCESS, OR JUST CHECK A STICKER YOU HAVE ON YOUR WINDSHIELD. EVEN THEN MOST WILL STILL ASK YOU 2 CONFIRM, EVEN IF YOU ARE IN A CAR WORTH \$3-5K. REGARDLESS OF PRICE THIS IS ASKED AND 4 SO MANY GOOD REASONS. WRONG FLUIDS OR DIRTY FLUIDS PRECLUDE THE AUTOMOBILE FROM OPERATING AT OPTIMAL PERFORMANCE LEVELS AND MANY OTHER PARTS BEGIN 2 TAKE ON EXTRA WEAR AND TEAR

WITH DIRTY OR INCORRECT FLUIDS. THE SAME THING HAPPENS WITH YOUR B.T.T.S. BUT IT IS PRICELESS AND SO MUCH MORE ADVANCED THAN ANY SUPER CAR, FIGHTER JET, NUCLEAR SUB, DATA CENTER OR PURE PEDO (DOUBLE SPEAK AGE OF SPIN, THANK YOU BROTHER CHAPPELLE.....SMART PHONE, TYRANNICAL TABLET, OR COMMIE COMPUTER). THESE ARE ANTI-TECHNOLOGIES THAT FROM INCEPTION AND ONSET, FROM PATENT WERE DESPERATELY ON DRUGS DESIGNED 2 DAMAGE YOUR HIGHEST OF HIGH TECHS IN THEIR UNIVERSE, YOUR B.T.T.S. IF ANYTHING IS BUILT 2 HARM YOUR HIGHEST OF HIGH TECH THAT IS A BIOWEAPON. A TECHNOLOGY IS SOMETHING THAT TAKES OUR TECHNOLOGY OR ANOTHER NATURAL AND CREATOR CREATED TECHNOLOGY 2 A HIGHER FREQUENCY OR LEVEL OF OUTPUT. TECHNOLOGY MAKES US OR OTHER TECHNOLOGY GREATER. IF IT HARMS US OR THE OTHER TECHNOLOGIES THAT IS AN ANTI-TECHNOLOGY AND IN MANY CASES ALSO A BIOWEAPON. THINK HARD ABOUT THIS. YOU ARE THE GREATEST OF ALL TECHNOLOGY EVER MADE AND MAGICAL, MAGICAL, SUPER MAGICAL SISTERS AND BROTHERS! DO NOT GET SOLD ON THIS SUB-HUMANISM SOLD AS TRANSHUMANISM. NOT UNDERSTANDING WHAT TECHNOLOGY IS AND IS NOT LEADS SO MANY HUMANS 2 GIVE UP STARTING OR DEVELOPING A RELATIONSHIP WITH OUR CREATORS AND THUS THEY GIVE UP ON CO-CREATING AS WELL. THIS ALMOST INVARIABLY LEADS 2 A LIFE FULL OF EMPTY COSUMPTION AND SELF DESTRCUTION IN A STATE OF TOTAL SPIRITUAL CONFUSION. WTF UP, SNAP OUT OF IT. WE ARE HERE 2 JUMPSTART YOUR ETERNAL ENERGIES' BATTERY AND JUICES AND GET YOU IN REGENERATING MODE COMMUNICATING WITH MOM AND DAD AGAIN. YOU ARE SAD OR DEPRESSED AND DID NOT EVEN KNOW IT. DOUBLE GULP. YOU ARE WAY MORE ADVANCED THAN ANY OF THAT. CAN ANY OF THOSE REPAIR THEMSELVES OR REGENERATE? YOU CAN. YOU CAN BUILD A PRACTICALLY NEW B.T.T.S.

EVERY 3 OR SO YEARS AS LONG AS YOU GIVE IT EVERYTHING IT NEEDS. IT DOES THIS AUTOMATICALLY WITHOUT YOU NEEDING 2 DO ANYTHING BUT CHANGE THE FLUIDS AND PUT THE RIGHT PETRO IN IT. THINK ABOUT IT. YOUR B.T.T.S. WAS BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD AND IT IS AN ELECTRICAL/SOLAR/HYDRO BIOMECHANICAL HYBRID MAGICAL MACHINE. LIKE A BROTHER ROKU SAID ONE TIME, IT IS THE GREATEST MACHINE EVER MADE, AND THAT DOESN'T DO IT SO CALLED JUSTICE BECAUSE SECOND PLACE IS SO DAMN FAR BACK. IT BLOWS EVERYTHING AWAY, INCLUDING THE SUPER SACRED AND SENTIENT SOULS OF MOM AND DAD'S QUEEN AND ANIMAL KINGDOM. THEY ARE JEALOUS AND WORKING THEIR WAY IN2 GREATER AND GREATER TECHNOLOGIES INCLUDING OURS. IT IS OUR JOB 2 HELP THEM MAXIMIZE THEIR POTENTIAL IN THEIR TECHNOLOGY AND YOU SEE SO MANY HUMAN/ANIMAL PROJECTS ACROSS THE WORLD AND FAR BACK IN THE RECORD 2 THEIR VERY BEGINNING. LOOK AT HOW WELL WE HAVE BEFRIENDED DOGS? ARE THEY NOT AMAZING? THEY CAN B SO MUCH MORE AMAZING IF WE WILL START TREATING THEM PROPERLY, AND SOME DO BUT VERY FEW. SAME WITH CATS. THEN HORSES. LOOK AT THE OLYMPICS AND SPORTS LIKE DRESSAGE. AND NO NOT EVERYONE BREAKS THESE HORSES VIA VIOLENCE OR ABUSIVE TRAINING TACTICS. MANY ARE WHISPERED AND LOVED IN2 THESE FRIENDSHIPS AND ARE THEY NOT BEYOND SUPER MAGICAL WHAT THEY CAN DO. THINK OF THE MOVIE AND HORSE SEABISCUIT. WHEN TREATED RIGHT THESE ANIMALS ARE TECHNOLOGY THAT HELP US TAKE OUR TECHNOLOGY, OUR B.T.T.S. 2 THEIR NEXT LEVELS. ANIMALS NEED VERY SPECIFIC FLUIDS AND VERY DIFFERENT THAN OURS. THEY DO A BETTER JOB EATING WHAT THEY SHOULD THEN WE DO IF WE DO NOT GET INVOLVED. YOUR ELECTRICAL B.T.T.S NEEDS MASSIVE AMOUNTS OF H2O EVERY SINGLE DAY IN ORDER 2 OPERATE AT PEAK POTENTIAL AND PERFORMANCE

LIKE YOU SEE IN THE BEST OF US. YOU NEED 1-2 OUNCES PER POUND PER DAY JUST 2 KEEP YOUR FLUIDS TOPPED OFF AND YOUR OVERALL COMPOSITION NEEDS 2 B CLOSE 2 THAT 70% LEVEL, AND ALMOST NO ONE IS DOING THIS. NOT EVEN ME BECAUSE I SPEND SO MUCH TIME TALKING ABOUT THIS SUBJECT MATTER WITH OTHERS, BUT I GET SPECIAL BLESSINGS 4 DOING SO AND I AM TOTALLY TONY! MOST HOMO SAPIENS DO NOT EVEN HAVE ANY ESSENTIAL OILS IN THEIR B.T.T.S., NOT A DROP, JUST LIKE THE TIN MAN ON WIZARD OF OZ B4 DOROTHY LUBES HIM UP.

<https://www.youtube.com/watch?v=louBM-Mix7s>

THIS IS WHY SO MANY ARE SUFFERING FROM THINGS LIKE ARTHRITIS AND AN ARRAY OF MUSKULOSKELTAL PAINS AND DISORDERS/DISEASES. THE MORE BOOBIE MILK YOU DRINK OF OTHER SUPER SACRED AND SENTIENT SOUL SPECIES THE MORE OSTEOPOROSIS YOU WILL B LIKELY 2 EXPERIENCE, AND AN ARRAY OF OTHER BONE DISEASES AND DISORDERS. THAT MILK IS FLUID FORMULATED 4 THEIR OFFSPRING IN THEIR SPECIES, NOT 4 HOMO SAPIENS.

I GREW UP ON A DAIRY FARM AND LOVED EVERY DROP OF MILK I EVER DRANK, BUT I GAVE UP THE TIT AND BECAME A MAN A LONG TIME AGO AND I CAN GUARANTEE YOU IT WAS THE BEST HEALTH DECISION OF MY LIFE AFTER NOT EATING ANIMAL FLESH AND CHEESE WHICH IS THE FAT CELLS AND MOST TOXIC OF THE ENTIRE ANIMAL. ANIMAL CELLS ARE NOT COMPATIBLE WITH THE B.T.T.S. AND THIS AND NO PROPER FLUIDS ARE THE LARGEST REASONS WHY MOST ARE SICK AND IN SOME PAIN THEY SHOULD NOT B IN. 2 GET YOUR B.T.T.S.

COMPOSITION WHERE IT NEEDS 2 B THE BEST THING YOU CAN DO IS COMPLETE YOUR 1 GREAT RESET IN THE THRD CHAPTER OF MY FREE BOOK CANNABIS, *CREATIONS'S COMMUNICATION CHANNEL CLEANER AND MOTHER'S MOST MAGICAL MEDICINE (WE NEED DIE IN SIN NO MORE)*. THAT RESET HAS YOU BEGIN WITH A 40 AND THEN 80 TOTAL GALLON FLUSH, LIKE TRANSMISSION SHOPS DO IN THEORY WITH YOUR TRANSMISSION SERVICE 4 YOUR VEHICLE. THEY ARE TRYING 2 REMOVE ALL OF THE JUNK THAT HAS BUILT UP WITHIN THAT HARDWARE AND MAKE IT LAST LONGER, PERFORM MORE OPTIMALLY, AND AFTER THEY FILL IT BACK UP TO THE PROPERLY DESIGNED AND PERFECTLY CALIBRATED POSITION. THE 80 GALLON FLUSH IS THIS IN THEORY BUT NOT EVER BULLSHIT AND JUST THE WAY YOU SHOULD B LIVING EVERY DAY OF YOUR SO CALLED ADULT LIVES, OR KIDS. YOU DO THIS BY DRINKING 2 OUNCES PER POUND PER DAY AS I HAVE UPDATED THAT FROM 1 OUNCE MINIMUM. THIS IS THE WAY YOU NEED 2 LIVE 2 B HEALTHY FROM CRADLE 2 GRADUATION AND NOTHING IS MORE IMPORANT OR A LARGER DETERMINING FACTOR OF GRADUATION THAN WATER INTAKE AND MANAGEMENT. I CAN GUARANTEE YOU AS A SUPER SENTIENT AND SACRED SPECIAL NEEDS SUPER HERO SCIENTIST AND PRODIGY PHYSICIAN (MACRO) HAVING PIONEERED MY OWN SCIENCE WITH OUR MOTHER AND FATHER GENUINELY GENESIS GUIDING ME THAT THERE IS NOTHING YOU CAN BENEFIT MORE FROM HEALTH WISE THAN WATER (H₂O). MANY OF YOU ARE SUFFERING FROM MANY SEVERE HEALTH ISSUES AND YOU FIRST GOT THERE BY BEING DEHYDRATED. AND MANY OF YOU CAN GET OUT OF YOUR POOR HEALTH AND PAIN PREDICAMENT CHANGING NOTHING ELSE AND KICKING ALL OF THE PURE PETROLEUM POLYMER POISONED PILLS AND PRODUCTS FROM PHARMA PRICKS WITH PRICKS. THEY ARE INCOMPATIBLE WITH THE B.T.T.S. RIGHT OFF OF THE BAT BEING MADE OF PLASTIC. MOST OF YOU ARE FULL OF PLASTICS AND I DISCOVERED

THE CURE AND GAVE IT AWAY 4 FREE. THAT SOLUTION IS CALLED *YOUR 1 GREAT RESET*. IT IS THE SOLUTION 2 ALMOST ALL THINGS IF THERE IS A SOLUTION, OR BARE MINIMUM ALWAYS A NECESSARY COMPONENT OF THE ACTUAL SOLUTION AND OPTIMAL HEALTH AND HAPPINESS OUTCOMES. IT IS ANCIENT WISDOM OF MOTHER AND FATHER'S AND NOW ALL OF OUR'S AS THEIR CHOSEN CHILDREN. THIS BOOK IS ALL OF OUR'S BECAUSE IT IS THEIR'S AND WE ARE THEIR CHOSEN CHILDREN AND WE ALL R BLESSED 2 B LIVING IN THEIR HOME AND WHILE LIVING HERE WE GET 2 PLAY WITH A LOT OF COOL SHIT THEY WORKED HARD 2 CO-CREATE AND ACCUMULATE. ALL OF THIS IS THEIR ANCIENT WISDOM, SCIENCE, AND TECHNOLOGY FUSED AS THE HIGHEST ART FORM CALLED MAGIC.

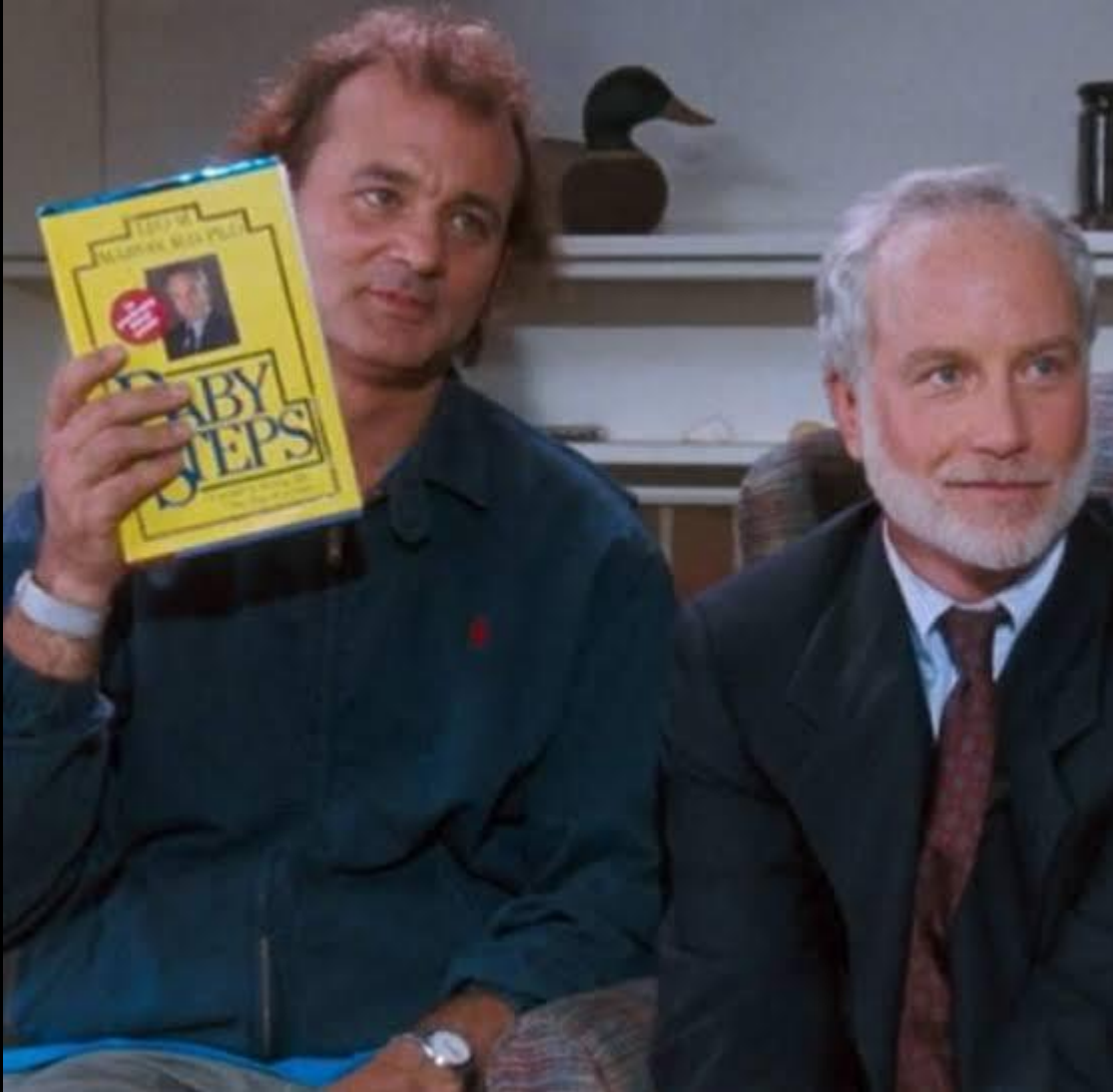
MANY COMPLAIN THE 1 GREAT RESET TAKES 2 LONG. THE PROBLEMS TOOK A LONG TIME 2 BUILD AND THEIR TRUTH IS THERE ARE NO QUICK AND EASY FIXES. YOU HAVE 2 WORK YOUR WAY BACK OUT OF THE PROBLEM IMPLEMENTING TOTAL TRUTH AND LOVE VIBRATIONS AND FREQUENCIES IN2 YOUR B.T.T.S. THE AWESOME THING IS YOU BEGIN 2 FEEL BETTER BIT BY BIT AND VERY RAPIDLY WHICH MAKES IT ADDICTIVE AND EASY AFTER THE FIRST FEW MONTH PERIOD AND 4 SOME ONLY A FEW DAYS OR WEEKS. IT DEPENDS HOW SICK AND HOW DIRTY YOU ARE INTERNALLY. THE MORE YOUR DIRTY YOUR B.T.T.S. THE LONGER THE RESET TAKES. AND PLAN ON IT MAKING YOU SICK BUT THE POSITIVE THING IS MOM AND DAD FORESAW THIS TIME AND EMBEDDED ANTI-NAUSEA TECHNOLOGY IN2 THE PLANTS AND ESPECIALLY IN2 CANANBIS. ONE OF THE HARDEST THINGS ABOUT LOSING WEIGHT IS THAT IT BRINGS TOXINS IN OUR FAT CELL AND CELL TISSUES BACK THROUGH THE BLOODSTREAM AND ORGANS 2 B EXCRETED AND THIS PROCESS CAN MAKE US FEEL VERY ILL SO MASSES GIVE UP. B STRONG AND THE KEYS AND SECRETS 2 ALL WEIGHTLOSS IS YOUR 1 GREAT RESET IN CCCC, MMMM. WATER AND THEN CANNABIS

ARE THE 2 MOST POWERFUL WEIGHTLOSS AGENTS ON EARTH.
NOTHING ELSE EVEN COMES CLOSE AND ALL FOOD HAS TECH
EMBEDDED 2 KEEP OUR WEIGHT PERFECTLY BALANCED.

REMEMBER THAT ONE OF THE BIGGEST LIES OF THE WICKED WANNAB
WHACKJOB WEIGHTLOSS MIDGET MINDED MAD COWS DISEASED
MAFIA IS THAT YOU HAVE 2 EAT LESS 2 LOSE MORE. TOTAL SCAM. THE
FASTER YOU EAT REAL FOOD FROM MOM AND DAD AND COMBINE
THAT WITH 1-2 OUNCES THE FASTER YOU WILL REACH YOUR GREATEST
AND NATURAL WEIGHT AT HOMEOSTASIS. ALL FOOD TECH HAS
NATURAL TECHNOLOGY EMBEDDED 2 BRING YOU CLOSER AND CLOSER
2 B.T.T.S. BALANCE AND THIS INCLUDES YOUR PROPER WEIGHT AND
COMPOSITION. ALL FOODS HAVE WEIGHT BALANCING TECH
EMBEDDED IN THEM AND YOU CANNOT GET FAT ON NATURAL FOODS
UNPROCESSED AND RAW. YOU WILL NEVER FIND ONE HUMAN THAT
EATS SOLELY PHYTOCELLS IN RAW AND UNPROCESSED FORM THAT IS
ALSO DRINKING 1-2 OUNCES PLUS PER DAY OF H2O THAT IS ANYTHING
BUT THE PERFECT WEIGHT AND DOING PHENOMENALLY WELL.
WITHIN MONTHS 2 A YEAR OR TWO NO MATTER WHAT WEIGHT
PREDICAMENT YOU ARE IN AS LONG AS YOU EAT RIGHTEOUSLY YOU
WILL NEVER HAVE 2 THINK ABOUT BEING OVERWEIGHT AGAIN. EAT AS
MUCH AS YOU WANT AND CAN AND YOU WILL LOSE ANY AND ALL
UNWANTED WEIGHT OVER TIME. AND MYOGA MAJORLY SPEEDS UP
THE WEIGHT LOSS OR BALANCING PROCESS.

