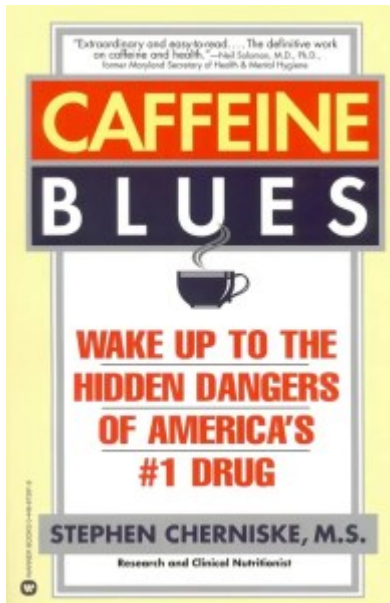
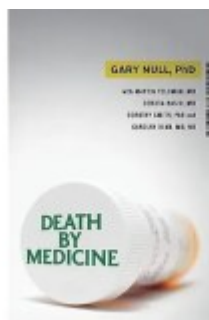


Caffeine Blues – the Health Benefits of Quitting Caffeinated Drinks



The downsides to your health of drinking coffee and caffeinated drinks.

Death by Medicine – Truth About Pharma Drugs, by Gary Null



I first posted this article about drugs and medicine in 2015, but when I came across it the other day, I saw the video was no longer available. I found another copy of the video on YouTube and so I'm re-posting it today.

If the video is not visible on your phone, you can open it [by clicking on this link](#).

Transcription.

(Each paragraph is a different person talking.)

What do we need? Health care! When do we need it? Now!

We are really in a dire situation. Republican or Democrat, it steams along. This government is dominated by the pharmaceutical industry. And if it wants a drug approved, it will get it, regardless of the consequences to the American people.

When 50% of America has a chronic disease, something's wrong. It means we've failed at our health care system. It means we have a disease care system.

I don't think the public has begun to grasp the stranglehold of the pharmaceutical industry and the health insurance industry and the for-profit hospital industry and the nursing homes.

Drugs that have been said to be too unsafe to approve by the FDA's own medical reviewers have been approved over their objections and entered into the market, causing the very harms they predicted.

The FDA, in my opinion, has probably killed more Americans in this country than all the wars that the U.S. has ever fought combined.

The drugs themselves cause death, disability, further symptoms, which typically are further treated with other drugs.

As an ethical issue, they never think, gee, this is going to kill people, I shouldn't do it.

The pharmaceutical companies have one objective. That is not the health and safety of the individuals in this country, but the almighty dollar, the bottom line, making a buck.

They're going to become chronically ill. They're going to become chronically depressed. That's the expected end, and that's why they will need to be on these drugs for life. We're not killing them quickly, but we're taking their lives away.

The FDA approves unsafe medical devices, unsafe prescription drugs that harm Americans, and they spend any extra energy they have after approving drugs to go after natural product manufacturers to make sure that there is no competition to their client, the pharmaceutical industry.

One of the oldest activities in the world is eliminating economic competitors. Food, clean, safe, natural food, and high-potency nutrients are the economic competitors to expensive, dangerous, patentable drugs. It's a war being fought in your body.

We need to have a constitutional amendment. We need health freedom. We should have the right to choose the kind of care that we want.

It's a corporate zeitgeist. It's much more profitable to fix things than to prevent things. It's much more profitable to chalk up hospital stays than to help people stay out at night.

Unfortunately, our Congress has not supported We the People. It's really looking at trying to support corporate America.

We have to rethink our entire philosophical underpinnings. Actually, in a way, it means going back to the basic democratic principles that were set up when we started this experiment as a nation.

We have a government at present that every member of which has sworn to uphold the Constitution. We are in deep crisis, not just for our poor health care, but for our democracy itself.

We have to have a system of medicine where our patients are not being killed by the treatments. And unfortunately, today, they are being killed in such huge numbers that modern medicine, as practiced in America today, is a crime against humanity.

How can you possibly, as a human being, be willing to sacrifice others' lives, particularly the lives of youth, in order to placate financial interests?

We have a system of medicine that's broken that by itself is killing at least 700,000 people a year. Some people are dying since they don't have health insurance, but what about the number of people who are dying because of the current system?

All the industrialized democratic countries have found a way to have universal health care sponsored and guaranteed by the government. \$2.3 trillion, one-sixth of our whole gross domestic product, \$7,200 for every person in this country, and twice as much as the next three countries in the world, Switzerland, France, Germany. We spend \$7,200 per capita. They spend \$3,200. All the measurements that we use to define good or bad in a health system, we are never near the top. Sometimes we're remarkably close to third-world nations.

This is not a privilege. It is a right that every human being as a human being has, and the health care system has to be organized in such a way that that is the guiding premise and not the transformation of health care into a commodity to be sold and a profit to be made on it.

Like many people, I would love to see some form of universal health care that's focused on health and care, that's focused on real prevention, but we're not getting that. Because of the poisons that are being injected into people, even though they're called therapies, because of the disinformation that is given to patients by our drug companies and our misinformed physicians, the number of people dying from that dwarfs the numbers of Americans who, sadly, are dying from lack of care.

Now, my daughter went to medical school 30 years ago and was taught as an incoming medical student that 50% of hospital admissions are due to iatrogenic diseases, doctor-caused diseases. In other words, the health care system was admitting, in training new doctors, that half the health care problems that they were going to be facing were going to be caused by

themselves.

Our culture is replete with chronic disease. Every chronic disease is a massive profit producer for the people who produce drugs, every single one of them. These things exist not so much because they were allowed to exist as because they were created. You can call it ADD, you can call it obesity, whatever it is, when you have people who go from the age of, let's say, 15 to the age of 65 in a chronic, depressed health situation. Massive amounts of profit are made off each one of those individuals.

About 100 years ago, things were really beginning to change in the United States. We were changing from an agrarian economy to an industrial economy, and these titans of industry really wanted to be able to control not only the United States, but the world financial system as a whole. When the Rockefellers took over the allopathic medicine, the Rockefellers were also in charge of the oil industry and the chemical industry, and they also made an alliance with a huge German concern called IG Pharma, which was a big chemical industry in Germany. So there is an interplay between what was called the money power from the early part of the 20th century, who held board positions in many of these corporations.

When the Rockefellers took over the medical schools, there were many types of medical education in the United States. There were homeopathic doctors, and there were naturopathic doctors who were using natural medicines to heal, and they were having very good outcomes. Once the Rockefellers took over the system, they closed down those other schools, and they only promoted the sale of their drugs, they promoted surgery, and they promoted radiation.

Well, there's a kind of sociological theory about paradigm shift, and it goes something like this. You have, let us say, the medical community. All the doctors in the United States, they are a community, and they have a kind of mythology, which is supported by everybody believing the same thing. When you go to medical school, you're indoctrinated with this kind of religious dogma. So if the pharmaceutical industry profits by selling medicine, but the industry profits by selling more and more of them, then the industry pays doctors to prescribe them and so on. We see a mafia-like monster has afflicted this community. So the Hippocratic Oath, the ordinary altruism of people in a community, is subverted by this capitalistic pressure.

This is the problem with not only the medicine people, but in all spheres of science. There is real vested interest in keeping the imperfect science because too much has been invested, and large systems have developed, just like this \$2.7 trillion part of the economy that health care costs represent in this country. So this investment makes it the most difficult to change anything, especially to change the basic metaphysics. Because if we did that, then it would turn out that the emperor is largely naked, and we don't really need this expansive system.

Medicine's invaluable. You'd never throw it away. I have the highest respect for the technologies, for the drugs when they're used appropriately, and for the doctors themselves to want to do the right thing. But that's not the whole story. That's only what you use when it's necessary. Those fantastic

microsurgeries that are done by robots, the heart transplants and kidney transplants, all those things that we're doing, they're magical. Why would you throw it away? It's just that it's not the first thing we should use. It's the last thing we should use. And if we come to our senses, we look at lifestyle as the medicine that has always been the medicine we should have and certainly the medicine of the future, we're going to be a healthy country.

Now, if I was in trouble and I needed allopathic care, I wouldn't hesitate to get it. But there are many paths to health care, and a comprehensive approach to health care must include integrative medicine, a complementary, alternative approach to medicine that would look at all the options. There are as many paths to health as there are individuals, but we just focus on one path in particular, and that is the allopathic practice. But practitioners will tell you that they're often limited in their means to treat many types of ailments.

We clearly need health care, there's no question, but the health care that we need is more on the acute traumatic health care, where we have services that are in phenomenal surgeons and neurosurgeons and orthopedic surgeons that can address the traumas that result from being involved in accidents that cannot be altered by traditional lifestyle approaches.

So if we live in a culture and in a context that is forever handing us fears and handing us diseases and pathologies that we need to worry about, we begin to incorporate those into our worldview and into our model of ourselves. Many illnesses that we see today have kind of been trumped up or exaggerated in ways that promote the pharmaceutical industry or promote various ways in which there's profit built in, rather than the kind of turning of the table and starting to look at social profit and social welfare.

It's Christmas Eve, and we're so excited. He's made it to 50. Hope you make it another 50, Dave. We love you.

Meet David and Cheryl Knight. They live in Washington State, and for over a decade, Cheryl has been plagued by the side effects of prescription drugs. Right now, though, it's Christmas 2007. The Knights are about to enter a Kofkin (???) nightmare, one that will kill David's father and put Cheryl into a mental hospital, all due to prescription drugs.

And as for me, this is the year of the myofascial pain lockup. Yes, I'm seeing my physical therapist three times a week. We've made some progress, but we're still working on trying to relax muscles.

We will hear their story in this documentary.

Our life has turned to absolute hell on wheels.

There's this evil force in this room.

My wife was prescribed Klonopin and Ativan for chronic pain and muscle spasms. It's been about eight months, and we are experiencing a living hell. Doctors are not willing to help. The more I get on the Internet, the more I

read, the more nauseated I become. So we are trying to take her off here at home. She is, quote, off the Klonopin at this point. Of course, whether she's still having withdrawals from that is anybody's guess. And we have tried to taper the Ativan about one-fourth of the dose.

I'm going to document this event. I'm going to film her, and I'm going to show you what this is like to go through. If for some reason we as a family don't make it through, you'll know why.

One friend of mine went to Harvard Business School, and on his very first day in class, they were given a test case that you're a drug company, and a couple of people have died from your over-the-counter drug. What do you do? Do you recall the drug? Do you calculate the damages? What? And my friend, who didn't know yet how things operated in this school, immediately said, recall the product. And everybody laughed in the room, and the teacher said, have you calculated how many lives you can afford to lose before you need to recall?

When someone dies by iatrogenic causes, it means that the health care system itself is actually the cause of the death.

Too many people are being harmed by the products that the industry is putting forth. When a drug is put on the market, they call it a cost-benefit ratio. How much harm is it going to do against how much good it's going to do? But the question is, how many people do we have to harm in order to get the good?

Pharmaceutical companies lobby Congress directly. They lobby decision-makers and influence policy decisions. The pharmaceutical industry doesn't stop there. The pharmaceutical industry, also through direct-to-consumer advertising, creates a demand for their products with oftentimes misleading ads.

When you get a delusion running, when society starts embracing the story that there are these chemical imbalances, and then they start saying, well, kids have them, teenagers have them, and they start believing that these drugs are fixing something wrong, then the story just continues to get more and more out of control as financial forces try to keep on expanding the market for those drugs. So what do we end up with? We end up with people at major academic centers trying to tell us that 2-year-olds and 3-year-olds can be diagnosed, quote, with bipolar disorder and can benefit from being put on antipsychotic medications. And no other society's doing it.

Everybody else thinks it's ludicrous. No one believes really it's going to end up well. We're killing the kids. We're not killing them quickly, but we're taking their lives away. And that's what we should admit we're doing, and we're doing it for capitalistic reasons. It's a capitalist story. It's a story about expanding the market for psychiatric drugs.

One thing that a lot of parents don't want to admit is just what a nuisance kids are. It gets in the way of the life that they want to live and lead and now if you're from the working class and you're poor, both parents are having to work, and sometimes more than one job, each of these parents. And so it's

very difficult to be able to do the job of raising the kids. And the pharmaceutical companies and the doctors have found a convenient way to prescribe pills so that these people can continue to work lousy jobs for little pay where they're overworked, they don't get paid for overtime, etc., etc., and don't worry about your kids because they're okay. They're properly medicated. They'll behave themselves.

One of the problems with the DSM (Diagnostic and Statistical Manual of Mental Disorders) is so much jockeying in terms of getting new disorders into the manual, in part because the manual has an extraordinary, I think unmerited authority. Something like passive-aggressive personality disorder is characterized by dawdling over doing laundry and groceries. I mean factors like that are actually published in that scientific quote-unquote manual. They have listings under oppositional disorder for children including negativistic, disobedient, and ineffective. I mean that's actually there. Ineffective, as a child, what does that mean?

Drug companies literally monitor what is taught, and influence, if not control, what is taught in medical schools. Drug companies also sponsor much of medical school research. The research budget is derived from drug companies. Many, many years ago, the federal government used to fund research at medical schools, but now more and more of that research is actually funded directly by medical schools themselves.

Big pharmaceutical companies are not so much eager to cure people because then they won't need their medicines, but to keep people alive and slightly sick, but in a curable way. This is at least the best way. If they die, they're out of the picture. If they're healthy, they're out of the picture. They have to be slightly sick so that they constantly will need medication to make themselves feel at least healthier.

Today we have Big Pharma, and they say all hope is in this little pill, and if you take this, you're going to be well. Well, the fact of the matter is that while America's tremendous consumption of pharmaceuticals occurs in quantum leaps every year, the fact of the matter is that our health care costs keep going up. So maybe those drugs, which in some cases can provide relief to people, maybe they're not the only solution.