4 SOME THIS RESET IS LESS THAN 120 DAYS BUT OTHERS IT IS 1-2
YEARS, BUT YOU ARE MAKING VERY VISIBLE GAINS ALL ALONG THE
WAY BEGINNING IN THE FIRST MONTH SO IT TESTIFIES OF THEIR
PRESENCE AND YOU WILL B GENUINELY GENESIS GUIDED IF YOU DO IT
RIGHT. THE GAINS BECOME ADDICTIVE AND YOU ARE CO-CREATING
NEW ENERGY SO JUST FOCUS ON THE THE BABY STEPS AS BROTHER
MURRAY SO BEAUTIFULLY SHOWED US WITH HIS OWN B.T.T.S.' TALENT

AND ART FORM. THIS ADDICITON OF WITNESSING GROWTH WILL FUEL
THE NEXT STEPS IN YOUR RESTORATION AND RESET, AND THE NEXT
AND THE NEXT.



A A
HUGE THANK 2 EVERYONE WHO HELPED PRODUCE THIS MASTERPIECE.
JUST FOCUS ON THE STEPS AND CHOICES RIGHT IN FRONT OF YOU AND
STAY FOCUSED TO AVOID BEING OVERWHELMED.

YOU ONLY ARE COMPLETING *YOUR 1 GREAT RESET* CORRECTLY IF YOU
THANK THEM 4 YOUR B.T.T.S. AND ASK THEM 2 B A PART OF YOUR

RESET AND LIFE. IF YOU DO IT RIGHT AND RIGHTEOUS THEY WILL ABSOLUTELY MAKE THEMSELVES VERY WELL KNOWN IN YOUR LIFE IN SUPER MAGICAL WAYS. IT IS THAT EASY, NO MIDDLE MAN NEEDED FROM THERE. YOU CAN ASK THEM ANYTHING YOU WANT AND THEY WILL TEACH YOU, BUT THEY DO SO THROUGH OTHER HOMO SAPIENS A LOT OF THE TIME AND 4 SUPER MAGICAL REASONS. YOU WILL SEE. IF YOU WORK HARD AND ARE PERSISTENT. IF YOU HAVE EVER HAD A GUT FEELING, OR FELT AN 8TH SENSE, OR HEARD AND/OR FELT THEIR STILL SMALL VOICE THAT HELPED YOU WHEN FOLLOWED IT YOU HAVE ALREADY INTERACTED WITH THEM AND MAYB NOT EVEN KNOWN IT. THESE TYPES OF EVENTS IN YOUR LIFE WILL EXPLODE IN NUMBERS AS YOU FURTHER AND FURTHER PURIFY YOUR B.T.T.S., SO LONG AS YOU HAVE RIGHTEOUS INTENT 2 BECOME A MASTER MIND OF YOUR MAGICAL MACHINE FROM MOM 2 HELP ALL EARTHLINGS (YOU INCLUDED) AND THE EARTH EVOLVE ETERNALLY. IF YOU START OFF YOUR 1 GREAT RESET WITH THE INTENT OF WANTING A MASTER MIND SO YOU CAN FURTHER ACT LIKE A CONTROLLING MENTALLY ILL MIDGET MINDED MONSTER AND HARM OTHERS WITH A MORE POWERFUL B.T.T.S. YOU WILL SEE THE MAJORITY OF THE BLESSINGS WILL B BLOCKED. BUT NOT ALL. EVEN THE WICKED WILL BENEFIT 2 SOME DEGREE GETTING FAR HEALTHIER.

TIME 2 CLEAN HOUSE (WHICH IS ALSO THE CAR), AND IT IS YOUR SUPER SENTIENT AND SACRED SOULS HOUSE. YOUR ETERNAL SOUL WAS ENDOWED WITH THIS GENUINE GENESIS GIFT BY YOUR LOVING MOTHER AND FATHER AND EARTHLY PARENTS WHO JOINED 2GETHER IN CO-CREATING YOU WITH THE HIGHEST OF MAGIC. ALL SO YOU COULD PLAY THIS LEVEL 2LEARN, LOVE, AND GROW WITHIN THEIR DIAMOND F PATTERN OF FIRST FAITH, SECOND FREEDOM, THIRD FOREVER FAMILY, AND FINALLY FOREVER FRIENDSHIPS IN THAT EXACT ORDER AND 4 VERY GOOD REASON IF YOU TAKE A HARD LOOK AND

THINK ABOUT IT. I AM RELEASING A BOOK ON THE ORDER OF OPERATIONS HERE THAT ARE VITAL 2 TRUE AND GENUINE JOY. I AM EXCITED 2 HAVE YOU ALL READ THIS WHEN IT IS FINISHED. THE WAY 2 BUILD OUR B.T.T.S. FROM BIRTH AND MAINTAIN IT AT OPTIMAL LEVELS IS THE EXACT SAME PROCESS YOU NEED 2 FOCUS ON AND IMPLEMENT IF YOU HAVE ANY MALFUNCTIONS OR WHAT SOME CALL SICKNESS OR PAIN, AND EVEN WORSE DISEASES OR DISORDERS. HAVE ZERO FEAR. I

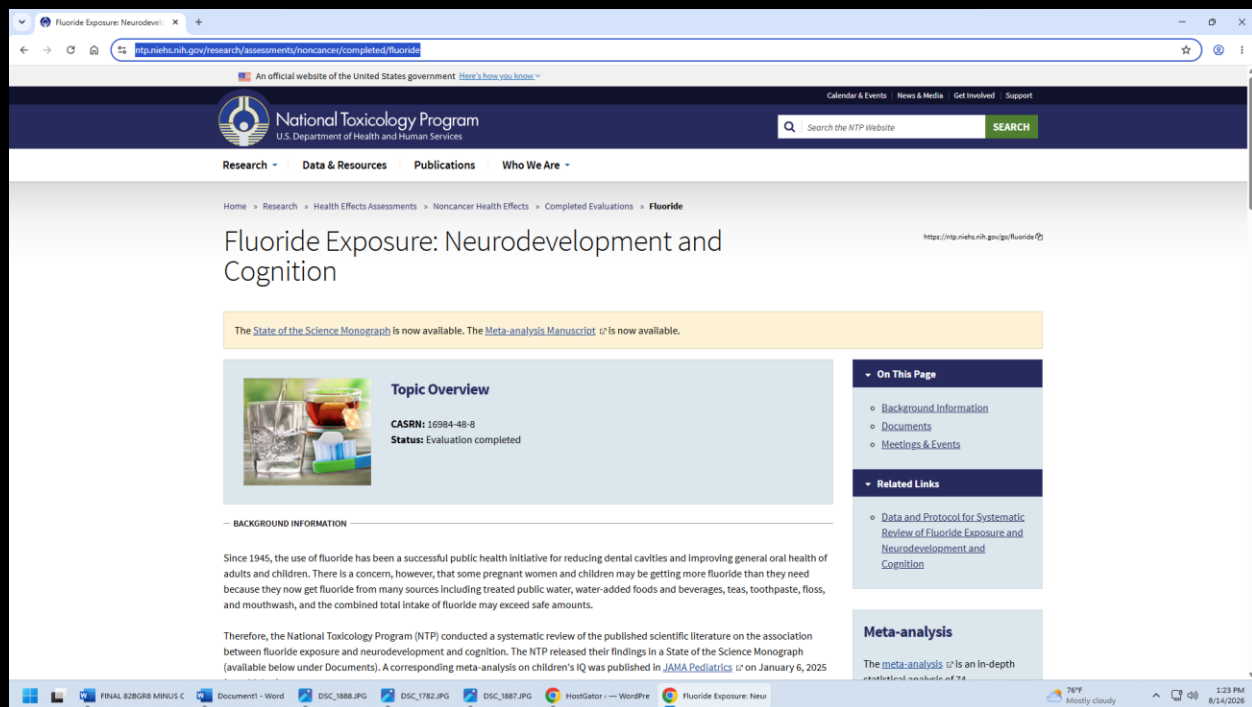
MEAN ZERO. JUST BEGIN EATING LIKE YOU KNOW YOU ALWAYS SHOULD HAVE BEEN. IT IS THAT SIMPLE. AND DRINK UP LIKE WE ALL ARE ALWAYS BEING REMINDING BY OUR B.T.T.S. 2 DO WITH OUR DRY MOUTHS. ONCE WE ARE HAVING DRY MOUTH WE ARE WAY PAST THE POINT OF DEHYDRATION AND SHOULD STOP AND FILL UP FULLY. JUST DRINK 2 OUNCES PER POUND PER DAY OF PURE H₂O, DO YOUR DEEP STRETCHING COMBINED WITH DIAPHRAGMATIC BREATHING EXERCISES SIMULTANEOUSLY, AND WALK A FEW MILES ON THE REAL EARTH IN THE SUN EVERY DAY AND YOU ARE GOLDEN MY SACRED SISTERS AND BROTHERS. IT IS THAT SIMPLE. AGAIN, YOU ARE ROCKING THE NUMBER #1 OR #2 MOST ADVANCED TECH IN THE WORLD. MOST OF THE B.T.T.S. SYSTEMS ARE FULLY AUTOMATED ONCE FED THE RIGHT FUEL. SO FEED IT, MAINTAIN IT, AND LET IT DO ITS THING AND IT WILL SHINE 4 YOU.

MOST OF YOU HAVE NEVER HEARD OF YOUR BODY AS BEING A TECHNOLOGY BUT REMEMBER ONE THING AND REMEMBER IT HARD, IT IS THE HOMO SAPIEN B.T.T.S. THAT HAS CO-CREATED EVERY OTHER TECHNOLOGY AND ANTI-TECHNOLOGY BEING SOLD 2 YOU AS TECHNOLOGY. TOP YOUR RIDE OFF WITH ALL FLUIDS AND FUELS. YOUR B.T.T.S. IS AN ELECTRIC/SOLAR/HYDRO HYBRID MAGICAL MACHINE AND IT RUNS ON A MIXTURE OF ESSENTIAL OILS, FOOD FUELS, WATER, AND SUN. WATER IS THE LARGEST PART OF YOUR OVERALL WEIGHT IF YOU ARE HOLISTICALLY HEALTHY AND AT

HOMEOSTASIS. IT IS THE MOST IMPORTANT B.T.T.S. FLUID OF ALL. IN THE MORNING AFTER YOU WRITE YOUR ENTRY IN2 YOUR G JOURNAL, DRINK 55 2 STAY ALIVE (55 OUNCES OR CLOSE 2 THAT NUMBER, AND I TRY AND DO TWICE THAT), AND DO THIS BEFORE YOU WALK IN THE DAY. FILL UP ON WATER FIRST AND B4 YOU PUT ANY PRESSURE ON ANY OF YOUR B.T.T.S. SYSTEMS. THIS HELPS GET THEM PRIMED AND PROPERLY CLEANED, FRESHENED UP, ENEGIZED AND LUBRICATED 4 THE DAY. WATER IS ENERGY. YOUR CELLS ALL NEED FUEL OR ENERGY 2 OPERATE 4 THE DAY AND WATER IS THE MOST VITAL SO START THE DAY BY ENERGIZING YOUR CELLS 4 THE DAY. MOST HUMANS ARE SEVERELY DEHYDRATED AND SO MUCH DISEASE AND DISORDER COULD B HEALED WITH WATER ALONE. EVEN THINGS I STRUGGLE FROM KNOWINGLY. IT IS A BUSY WORLD AND A LOT IS COMING AT ALL OF US ALL OF THE TIME SO IT IS NEVER EASY. KNOW THAT MOM AND DAD BEYOND BRILLIANTLY DESIGNED YOUR B.T.T.S. 2 B ELECTRIC AND B COOLED AND RUN/FUELED MAJORLY ON WATER, ESSENTIAL OILS, SUN AND OTHER NUTRIENTS FROM THEIR REAL AND NATURAL FOOD. YOU NEED 2 DRINK 2 OUNCES OF WATER PER DAY. NEVER DIP BELOW ONE OUNCE PER POUND PER DAY. JOURNAL HOW YOU FEEL AND KEEP TRACK OF EXACTLY WHAT YOU CHANGE AND HOW MUCH H2O YOU DRINK EVERY DAY. AND MAKE SURE IT IS PURE H2O THAT HAS BEEN VERY WELL FILTERED DOWN 2 NEAR ZERO WATER WITH A PPM METER TEST RESULT. YOU CAN BUY THEM ONLINE 4 LESS THAN # \$30. LOCAL HYDROPONICS STORES ALWAYS CARRY THEM AND SHOPPING LOCAL IS ALWAYS A GOOD HABIT. MINE IS MADE BY HM DIGITAL AND IT IS A FANTASTIC PRODUCT. I CARRY IT EVERYWHERE WITH ME AND MAKE SURE I KNOW WHAT I BRING IN 2 MY B.T.T.S. AT ALL TIMES. THE WATER DOES NOT HAVE 2 B ZERO BUT WHEN CARRYING OUT YOUR RESET ISOLATE AS MANY VARIABLES AND ELMINATE AS MANY AS YOU CAN SO KEEP THE PPMS SUB 30 AND TRY HARD 2 DO 20. THE LESS

UNKNOWN VARIABLES YOU HAVE WHEN EXPERIMENTING THE MORE
ACCURATE YOUR DATA AND CONCLUSIONS WILL BE, ESPECIALLY IN
RELATION 2 *YOUR 1 GREAT RESET*. MANY OF YOU DOUBT. THIS IS
GOOD. I WANT YOU 2 DOUBT IT BUT ALSO FEEL FAITH AND HOPE AND
DO YOUR DUE DILIGENCE. MOM AND DAD DESIGNED YOU 2 HOLD
BOTH DOUBT AND FEAR IN THE MIND SIMULTANEOUSLY SO YOU
WOULD NEVER BE FOOLED. THEY WANT YOU 2 NEVER BELIEVE AND
ALWAYS PROVE EVERYTHING WITH REAL SCIENCE. NEVER FORGET
THIS.

IF THERE ARE AGENTS IN THE WATER YOU DO NOT KNOW EXIST THIS IS
AN UNKNOWN VARIABLE AND 4 MASSES A BUILD UP IN LIFE OF
UNKNOWN VARIABLES LEADS 2 VERY EARLY GRADUATION OR A
REPEAT ON THIS LEVEL OF 'EARTH' (THAT SOME SADLY CALL DEATH
AND THE END, DEATH IS AN ABSOLUTE ILLUSION 4 THE WICKED). ONCE
YOU HAVE RESET YOU CAN RELAX AS MUCH AS YOU WANT AND HAVE
FAR MORE CONFIDENCE THAT YOU CAN GET YOURSELF OUT OF A BIND.
KEEP TRACK OF HOW MUCH JUST CHANGING WATER MADE YOU FEEL.
THERE IS LOTS OF SCIENCE THAT SHOWS THAT PURE WATER VS CITY
HAS MANY HEALTH GAINS INCLUDING COGNITIVE JUMPS IN IQ TEST
SCORES IF DRINKING FILTERED WATER SOLELY MINUS FLUORIDE.



<https://ntp.niehs.nih.gov/research/assessments/noncancer/completed/fluoride>

NOW THEY SHOULD TAKE OUT ALUMINUM AND LEAD WHICH ARE FAR WORSE. AND THE PROCESSED DRINKS HAVE INSANE AMOUNTS OF ALL OF THIS AND FAR FAR MORE NEUROTOXINS AND POISONS OCCULTED. NOT ALL REGIONS HAVE THE ABOVE ISSUES WITH THEIR MUNICIPAL WATER SYSTEMS BUT ALMOST ALL DO. WHEN YOU HAVE A PAIN OR PROBLEM REMEMBER THAT MOST PAINS AND PROBLEMS ARISE FROM TOXIN BUILDUP AND THIS IS FIRST DUE 2 BRINGING THEM IN 2 OUR B.T.T.S. BUT THEN STUCK THERE BECAUSE WE DO NOT HAVE THE WATER 2 FLUSH THEM OUT. AND MOST MUNICIPAL WATER IN AMERICA IS SAFE IN THE SHORT RUN FOR YOUR HEALTH BUT TASTES POOR. R/O FILTERS REMOVE THIS. THE ISSUE WITH ALL OF THESE WATERS IS IN THE LONG RUN. THE MONSTER MOLECULES FOUND IN

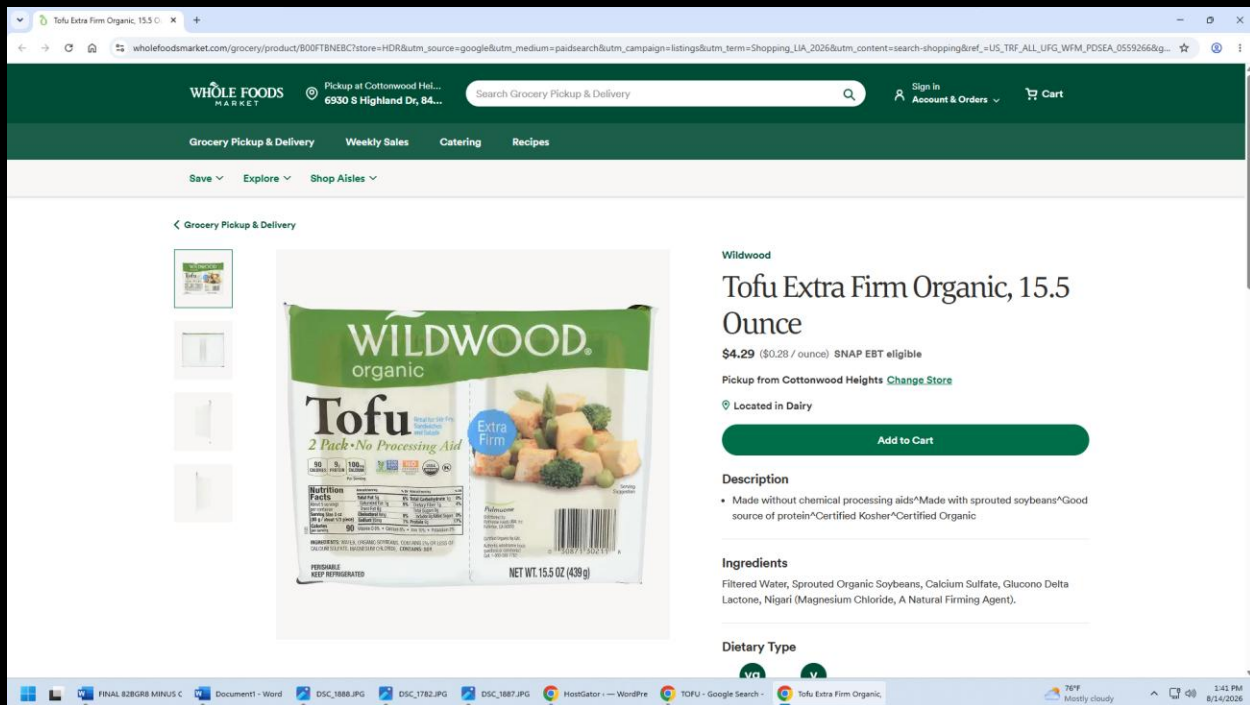
TREATED WATER WOULD NOT DO A THING 2 YOU IN THE SHORT RUN IN MOST AREAS AS THE PPMS TEST IN SUCH LOW NUMBERS YOU CAN BARELY NOTICE THEM BUT FOR A TAD DIFFERENT TASTE. OVER THE LONG RUN AND THOUSANDS AND EVEN TENS OF THOUSANDS OF GALLONS THE MONSTER MOLECULES AND ESPECIALLY THE NANO-METALS CAN BUILD UP AT EACH CELL SITE AND STOP IT FROM CARRYING OUT ITS OBJECTIVES AND MISSION 2 HELP OPTIMIZE YOUR B.T.T.S. THESE TOXINS FULLY ENVELOPE YOUR CELLS OR LITTLE SAT DISHES LEADING 2 A SNOWED OVER SIGNAL AND NO MORE TRANSMISSIONS OF THEIR BIG GAME ON YOUR BIG SCREEN IN LIFE. KEEP YOUR SAT DISHES/CELLS CLEAN OF ALL DEBRIS AND YOU WILL UNLOCK FAR MORE TECHNOLOGY AND KEEP IT UNLOCKED SO YOU CAN GROW, LEARN, WORK HARD, AND DEVELOP YOURSELF AND YOUR TALENTS TAKING YOUR TECH 2 MORE AND MORE ADVANCED STAGES. THIS IS WHY YOU ARE HERE. 2 DEVELOP YOURSELF AND TAKE YOURSELF AS FAR AS YOU CAN IN THE MOST RIGHTEOUS OF WAYS.