On 9/11, we lost 3,000 people. Every year in this country, we've lost over 100,000 people to pharmaceutical drugs. That means we've lost over a million people to the pharmaceutical industry in the nine years since 9/11. And yet we're not chasing pharmaceutical terrorists all over the world. Do we really live in a rational time that the killing of a million people is just a ho-hum kind of event? I think we need to reorder our priorities.

There's going to come a day where we are all, all of us, adults and children alike, are diagnosed with at least one disorder, maybe up to a dozen disorders, and we are put on mandatory medications. And if we disagree with that, they'll say we suffer from obedience defiance disorder, and we'll be put on a different set of drugs to treat that disorder, or we'll be thrown in jail until we agree to take those drugs. It's that crazy.

Another piece of the puzzle is the drug rep. And this would be the lady in the high heels, very short and tight skirt, who comes to doctors' offices and hands out goodies.

The companies are hiring reps that really have no science or medical background. They are not doctors, typically. They are not pharmacists. They are not nurses. They're oftentimes business majors and music majors and drama majors, and they're telling your doctors how to prescribe drugs to you, the patient.

And they are given sales goals. They are to call in doctors to explain the drugs and how the other drugs might not be so helpful, to get the doctor to take these samples and to prescribe these drugs. Now, when a doctor writes a prescription, that prescription is entered into a database. This information is sold to the drug companies who then use it to give to the drug reps. And so if you are a doctor who's prescribing a lot of the drug, that drug rep is instructed to give you expensive gifts. If your profile falls off, it's also the drug rep that is sent to your office to give you a dressing down. So then you have drug rep as disciplinarian.

I was being told to minimize side effects, that I was disseminating misinformation and disinformation campaigns. I knew that I was not giving fair, balanced information to doctors, therefore doctors couldn't give fair, balanced information to their patients. So I started being disheartened while I was still in the industry about the industry itself, because I knew that the job that I was originally tasked to do, that that wasn't what my job was anymore, that my job was a marketing job, that I was there to build the bottom line of the company, that I was there to grow market share and influence physicians' prescribing habits.

While I was a pharmaceutical sales representative, when we were interacting with physicians, we were constantly trying to downplay side effects, minimize side effects, if those questions were raised by the physician. And we were trained to skillfully sidestep those questions and to not provide full disclosure about the potential devastating effects of certain medications. Many medications do not have severe long-term crippling side effects, but others do. And unfortunately and ironically, that's what happened to me. I've been suffering from disabling symptoms now for many years from an antibiotic called Levaquin, which is a fluoroquinolone antibiotic that has a black box warning associated with its use. And despite that warning, it's still being prescribed indiscriminately and without warning to patients. And many people are losing their jobs, they're losing their homes, family, because of the devastating and crippling side effects of Levaquin and Cipro and other fluoroquinolone antibiotics. And I think it's criminal that these drugs are still being prescribed as a first line of treatment for minor infections. Levaquin and Cipro and other fluoroquinolone antibiotics should be reserved for serious and life-threatening infections.

I was very grateful that I had the experience and knowledge that I did about the psychiatric drugs that I had sold because I identified these were drug reactions. So I knew that as my mental state was deteriorating, that it wasn't me, that I wasn't crazy. This was mediated by the drugs that I had

taken. And so I just kept clinging to the fact that I had to have a washout, that I had to detoxify the body from the drug. And so I begged my husband and I begged several of my closest friends to not put me in a mental institution because I had visited them in my career, and I knew that once that I got behind those closed doors of that mental institution, that they could do anything they wanted to, including electroshock therapy. So I knew that my recovery depended on the detoxification of my body. And I knew that if I got into the hospital, a detoxification would not be offered to me. I would be pumped full of any kind of drug that they needed in order to keep me quiet or to restrain me. So it actually took me a period of 12 years to completely detoxify my body and to get back to some semblance of normalcy to where I felt like I was before I had the adverse event.

The other thing that happens with drug reps is that they present data to the doctor that may not be entirely truthful. And this was seen with OxyContin, the pain drug, where drug reps told doctors, these are not addictive, this is different, this is not your run-of-the-mill narcotic, this is the one narcotic known to man that your patient will not get addicted to. And it literally touched off an OxyContin epidemic throughout the United States.

Our drug is clearly the most efficacious.

Vivex offers your patients unsurpassed clinical efficacy.

Proven efficacy.

This is absolutely the most efficacious drug your patients can use. (And she laughs.)

My wife has had TMJ (temporomandibular joint). Her front teeth did not actually come together. She had a lot of pain. We went to her primary doctor. He started giving her Vicodin for pain control. We didn't want a drug intervention, but that was what was basically forced upon her. Basically, she got put on benzodiazepines, and Neurontin, Vicodin ES, eventually on Abilify, Remeron, Benlafaxine, Vistral, just a real cocktail of drugs. And, of course, our experience is that in the process of finally discovering that the drugs could be the problem, we tried to start a taper program at home because I couldn't get the doctors to do it for me. We learned about half-lives. We learned about the potency of these superbenzos now that are many, many times stronger than Valium ever was. We learned what it was like to try to relate to the medical community. They keep wanting to tell you that you have an underlining problem. They never want to look at the drugs as a possible cause of it. We had an argument with the final doctor as to the speed at which he was going to come off these drugs. I went ahead and said, OK, that's fine, if you think you can get her off in eight weeks, that's fine, but I think you're going to crash her. Well, he crashed her. She probably was 24 hours from dying. We took her to the hospital, and she was whisked off to a psych ward. At that point, they just introduced all kinds of psychotropic drugs, neuroleptics, antipsychotics, antidepressants. They wanted to do electroconvulsive shock therapy, and we absolutely refused. They moved her to the state mental hospital, and I followed her in the camper, and I was by her side for three months, and I made sure she saw me every single day, sometimes

several times a day, so she wouldn't be afraid. And I just watched this horrible deterioration process. I went in and talked to the doctors. I said, you need to give her a drug holiday. She's been on drugs for three years now. I know it's the drugs. We were finally able to get her released. Got a homeopathic doctor. We finally got her off of drugs completely a year ago, so now today we're about 13 months off the drugs. We're seeing a stock market recovery. It's up and down.

You have to wake up. You can't just take the pill. You can't take that purple pill, you know, that Prilosec, or that other acid-blocking drug, and go eat the whole pizza and think it's okay.

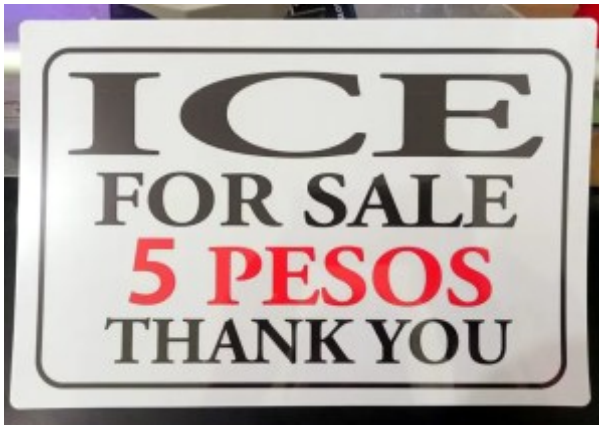
A particularly egregious drug that the FDA allowed to come onto the market was called Ketek, K-E-T-E-K. It was supposed to be used for antibiotic-resistant infections. Unfortunately, it promoted liver failure. It turns out that the studies that were done to validate the safety weren't done. In fact, the doctor who was overseeing these studies received \$400 per patient and enrolled 400 fictitious people into these studies and showed that, of course, none of these people had any adverse effects from Ketek because, of course, these people didn't exist. Now here's where the story really gets bad. Even after the FDA discovered that the data submitted to them by the company was fraudulent, they still presented it to the Congressional Investigative Committees. The result was the media picked up on this and proclaimed that this drug was shown to be safe in all these studies, studies that never occurred. So the drug Ketek, when it first came out, by the way, was selling for over \$1,000 for 60 tablets, and it's now come down to \$285. The company's reduced the price. The FDA allows that drug to stay on the market.

Bayer has known for years that its drug, Treosol, had all kinds of complications involving kidney shutdown. And Bayer did a study with 67,000 patients. Bayer failed to give their own internal data to the FDA.

(End of transcription. Please see the video to listen to all of it.)

I am 74 years old now and glad to not be reliant on any medication whatsoever. Hallelujah!

[Scenes of the Philippines](#)



There are [photos below the text.](#)

On Friday, June 21st, I turned 74 years old. I'm thankful to my Creator, the Lord Jesus Christ, for reasonably good health at my age, normal blood pressure, no arthritis, and no diabetes as my father had, and for being completely off medication of any kind. And I'm *especially* blessed to have a ministry of sharing God's truth, His Word, and the true views that Protestant Christians used to hold before the Counter-Reformation of the Jesuits sidetracked evangelical Christians. And I'm super-blessed to have friends who value my work and the articles on this website. And I'm blessed to have a wonderful wife who supports my ministry. And I'm blessed to live in a land of peace and liberty with no crime in my area that I know of, a land where little kids walk the streets without danger of being abducted. It never gets cold but doesn't get too hot either because of the proximity of the sea. I hardly see police anywhere. I see only armed guards at entrances to banks and any establishment where there is a lot of cash or goods at hand.

The Philippines is still a poor country as are many Roman Catholic nations. Signs advertising ice for sale are ubiquitous and are indicative of its poverty. We sell our neighbors ice for about 10 US cents a bag and use the money to buy filtered drinking water which costs roughly only USD 0.50 per 5 gallons. Our next-door neighbors do not have either a refrigerator or a stove. They cook outside over a wood fire. They do have a phone, however. A phone is the one appliance nobody seems to lack. They connect to the Internet through what's called Piso WiFi. Put a 5 peso coin (about USD 0.10) in the slot and you get one hour of Internet. Haircuts are only about \$1.00 or 60 Philippine pesos. I always give them more than they ask or about 100 pesos. This is still 7 times less than I would pay in Guam.

Households owning appliances:

Television 75%
Refrigerator/Freezer 50%
Washing machine 49.2%
Radio 35.4%
Aircon 16.1%
Stove with oven/gas range 14.2%
Microwave/oven toaster 10.5%

Source: [Percentage distribution of households in the Philippines owning home appliances in 2022, by type](#)

Photos of my area in the Philippines



Caba Beach near sunset



Caba Beach near sunset



Imaga White Sand Beach sign



Imaga White Sand Beach sign.



Image White Sand Beach



Children walking on the main road to town.



Elementary school graduation ceremony.



A typical village road.



A poor family's house



A rich family's house



Near Caba Beach



Near Caba Beach



Wedding at Imaga White Sand Beach



Imaga White Sand Beach rocks in the background.

Why Europe in the Middle Ages Was So Filthy



Europe in the Middle ages was filthy because the Catholic Church forbid the people to read the Bible. They didn't know the importance God puts on cleanliness.

Japanese Doctors Warn About the Side Effects of the COVID-19 Vaccines



This is a transcript of a press conference called by Japanese physicians. Throughout the decades when I lived in Japan, it's been my observation that most Japanese are honest people and are not easily deceived by the media. When they encounter difficulties, they'll do an honest investigation of the problem and won't be easily swayed by others.

Transcript

We are the General Incorporated Association of the Vaccine Injuries Study Group. We now have this press conference to report on the results of our study since its establishment. My name is Takeguchi, and I will be moderating the conference.

First of all, I would like to take this opportunity to express my condolences to those who have passed away due to health issues after receiving the COVID-19 vaccine. Furthermore, I extend my best wishes to those who have suffered health issues and those who are currently struggling with symptoms.

(Next speaker)

A systematic review of the literature has revealed some surprising facts. Thousands of papers have reported side effects after vaccination, which affect every organ without exception, ranging from ophthalmology (the diagnosis and treatment of eye disorders) to general medicine, to psychiatry. We have compiled this information into a paper that was published yesterday.

These documents have been preliminarily investigated by a group of volunteer physicians. They saw how many cases have been reported by Japanese academic societies. This kind of reporting on drug side effects or the like is unprecedented.

As my specialty is cancer, chemotherapy drugs are plagued with side effects, but the patterns are known and predetermined. The patterns of side effects caused by this (COVID-19) vaccine are not determined. They can occur throughout the body. Multiple diseases can occur simultaneously. Doctors have never seen such a thing. This is the candid opinion of the medical profession.

Japanese doctors are also trying hard, but they face various obstructions. There's this sentiment of 'Why report something like vaccine damage?' There are interferences in reporting. Such actions themselves hinder academic freedom, and in some academic departments, censorship is taking place such as in conference presentations and publications of academic papers. This is happening globally. Some journals are effectively practicing censorship.

We are working on a paper that is expected to be published soon. Once published, we will be able to report in detail. For example, the age-adjusted mortality rate for leukemia has increased, and there are significant findings of breast cancer, ovarian cancer, and so on. We will share the relevant information with everyone as we advise and request the government on how to proceed.

Next, Prof. Yasufumi Murakami, the director in charge of the testing method development working group, will explain the progress of the test development and future outlook.

Prof. Yasufumi Murakami: Thank you, everyone. One thing I want to say initially is that it is clear how the adverse effects occur, which is still having many victims today. **I believe the vaccine should be stopped immediately.**

The mechanism by which adverse effects occur is well understood; **the spike [protein] is toxic.** It's very clear what happens when you administer a toxic gene to a human. Another point is that the Lipid nanoparticles, they are also toxic.

The major problem is that we are injecting two toxic substances into people, one of which is that human cells are producing spike proteins. Since the immune system will attack this, it causes very violent reactions. Some cases occur within one or two weeks after injection, but there are also many cases that appear after one or two years.