DRINK MORE WATER, DO YOUR STRETCHES INCLUDING MASSAGING EVERY INCH OF YOUR B.T.T.S. AND PAYING CLOSE ATTENTION 2 THE TROUBLE AREAS. STICK 2 THIS 8 STEP DAILY REGIMEN AND JOURNAL THE RESULTS. JOURNAL HOW IT MAKES YOU FEEL. JOURNAL IF DOING THIS IMPROVES YOUR LIFE AND HOW SO.

WATER DOES SO MANY THINGS 4 US, ALL EARTHLINGS, AND THE EARTH. THERE IS NO GREATER ANTI-AGING PRODUCT ON EARTH THAN YOUR MOM AND DAD'S H2O. NOTHING ELSE EVEN COMES CLOSE.

NOTHING AIDS EVERYTHING ELSE IN KEEPING OUR B.T.T.S. IN A REGENERATIVE AND NOT DEGENERATIVE STATE. WITHOUT WATER THERE IS NOTHING ELSE. THINK HARD ABOUT THIS. NO LIFE AT ALL. WATER IS THER4 LIFE AND MOM AND DAD R TRYING 2 TEACH US ALL

SOMETHING BY THE EARTH AND YOUR B.T.T.S. BEING BEYOND
BRILLIANTLY DESIGNED THIS WAY. THEY WANT YOU AND ALL OF US 2
FOCUS ON THIS AND YOU WILL FIND OUT WHY 4 YOU WHEN YOU
CHOOSE THEIR RIGHT AND DO THE HARD WORK. YOU CAN CLAIM
WHAT YOU WANT BUT MANY HAVE BEEN IN SICK BODIES AND HEALED
THEM AND DONE SO THIS EXACT WAY BECAUSE WE WERE GENUINELY
GENESIS GUIDED. I WENT A TOTALLY UNORTHODOX ROUTE AND
UNHEARD OF BY ALMOST EVERYONE 2 B HEALED IN WAYS I
DESPERATELY WANT ALL OTHERS 2 EXPERIENCE. MANY LOOK AT MY
TALENTS AND SKILLS AND DO NOT SEE MY DISABILITIES AND
STRUGGLES BUT THIS CAME WITH HARD WORK AND NOT GOING THE
NORMAL ROUTE THAT MANY SPECIAL NEEDS CHILDREN GO, AND I HAD
FAR LESS SPECIAL NEEDS THAN MANY OTHER ON THAT SPECTRUM. I
WORKED WAY HARDER AND DID NOT JUST TAKE A PILL. BUT I TRIED A
COUPLE HUNDRED BEING INJURED BY EVERY SINGLE ONE SO I KNOW
EXACTLY HOW INCOMATIBLE THE ORTHODOX SOLUTON IS. I AM A
SURVIVOR OF THE COMMUNIST PROJECT KING HEROD 2.0 UNDER
WHICH WE ALL WITNESSED OPERATION AUTISM. THEY TRIED 2 MAME
OR MURDER EVERY CHILD IN THE WORLD NOT IN THEIR CULTS OR
GOING ALONG WITH THEIR CORRUPTION. I WAS DAMAGED AND HAVE
REPAIRED A SUBSTANTIAL DEGREE OF THEIR DAMAGE BUT NOT
FOLLOWING THEIR ORTHODOX APPROACHES BUILT ON LIES. I HAVE
SEEN A LOT IN MY DAYS AS ONLY A YOUNG MAN. I WAS TARGETED
JUST LIKE ALMOST ALL OF YOU WERE AND LIED 2 SO I ASKED 2 BE
GUINDED BY OUR CREATORS AND THIS IS WHY THEY HAVE THE
TECHNOLOGY AND SYSTEMS IN PLACE THAT THEY DO, SO THAT EVERY
CHILD ON EARTH MIGHT B SAFE AND HAVE JOY.



WE HAVE ALL BEEN TARGETED BY PHARMA AND FAKE FU**YA FOODS THAT ARE BIOWEAPONS DOUBLE SPOKEN AS VACCINES. STEER CLEAR FROM FOOD THAT SAYS IT WILL FU. 2 FU. 2 EFF YOU UP. ALMOST EVERY ONE OF THESE IS FULLY BIOWEAPONED UP. I HAVE TRIED THEM ALL AS ONE OF THE LEAD FOOD SCIENTISTS ON EARTH. THIS IS WHAT HAPPENS WHEN YOU GIVE A COMMIE AND ESPECIALLY A CHICOM A COOKIE. MY NEXT PICTURE BOOK IN THE WORKS RIGHT NOW

I HAVE LIVED IN A PROPERLY HYDRATED AND DEYHDRATED B.T.T.S. AND THERE IS NO COMPARISON. SAME WITH ONE FULL OF ESSENTIAL OILS VS EMPTY, AND WORSE FULL OF FAKE FU**YA FOODS COOKING OILS IN DAMN NEAR EVERYTHING NOW. BY BEYOND DESPERATE AND DUMBASS DRUGGED DESIGN BY COMMIES. THEY WANT YOU DEHYDRATED AND FULL OF FAKE COOKING OILS SO THEY CAN MANIPULATE YOU, WRECK YOU QUICK, AND KEEP YOU OFF OF THE TRACK/COURT/FIELD OF LIFE AND OUT OF THEIR COMMIE WAY. I

HAVE LIVED IN A B.T.T.S. BUILT BY ANIMAL CELLS AND ONE BUILT BY PHYTOCELLS AND I WOULD NEVER TOUCH ANOTHER ANIMAL CELL IN MY LIFE SHORT OF PETTING A DOG OR GROOMING A HORSE. THEY ARE A BIOWEAPON IF BROUGHT INSIDE THE B.T.T.S. THEY DESTROY OUR MAGICAL MACHINE FROM MOM. LIKE CIGARETTES BUT WORSE IN MANY WAYS. THEY ALSO DESTROY OUR COMMUNICATION CHANNEL WITH MOM AND DAD. AFTER HAVING BEEN IN SOLID COMMUNICATION WITH THEM I WOULD NEVER WANT 2 GO A DAY WITHOUT THEM IN MY LIFE. I HOPE SOME DAY YOU HAVE EARNED THE SAME TESTIMONY BUT IT WILL ONLY COME FROM HARD WORK AND NEVER QUITTING. BUT I CAN GUARANTEE YOU THAT YOU WILL NEVER REGRET GETTING HOLISTICALLY HEALTHY AND REACHING YOUR PERSONAL HOMEOSTASIS. THE BENEFITS ARE LIMITLESS, LITERALLY. THEY NEVER END IF YOU KEEP ON MOM AND DAD'S CORRECT PATH 4 YOU.

<https://www.youtube.com/watch?v=cTQ3Ko9ZKg8>

#3 MYOGA-DEEP STRETCHING AND BREATHING 30 MINUTES A DAY
(DIAPHRAGMATIC BREATHING EXERCISES-MANY CALL THIS COMBO
YOGA)

BETTER REFERRED 2 AS MOTHER'S MANDATORY MUSCULOSKELETAL
AND MAGICAL MACHINE MAINTENANCE/MASSAGE.

I SEE ALL OF THESE TEENAGERS THAT ARE 50-60 AND THEY ARE HOBBLING AND ALL BENT OVER LIKE THEY ARE OLD. I ASK THEM WHAT IS GOING ON AND THEY SAY IT IS OLD AGE. WTF? HOMO SAPIENS CAN LIVE OVER 200 YEARS WELL RECORDED. AT 50 YOU ARE ¼ THE WAY 2 THAT IF COMMIES AINT POISONING EVERYONE, ESPECIALLY WITH

MICROWAVE/RADIATION FROM PURE PEDO PHONES, COMMIE COMPUTERS, TYRANNICAL TELECOMMUNICATION TOWERS TERRORIZING OUR TELESTIAL TELOMERES, TYRANNICAL TABLETS, AND SUPER SICKO SATELLITES WATCHING OUR EVERY MOVE AND ENGAGED IN PURE PEDO POLICING US FROM SPACE VIA BEAM WARFARE AND THE DOUBLE SPEAK SMART GRID OR SYSTEM TEAM X OR XTINTIONIST HAS LAUNCHED WITHOUT ANY OF OUR APPROVAL. THESE SUPER SICKO N SATANIC SATELLITES ARE BEAMING VERY SEVERE FREQUENCIES AND RADIATION BACK AT THE EARTH AND THEY ARE THERE ABOVE ALL, ALONG WITH THE DATA CENTERS AND ALL DOUBLE SPEAK SMART GRID AS A GLOBAL AND PLANET POLICE STATE. THIS IS WHY EVERYONE IS FIGHTING IT SO HARD. PLEASE JOIN AND HELP US SHUT THIS PURE PEDO POLICE PLANETARY SYSTEM DOWN.

The screenshot shows a Bitchute video player interface. The main video features Kevin Jenkins, Founder & CEO of UCHA, speaking at a rally for medical freedom in Mississippi. He is holding a microphone and gesturing with his hand. Behind him is a large American flag and a poster titled "DOSES OF VACCINES FOR U.S. CHILDREN FROM BIRTH - 18 YEARS". The poster lists vaccine schedules for 1962, 1983, and 2019, highlighting the increase in vaccine doses over time. The video player includes a search bar, a "Go Ad Free" button, and a "Sign In" button. The sidebar on the right contains advertisements for "ARMSLIST" and "Next Video" recommendations. The bottom of the page shows a taskbar with various open applications and the system clock.

Year	Vaccine Schedule
1962	1st dose of measles, mumps, and rubella (MMR) at 1 year of age; 2nd dose at 4 years of age; 3rd dose at 11-12 years of age.
1983	1st dose of measles, mumps, and rubella (MMR) at 1 year of age; 2nd dose at 4 years of age; 3rd dose at 11-12 years of age.
2019	1st dose of measles, mumps, and rubella (MMR) at 12 weeks of age; 2nd dose at 15 months of age; 3rd dose at 4-6 years of age; 4th dose at 11-12 years of age.

<https://www.bitchute.com/video/z8wxN3kst1o>

IT IS SUPER SAD. ALL OF THESE TEENAGE CRIPPLES. SO I ASK THEM ARE YOU DOING YOUR DAILY STRETCHES? ARE YOU CHANGING YOUR FLUIDS REGULARLY? INCLUDING DRINKING 2 OUNCES OF WATER PER POUND PER DAY 2 ALWAYS KEEP THOSE FLUIDS PERFECT IN CHEMICAL COMPOSITION. ARE YOU FILLED UP ON ESSENTIAL OILS. ARE YOU EATING ANIMAL CELLS. ARE YOU WALKING ON THE EARTH IN THE SUN DAILY? ARE YOU EATING RAW PHYTOCELLS RICH IN ESSENTIAL OILS. AND ALMOST ALWAYS THEY SAY NO 2 ALL OF THESE BUT ABOVE ALL THE STRETCHING. THIS KEEPS US AND OUR B.T.T.S. BANDS LIMBER, AGILE, QUICK, AND STRONG. WE ARE A HYDRO/SOLAR/ELECTIC HYBRID AND BUILT WITH MANY HARDWARE COMPONENTS OF WHICH LARGE BANDS INCLUDING MUSCLES, LIGAMENTS, AND TENDONS WERE PART OF THE DESIGN 2 HELP OUR MAGICAL MACHINE MOVE IN MAGICAL WAYS. WE MUST STRECTH DAILY AND MAKE IT A RITUAL FULL OF GRATITUDE. THERE ARE PROFESSIONAL TRAINERS OF NFL AND MMA ATHLETES IN THE DOCUMENTARY THE GAME CHANGERS BY BROTHER JACKIE CHAN, BROTHER ARNOLD SCHWARZENEGGER, BROTHER JAMES CAMERON AND A LAUNDRY LIST OF THE WORLD'S GREATEST ATHLETES (MANY OF WHICH DO NOT APPEAR BUT THEY HELPED PRODUCE IT). WATCH IT HERE. IF THE 70 YEAR OLD TRAINERS CAN LOOK AND PERFORM LIKE THAT YOU CAN RUN IN2 THE STORE WITH A SMILE AND NOT HOBBLE. THAT IS A PERFECT POSSIBILITY SO MAKE IT HAPPEN WITH HARD WORK SISTERS AND BROTHERS. DO NOT B WEAK, DO YOUR DAILY CHORES AND NEVER SKIP STRETCHING. LOVE YA.



<https://www.youtube.com/watch?v=OYP6IBTXNIY>

DAILY DEEP STRETCHING AND YOGA-LIKE ACTIVITIES HELP BRING OUR SPINAL CORD AND ENTIRE MUSKULOSKELETAL SYSTEM IN2 ALIGNMENT WHICH REMOVES BLOCKAGEDS IN BUILT-IN BLOOD PASSAGEWAYS SOME CALL KINKS OR KNOTS. STRETCHING HELPS KEEP YOUR BLOOD AND ALL FLUIDS FLOWING AND IT THIS CONSTANT FLOW IS LIFE ITSELF. KEEP THE BLOOD FLOWING SO YOU CAN ALWAYS B REMOVING TOXINS FROM EVERY CELL THOSE PASSAGWAYS TOUCH.

IF WE HAVE AN OWNERS MANUAL (AND THIS IS MY ATTEMPT AT THAT WITH AN EXPANDED VERSION COMING), IT WOULD SAY THIS MAINTENANCE FOR YOUR MACHINE WAS MANDATORY, A MUST, OR IT WOULD VOID YOUR B.T.T.S. WARRANTY AND CAUSE MAJOR MECHANICAL MALFUNCTIONS. I CAN GUARANTEE YOU THAT YOU WILL BREAK DOWN ALL OF THE TIME AND YOUR LIFE WILL B NOWHERE NEAR AS GREAT AS IT COULD B IF YOU FOCUS ON THESE 8

FUNDAMENTALS DAILY, BEGINNING WITH WATER AND STRETCHING EVERY MORNING 2 WARM UP, 2 PRIME, 2 TUNE, 2 ALIGN YOUR B.T.T.S. AND B IN YOUR VERY BEST STATE 2 ATTACK THE DAY AND OBJECTIVES IN FRONT OF YOU. MANY OF YOU HAVE NEVER STRETCHED OR HAVE BUT DONE SO IN VERY LIMITED WAYS. I USE 2 B IN THIS CATEGORY AND I CAN TELL YOU YOUR LIFE WILL CHANGE WITHIN A YEAR OR 2 WITH THIS HABIT. IN MAGICAL WAYS. BUT B4 YOU IMPLEMENT THIS HABIT 4 MANY MONTHS YOU ARE LIKELY VERY TIGHT AND SORE AND THIS WILL B PAINFUL BECOMING LIMBER. KEEP WORKING AND PUSHING UP AGAINST THIS PAIN EVERY DAY AND IT WILL EVENTUALLY DISAPPEAR. THEN YOU WILL KNOW YOU ARE FULLY IN TUNE OR TUNED. IF YOU ARE INJURED AND HAVE MUSKULOSKELETAL ISSUES OR HUNCHED BACKS OR NECKS THESE CAN 2 SOME DEGREE IF NOT FULLY BE WORKED OUT AND STRAIGHTENED OVER TIME WITH PROPER CARE AND MAINTENANCE.

SO MANY IN OUR FAMILY DO NOT DO THEIR STRETCHES EVER, AND I MEAN THEIR ENTIRE LIFE. THIS IS NUTS. OUR BIOMECHANICAL MACHINE IS BUILT OF MUSCLES, TENDONS, LIGAMENTS, BIG BANDS THAT ARE PLIABLE, THAT STRETCH, BEND, AND MOVE IN SUPER MAGICAL WAYS. IN ORDER 4 US 2 KEEP THESE IN OPTIMAL SHAPE THEY NEED 2 B STRETCHED DAILY AND DOING SO FIRST WITH PROPER FLUID LEVELS (CLEAN H2O AND ESSENTIAL OILS). AND STRETCHED HARD. IF WE DO NOT STRETCH EVERY DAY THESE BANDS THAT ARE FULL OF BLOOD PASSAGEWAYS GET KNOTTED UP, OR KINKED AND THEY CAUSE THE EQUIVALENT OF AN AVALANCHE ACROSS A HIGHWAY CLOSING ALL TRAFFIC THROUGH THE AREA, WHICH LEADS 2 HIGHER BLOOD PRESSURES IN OTHER AREAS NOT BUILT FOR THOSE TOLERANCES. ON TOP OF THIS YOUR BLOOD THAT FLOWS THROUGH YOUR PASSAGEWAYS IS LARGELY H2O AND USED 2 COOL AND CLEAN YOUR B.T.T.S. IF YOU DO NOT STRETCH DAILY AND KEEP THE B.T.T.S.

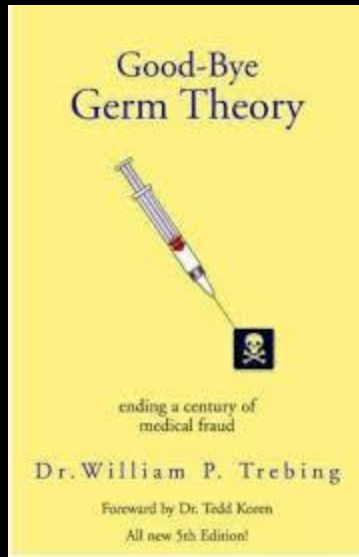
BANDS IN PROPER WORKING SHAPE THE B.T.T.S. BEGINS 2 STACK TOXINS AT A MUCH FASTER PACE. THEN REMEMBER THE MODEL I PRESENTED IN THIS BOOK FOR PAIN AND DISEASE. WHEN THE B.T.T.S. BEGINS STACKING TOXINS, AND BLOOD PASSAGEWAY BLOCKAGES PERSIST INFLAMMATION AND DISEASE WILL SOON FOLLOW, LIKE CLOCKWORK. IF CELLS ARE LEFT WITHOUT THE NECESSARY OXYGEN, HYDROGEN AND WITHOUT THE LIFEBLOOD BLOOD 2 OUR B.T.T.S. CELLS, THEY QUICKLY EXIT A REGENERATIVE STATE AND ENTER A DEGENERATIVE STATE WHERE DAMAGE AND DESTRUCTION BEGINS.

THIS IS WHY YOU MUST STRETCH. AFTER YOU GET USE 2 IT THIS DAILY MAINTENANCE BECOMES A TOTAL BLESSING AND JOY THAT UNLOCKS SO MUCH MORE FUN IN YOUR LIFE FOLLOWING THE DIFFICULT CHORE. IT SUCKS, ITS HARD, ITS PAINFUL, ESPECIALLY IF YOU HAVE INJURIES, BUT YOU CAN HEAL YOURSELF USING THIS DAILY MAINTENANCE, ESPECIALLY WHEN COMBINED WITH THE ALSO MANDATORY MASSAGING. AND OVER TIME YOU BECOME VERY LIMBER AND THE PAIN ALL DISAPPEARS.