Additionally, there is indeed such a thing as good and bad antibodies in humans, and an antibody called IgG4 actually suppresses immunity. Usually with vaccines, if an IgG4 antibody is induced, it is considered a failure. However, with the current messenger-type vaccines, a significant amount of IgG4 is being induced. When this happens, it plays tricks on various immune functions. Therefore, we want to thoroughly investigate what ratio of Japanese people are experiencing this. We aim to carefully examine what level of IgG4 reacts with the spike protein that is present in each individual.

Of course, the problem is, we already understand these factors. Vaccines that have failed are still being administered, and the Ministry of Health, Labour and Welfare recognizes these failed vaccines. So I would like to stop them immediately, but even though I speak out against the vaccine in various places, they don't stop administering them at all. So we will clearly present evidence and publish it in articles one by one.

New speaker: So, we are working with Dr. Fukushima to create this database, and so far, about 201 types of diseases and 3,071 papers on side effects have

been reported. **It is unprecedented in human history for a single vaccine to have this much literature out on it.** With this, we plan to present it to the nation and the Japanese government in the form of solid science that no one can dispute.

In the next slide you will find diseases of the heart, kidney, thyroid, diabetes, liver, skin, eyes, blood, nerves, systemic diseases, brain, and lungs, diseases across all medical fields have been reported as Prof. Fukushima states. The characteristic of the side effects of this vaccine is that they occur simultaneously within entire families.

As for the data, when diseases such as those of the heart, kidney, endocrine, and liver occur simultaneously with the range in which they occur, a tremendous number of papers are reported with many pages.

New speaker: Mental disorders, psychiatric symptoms, depression, mania, and anxiety, came up in abundance. It's endless. It's about understanding why this is happening. That's why, actually, with broader keywords, for example, not just COVID-19 vaccines but also SARS-CoV-2, messenger RNA vaccines, and the like, when you separate it out into various keywords, more and more results come up. So this is just a part of it. Even with what Dr. Inoue introduced earlier, it's just a part of what has been done with the PubMed database. There are things that won't be caught by PubMed. So like "Creutzfeldt-Jakob disease (CJD)", it's not caught, next slide.

However, there are such peer-reviewed papers out there from Dr. Montagnier who discovered HIV and received the Nobel Prize. It's a persuasive paper. But it disappeared. He was cautious from the beginning.

About the spike protein sequence, within the genes, you know, he was warning that if there's a prion-like (pathogenic type of misfolded protein) sequence, it could be very dangerous. Many scientists were warning about it. I too said it could be hazardous because of the possibility of prions. I discussed it with prion experts.

So, if you inject the vaccine into the muscle, it will be taken up by the surrounding cells. People who know nothing about medicine and biology don't think about such specific things, which is why they say it's an mRNA vaccine. However, if you know biology and medicine, such specific things don't happen. That is what we call off-target. Out of control beyond the target. It doesn't know where to go. If it goes into the bloodstream, it goes to the brain, liver, and kidneys. What if it went everywhere? That's something people don't think about. This off-target problem hasn't been solved.

And even if that is solved, there are still many problems. Because these nanoparticles, which were inflammatory earlier, are environmental issues, especially plastic nanoparticles, which are the world's number one problem. They enter the brain. However, those who don't know anything say, "It's plastic, so it won't be digested, so it's okay to eat." They pretend to know, but it doesn't get digested. The person has no idea how toxic organic substances are attached to the surface of those plastic nanoparticles. So, with fragments of such knowledge, they exaggerate things and think they can

go with this. They say, "I know! This is good!" So, honestly, they need to go back and redo from middle school biology to high school and university entrance exams.

As I mentioned earlier, medicine is still immature. Basically, we don't understand much about the principles of life. Now, this kind of thing has happened, so, turning adversity into fortune, we should learn again here what happens instead of saying, "Go for it, go for it" with the vaccines. Well, it's like, ignorance is bliss. That's what this world is about. **Taking vaccines has become a kind of faith. Vaccines centers, they're like a weird cult. They're now basically fallen into an infinite hell.**

Simply thinking that things can be understood with fragments of knowledge is a mistake.

(End of transcript.)

If you are Japanese or understand the Japanese language, [click here to listen to the press conference.](#)

[NWO Insider Dr. Richard Day Reveals the New World Order Plan](#)



Dr. Richard Day

Dr. Richard Day revealed New World Order plans in 1969. As we enter the new year 2024, let's count how many of these 55 points in their plans have come to pass. My comments are in parenthesis after some of them.

This article started with a video of the recollections of Dr. Lawrence

Dunegan regarding a lecture he attended on March 20, 1969, at a meeting of the Pittsburgh Pediatric Society. Unfortunately, that video was removed from YouTube. □

The lecturer at that gathering of pediatricians was Dr. Richard Day (who died in 1989). At the time Dr. Day was Professor of Pediatrics at Mount Sinai Medical School in New York. Previously he had served as Medical Director of Planned Parenthood Federation of America. Dr. Dunegan was formerly a student of Dr. Day at the University of Pittsburgh and was well acquainted with him, though not intimately. He describes Dr. Day as an insider of the "Order" and although Dr. Dunegan's memory was somewhat dimmed by the intervening years, he is able to provide enough details of the lecture to enable any enlightened person to discern the real purposes behind the trends of our time.

You can also [read a transcript of the entire message on this site!](#)

Here are just some of the topics covered in this video created from Dr. Dunegan's audio tapes about the plans of the New World Order. He revealed this information in 1969! How many predictions can *you* count that have been fulfilled? Please write your answer in the comments section below.

1. Girls would be discouraged from playing with dolls so they wouldn't think about babies. They would be encouraged to get out on the soccer field instead.
2. Guns would be eliminated almost entirely and the few that were allowed to have them for hunting would have to check them out from officials. (The public in Canada, Australia and New Zealand have been disarmed. This is the reason, in my opinion, government repression during the Covid plandemic was much harsher in those nations than in America.)
3. They already could cure over 98% of all cancers – they had the cures at the Rockefeller Institute. But they would not be released because there were too many people in the world and they had to die of something.
4. Homosexuality will be encouraged – anything goes. (Since the Obama administration, gay rights have been promoted, and now under Biden, the LGBTQ agenda is given priority over fixing the southern border crisis and fixing other serious problems America is facing today.)
5. Families will diminish in importance. People would be encouraged to live alone.
6. Euthanasia will be encouraged – they will use "the demise pill" to kill themselves.
7. Births will be strictly controlled and you could not simply have children because you wanted them.
8. "Stupid" people would not eat correctly and exercise so they would die much earlier and that's what they wanted.
9. Private doctors will be eliminated – doctors make too much money.
10. They will make health care so expensive that you must have insurance or be financially destroyed. Limiting access to affordable medical care will make eliminating the elderly easier. They would stop hospitals from giving any charity care.
11. New difficult-to-treat and diagnose diseases will come about as a means