THE MASSAGING OF EVERY INCH OF THE B.T.T.S. SIMULTANEOUSLY HAS MANY PURPOSES INCLUDING INSPECTION OF EVERY CELL OF YOUR B.T.T.S. YOU NEED 2 CHECK YOUR B.T.T.S. DAILY 4 ANYTHING OUT OF PLACE AND IF THERE IS SOME PAIN ATTEMPT 2 REPAIR IT B4 IT BECOMES EVEN WORSE. YOU CAN HEAL IT BY FIRST DRINKING WATER AND GETTING YOUR COMPOSITION 2 70%ISH H₂O, THEN MAKE SURE EVERY JOINT AND CORNER IS COVERED IN ESSENTIAL OILS NATURALLY FOUND IN FOOD TECH FROM MOM AND DAD, THEN DO YOUR DEEP STRECTHING, AND WHEN DOING THAT DEEP STRETCHING MASSAGE YOUR ENTIRE BODY VERY DEEPLY AND ROUGH EVEN SO YOU BREAK TOXINS LOOSE IN THE BANDS SPOKEN ABOUT ABOVE. TOXINS BUILD UP IN OUR CELLS AND ESPECIALLY THE B.T.T.S. BANDS (MUSCLES, TENDONS, LIGAMENTS,ETC.) AND THEN KNOTS/KINKS BEGIN WHICH IS

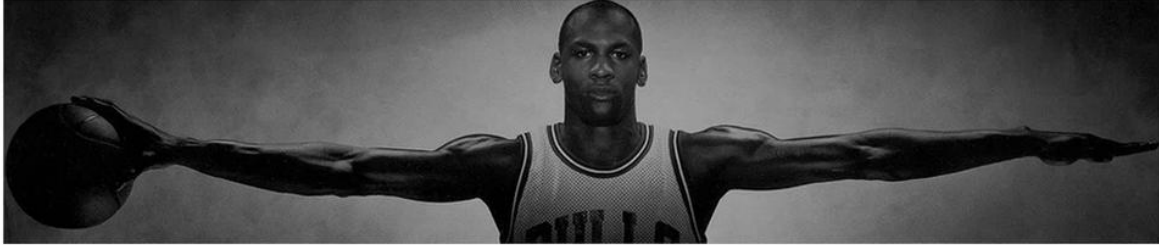
ULTIMATELY A BACK UP OF TOXINS, WHICH ULTIMATELY IN MOST CASES BEGAN BY BLOOD BLOCKAGE FROM NOT DOING OUR DAILY STRETCHES AND DRINKING ENOUGH H2O. WHEN YOU MASSAGE THESE PAINFUL AREAS IN A CIRCULAR MOTION YOU CAN BREAK MUCH OF THESE TOXINS IN THESE KNOTS AND KINKS FREE (4 THE MOST PART) AND THEN YOUR BLOOD WILL DO ITS DUTY AND WASH IT AWAY HELPING EXCRETE IT VIA MANY METHODS (SWEATING, PEEING, POOPING). SOME PAINS YOU HAVE 2 WORK ON MANY WEEKS UNTIL THEY ARE GONE, OTHERS YOU CAN GET GONE IN SECONDS, MINUTES, OR IN ONE SESSION. THIS IS ALL PART OF PURIFYING, PRIMING, TUNING, AND ALIGNING OUR MAGICAL MACHINE FROM MOTHER WHICH IS WHY YOU SHOULD BEGIN WAKING UP EARLIER AND BEGINNING THE DAY WITH THIS MANDATORY MAINTENANCE. JUST DO IT. GET IT BEHIND YOU FIRST THING AND EVERYTHING ELSE IN YOUR DAY WILL BECOME EASIER AND MORE POWERFULLY MEANINGFUL OVER TIME.

YOU CANNOT BE HOLISTICALLY HEALTHY AND EVER REACH HOMEOSTASIS WITHOUT IMPLEMENTING THIS PRACTICE SO B WISE AND GRATEFUL SO YOU CAN BECOME YOUR GREATEST ETERNAL ENERGY. STRETCH AND MASTER BREATHING EVERY DAY YOU PHYSICALLY CAN. IF THE PAIN DOES NOT GO AWAY IN A FEW WEEKS HAVE THE AREA LOOKED AT BY A REAL PHSYICIAN. A TRUST SOLID AND HONEST CHIROPRACTORS, ESPECIALLY BROTHER TREBING, SO FIND A GOOD ONE 2 HELP YOU WITH KNOTS AND KINKS YOU CANNOT GET 2 OR NEED ADDITIONAL HELP WITH AND THEY CAN HELP YOU IN MANY WAYS. GOOD CHIROPRACTORS ARE WORTH THE MONEY SO TRY AND FIND A SOLID ONE AND WORK WITH THEM WHEN YOU NEED HELP. THEY SOLVE PROBLEMS AND IT IS UNDENIABLE. WHEN THEY ACT MORALLY AND CHOOSE THEIR RIGHT USING ANCIENT WISDOM WHICH THEY ARE TAUGHT IN THEIR SCHOOLING.



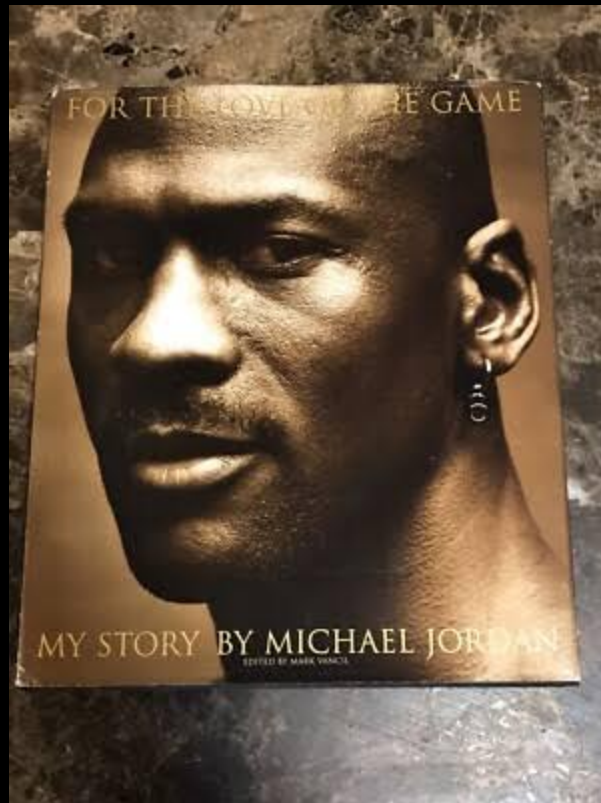
STRETCHING IS SO VITAL. IT HELPS US BECOME AND REMAIN VERY B.T.T.S. AWARE AND THIS ENSURES THAT IF ANYTHING POPS UP IT NEVER HAS THE CHANCE OF GETTING OUT OF HAND. MAKE SURE YOU TAKE CARE OF ANYTHING OUT OF PLACE IMMEDIATELY AND THEN SMALL PROBLEMS WILL NOT BECOME BIG ONES. STRETCHING ALSO INCREASES BLOOD FLOW WHICH KEEPS US CLEAN. ULIMATELY YOGA AND MESSAGES ARE MANDATORY CLEANING MAINTENANCE OF YOUR B.T.T.S. THIS IS HOW HUMAN HEALTH SHOULD B TAUGHT 2 EVERY HUMAN ON EARTH. BECAUSE IT IS THEIR TRUTH AND ALL OF OUR'S. THIS IS VERY HARD 4 SO MANY AS IT IS LIKELY THE MOST PAINFULLY CHALLENGING OF THE 8. LOOK AT IT AS A CHORE AT FIRST LIKE YOU ARE CLEANING HOUSE AND TAKING CARE OF YOUR DAILY TASKS OR OBJECTIVES. JUST GET THEM DONE AND MOVE ON WITH THE DAY AND WATCH THE MAGIC THAT ENTERS YOUR LIFE IF YOU CHOOSE THEIR RIGHT AND ALWAYS SITCK WITH THIS. OVER TIME YOU CAN AND WILL MAKE THIS A FUN ACTIVITY IF YOU STICK WITH IT THROUGH THE PAIN. I REMEMBER READNG MICHAEL JORDAN'S BOOK GROWING UP AND HE SAID NO PAIN NO GAIN.

W I N G S



*No bird soars too high,
if he soars with his own wings.*
- William Blake





4 THE LOVE OF THE GAME BY ONE OF MY CHILDHOOD HEROES.
STOCKTON WAS AN EVEN BIGGER ONE AND INFLUENCED ME HEAVILY.



IT TOOK ME NEARLY 2 YEARS 2 GET 2 THE POINT WHERE I DID NOT
HATE DEEP STRETCHING AND I AM VERY ATHLETIC. I CANNOT TELL
YOU HOW MANY TIMES I WANTED 2 QUIT AND IN THAT TIME PERIOD I
GAVE UP HUNDREDS OF HOURS OF MY TIME. I CANNOT TELL YOU
HOW MANY TIMES DAD SAID STIFFEN UP THAT UPPER LIP. WE ARE
BUILDING A BRIGHTER B.T.T.S. 4 AND WITH YOU AND YOU WILL BE
ETERNALLY BLESSED 4 STAYING THE COURSE. YOU 2 WILL B ETERNALLY
BLESSED IF YOU IMPLEMENT THIS DAILY SISTERS AND BROTHERS.
MOHTER AND FATHER WILL B THERE 2 PUSH YOU AND KEEP YOU ON
THEIR PROPER PATH. DO NOT CHEAT AND DO IT TWICE A DAY B4 BED
IF YOU CAN TO HELP WITH BLOODFLOW, CLEANING, AND SLEEP
PATTERNS THROUGHOUT THE NIGHT. OUR B.T.T.S. GOES IN2 SLEEP

MODE AT NIGHT AND BEGINS 2 REPAIR AND PREPARE 4 THE NEXT DAY. YOU WILL SLEEP BETTER AND EVERYTHING IN YOUR LIFE WILL SEE IMPROVEMENT FROM ENGAGING IN THIS ACTIVITY. ALL 8 OF COURSE. BEST 2 DO AS OUR SCHOOLING TAUGHT US AND WHISTLE WHILE WE WORK. THANK YOU WALT. I HAVE A BLAST WITH THIS DAILY CHORE NOW BUT SADLY HATED IT 4 THE FIRST 18 MONTHS OR SO. I CANNOT BELIEVE I EVER LIVED WITHOUT THIS MAINTENANCE. I WILL B TEACHING CLASSES ON THIS 4 FREE IN THE COMMUNITY AND DOING VIDEOS SO YOU CAN SEE WHAT I MEAN. JUST MAKE SURE YOU DO THIS YOUR WAY AND NEVER WORRY HOW OTHERS DO THEIR THING. B ORIGINAL, B YOU. YOU ARE THE REASON YOU ARE HERE. 2 B YOUR GREATEST YOU. NEVER 4GET THIS SISTERS AND BROTHERS.

#4 ONLY EATING RAW PHYTOCELLS.

ANIMAL CELLS ARE NOT COMPATIBLE WITH HUMAN TECHNOLOGY. VISIT JUSTEATIT.ORG 4 A PERFECT EXPLANATION AND OVERWHELMING ANCIENT WISDOM BACKED BY THE SCIENTIFIC EVIDENCE OF OUR CREATORS THAT BEYOND PROVES THIS AND HAS 4 THOUSANDS OF YEARS SINCE THEIR BEGINNING. ANIMAL CELLS ARE SEEN AS A THREAT, AS AN INVADER, AS A CRIMINAL WHEN BROUGHT IN2 OUR B.T.T.S. AND IMMEDIATELY OUR B.T.T.S. BEGINS 2 BOUNCE THEM SO BALANCE CAN B MAINTAINED. MOST WHO EAT ANIMAL CELLS, ACTUALLY GAIN THE ENERGY THEY POSSESS LARGELY FROM UPTAKING COPIOUS AMOUNTS OF PHTYTOCELLS (GOTTA HAVE VITAMIN C ONLY FOUND IN PLANTS) OR FAKE FOOD ALTOGETHER SO THEIR ENERGY IS FLAWED, FAKE OR SYNTHETIC AND NOT COMPATIBLE IN ANY WAY, OR NONE-EXISTENT. IT IS THE ANIMAL CELLS/FAKE FUEL THAT WIND UP BREAKING DOWN THE B.T.T.S. HARDWARE COMPONENTS AT MUCH MORE RAPID PACES THAN DESIGNED 2 LAST. WE KNOW ONE THING, THEY FULLY CLOG THE

ENDOTHELIAL LINING OF OUR BLOOD BASSAGEWAYS AND THIS LEADS 2 DARN NEAR EVERY B.T.T.S. MALFUNCTION YOU CAN THINK UP. THE B.T.T.S. CANNOT PROCESS ANIMAL CELLS SO THEY STACK WITHIN US AND SNOW OVER OUR 'SAT' (CELL) DISHES. THEN WE SEE MAJOR MALFUNCTIONS AND NOT MAGIC SUCH AS ISSUES LIKE CHRONIC FATIGUE, 2 WHICH MASSES MASK THIS WITH MORE FAKE FUEL LIKE PROCESSED SUGARS AND EVEN WORSE COMMIE CAFFEINE. AND ALMOST ALL ANIMAL CELLS BEING CONSUMED ARE BUILT SOLELY WITH PHTYOCELLS. THIS IS WHY SOME LIVE 2 OVER 200 AS BROTHER DISPENZA AND OTHERS HAVE SHOWN US IN THE RECORD, AND WHY SOME ONLY LIVE 2 60 OR 70 WHICH IS THE NEW AVERAGE ACROSS G20. BARELY 70 YEARS. HOW DO SO MANY LIVE 2 120? AN EXTRA 50 YEARS. IT IS WHAT WE BUILD OUR B.T.T.S. OUT OF AND WHAT WE ATTEMPT TO MAINTAIN IT WITH. GARBAGE IN GARBAGE OUT. MOM AND DAD BEYOND BRILLIANTLY DESIGNED THE GAME 2 B THIS WAY SO THEIR ANIMALS WOULD B PROTECTED (AS WOULD WE). AND THE DISEASE OR HARM, THE REDUCED POWER LEVELS AND LIFE OF THE PLAYER WHO PARTAKES OF THEIR PLANT BASED PROTEINS, MEANING THE LOWER THE SCORE IN THEIR GAME, WOULD B AN INDICATOR AND SIGNAL 2 GET BACK ON THEIR RIGHT PATH. EATING THEIR CELLS SHUTS US OUT AND OFF OF THEIR COMMUNICATION CHANNEL. SO DO SO MANY OTHER THINGS LIKE BIOWEAPONS DOUBLE SPOKEN AS BEING VACCINES AND HEALTH SOLUTIONS. FINAL SOLUTIONS 4 FAR 23 MANY. EACH CELL IN YOUR BODY, AT THEIR MICRO LEVEL IS BUILT 2 BE A TRANSMITTER AND RECEIVER OF FREQUENCIES/DATA. AT THE LARGER AND MACRO LEVEL YOUR COLLECTION OF CELLS OR B.T.T.S. IS ALSO A MASSIVE TRANSMITTER AND RECEIVER, AND CO-CREATING PRODUCER OF FREQUENCIES/DATA. JUST LIKE A RADIO TOWER OR SATELLITE BUT SO MUCH MORE ADVANCED IT WILL BLOW YOUR MIND WHEN YOU REMEMBER OR LEARN AGAIN WITH MOM AND DAD

GENUINELY GENESIS GUIDING YOU. EACH CELL, AND SOME SAY THERE ARE TRILLIONS, WAS BEYOND BRILLIANTLY DESIGNED 2 COMMUNICATE 2 ALL OTHER CELLS ON EARTH, BUT SPECIFICALLY WITH THE INTERNAL CELLS OF YOUR B.T.T.S. AND THE CELLS OF OTHER SACRED AND SENTIENT SOULS IN VERY CLOSE PROXIMITY 2 YOUR ACTUAL PHYSICAL BODY. THESE CELLS ARE BEYOND BRILLIANT TECHNOLOGY AND CAN DO SO MANY MAGICAL THINGS IT WILL BLOW YOUR MIND IF YOU HAVE NO CLUE WHAT I AM TALKING ABOUT. THEY CAN STORE MORE DATA THAN EVERY DATA CENTER ON EARTH, BY A LONG SHOT. I MEAN A LONG, LONG SHOT. AND THEY ARE SO BRILLIANT THEY REGENERATE, HEAL, AND IMPROVE THEMSELVES IF GIVEN THE CORRECT BUILDING BLOCKS. WHEN WE EAT TOXINS THESE CELLS (THINK OF THEM AS SAT DISHES IN THE ROCKIES DURING A BLIZZARD DURING THE SUPER BOWL PARTY) BECOME COVERED UP AND COMMUNICATION IS SHUT DOWN. ANIMAL CELLS SMOTHER AND DESTROY COMMUNICATION. THEY ARE CARCINOGENIC AND DESIGNED 2 B THIS WAY SO YOU AND I WOULD LEAVE THEM THE HEAVENS ALONE. WHEN MY MOTHER WOULD WATCH SAT TELL A VISION IN THE SNOW SHE WOULD OFTEN SAY SON, GO GRAB THE BROOM AND LADDER AND CLEAN OFF THE DISH 4 ME, I AM NOT GETTING ANY PICTURE ON THE SCREEN OR TRANSMISSION.

MOM AND DAD TRANSMIT TOTAL TRUTH AND LOVE VIBRATIONS/FREQUENCIES 2 US AT ALL TIMES AND SOME CALL THIS PERSONAL REVELATION. IT IS THIS AND MORE. THEY ALSO SEND US GROUP MESSAGES 4 FAR DIFFERENT PURPOSES. THEY USE THESE TECHNOLOGIES AND CHANNELS 2 HAVE A VERY PERSONAL AND MAGICAL RELATIONSHIP WITH US EACH INDIVIDUALLY WITH NO MIDDLE MAN AND THE RESULT IS EVERYONE BEING TREATED, GUIDED, AND LOVED PERFECTLY EQUAL. THESE TRUTHS WERE OCCULTED BY THE WICKED WHO HAVE HACKED US ALL IN DOZENS OF WAYS. THEY ALSO HAVE A DECENT BUT NOT FULL UNDERSTANDING OF OUR

CREATORS TECHNOLOGIES AND MANY OF THE ANTI-TECHNOLOGIES
LIKE PURE PEDO PHONES ATTACHED 2 TYRANNICAL
TELECOMMUNICATIONS DEVICES ARE MIRROR INVERSIONS AND
DISTORTED PERVERSIONS OF TECHNOLOGIES MOM AND DAD
DEESIGNED IN2 OUR WORLD AND HERE FROM THE BEGINNING. THE
PURE PEDO PHONES ARE A MAJOR HACK ON YOUR B.T.T.S. AND 4
SOME MORE THAN ONE. THEY WERE CALLED CELLULAR PHONES
BECAUSE THEY DESTROY US CELLULARLY AND LUCIFERIAN SATANISTS
THINK THIS IS FUNNY. THIS MANUAL IS THE FIRST ATTEMPT 2 HELP
YOU BREAK THE FIRST FEW HACKS. I AM A BIOHACK REMOVAL EXPERT
AND MASTER MAGICAL MACHINE MECHANIC, AND B.T.T.S. TUNER.
ROLL WITH ME. YOU WILL HAVE FUN FINDING FREEDOM IN FOOD AND
UNLOCKING MORE OF YOUR SUPER MAGICAL TECH AND WHAT YOU
WILL FIND IS HIDDEN GIFTS AND SOME OF THOSE WILL B TALENTS IF
YOU WORK HARD 2 BRING THEM OUT THROUGH PROPER
DEVELOPMENT.

OH AND THIS IS THE SECRET MENU AND SECRET SAUCE OF ALL HEATH
RECOMMENDATIONS. RAW FOOD IS VITAL BECAUSE ABOVE ALL ELSE,
WHEN WE APPLY HEAT AND PRESSURE 2 THE MAGICAL MOLECULES OF
FOOD TECH THEY ARE DAMAGED, DISTORTED, AND DELETEED. IF WE
COOK OUR FOOD WE CAN EASILY REMOVE 50% OF THE ORIGINAL
TECHNOLOGIES' NUTRIENT PROFILE. THESE MAGICAL MOLECULES ALL
HAVE HEALTH PROPERTIES AND BENEFIT THE PERFORMANCE OF YOUR
B.T.T.S. THEY ARE THE BEYOND BRILLIANTLY DESIGNED AND
CALIBRATED FLUIDS 4 YOUR B.T.T.S. INCLDUING THEIR ESSENTIAL OILS.
IF YOU COOK THEM THE MOST IMPORTANT NUTRIENTS YOU DESTROY
ARE THE ESSENTIAL OILS MOM AND DAD COINED AS BEING ESSENTIAL
BECAUSE YOU WILL CRASH AND BURN AND LIKELY NOT GRADUATE BUT
HAVE 2 REPEAT THIS LEVEL WITHOUT THEM. HEALTH IS WEALTH,
HEALTH IS HAPPINESS, HEALTH IS EVERYTHING AND EVEN UNLOCKS

YOUR BEING ETERNAL. THIS IS WHY WE MUST EAT OUR FOOD RAW. IT IS FUEL AND DESIGNED 2 B EATEN IN ITS NATURAL STATE. IT IS NOT MY GAME OR RULES/CODE/STRUCTURE/LAWS. IT IS NOT MY FUEL. I JUST USE IT AND KICK ASS AND HAVE A BLAST WORKING HARD ABOVE ALL. THAT IS WHAT FUEL SHOULD DO, HELP US GET THINGS LIKE LIFE DONE. EAT RAW PHYTOCELLS. LETS ROLL!



**"A FILM THAT CAN
SAVE YOUR LIFE."**

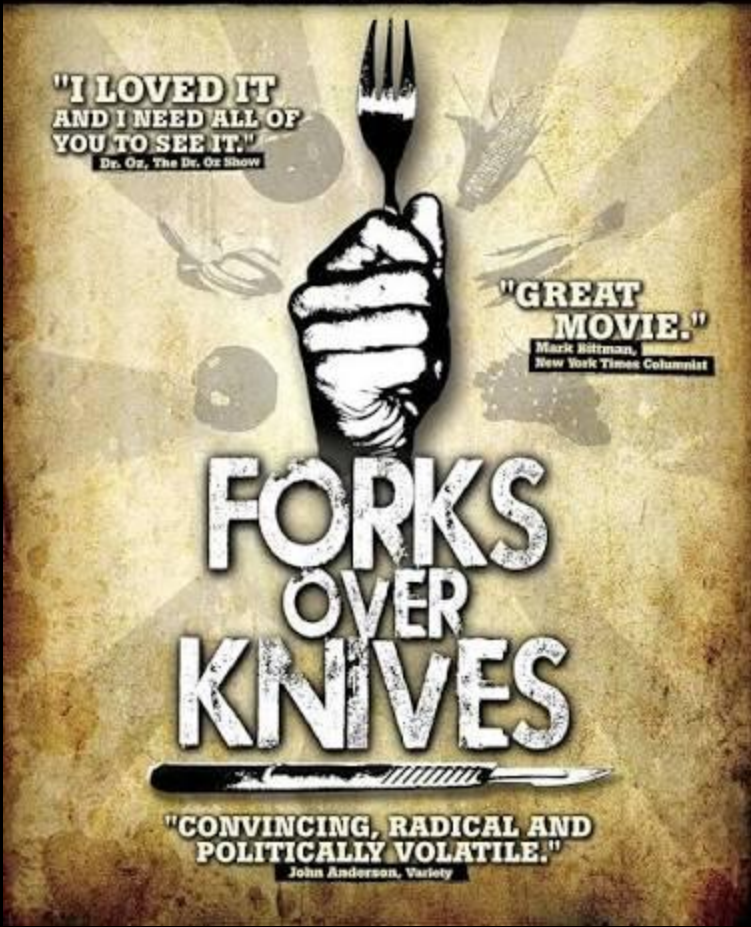
Roger Ebert, Chicago Sun Times

**"I LOVED IT
AND I NEED ALL OF
YOU TO SEE IT."**

Dr. Oz, The Dr. Oz Show

**"GREAT
MOVIE."**

Mark Rittman,
New York Times Columnist



FORKS OVER KNIVES

**"CONVINCING, RADICAL AND
POLITICALLY VOLATILE."**

John Anderson, Variety

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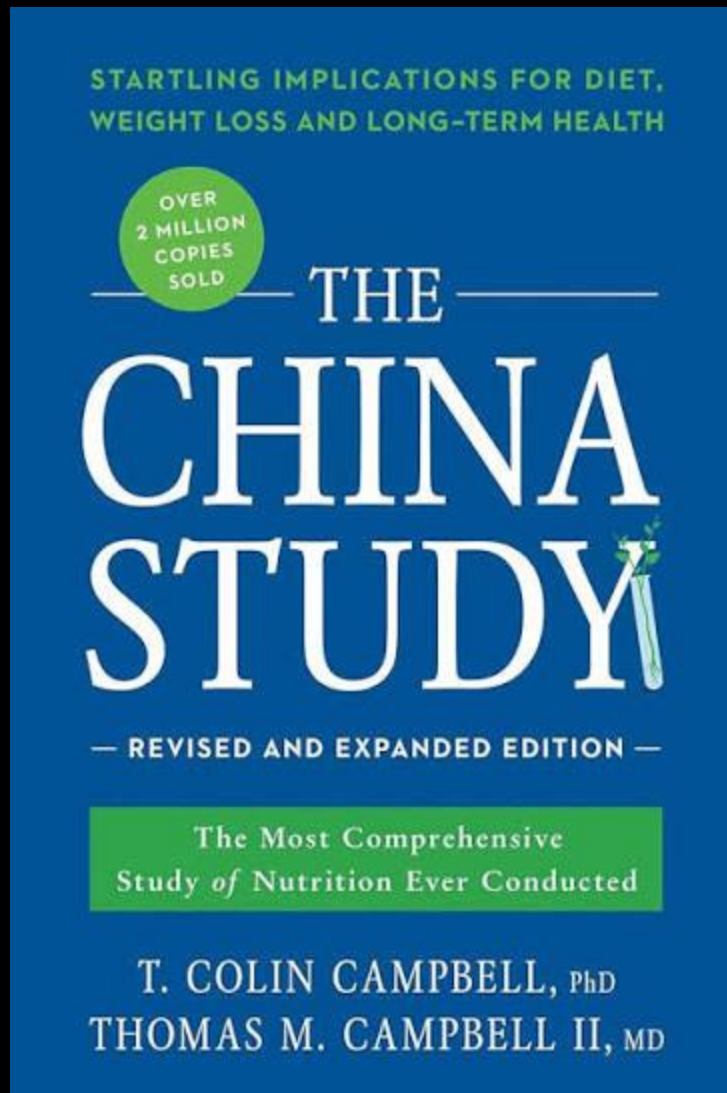
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https://www.amazon.com/China-Study-Comprehensive-Nutrition-Implications/dp/1941631568/ref=sr_1_1?crid=13BWTC9FC3JOD&dib=e_yJ2IjoiMSJ9.RceLZGix4wRKjxIDzQfartxCS2gKc_U_60-HLtFOyul6a6UM2O3XV6k20N8AvU7Pz5uJ9tze7pZQA9JE6g17STsicU2KAL8ON9MrnXpTlgvBfwy6Y9PPCq55RuxVmh31ZO8BtFEBQyJdOQju2MyKqg7L8ok2mMyJwTV2IHQR4MmH3qbRp_8NItP6INkWaJaFq3OkaBYOy8VlyMXNOfeDTTzHmZn39kBeoVHgnWpaw0wmo.HrUAXW-ThJlq2AwuTJbuVSgAKiG08UkflfFC_8AcDoY&dib_tag=se&keywords=THE

[+CHINA+STUDY&qid=1786739739&sprefix=the+china+study%2Caps%2C293&sr=8-1](https://www.youtube.com/watch?v=EqKNfyUPzoU)

The video player shows a man in a dark suit and red tie, Caldwell Esselstyn, speaking at a podium. The name 'CALDWELL ESSELSTYN' is overlaid on the video. Below the video, the title 'Making Heart Attacks History: Caldwell Esselstyn at TEDxCambridge 2011' is displayed, along with the TEDx Talks logo and a 'Subscribe' button. The video has 13K likes and 44.6M subscribers. The right sidebar features a list of related TEDx Talks, including 'A Heart Attack Saved My Life' by Michael Gorham, 'Food as Medicine' by Michael Greger, 'Feed Your Heart' by Dr. Philip Ostadia, 'What you don't know about hearing aids' by Juliette Sterkens, and 'Music Medicine: Sound At A Cellular Level' by Dr. Lee Bartel.

<https://youtu.be/EqKNfyUPzoU?si=gKrGfsz2Ht-o80W6>

The video player shows a man in a dark suit and white shirt, T. Colin Campbell, standing on a stage with large red and white geometric sculptures. The text 'I'm here to talk about health. Your health, my health,' is overlaid on the video. Below the video, the title 'Resolving the Health Care Crisis: T. Colin Campbell at TEDxEast' is displayed, along with the TEDx Talks logo and a 'Subscribe' button. The video has 5.3K likes and 44.6M subscribers. The right sidebar features a list of related TEDx Talks, including 'Wegovy® Pill No Insurance Req' by a sponsor, 'Solving the Health Care Crisis' by T. Colin Campbell, 'The 4 phases of retirement' by Dr. Riley Moynes, 'Making Heart Attacks History: Caldwell Esselstyn at TEDxCambridge 2011', and 'A Plant-based Diet Changed My Life' by Pat McAuley.

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Just a few housekeeping items for our Fireside Chat

Fireside Chat with Dr. T. Colin Campbell and Dr. Caldwell Esselstyn

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Fireside Chat with Dr. T.

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2:43 PM 8/14/2024

Should You Leave Your Child Alone With A Doctor? | Dr. Scott Weidland

Doctor Mike

259K 2d ago

New

The Bob Newhart Troupe Sketch That Broke Dean Martin

Dean Martin

2.8M 1mo ago

She's 12. She Sings Aretha Franklin... Until Simon TELLS Her to Do It Acapella!

Top Talent

8.6M 9mo ago

Heart Disease Reversal & Low Fat Diets | Dr. Caldwell Esselstyn

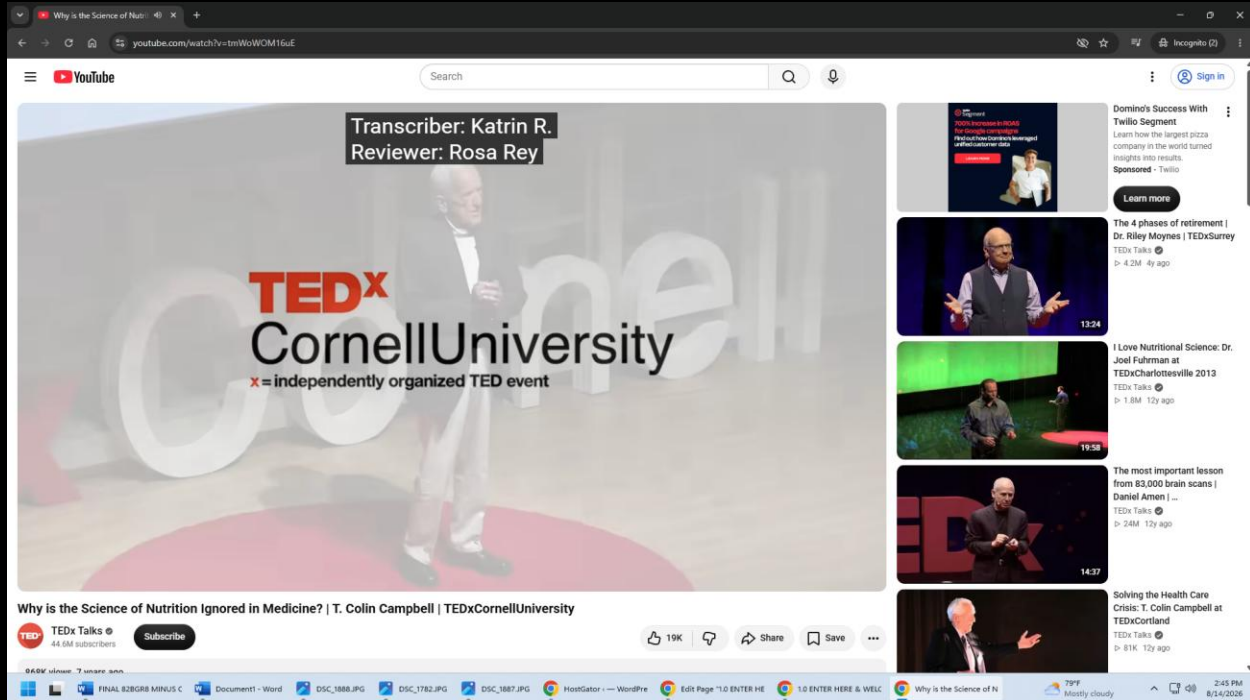
Nutrition Made Simpler

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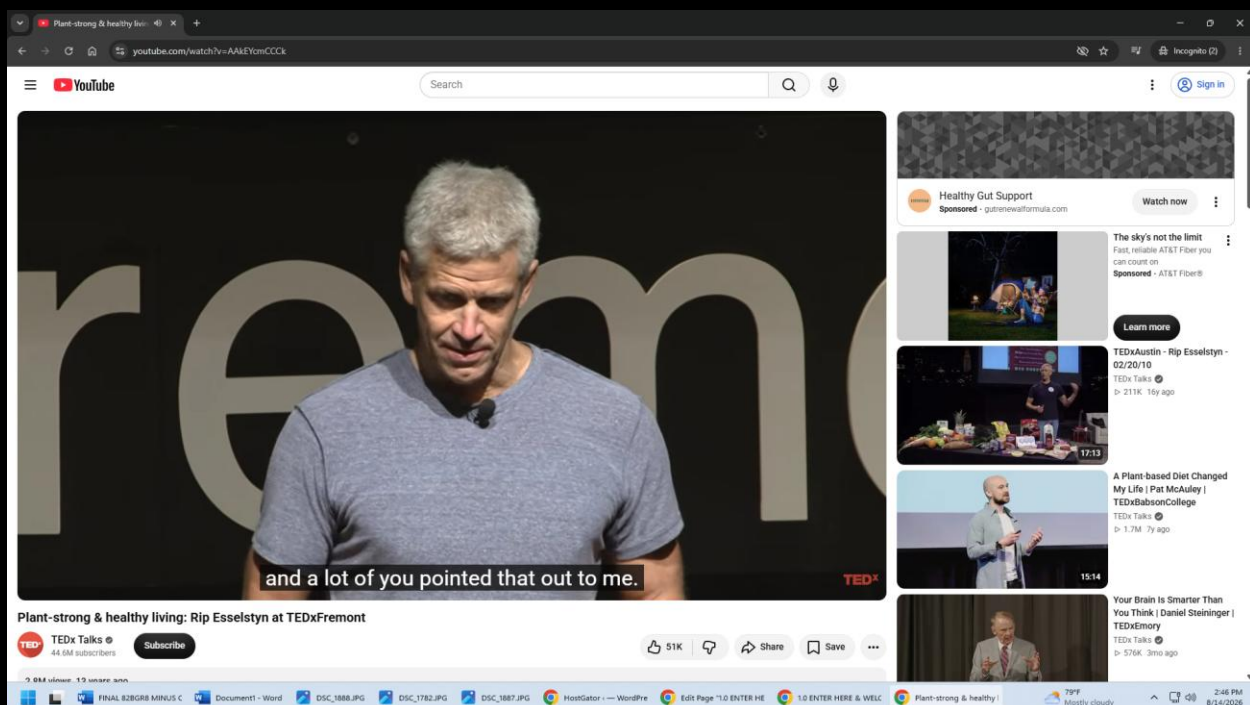
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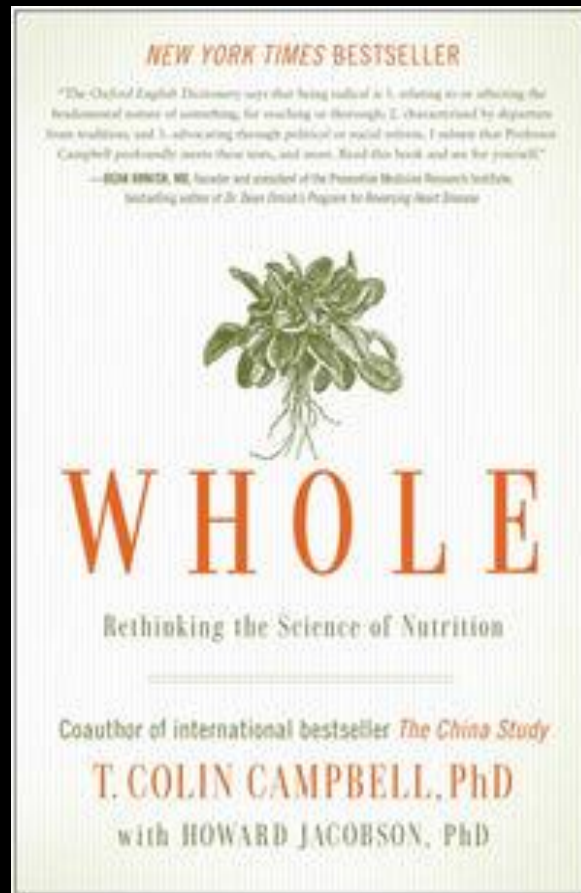
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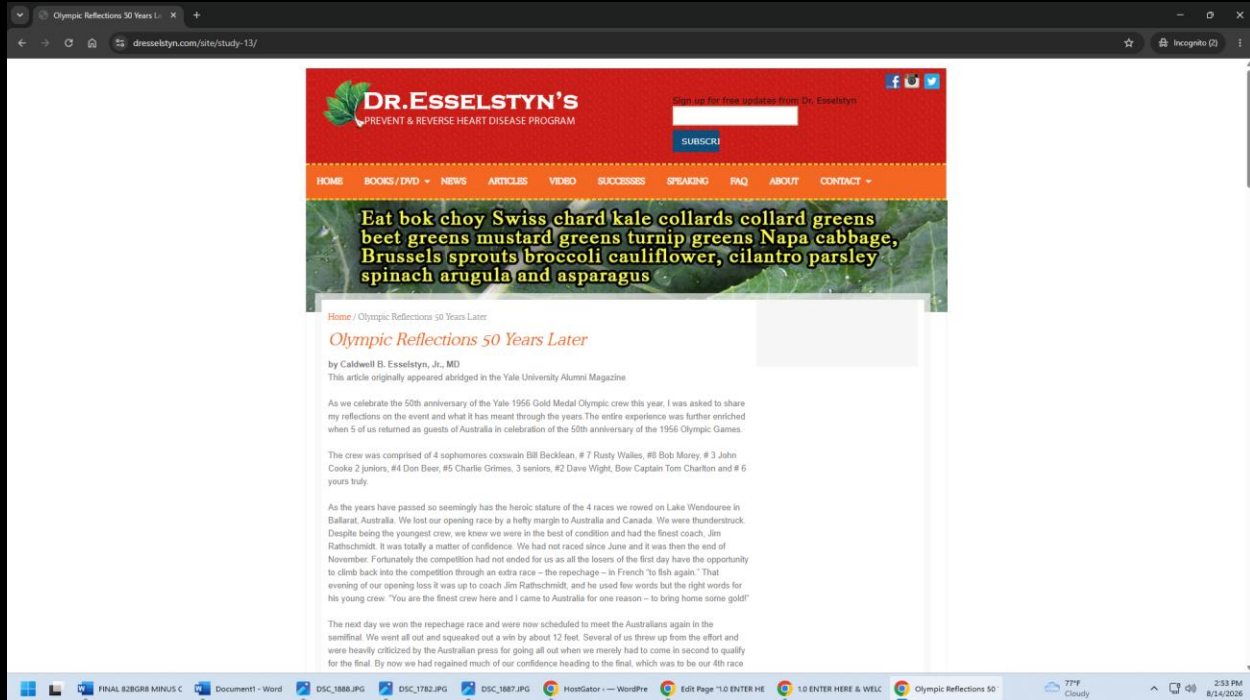
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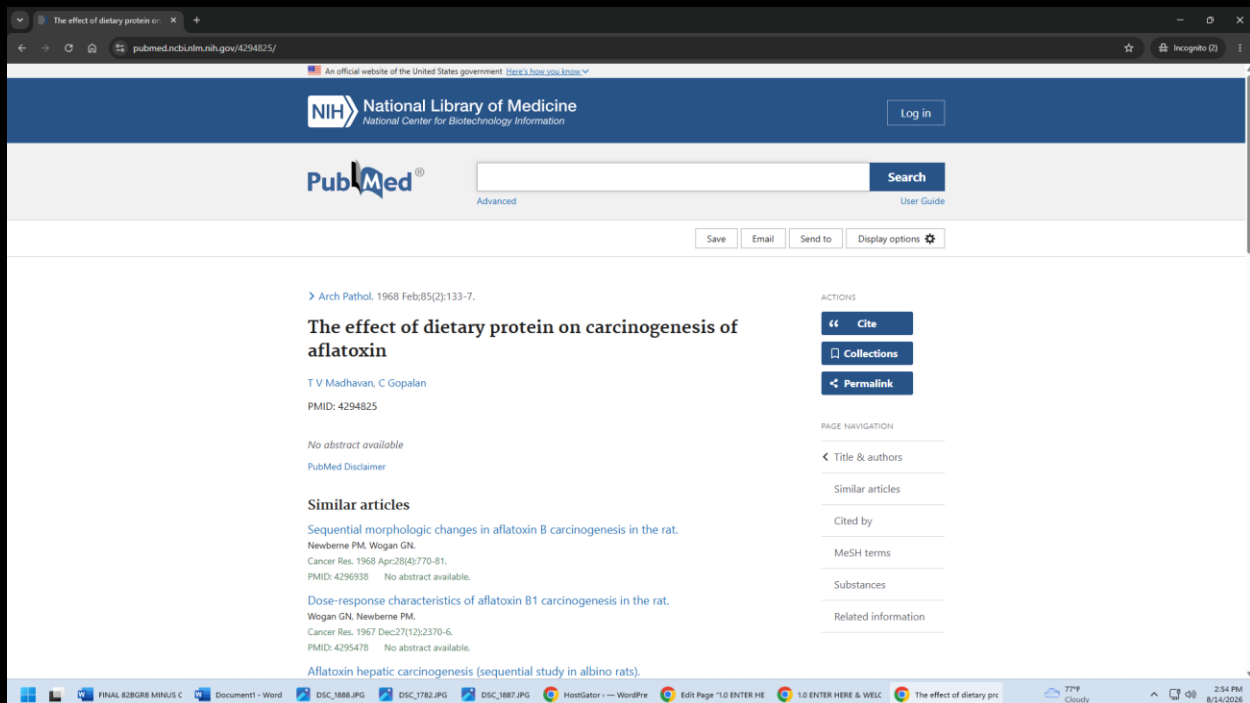
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T Colin Campbell

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Dietary protein, growth factors, and cancer

T Colin Campbell

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Dear Sir:

Fontana et al (1) have shown a strong effect of a low-protein, low-calorie diet and endurance running on circulating concentrations of several growth-promoting hormones and other clinical biomarkers. Their study was well done, and the dietary associations with the clinical biomarkers are internally consistent. Of particular interest is the finding of a substantial depressing effect of a persistently used diet on circulating total and free insulin-like growth factor (IGF). Primarily on this basis, the authors hypothesize that low dietary protein (~9% of dietary calories) may decrease cancer risk, citing evidence from other studies showing a correlation between circulating IGF-I and risk of certain cancers.