- of population control. (SARS, Covid-19, laboratory engineered viruses.)
12. Running shoes and sports equipment will be made glamorous to make the "smart" people get into exercise.
 13. Romantic music will not be put out anymore. All the old music will be brought back on certain "oldies" radio stations and the young people will have their own radio stations. Old movies will be put on again for the old people.
 14. Entertainment will be used to mainly change and program young people. The old people are not important anyway so they don't care much about them.
 15. Entire meals will be made and put in grocery stores. Convenience foods will be made unhealthy. They wanted people who were too lazy to fix their own meals or exercise to die early.
 16. Inducing heart attacks as a means of assassination. ([Heart attacks among young people have indeed dramatically increased](#) since the Covid-19 pandemic. Did the Covid vaccines cause it? I believe it did.)
 17. They will blend all religions but Christianity had to go especially! Once the Roman Catholic Church is brought down then the rest will go next. Then they will create a new religion. (Many traditional Catholics are alarmed at the way Pope Francis is leading the church. I believe that even if the RCC is destroyed as an institution, those who controlled it will lead the new world religion. And if end-time events do not go the way dispensational evangelicals think they will, some have actually said they will throw their Bible away!)
 18. They will change the Bible over time – churches would help them! (False doctrines abound in churches today.)
 19. The education system will be restructured as a tool of indoctrination. Kids will spend more time in school but won't learn anything. Kids will have to specialize early on in their education and changing their plans will be very difficult. (Many Americans cannot find major countries such as Japan on a map.)
 20. ID will be required for all travel. They will implant IDs inside the skin so that nobody can say they lost their IDs.
 21. They will control who has access to information. Some books will just disappear or be changed. They will even have thieves steal certain books from the library. (It's much harder for them to control Information now unless Internet providers start to charge more money to access websites like mine which are not sanctioned by the government.)
 22. Drug use will be encouraged to create a "Jungle" atmosphere. Meanwhile, police enforcement to put people in prison for drugs will be drastically increased.
 23. Food will be strictly controlled and people would be not allowed to grow their own. They only would give you enough food to give you what you needed but hoarding food or growing food would be criminal activities. They didn't want anybody to be able to support those outside their system.
 24. Travel will be first made cheaper to encourage people to spread out their families but then made very expensive so few people can afford it.
 25. Crime will be increased as a way to control society.
 26. More jails would be made and they would even use hospitals as jails.
 27. **America would lose its manufacturing base.** Other countries would be

making the products America was making now. (This is sure true of manufacturing in Asian countries.)

28. Sports would be used as a tool for social change – Soccer was being encouraged since it was a global game. They wanted to do away with anything like football and baseball that were created in the United States. National pride of any type would be discouraged.
29. Sex and violence would be programmed through entertainment.
30. All television sets would have secret cameras that would watch everybody in the room.
31. They would implant IDs in everybody.
32. They would control what was in our food.
33. They already controlled the weather. They would stop rain in certain areas to bring them under their control. They would make rain during harvest to make it harder to get the food from the fields.
34. There were always two reasons for all their actions. The public reason they give everybody and the REAL reason.
35. People don't ask the right questions – they are too trusting.
36. Scientific research would be falsified to push their agendas.
37. **Terrorism would be used to control the people.**
38. Home ownership will be a thing of the past.
39. The new system would be either brought by peaceful means if possible or by bringing the nation to the brink of nuclear war. People would give up their national sovereignty to keep the peace.
40. If too many people resisted their plans, there might be a need to use one, two or more nuclear weapons to show that "we mean business".
41. War was justified as a way to control the population. They were happy that World Wars had killed millions so they couldn't keep having babies. But now with nuclear weapons, they would not allow wars to be fought with nuclear weapons on a wide scale.
42. Americans have had it too good so nuclear terrorism might need to be used in order to implement the new world order system.
43. Inflation is a tool of control. Money would be turned into credit. Cash would be done away with. People would carry money only for small items such as chewing gum. All else is done electronically. They would ultimately have a single bank system but might appear as several banks.
44. All purchases would be tracked. If you bought too much of an item or a particular item, an official would be alerted to investigate. The ability to save would be curtailed so they would not be able to accumulate wealth. Wealth in the hands of the people is not good for those in charge.
45. If you saved too much, your pay would be cut in the future so you could not accumulate any wealth.
46. Credit would be encouraged so people would get in debt and get in trouble so authorities could come down hard on them.
47. Eventually there would only be one credit card and then after that, there would be a skin implant located in your right hand or your forehead. He was told to not worry about what the Bible said about this because this was just the logical place for the implant.
48. Implants would also be used for surveillance. Every citizen could be identified by their own signal through tooth fillings etc.
49. You'll be watching television and somebody will be watching you at a

central station. The TV could be off and still monitor you. They could tell what you are watching and how you are reacting to what you are watching. The signals for monitoring you will go down the cable for your Cable TV and telephone wires.

50. Audio monitors would also be used in other rooms. Any wires that come into the home will be used to monitor you such as telephone wires.
51. There would be service trucks everywhere putting in the monitoring equipment.
52. People who already owned houses would be allowed to keep them but young people would never be able to afford a home. The cost of homes would not come down even with all the empty houses. They would control the price of homes to turn more and more people into renters.
53. People would be assigned where they would live and they would assign non-family members to live with you. That's why the census asks how many bedrooms you have in the home.
54. When the new system comes out, they would be required to sign allegiance to it. There would be no room for people who would not sign their allegiance to the new system. They would be secretly taken to special places where they would not live very long. People will just disappear so they can't be martyrs.
55. The new system will come in over a weekend in the winter. They would announce the new system was in place on a Monday. Everybody will have less leisure time after the new system was brought in so they couldn't figure out what was going on.

Science Confirms the Truth of the Bible

Science Confirms the Bible <small>(Bear in mind that the Bible was written 2,000-3,000 years ago)</small>		
THE BIBLE	SCIENCE NOW	SCIENCE THEN
The earth is a sphere (Isaiah 40:22)	The earth is a sphere	The earth was flat (Job 26:10)
Incalculable number of stars (Genesis 22:17)	Incalculable number of stars	Only 1,100 stars
Free flow of earth in space (Job 28:7)	Free flow of earth in space	Earth sat on a large animal
Creation made of invisible elements (Hebrews 11:3)	Creation made of invisible elements (atomic)	Science was ignorant on the subject
Each star is different (1 Corinthians 15:41)	Each star is different	All stars were the same
Light moves (Job 38:18, 20)	Light moves	Light was fixed in place
Air has weight (Job 28:25)	Air has weight	Air was weightless
Winds blow in cyclones (Ezekiel 1:1)	Winds blow in cyclones	Winds blew straight
Blood is the source of life and health (Leviticus 17:11)	Blood is the source of life and health	Sick people must be bled
Ocean floor contains deep valleys and mountains (2 Samuel 22:16; Job 28:1)	Ocean floor contains deep valleys and mountains	The ocean floor was flat
Oceans contain springs (Job 38:18)	Oceans contain springs	Oceans fed only by rivers and rain
When dealing with diseases, hands should be washed under running water (Leviticus 15:13)	When dealing with diseases, hands should be washed under running water	Hands washed in still water

True scientific discoveries confirm the truth of the Bible. The very first verse in the Bible, Genesis chapter one verse one, has a profound meaning in

physics.

Genesis 1:1 ¶In the beginning God created the heaven and the earth.

Einstein's *space-time continuum* verifies Genesis 1:1. Before "the beginning" there was no time, there was no heaven – space – and there was no earth – matter. Time, space, and matter all must exist simultaneously or none of them can exist.

Physicist Dr. John Gideon Hartnett adds to the preceding paragraph:

At first glance, this seems to give credibility to the Big Bang theory that the universe had a beginning in time and was 'created' out of 'nothing'. Those are in scare quotes because there is no creator in the big bang universe, and prior to it existing there was nothing. But nothing does not spontaneously create a universe unless you are a believer in Steven Hawking's wishful thinking. See

<https://biblescienceforum.com/2014/07/15/the-singularity-a-dark-beginning/>

Without space and time, matter cannot exist, but neither can a universe exist without a creator and the Bible tells us who He is. The Creator is a God whom we can know personally. He is the great I AM, who was always there, the uncreated First Cause, and we can trust what He says, because He never lies (Numbers 23:19, Titus 1:2). His name YHVH from Hebrew means the 'self-existent One'. He is not created but He created all things."

Dr. Henry M. Morris, Ph.D., says,

"In the beginning God created the heaven and the earth." Time itself, according to this most profound (yet simple) of all declarations, had a beginning. Space (i.e., "the heaven") and matter ("the earth") began simultaneously with time. Before that beginning, there was nothing—that is, nothing except God! (Quoted from <https://www.icr.org/article/eternal-future-time-space-matter/>)

The Bible confirms the existence of harmful bacteria

The laws of sanitation in the Bible were written some 3000 years before Louis Pasteur in the 19th century linked germs with infectious disease!

There are numerous rules for sanitation and quarantine found in the Old Testament, and especially in the Book of Leviticus that God gave for the benefit of His children to keep them free from contagious diseases. The scientific community only much later in time discovered the importance of these health rules which includes washing one's body in *running water*!

*Leviticus 15:13 And when he that hath an issue is cleansed of his issue; then he shall number to himself seven days for his cleansing, and **wash his clothes, and bathe his flesh in running water, and shall be clean.***

"Soap and water don't kill germs; they work by mechanically removing them from your hands. **Running water by itself does a pretty good job of germ removal...**" (Quoted from https://www.health.harvard.edu/newsletter_article/The_handiwork_of_good_health)

You have probably heard the proverb, "Cleanliness is next to godliness." The phrase "running water" is found exactly seven times in the King James translation of the Bible! The number seven is God's special number, for it signifies spiritual perfection and completion. The Bible mentions it more than any other number.

*Leviticus 14:5 And the priest shall command that one of the birds be killed in an earthen vessel over **running water**:*

*Leviticus 14:6 As for the living bird, he shall take it, and the cedar wood, and the scarlet, and the hyssop, and shall dip them and the living bird in the blood of the bird that was killed over the **running water**:*

*Leviticus 14:50 And he shall kill the one of the birds in an earthen vessel over **running water**:*

*Leviticus 14:51 And he shall take the cedar wood, and the hyssop, and the scarlet, and the living bird, and dip them in the blood of the slain bird, and in the **running water**, and sprinkle the house seven times:*

*Leviticus 14:52 And he shall cleanse the house with the blood of the bird, and with the **running water**, and with the living bird, and with the cedar wood, and with the hyssop, and with the scarlet:*

*Leviticus 15:13 And when he that hath an issue is cleansed of his issue; then he shall number to himself seven days for his cleansing, and wash his clothes, and bathe his flesh in **running water**, and shall be clean.*

*Numbers 19:17 And for an unclean person they shall take of the ashes of the burnt heifer of purification for sin, and **running water** shall be put thereto in a vessel:*

More Scriptures about sanitation

Leviticus 11:31 These are unclean to you among all that creep: whosoever doth touch them, when they be dead, shall be unclean until the even.

*32 And upon whatsoever any of them, **when they are dead**, doth fall, it shall be **unclean**; whether it be any vessel of wood, or raiment, or skin, or sack, whatsoever vessel it be, wherein any work is done, **it must be put into water**, and it shall be unclean until the even; **so it shall be cleansed**.*

33 And every earthen vessel, whereinto any of them falleth, whatsoever is in it shall be unclean; and ye shall break it.

34 Of all meat which may be eaten, that on which such water cometh shall be unclean: and all drink that may be drunk in every such vessel shall be unclean.

35 And every thing whereupon any part of their carcase falleth shall be unclean; whether it be oven, or ranges for pots, they shall be broken down: for they are unclean, and shall be unclean unto you.

*36 Nevertheless a fountain or pit, **wherein there is plenty of water**, shall be clean: but **that which toucheth their carcase shall be unclean**.*

The words “unclean” and “clean” indicate to me either the presence of germs and harmful bacteria or the absence of them. The microscope had not yet been invented in the time Moses led the children of Israel out of Egypt. The people of course could not see microbes. They didn’t have the “germ theory” in their education. They just obeyed God’s commands to Moses not knowing the scientific reasons why they should.

Medieval Europe was plagued with diphtheria, measles, tuberculosis, leprosy, typhus, anthrax, smallpox, salmonella and other maladies. The worst of such diseases was of course the Black Death.

*Leviticus 15:1 ¶And the LORD spake unto Moses and to Aaron, saying,
2 Speak unto the children of Israel, and say unto them, When any man hath a running issue (a discharge such as puss) out of his flesh, **because of his issue he is unclean.***

3 And this shall be his uncleanness in his issue: whether his flesh run with his issue, or his flesh be stopped from his issue, it is his uncleanness.

4 Every bed, whereon he lieth that hath the issue, is unclean: and every thing, whereon he sitteth, shall be unclean.

*5 And whosoever toucheth his bed shall **wash his clothes, and bathe himself in water**, and be unclean until the even.*

*6 And he that sitteth on any thing whereon he sat that hath the issue shall **wash his clothes, and bathe himself in water**, and be unclean until the even.*

*7 And he that toucheth the flesh of him that hath the issue **shall wash his clothes, and bathe himself in water**, and be unclean until the even.*

*8 And if he that hath the issue spit upon him that is clean; then he shall **wash his clothes, and bathe himself in water**, and be unclean until the even.*

9 And what saddle soever he rideth upon that hath the issue shall be unclean.

*10 And whosoever toucheth any thing that was under him shall be unclean until the even: and he that beareth any of those things **shall wash his clothes, and bathe himself in water**, and be unclean until the even.*

*11 And whomsoever he toucheth that hath the issue, and hath not rinsed his hands in water, he shall **wash his clothes, and bathe himself in water**, and be unclean until the even.*

*12 And the vessel of earth, that he toucheth which hath the issue, shall be broken: and every vessel of wood **shall be rinsed in water.***

*13 And when he that hath an issue is cleansed of his issue; then he shall number to himself seven days for his cleansing, and **wash his clothes, and bathe his flesh in running water**, and shall be clean.*

Does modern science tell us it’s important for good health to keep our bodies and hands clean? You know it does. And why? To remove the presence of harmful bacteria, that’s why.