Although the authors' speculation about a long-term linkage of dietary protein with cancer is most welcome, I wish to note that my research group worked for many years on the hypothesis that dietary protein in excess of ~10% of calories is a risk factor for cancer. Our work began after an observation of an association between primary liver cancer and animal protein consumption in Filipino children (2), which coincided with the findings of a highly supportive experimental animal study in India (3). This led to a series of experimental research investigations and publications over the next 30 y concerning the association of animal protein consumption with primary liver cancer, its mechanisms, and its implications for human cancer at many sites.

We showed that tumor growth in rats was greatly enhanced by diets containing >10% animal protein (casein) and was completely repressed with either 5% animal protein or >20% plant protein (4, 5). This protein effect depressed the activity of the major enzyme

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By Jane E. Brody
May 8, 1990

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Published in final edited form as: J Nat Sci. 2017 Oct;3(10):e448.

Cancer Prevention and Treatment by Wholistic Nutrition

T Colin Camobelli¹

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Comparative Study > Am J Cardiol. 1998 Nov 26;82(10B):18T-21T.
doi: 10.1016/s0002-9149(98)00718-8.

Diet, lifestyle, and the etiology of coronary artery disease: the Cornell China study

T C Campbell¹, B Parpia, J Chen

Affiliations + expand
PMID: 9860369 DOI: 10.1016/s0002-9149(98)00718-8
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Abstract

Investigators collected and analyzed mortality data for >50 diseases, including 7 different cancers, from 65 counties and 130 villages in rural mainland China. Blood, urine, food samples, and detailed dietary data were collected from 50 adults in each village and analyzed for a variety of nutritional, viral, hormonal, and toxic chemical factors. In rural China, fat intake was less than half that in the United States, and fiber intake was 3 times higher. Animal protein intake was very low, only about 10% of the US intake. Mean serum total cholesterol was 127 mg/dL in rural China versus 203 mg/dL for adults aged 20-74 years in the United States. Coronary artery disease mortality was 16.7-fold greater for US men and 5.6-fold greater for US women than for their Chinese counterparts. The combined coronary artery disease mortality rates for both genders in rural China were inversely associated with the frequency of intake of green vegetables and plasma erythrocyte monounsaturated fatty acids, but

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THE GREATEST BIOHACK PLACED ON HOMO SAPIENS BY THE COMMIE SATANISTS IS THAT OF ANIMAL CELLS, WHETHER WE WRONGLY BUILD OUR B.T.T.S. OUT OF THESE CELLS OR ATTEMPT TO FUEL OUR B.T.T.S. BY UPLOADING THESE CELLS. THE GREATEST HACK ON THE B.T.T.S. IS DONE WITH ANIMAL CELLS WHICH WE HAVE KNOWN FOR THOUSANDS OF YEARS WERE NOT COMPATIBLE WITH HUMAN TECHNOLOGY/ANATOMY.

#5 1 WALKING 30 MINUTES A DAY BRIKSLY ON REAL EARTH IN THE SUN

THIS IS FURTHER MANDATORY MAINTENANCE 4 MOM'S MAGICAL MACHINE YOU ARE ROCKING. TRY AND WALK 2+ MILES A DAY AND GET SUN WHILE DOING SO AS OUR B.T.T.S. IS A SOLAR/ELECTRICAL/HYDRO HYBRID BIOMECHANICAL MAGICAL MACHINE FROM 2 MOMS (AND 2 DADS OF COURSE). IT RUNS PARTIALLY ON U.V. FROM THEIR SUN. IT IS SO SYMBIOTIC AND SUPERNATURAL. I AM SUPER GRATEFUL 4 ALL OF THIS, AREN'T YOU? THE DETAIL EMBEDDED IN EVERYTHING ON EARTH IS MIND AND SOUL BLOWING. MOM AND DAD HAVE SO LOVINGLY GIVEN INCREDIBLE THOUGHT AND PLANNING 2 OUR HOME AND VEHICLES HERE ON THIS LEVEL SO THAT WE MAY AGAIN LEARN, LOVE, AND GROW IN THEIR

DIAMOND F PATTERN OF FAITH, FREEDOM, FOREVER FAMILY, AND FOREVER FRIENDSHIP, ALL ULTIMATELY 2 EXPERIENCE PURE JOY. BEING HAPPY. B HAPPY SISTERS AND BROTHERS. B GRATEFUL 4 WHAT YOU HAVE. SHOW GRATITUDE BY LOVING YOUR SUPER SACRED AND SENTIENT SOUL'S HOME AND CAR (YOUR B.T.T.S.) LIKE NEVER B4. THEN YOU WILL B GIVEN FAR MORE. NOT UNTIL THEN. IT WORKS THE SAME 4 US ALL.

LIKE A SWISS WATCH WITH A BRILLIANT AND BEAUTIFUL AUTOMATIC MOVEMENT, OUR B.T.T.S. REQUIRES MOTION 2 STAY IN PROPER WORKING CONDITION AND WALKING BRISKLY ON REAL EARTH GETTING U.V. ENERGY UPTAKE IS PART OF HOW WE PROPERLY FUEL, FORTIFY, AND MAINTAIN THESE BEYOND BEAUTIFUL MACHINES. SO JUST DO IT. AND HAVE FUN DOING IT. YOU CAN DO SO MANY OTHER THINGS SAME TIME, LIKE G JOURNAL OR LISTEN 2 BOOKS OR HAVE A DIALOGUE WITH MOM AND DAD INCLUDING THANKING THEM. OR DO IT WITH A FRIEND, EVEN OF THE FURRY VARIETY.

MY BIGGEST WORRY ABOUT EXERCISE HABITS IN MASS CIRCULATION IS THE RUNNING ON HARD PAVEMENT WHICH PUTS STRESS LOADS ON THE CELLS OF THE BODY AND LEADS 2 DAMAGE OF EVERY JOINT AND ORGAN. RUNNING LONG DISTANCES ALL OF THE TIME IS ALSO VERY TOXIC 2 OUR BRAIN AS LONG DISTANCE HIGH INTENSITY EXERCISE OF ANY SORT INCLUDING CYCLING LEADS 2 CONSTANT ADRENALINE IN THE B.T.T.S. SYSTEMS AND THE B.T.T.S. IS NOT DESIGNED 2 B DISTRIBUTED THIS WAY SO IT LEADS 2 BRAIN AND HEART DAMAGE. ADRENALINE IS AN AMAZING TECHNOLOGY IF USED NATURALLY. BUT IT IS ONE OF THE MOST TOXIC CHEMICALS ON EARTH AND RUNNING AND CYCLING LONG DISTANCES AT HIGH INTENSITIES OVER PROLONGED PERIODS DOES CELLULAR DAMAGE DUE 2 MANY MECHANISMS AND VIA ADRENALINE ABOVE ALL. IT CAUSES BRAIN DAMAGE. YES, IT CAN B REPAIRED. PERIOD. I USE TO RUN A SUB 5

MINUTE MILE AND WOULD BIKE OVER 100 MILES IN A DAY CLIMBING ROCKY MOUNTAINS WHEN I DID. I SWAM LONG DISTANCES DAILY AND MANY TIMES SURPASSED 5 MILES IN THE WATER AT ONE TIME INCLUDING 2 RAISE MONEY 4 CHARITIES. I CAUSED MAJOR DAMAGE. I STOPPED WHEN I LEARNED THE TRUTH. AND I DO NOT MISS IT ONE BIT. BICYCLES ALSO CAUSE TESTICULAR CANCER AND MANY FEMALE ISSUES IN THE SAME REGION AS THEY CUT OFF BLOOD CIRCULATION 2 THAT AREA.

<https://blog.dana-farber.org/insight/2015/12/does-cycling-increase-risk-for-testicular-or-prostate-cancer/>

I HAVE AN INVENTION 2 FIX IT AND I AM TRYING 2 PATENT IT NOW AND GIVE IT 2 THE WORLD. BUT I AM BUSY AND NOT FLUSH WITH CASH. THIS IS WHY I TELL PEOPLE IF YOU WANT HOLISTIC HEALTH AT HOMEOSTASIS THEN YOU SHOULD LIMIT EXERCICSE 2 WHAT I AM SAYING HERE AND PLAY SPORTS WHERE YOU RUN BUT FOR VERY SHORT SHORT DISTANCES. BETTER ON EARTH THAN HARD COURTS AND CONCRETE. B CAREFUL. I LOVE IT ALL. LIKE I SAID, I USE 2 B IN 2 LONG DISTANCE SWIMMING AND COULD DO 5 MILES AT A TIME. THAT'S SOME HARD WORK IN THE WATER AND NOT GOOD 4 US. KEEP THINGS IN MODERATION OR AT LEAST CARRY ON HAVING INFORMED CONSENT.

#6 PH BALANCE YOUR MEALS, YOUR DRINKS, AND YOUR OVERALL
B.T.T.S.

ALMOST NO PHYSICIANS EVER COVER THIS EITHER. THIS IS VITAL. FOLLOWING HYDRATION BUT ALSO ALONG WITH HYDRATION AS YOU DO NOT WANT 2 DRINK ACIDIC WATER FULL OF MONSTER MOLECULES AND METALS. YOU WANT 2 DRINK WATER IN THE ALKALINE RANGE AND THIS HELPS NATURALLY PH BALANCE YOUR ENTIRE B.T.T.S. THERE IS NO GREATER ENERGY OR ENERGY BEVERAGE THAN H2O WITH

NOTHING ELSE ADDED. IF YOU WANT 2 AMP UP THE ENERGY OF WATER 4 ACTIVITY EAT AN ORANGE. CITRUS FRUITS CONTAIN H₂O, LIMONENE, NATURAL SUGAR, AND VITAMIN C. THIS IS THE TRULY GREATEST OF ALL ENERGY DRINKS. THIS IS WHY SO MANY SOCCER COACHES PUSH CITRUS ANY TIME A WHISTLE AND BREAK TAKE PLACE. THEY ARE LITTLE TURBOCHARGERS BUT YOU CANNOT LIVE ON THEM SOLELY BECAUSE THEY ARE 2 ACIDIC.

REMEMBER YOU NEED 2 MAINTAIN A ROUGHLY 70% WATER COMPOSITION LEVEL WITH YOUR B.T.T.S. 4 OPTIMAL HEALTH AND PERFORMANCE, ESPECIALLY AS AN ATHLETE OR BLUE COLLAR WORKER WHO RELIES ON THEIR BODY EVERY DAY 2 PUT FOOD ON THE TABLE, AND THAT 70% NEEDS 2 B PH BALANCED AND ON THE ALKALINE SIDE OR BARE MINIMUM NOT ACIC. BUY A PH AND PPM COMBINED METER OR HAVE ONE 4 EACH LIKE I DO. OUR BODY SEEKS AN ALKALINE ENVIRONMENT IN TOTALITY ALTHOUGH SOME HARDWARE IS BUILT 2 BE IN THE ACIDIC RANGE BEING BUILT PARTIALLY OF ACIDS THEMSELVES (OUR DIGESTIVE TRACK AND STOMACH). OUR INDIVIDUAL CELLS ARE THE SAME, FOR THE MOST PART. DIFFERENT CELLS ARE BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD 2 HANDLE DIFFERENT TOLERANCES IN REGARDS 2 ACIDITY. EXCESSIVE ACIDITY IS 4 THE MOST PART TOXIC AND LEADS 2 DAMAGE AS MY EARLIER MODEL 4 PAIN AND DISEASE DISPLAYS. AS YOU LEAVE CELLS AND THE B.T.T.S. IN AN OVERLY ACIDIC STATE OR TOXIC STATE, CELLULAR BREAKDOWN, PAIN, DAMAGE, AND DISEASE WILL FOLLOW. THE QUSTION IS WHAT VARIETY OF PAIN WILL ENSUE, HOW MUCH THAT PAIN WILL B, AND HOW LONG IT WILL PERSIST. WHEN CELLS ARE NOT OPERATING AT OPTIMAL LEVELS BECAUSE THEIR COMPOSITION IS WAY OFF, JUST LIKE YOUR DEHYDRATED B.T.T.S., THEY PERFORM LIKE CRAP OR EVEN WORSE GET DAMAGED AND ARE DESTROYED AND 'DIE' OFF. LIKE I SAID EARLIER WITH COMPUTER HARDWARE COMPONENTS.

WHEN THEY GET 2 HOT THEY DO NOT FUNCTION OPTIMALLY. ACIDITY IS HEAT 2 YOUR CELLS AND WHEN THEY GET 2 HOT THEY SHUT DOWN FUNCTIONALITIES. THEY DO NOT PERFORM AT PEAK PERFORMANCE WHICH EQUATES 2 YOU FEELING TIRED AND SEEKING STIMULANTS LIKE SUGAR AND COMMIE CAFFEINE. IF YOU WANTED REAL ENERGY YOU WOULD GRAB GREENS AND PH BALANCE WHEN ALMOST ALL ENERGY DRINKS TAKE YOU MUCH DEEPER IN2 TOXICITY BECAUSE THEY ARE SO ACIDIC. OR GRAB GREENS AND AN ORANGE. OR JUST WATER. REMEMBER WHAT I TAUGHT YOU IN CCCC,MMMM . ALL COLAS KILL EXCEPT FOR MOM'S. INCLUDING DAD'S ROOTBEER. ONLY MOM'S ROOTBEER-LIKE FLAVORED CANNABIS CULTIVARS AND THERE ARE A FEW. EVEN CHOCOLATEY BROWN. THE VARIETIES ARE ALL OVER THE CHARTS BECAUSE IT IS A POWERHOUSE OF AN ENTIRE PHARMACY IN 1 PLANT AND THE CROWN JEWEL OF OUR CREATOR'S PLANT QUEEN AND KINGDOM BECAUSE IT PRODUCES THE WIDEST VARIETY AND MOST COPIOUS AMOUNTS OF ESSENTIAL OILS OF ALL PLANTS WHEN COMBINED. THERE4 CANNABIS AND WATER IS LIFE ITSELF. YOU ARE BEING LIED 2. THIS IS WHY MOST OF YOU ARE SICK. YOU HAVE NO ESSENTIAL OILS IN YOU NOR SUPER VITAMINS CALLED CANNABINOIDS THAT THE DEPARTMENT OF HHS HAS PATENTED. I SHARED THIS EARLIER BUT HERE IT IS AGAIN.

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Assignee	US HEALTH (US)
Country	United States
Dates	Priority: 1998/04/21 Grant: 2003/10/07
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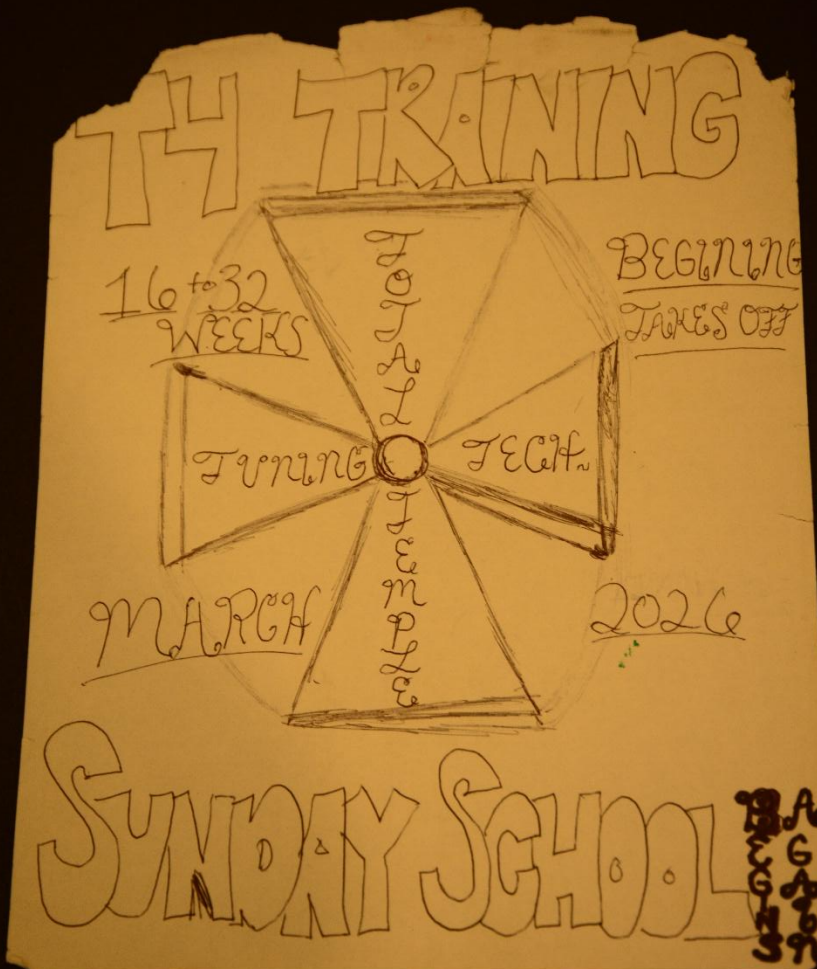
THEY KNOW WHAT I KNOW. CANNABIS IS THE HIGHEST OF TECH NEXT 2 US. BACK 2 PH BALANCING WHICH YOU WILL HAVE 2 FOCUS ON WITH CANNABIS AS IT IS ALMOST ALWAYS ACIDIC AND NEEDING 2 B OFFSET. MAKE SURE THE FULL MEALS YOU EAT LEAN 2 THE ALKALINE SIDE 2 OFFSET CANNABIS AND ITS ACIDITY. PH BALANCING YOUR BODY ON THE ALKALINE SIDE WILL EXPLODE YOUR ENERGY LEVELS AND MASSIVELY IMPROVE YOUR B.T.T.S. IN SO MANY WAYS. SO MANY OF OUR ETERNAL FAMILY IS SUFFERING FROM ANXIETY AND DEHYDRATION AND OVERLY ACIDIC B.T.T.S.' ARE THE MAIN DRIVERS BEHIND ANXIETY AND WORSE. IF YOU WANT A NATURAL AND PROPER CHILL PILL EAT GREENS AND DRINK 2 OUNCES OF H2O EVERY DAY. IF THAT DOES NOT WORK TRY A THUMB SIZE PIECE OF TUMERIC ENCASED IN NUT BUTTER. BEST ON AN EMPTY STOMACH IF FULLY

ENCAPSULATED. THEN TRY AVACADOS. THEN WALNUST, CASHEWS, APPLES AND MANGOES. ALL HAVE VERY CALMING ESSENTIAL OILS LIKE MYRCENE AND LINALOOL. THESE ARE THE PROPER FLUIDS AND FUELS 4 YOUR BEYOND BRILLIANTLY DESIGNED B.T.T.S. I ALWAYS TELL EVERYONE STOP LOOKING AT THIS EMOTIONALLY. THINK OF EATING AND DRINKING LIKE STOPPING AT THE PETRO STATION. STOP 2 FILL UP SO YOU CAN GET 2 YOUR LIFE, YOUR JOB, YOUR FUN. WE DO NOT LIVE 2 GO 2 THE GAS STATION. WE LIVE BY GOING THERE AND MOVING ON QUICKLY. THE GAS STATION SHOULD NOT B THE FOCUS DOWN HERE BUT THE WICKED WANNAB WHACKJOBS DRIVE OUR FOCUS HERE INSTEAD OF WHERE IT SHOULD B IN THE WINDSHIELD OF LIFE. OF COURSE SPEND TIME WITH FAMILY WHILE YOU EAT BUT BETTER YOU EAT AND GO DO SOMETHING MORE FUN OR PRODUCTIVE WITH THAT ENERGY. RESTING AND RELAXING 2GETHER IS VITAL 2 BUT JUST DO NOT LET FOOD MAKE YOU LAZY AND FAKE FOOD PARKS US AND DOES JUST THIS. CAN YOU THINK OF A BUNCH OF REASONS WHY FOOD AND FAKE FOOD AND DRUGGED DRINKS HAVE BEEN MADE SUCH A HUGE FOCUS WHEN IT IS NOT SUPPOSE 2 B? FOOD IS GIFTS AND TOOLS 2 BUILD AND LEAVE LEGACIES AND LEGENDS. EAT 2 LIVE DO NOT LIVE 2 EAT AND WATCH THE ETERNAL BLESSINGS FLOW IN2 YOU.

#7 TUNE WITH TUNES AND 8+ HOURS OF SLEEP A DAY

MUSIC IS JUST LIKE CANNABIS, IT IS A MAGICAL AND ANCIENT TUNING MECHANISM, AND REALLY ALL FOODS, FLUIDS/FUELS BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD ARE THE SAME. THEY ARE ALL PURIFYING, PRIMING, AND TUNING MECHANISMS OR TOOLS 2 HELP US COMPLETE ALL OF OUR OBJECTIVES ON THIS MISSION 2 EARTH ON THIS LEVEL, AND COMPLETE OUR MISSION AND HELP US GRADUATE 2 THEIR NEXT LEVELS IN THIS ETERNAL GAME. THEY ARE

HERE 2 HELP US BECOME OUR GREATEST ETERNAL ENERGY. MUSIC IS
A SUPER FUN AND SUPER MAGICAL MECHANISM 2 PURIFY, PRIME,
AND TUNE OUR SUPER SACRED AND SENTIENT SOULS AND B.T.T.S.
EVERY DAY, AND EVEN BETTER IF IT IS OUR OWN CO-CREATED MUSIC. I
AM WORKING ON MY OWN NOW AND CHALLENGE YOU 2 DO THE
SAME. PICK UP AN INSTRUMENT AND LEARN ONE SISTERS AND
BROTHERS. EVERY SINGLE ONE OF YOU. AND BECOME GREAT AT
SINGING. I WILL B TEACHING T4 CLASSES SOON AND MUSIC WILL B A
LARGE PART OF IT.



RIGHTEOUS MUSIC, MEANING POSITIVE VIBRATIONS/FREQUENCIES HELP US TUNE 2 MOTHER AND FATHER'S CHANNEL AND ALIGN WITH THEIR TECH ALLOWING US 2 RECEIVE MAXIMUM TOTAL TRUTH AND LOVE TRANSMISSIONS FROM THEM DAILY. THIS ENTIRE MANUAL OR SHORT BOOK IS DESIGNED AS A PURIFYING, PRIMING, AND TUNING

GUIDE AND TOOL, ESPECIALLY IF YOU HAVE NEVER SEEN ANY OF THIS DATA PRIOR 2 ME SHARING IT. I LOVE YOU. YOUR CREATORS LOVE YOU. THIS DOES MATTER. THIS IS ALSO A BEGINNING GUIDE 4 BIOHACK BREAK CODES. CHECK OUT JUSTEATIT.ORG FOR SOME EXAMPLES OF QUALITY FREQUENCIES BY SOME OF OUR MOST TALENTED AND SACRED SISTERS AND BROTHERS OF OUR 1 AND ETERNAL FAMILY. THE SISTERS AND BROTHERS I HAVE SHARED THERE ARE WONDERFUL MUSIC AND TUNING GUIDES. A HUGE ETERNAL THANK YOU 2 ALL OF THEM. THE EXAMPLES I HAVE THERE ARE INCREDIBLE TUNING MECHANISMS IF USED AND BROUGHT IN2 THE B.T.T.S. PROPERLY WITH THE RIGHT INTENT. REMEMEBER IT IS THE FREQUENCIES WE BRING IN2 OUR B.T.T.S. THAT DETERMINE OUR PERFORMANCE AND OUTPUT. FAKE FOODS HAVE A NEGATIVE VIBRATION AND FREQUENCY AND NATURAL CLEAN FOOD FROM MOM AND DAD HAS A VERY DIFFERENT FREQUENCY. WATER HAS A DIFFERENT VIBRATION, FREQUENCY, AND IS ON A DIFFERENT CHANNEL THAN BEER OR VODKA, OR COKE A COLA. THIS IS A FACT. AND MUSIC IS THE EXACT SAME. ALL MEDIA HAS A FREQUENCY, VERY SPECIFIC VIBRATIONS OR VIBES. BE VERY RIGHTOUS AND CAREFUL WHEN DECIDING EVERY FREQUENCY YOU BRING IN2 YOUR SUPER SACRED AND SENTIENT SOUL AND B.T.T.S. SISTERS AND BROTHERS. ABOVE ALL GARBAGE IN GARBAGE OUT. GOLD IN GOLD OUT.

SLEEP IS WHAT IT IS. OUR MACHINES CANNOT RUN AT 100% CAPACITY AND SLEEPING IS A TUNING MECHANISM AND TOOL AS WELL. WHILE YOU SLEEP MANY THINGS AT A CELLULAR LEVEL ARE REPAIRED AND RECHARGED WITH ENERGY CONVERTED FROM THE FOODS AND OILS/FLUIDS YOU FILL YOUR B.T.T.S. WITH. REST IS A MUST AND I AM WRITING AN ENTIRE BOOK ON THIS SUBJECT MATTER. I DO NOT KNOW ANYONE WHO WILL ARGUE THIS BUT SO MANY CHEAT THEMSELVES BY THINKING THEY CAN BYPASS THIS REQUIRMENT OF

THE GAME. RULES ARE TOOLS AND THOSE WHO SAY OTHERWISE ARE
ALMOST ALWAYS UNDERPERFORMING AND SICK FOOLS.

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WE SUSPECTED HIM ALL ALONG

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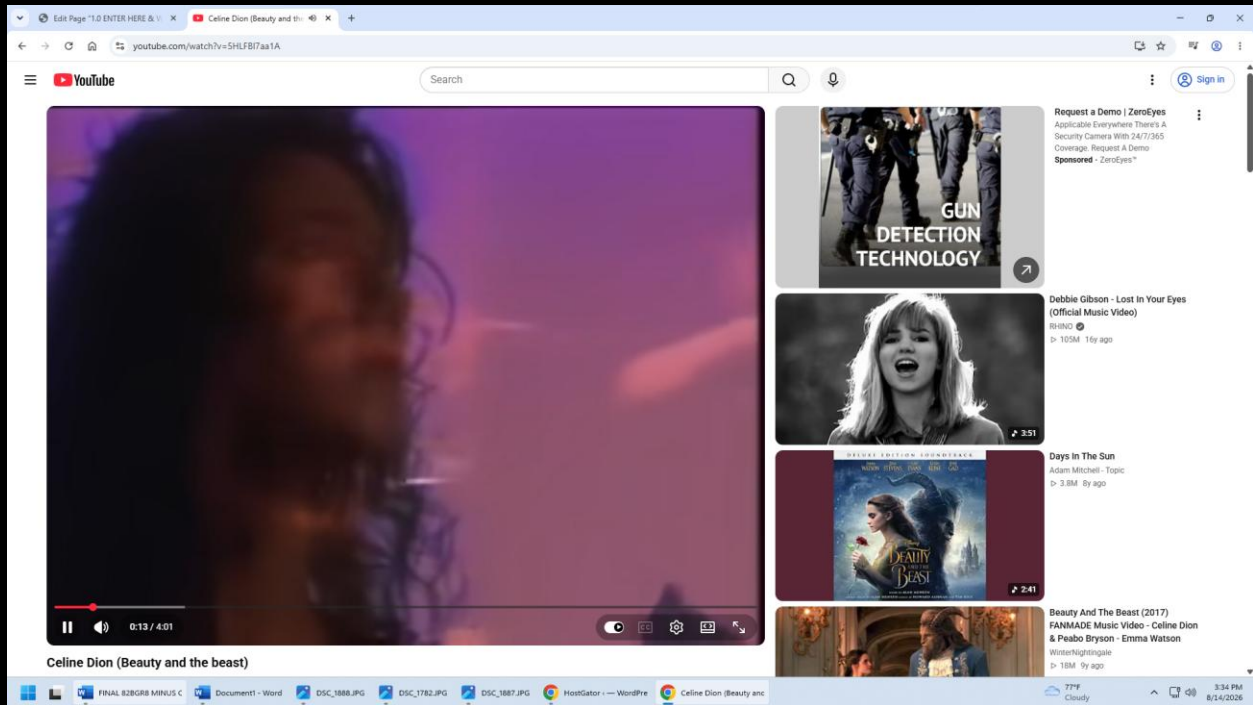
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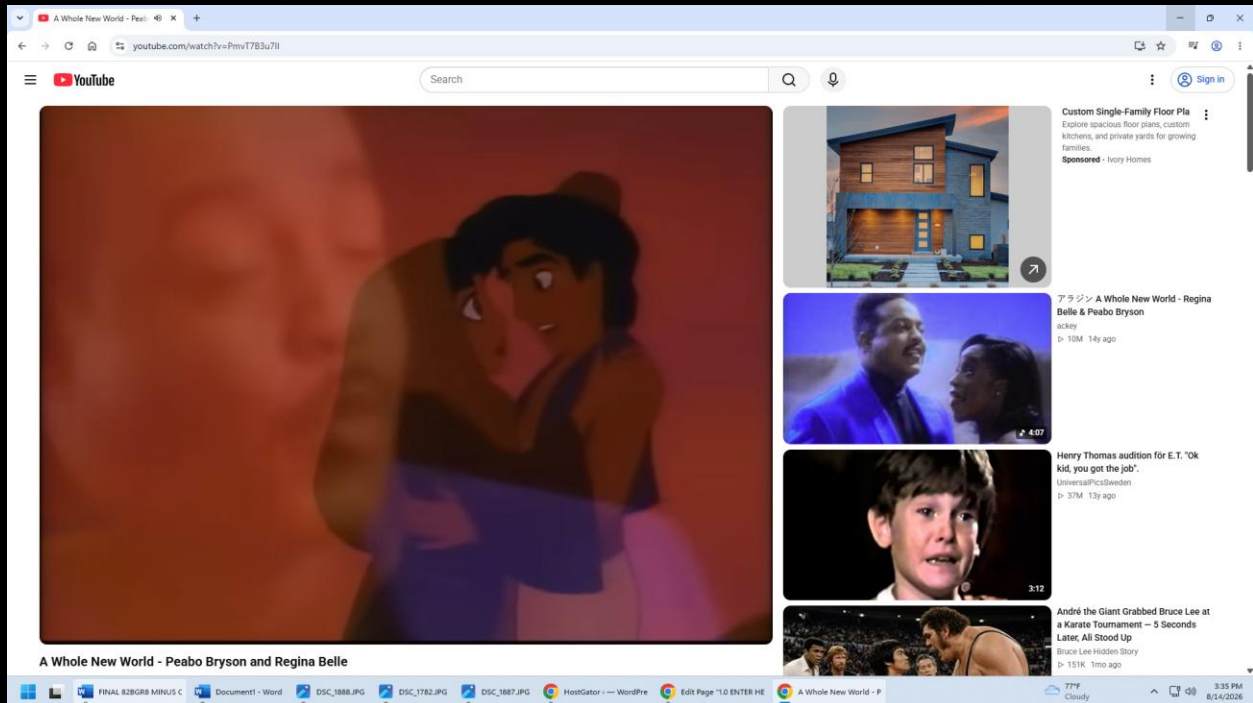
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#8 ONE ACT OF KINDNESS A DAY, AND 2 THEIR EARTH IF NOTHING ELSE.

MOM AND DAD DESIGNED THIS GAME AND ALL OF US SO THAT THEY MIGHT HAVE MORE JOY. THEY DESIGNED US AND THE GAME IN A WAY THAT WOULD POTENTIALLY BRING THEM FAR MORE JOY. OF COURSE THEY BEYOND BRILLIANTLY DESIGNED THIS GAME SO THAT WE MIGHT HAVE JOY 2 AND OUR INCENTIVES AND OBJECTIVES ARE ALL ALIGNED SO OUR CREATORS AND ALL OF US ARE ON THE SAME TEAM. THIS IS NOT A ZERO SUM GAME OR COMPETITION BUT A FUN RUN WITH A MASSIVE CELEBRATION AT THE END WITH GIFTS 4 ALL WHO FINISH

WITH HONOR AND RESPECT. THROUGH THIS GAME AND THEIR PROCESSES WE CAN EXPERIENCE JOY IF WE PRIME AND TUNE OURSELVES REGULARLY AND REMAIN ALIGNED WITH THEM AND THEIR TECHNOLOGY THROUGHOUT THE VERY REAL AND IN NO WAY A SIMULATION ETERNAL GAME, AND OF COURSE THIS ONLY HAPPENS IF WE CHOOSE THEIR RIGHT REGULARLY ENOUGH. THEY HAVE BEYOND BRILLIANTLY DESIGNED THIS GAME 2 HAVE MANY COMPONENTS SYMBIOTICALLY TIED 2 OTHER COMPONENTS AND I HAVE NEVER FOUND A FULLY INDEPENDENT COMPONENT THAT IS FULLY SELF SUSTAINING AND NEEDS NOTHING. EVERYTHING IS TIED 2 EVERYTHING. MOM AND DAD BEYOND BRILLIANTLY DESIGNED US 2 NEED OR RELY ON MANY OTHER COMPONENTS INCLUDING OTHER SUPER SACRED AND SENTIENT SOULS OF OUR STEWARD SPECIES AND ALL OTHER EARTHLINGS OF OTHER SACRED AND SENTIENT SPECIES. THROUGH THESE SYMBIOTIC RELATIONSHIPS LEARNING, LOVING, AND GROWING AS ETERNAL ENERGIES IS MADE POSSIBLE. WE ALL HAVE A SET OF NEEDS, DESIRES, AND EXPECTATIONS IN THIS GAME, AND I MEAN THE ROCKS DO 2. EVERYTHING HAS NEEDS, DESIRES, AND EXPECTATIONS BUILT IN2 THEM. NOT ALL OF THESE AUTOMATED SETTINGS AND PARAMETERS ARE KEPT AT OPTIMAL LEVELS AT ALL TIMES AND THE RESULT IS LOSS IN PERFORMANCE AND POTENTIAL AS ETERNAL ENERGY. 2 HELP TEACH US AND ALLEVIATE SUFFERING, AND FOR A MILLION OTHER REASONS MOM AND DAD HAVE ASKED US 2 ALWAYS SERVE THOSE WE SEE IN NEED, IF WE CAN AND WOULD LIKE 2 HELP. IT IS A CHOICE. BUT AS THEY BUILT AND AUTOMATED THESE PARAMETERS AND SETTINGS IN2 THEIR GAME WE CALL LIFE, WE ARE ALSO DESIGNED 2 B REWARDED 4 DOING THE THINGS THE CREATORS OF THE GAME ENJOY SEEING HAPPEN. MOM AND DAD BEYOND BRILLIANTLY DESIGNED THE GAME SO THAT WE ALL WERE REWARDED FOR PRESERVING AND PROTECTING OURSELVES, WHICH IS AN

OBJECTIVE OF EVERY ETERNAL LEVEL. THEY CALL IT SELF PRESERVATION JUST LIKE THE SATANISTS/COMMIES. BUT THEIR SELF PRESERVATION IS RIGHTEOUS NOT WICKED. WE ARE DESIGNED 2 B HOLISTICALLY HEALTHY AND HAPPY ONLY IF WE INTERACT WITH ALL OTHER HUMANS IN HEALTHY WAYS, INCLUDING SERVING ALL. ITS NOT MY GAME AND SOME DAYS EVEN I WOULD APPRECIATE A GAME LIKE CAST AWAY. MOM AND DAD WANT US EXCHANGING ETERNAL ENERGY ALL OF TIME SO WE GROW WHEN WE SERVE AND THE TRUTH IS THESE EXCHANGES LEAD 2 LEARNING, TO OPPORUNITITES TO LOVE OR SERVE, 2 MAKING NEW FRIENDS WHICH LEADS 2 NEW ENERGY BEING CREATED, AND ULTIMATELY 2 GROW AND BECOME GREATER, AND DO SO THROUGH BUILDING OF MEANINGUL CONNECTIONS AND RELATIONSHIPS WITH THOSE ALL AROUND US. MOM AND DAD DESIGNED US 2 B PERSONALLY BLESSED AND GIVEN JOY WHEN WE SERVE OTHERS, EVEN IF IT IS THEIR EARTH AND OUR HOME AS ALL SUPER SACRED AND SENTIENT SOULS LIVE HERE AND BENEFIT FROM HAVING THIS SUPER MAGICAL HOME 2 FACILIATE THIS ETERNAL EXPERIENCE. AND ABOVE ALL NEVER FORGET SISTERS AND BROTHERS, DEATH IS AN ILLUSION AND A TRANSFER OF ENERGY. IT IS SUPPOSE 2 B GRADUATION 2 THE NEXT LEVEL AND THE MOST EXCITING MOMENT OF THE LEVEL SO PREPARE AND B EXCITED. YOUR LOVED ONES WILL B THERE 2 HELP REWARD YOU RICHLY/ BEGIN TALKING 2 MOTHER AND FATHER ABOUT THIS FACT AND REALITY OF THEIR GAME. DEATH IS REALLY GRADUATION TO THE NEXT LEVEL, A REPEAT, AND FOR THE MOST WICKED BEING PARKED IN THE PENALTY BOX AND TAKEN OFF OF THE TRACK SO THEY DO NOT WRECK OTHER'S ETERNAL EXPERIENCE. WHAT APPEARS SADLY 4 SOME 2 B DEATH SHOULD AGAIN B THE MOST EXCITING TIME OF YOUR ENTIRE EXPERIENCE AND IF WE WORK OUR ASSES OFF SO WE DO GRADUATE WE WILL HAVE LIVED A LEGENDARY LEGACY 2 LEAVE BEHIND AND B ON 2 THE NEXT GREATEST LEVEL IN

THIS ETERNAL GAME AS ETERNAL ENERGIES. IF WE WORK OUR ASSES OFF THIS WILL B THE GREATEST MOMENT OF THIS ENTIRE LEVEL AND OUR ETERNAL PROGRESSION THUS FAR. THIS LIFE IS SUCH HARD WORK, DON'T YOU AGREE? IT IS TOUGH AS NAILS BUT VERY REWARDING AT THE SAME TIME. THIS IS NOT YOUR FIRST LEVEL SISTERS AND BROTHERS. THIS I CAN TELL YOU. ASK MOM AND DAD. ASK OTHERS. SO MANY FEEL THE SAME 4 GOOD REASON. TELL ME WHAT YOU LEARN 2.

#9 A LITTLE CANNABIS A DAY KEEPS THE DOC-TOR (E) AWAY.

REMEMBER YOU DO NOT KNOW WHAT YOU DO NOT KNOW AND IF YOU HAVE NOT EXPERIENCED CANNABIS YOU DO NOT KNOW THE BEAUTIFUL BLESSINGS YOU ARE BLOCKING. SAME GOES WITH EVERY MEMBER OF THE 82BGR8.

2 MY SACRED SISTERS AND BROTHER WHO HAVE NEVER EXPERIENCED CANNABIS AND ONLY KNOW WHAT OTHERS HAVE SHARED WITH US WHICH IS ALL BUT GUARANTEED PURE PLANT PROPAGANDA. REMEMBER THIS ONE SAYING, WE DO NOT KNOW WHAT WE DO NOT KNOW. AND ANSLINGER WAS SLINGLING TOTAL AND I MEAN FAUCI LEVEL TOTAL COMMIE BULLSHIT. CANNABIS IS NOTHING LIKE YOU WERE TOLD AND ABSOLUTELY NOTHING 2 FEAR AND EVERYTHING 2 B TOTALLY EXCITED ABOUT. YOU DO NOT KNOW THE BLESSINGS YOU ARE HOLDING BACK BECAUSE YOU HAVE NEVER EXPERIENCED THEM AND THEREFORE YOU MAY AS WELL THINK THEY DO NOT EXIST. MASSIVBE BLESSINGS WILL FOLLOW 4 THOSE WHO IMPLEMENT ALL VEGETABLES IN2 THEIR FOOD REGIMEN, AND CANNABIS IS THEIR

CROWN JEWEL HERE. ROLL WITH ME AND GET 2 KNOW THE BLESSINGS YOU AND YOUR SUPER SACRED AND SENTIENT SOUL HAVE BEEN MISSING. A FREE E-COPY OF *CANNABIS, CREATION'S COMMUNICATION CHANNEL CLEANER AND MOTHER'S MOST MAGICAL MEDICINE (WE NEED DIE IN SIN NO MORE)* IS AVAILABLE 4 YOU 2 DOWNLOAD AT JUSTEATIT.ORG 4 LIFE. THIS WILL GENUINELY GENESIS GUIDE YOU WITH ALL THINGS CANNABIS WHEN COMBINED WITH THIS TEXT HERE. LOVE YA!

CANNABIS SHOULD NEVER B INHALED VIA ROASTING, SMOKING, VAPING OR DABBING. DOING SO BASED UPON THE SHEAR HEAT OF THE PROCESS ALONE DAMAGES OUR ENAMEL OVER TIME WHICH CAN NEVER B REPLACED, IT DAMAGES EVERY CELL OF OUR B.T.T.S. ALBEIT IT SMALL AND ACCUMULATING DAMAGE OVER TIME. THESE ANTI-HEALTH ACTIVITIES DAMAGE OUR ESOPHAGUS, ESOPHAGUS LINING, OUR STOMACH AND STOMACH LINING (WHY SO MANY DUDES SAY I CANNOT EAT UNTIL I SMOKE-BECAUSE THEY BURNED THROUGH THEIR STOMACH LINING BUT HAVE NO FEAR BROTHERS, BE BRAVE AND COMPLETE *YOUR 1 GREAT RESET* AND YOU CAN FULLY REPAIR THAT DAMAGE). THESE BAD BEHAVIORS (AND YES I HAVE TRIED THEM AS A SCIENTIST/CANNABINOLOGIST/PHYSICIAN/HUMAN) CAUSE DAMAGE 2 EVERY BLOOD PASSAGEWAY IN OUR B.T.T.S. AND EVERY ORGAN BEGINNING WITH OUR BEYOND BRILLIANT BRAINS AND BATTERIES, OUR ETERNAL EYES, OUR LUNGS, OUR KIDNEYS, AND OUR LIVER. WE FULLY ELIMINATE ALL POTENTIAL DAMAGE OF CANNABIS BY EATING IT AS IT WAS BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD 2 B UPTAKEN. IT IS ONLY TRULY ACTIVATED WHEN EATEN WITH A FULL DISH OF FOOD CONTAINING ALL MACRONUTRIENTS. IT IS AN HERB, AND ALL HERBS ARE VEGETABLES, AND ALL VEGETABLES ARE FOOD. THIS IS JUST A SUPER HERB AND OUR SUPER FOOD. CANNABIS PUSHES

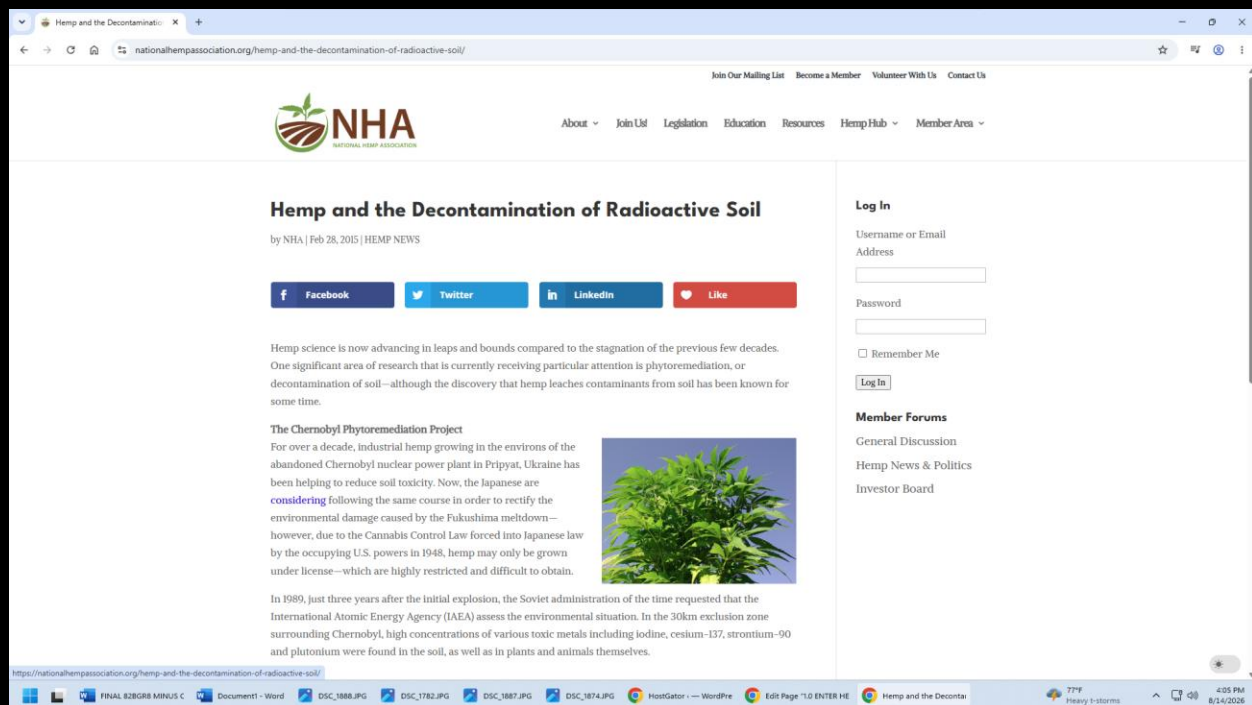
THE B.T.T.S. TOWARDS REGENERATION AND HOMEOSTASIS HARDER THAN ANYTHING SHORT OF WATER (H₂O).



<https://pubmed.ncbi.nlm.nih.gov/33349985/>

JUST EAT IT. SISTERS AND BROTHERS JUST EAT IT AND DO YOURSELF A FAVOR. START LOW AND GO SLOW BUT IF YOU HAVE EXPERIENCE EAT ABOUT 1 GRAM A NIGHT IN YOUR DISHES FULLY ENCAPSULATED IN A PHYTOCELL ONLY DISH RICH IN PHYTOFATS THAT ARE AS STICKY AS POSSIBLE. IF NEW BEIN WITH A TENTH THAT AND ADD A TENTH EVERY MEAL. AT THIS RATE IT IS BEYOND GENTLE AND WILL VERY CALMLY EASE YOU IN2 ITS VERY EXPLOSIVE PURIFYING POWER AND PROCESSES. SOME GET REALLY SICK AND THEY MUST STICK WITH IT BECAUSE IT IS RIPPING OUT THE DISEASE AND TOXINS STUCK IN YOUR B.T.T.S. LOSING WEIGHT AND DETOXING DOES QUITE OFTEN AND MORE OFTEN THAN NOT MAKE US A BIT SICK. STIFFEN UP YOUR UPPER LIP

AND ROLL WITH IT UNTIL YOU ARE MUCH BETTER. EAT IT LIKE GARLIC, LIKE TUMERIC, LIKE BLACK PEPPERCORN, BUT MAKE SURE IT GETS LODGED IN YOUR DIGESTIVE TRACK AND DOESN'T JUST GET QUICKLY EXCRETED BECAUSE IT IS THOUSANDS OF DOLLARS A PURE PEDO POUND RIGHT NOW. THIS SYSTEM IS SO CRAY CRAY. CANNABIS IS WHAT I WOULD CALL A VERY HOT FOOD. THE HEAT BEING ITS ACIDITY. IT IS A VERY QUICK FOOD AND HAS A LOT OF SPEED 2 IT. IT HAS INSANE CUTTING POWER 2 BREAK THE BONDS OF MONSTER MOLECULES ATTACHED 2 AND SUFFOCATING YOUR CELLS. IT IS THE STRONGEST ANTI-OXIDANT ON EARTH. IT MAKES GARLIC AND TUMERIC AND PEPPERS LOOK LIKE CHILD'S PLAY. AND IT IS A NET NEGATIVE TOXIN TECHNOLOGY AS I PRESENT 4 THE FIRST TIME IN *CCCC,MMMM*. WHAT THIS MEANS IS THAT AFTER CANNABIS IS UPTAKEN AND FULLY CONVERTED, UTILIZED AND DIGESTED YOUR B.T.T.S. IS NET NEGATIVE THE TOXINS IT BEGAN WITH. IT IS NOT A DRUG BECAUSE OF THIS ALONE BUT OBVIOUSLY SO MUCH MORE. DRUGS MUST B TOXIC. CANNABIS IS THE WORLD'S LEADING ANTI-DOTE BUT NOT THE ONLY ANTI-DOTE OR ANTI-DOTE 2 ALL TOXINS/POISONS. THIS IS WHY IT IS USED IN ANCIENT WISOM AND AN ANCIENT FARMING TECHNIQUE CALLED SOIL REMEDIATION WHEN WE HAVE BP OIL SPILLS OR NUCLEAR SPILLS SUCH AS CHERNOBYL. THE SCIENTISTS AND CLEAN UP CREW PLANT CANNABIS AND IT CUTS RIGHT THROUGH THAT CRAP, ENVELOPES IT LIKE A SPYDER MIGHT DO 2 ITS PREY AND THEN DISPOSES OF IT.



<https://nationalhempassociation.org/hemp-and-the-decontamination-of-radioactive-soil/>

IT IS AN INCREDIBLE TECHNOLOGY. IT HAS THE POWER 2 DO THE SAME WITHIN YOU. CANNABIS IS ABOVE ALL A CLEANER. AND BECAUSE IT IS THE WORLD'S STRONGEST AND SAFEST ANTI-OXIDANT AND ANTI-DOTE, IT IS THE WORLD'S LEADING ANTI-DRUG OR PURIFICATION AND DETOXIFICATION 4 THOSE SUFFERING FROM DRUG OR TOXINS ADDICTION. DRUGS ARE BAD BECAUSE THEY ARE FIRST TOXIC, AND THEN BECAUSE THEY ARE ADDICTIVE 2 FAR 2 MANY. AS I HAVE ALREADY PROVEN CANNABIS IS A SUPERFOOD AND THE OPPOSITE OF A DRUG. AND LIKE I SAID B4 OUR DAY AND AGE, THIS TIME THAT BROTHER CHAPPELLE COINED AS 'THE AGE OF SPIN' CAN BE SUMMARIZED IN ONE POWERFUL SENTENCE. TODAY THE GOVERNMENTS, RELIGIONS, SICKO SCHOOLS, AND COMMIE CORPORATIONS ARE LYING 2 CHILDREN TELLING THEM VEGETABLES ARE DANGEROUD DRUGS AND BIOWEAPONS PROVEN 2 B DEADLY

DOUBLE SPOKEN AS BEING VACCINES ARE COMMIE COUNTERFEIT PAID 4 AND GIVEN 2 EVERYONE WHILE THE ABOVE MAKERS CLAIM THEY ARE NECESSARY, SAFE, AND EFFECTIVE 4 EVERYONE INCLUDING TODDLERS. THIS IS PURE PEDOPHILIA AND THE MOST WICKED TIME THE EARTH HAS EVER SEEN, BUT REMEMBER THESE ARE ALSO THE MOST RIGHTEOUS TIMES THE EARTH HAS EVER SEEN AS BILLIONS DEFY THIS MASS PEDOPHILIA AND SATANISM BEING FORCED ON EVERYONE. IT IS BEAUTIFUL 2 WATCH ALL OF YOU TRYING HARDER THAN ANY HUMANS B4 US 2 CHOOSE THEIR RIGHT AND LEARN, LOVE, AND GROW IN THEIR DIAMOND F PATTERN. THANK YOU 4 THE SHOW AND 4 YOUR ETERNAL EXAMPLES OF EVOLUTION. THANK YOU AND I LOVE YOU.

THIS IS ALL ANCIENT WISDOM AND UNLOCKS ETERNAL LIFE AND IT DOES THROUGH UNLOCKING YOUR TECHNOLOGY AND ULTIMATELY YOUR ETERNAL LIFE. CANNABIS IS THE GREATEST AND MOST ADVANCED KEY 2 YOUR B.T.T.S. AND IS BUILT 2 UNLOCK MUCH OF ITS POTENTIAL. FAR MORE THAN ALMOST ALL OTHER KEYS. JUST LIKE MOBILE APPLICATIONS 4 DOUBLE SPEAK SMART PHONES. WHEN YOU BUY AN IPHONE OR ANDROID IT CANNOT FETCH A TAXI OR HELP YOU GET A DATE AND BUY MOVIE TICKETS WITH A FEW MAGICAL SWIPES OR CLICKS/TOUCHES. THE PHONES ARE CAPABLE OF DOING THIS BUT FIRST YOU MUST DOWNLOAD KEYS OR MOBILE APPLICATIONS 2 UNLOCK THIS HIDDEN CAPABILITY. FOOD IS IDENTICAL 2 THIS AND THESE OTHER ANTI-TECHNOLOGIES WERE DESIGNED BASED ON THE UNDERSTANDING OF FOOD AS TECHNOLOGY AND KEYS 2 OUR MAGICAL MACHINES. IF WE UPLOAD OR DOWNLOAD, IF WE UPTAKE THE KEYS IN FOOD WE UNLOCK OUR RIDE AND UNSEEN CAPABILITY AND TALENTS PRESENT THEMSELVES OVER TIME WITH ETERNAL ENERGY EFFORT. FOOD KEYS ARE SUPER MAGICAL! THIS ANCIENT WISDOM WAS COVERED UP BY COMMIES OR SATANISTS OF ANOTHER

ERA AND EVENTUALLY THE SAYING BECAME AN APPLE A DAY KEEPS THE DOC AWAY. APPLES ARE AMAZING TECHNOLOGIES AND THEY HAVE KEYS THAT HELP US UNLOCK OUR B.T.T.S. BUT THEIR KEYS DO NOT COMPARE 2 CANNABIS AND THEY ARE VERY DIFFERENT AND HAVE DIFFERENT TASKS AS THE DIFFERENT TOOLS THEY WERE BEYOND BRILLIANTLY DESIGNED 2 B 4 YOU. ENJOY A FREE BOOK TEACHING YOU MUCH MORE ABOUT ELEMENTARY CANNABIS AT JUSTEATIT.ORG. AGAIN, THE BOOK IS POSTED THERE AND IS TITLED *CANNABIS, CREATION'S COMMUNICATION CHANNEL CLEANER, AND MOTHER'S MOST MAGICAL MEDICINE (WE NEED DIE IN SIN NO MORE)*. I WILL LEAVE THIS THERE. CANNABIS IS THEIR SUPERFOOD OF THE PLANET. FURTHER SUB-CLASSIFIED AS FOOD. FURTHER SUB-CLASSIFIED AS A VEGETABLE. AND FINALLY SUB CLASSIFIED AS AN HERB. IT HAS BEEN THIS WAY SINCE THEY BEYOND BRILLIANTLY DESIGNED IT, US, AND THIS ETERNAL EARTH THAT WILL NEVER B DESTROYED BUT THAT MEANS WE SHOULD NEVER BEAT ON IT AS IT IS OUR ETERNAL GIFT AND HOME. AND MANY OTHER EARTHLINGS NEED CANNABIS SO WE NEED 2 ALLOW IT 2 NATURALLY POPULATE THE EARTH AS IT ONCE DID. THE ANIMALS SUFFER WHEN THAT PLANT IS NOT WITH THEM AS WELL. THEY SUFFER GREATLY NOW. 4 5000 YEARS THE PHARMACOLOGICAL RECORD HAS SHOWN THIS FOOD HEALS HUMANS AS ALL REAL FOOD CAN AND DOES. CANNABIS IS JUST THEIR CROWN JEWEL AND THE GREATEST PRODUCER OF ETERNAL AND ESSENTIAL OILS YOUR B.T.T.S. MUST HAVE 2 REACH ITS MAXIMUM POTENTIAL, AND THIS INCLUDES SUPER VITAMINS CALLED CANANBINOIDS WHICH ARE EMBEDDED IN THIS TECHNOLOGY AND REALLY NOWHERE ELSE ON EARTH. THE DEPARTMENT OF HHS HAS PATENTED THEM BECAUSE THEY ARE SUPER VITAMINS AND ESSENTIAL OILS SIMULTANEOUSLY. THESE ARE ALL KEYS THAT UNLOCK YOUR B.T.T.S. AND ITS CAPABILITIES A WHOLE LOT MORE. LIKE KEYS TO A CAR, OR HOME. YOU MIGHT HAVE ONE 4

YOURSELF AND IT DOES FAR MORE THAN THE VERSION YOU GIVE 2 THE VALET THAT IS PROGRAMMED 2 KEEP THE RPMS AT SUB 15000 WHILE YOU AND YOUR BEAUTIFUL DATE HAVE A NICE DINNER INSIDE. YOU DON'T WANT TEENAGERS JOY RIDING IN YOUR SUPER MACHINE. LIKE I TELL OTHERS. IMPLEMENT ALL OF THIS OR YOU WILL B SORRY. IT IS YOUR POTENTIALLY ETERNAL ASS. I TELL THEM BETTA SAFEA THANA SORRY DONTA WANTA LOSEA THE FERRARI. NEVER FORGET 2 FOCUS ON THESE ETERNAL 8R DAILY FUNDAMENTALS 2 KEEP YOUR GREATER THAN EVERY FERRARI COMBINED ON THE TRACK OF LIFE AND PERFORMING OPTIMALLY AT ALL TIMES.

THESE 8 AND ETERNAL DAILY FUNDAMENTLAS WILL HELP YOU

TAP YOUR TECH.

MOTIVATION IS TEMPORARY

DISCIPLINE IS PERMANENT ENERGY

FOCUS ON THESE FUNDAMENTALS 4 A FANTASTICALLY FUN FUTURE FULL OF FREEDOM

7PS-PRIOR PROPER PLANNING PREVENTS PISS POOR PERFORMANCE