Did you know that in the early part of the 19th century, [‘Wash your hands’ was once controversial medical advice?](#)

Regarding the hygiene principle and germs, Ignaz Philipp Semmelweis (1818 –1865), who was a Hungarian physician, discovered that 10%–35% Of the mothers that came to the medical institutions

suffered fatalities. Puerperal fever was common in mid-19th-century hospitals and was fatal. Doctors in those clinics had three times the mortality of midwives' wards. Sadly, nobody knew why. But after close observation, Semmelweis discovered that the incidence of puerperal fever or "childbed fever" could be **greatly reduced by the use of hand disinfection** in obstetrical clinics.

Semmelweis proposed the practice of washing hands with chlorinated lime solutions in 1847 while working in Vienna General Hospital's First Obstetrical Clinic. He ordered physicians to wash their hands thoroughly after every examination. In three months, **the death rate fell from 18% to 1%**. These were astounding results. And he was called the "savior of mothers." He published a book of his findings in *Etiology, Concept and Prophylaxis of Childbed Fever*. Despite various publications of his successful results, Semmelweis's suggestions were **not accepted by the medical community** of his time.

Why was Semmelweis research rejected? Because germs were virtually a foreign concept for the Europeans in the middle-19th-century. Later, Semmelweis's publications earned widespread acceptance only years after his death, when Louis Pasteur confirmed the "germ theory" and Joseph Lister, acting on the French microbiologist's research, practiced and operated on patients while using hygienic methods with great results.

Had the medical community paid attention to God's instructions that were given 3000 years before, many lives would have been saved. The Lord gave the Israelites hygienic principles against the contamination of germs and taught the necessity to quarantine the sick (Numbers 19:11-12). And the book of Leviticus lists a host of diseases and ways where a person would come in contact with germs (Leviticus 13:46).

Germs were no new discovery in 1847. And for this fact, Roderick McGrew testified in the *Encyclopedia of Medical History*: "The idea of contagion was foreign to the classic medical tradition and found no place in the voluminous Hippocratic writings. The Old Testament, however, is a rich source for contagionist sentiment, especially in regard to leprosy and venereal disease" (1985, pp. 77-78). – (from <https://bibleask.org/did-the-bible-teach-the-germs-theory/>)

The practice of the quarantine of people with infectious diseases is in the Bible

Numbers 12:10 ¶And the cloud departed from off the tabernacle; and, behold, **Miriam became leprous**, white as snow: and Aaron looked upon Miriam, and, behold, she was leprous.

11 And Aaron said unto Moses, Alas, my lord, I beseech thee, lay not the sin upon us, wherein we have done foolishly, and wherein we have sinned.

12 Let her not be as one dead, of whom the flesh is half consumed when he cometh out of his mother's womb.

13 And Moses cried unto the LORD, saying, Heal her now, O God, I beseech thee.

14 And the LORD said unto Moses, If her father had but spit in her face, should she not be ashamed seven days? **let her be shut out from the camp seven days**, and after that let her be received in again.

15 And Miriam was shut out from the camp seven days: and the people journeyed not till Miriam was brought in again.

Other than the “germ theory” we also have the “terrain theory”

Diseases are results of our internal environment and its ability to maintain homeostasis against outside threats. Terrain theory believes if an individual maintains a healthy terrain, it can handle outside invaders or threats which cause diseases. When terrain is weak, it favors the microorganisms. Hence, health depends on the quality of an individuals' terrain. (Quoted from <https://drkarenwolfe.org/germ-theory-or-terrain-theory-of-disease/>)

Are these two theories of the cause of disease at odds with each other? I personally do not think so. In my opinion, both are true. We are supposed to wash our hands before we eat so we do not transfer harmful bacteria into our mouths, and we try as much as possible to live in an environment free of toxic chemicals. We also are supposed to maintain a strong immune system by eating a nutritious diet, daily exercise, taking a good night's sleep and rest when our bodies tell us it's tired, and having a good mental attitude toward life in general.

People who have a relationship with God through the Lord Jesus Christ are the most likely people to have such a good positive attitude. They are less likely to worry about the future or experience stress which is harmful to health. If you are searching for such a relationship with your Creator God, please see [The Lover of all Lovers](#).

[On the Sacrament of Extreme Unction – By Martin Luther](#)



To this rite of anointing the sick our theologians have made two additions well worthy of themselves. One is, that they call it a sacrament; the other, that they make it extreme, so that it cannot be administered except to those who are in extreme peril of life. Perhaps— as they are keen dialecticians—they have so made it in relation to the first unction of baptism, and the two following ones of confirmation and orders. They have this, it is true, to throw in my teeth, that, on the authority of the Apostle James, there are in this case a promise and a sign, which two things, I have hitherto said, constitute a sacrament. He says: “Is any sick among you? let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.” (James v. 14, 15.) Here, they say, is the promise of remission of sins, and the sign of the oil.

I, however, say that if folly has ever been uttered, it has been uttered on this subject. I pass over the fact that many assert, and with great probability, that this epistle was not written by the Apostle James, and is not worthy of the apostolic spirit; although, whosoever it is, it has obtained authority by usage. Still, even if it were written by the Apostle James, I should say that it was not lawful for an apostle to institute a sacrament by his own authority; that is, to give a divine promise with a sign annexed to it. To do this belonged to Christ alone. Thus Paul says that he had received the sacrament of the Eucharist from the Lord; and that he was sent, not to baptize, but to preach the gospel. Nowhere, however, in the gospel do we read of this sacrament of extreme unction. But let us pass this over, and let us look to the words themselves of the Apostle, or of whoever was the author of this Epistle, and we shall at once see how those men have failed to observe their true meaning, who have thus increased the number of sacraments.

In the first place—if they think the saying of the Apostle true and worthy to be followed, by what authority do they change and resist it? Why do they make an extreme and special unction of that which the Apostle meant to be general? The Apostle did not mean it to be extreme, and to be administered only to those about to die. He says expressly: “Is any sick among you?” He does not say: “Is any dying?” Nor do I care what Dionysius’s Ecclesiastical Hierarchy may teach about this; the words of the Apostle are clear, on which he and they alike rest, though they do not follow them. Thus it is evident that, by no authority, but at their own discretion, they have made, out of the ill-understood words of the Apostle, a sacrament and an extreme unction; thus

wronging all the other sick, whom they have deprived on their own authority of that benefit of anointing which the Apostle appointed for them.

But it is even a finer argument, that the promise of the Apostle expressly says: "The prayer of faith shall save the sick, and the Lord shall raise him up." The Apostle commands the use of anointing and prayer for the very purpose that the sick man may be healed and raised up, that is, may not die, and that the unction may not be extreme. This is proved by the prayers which are used even at this day during the ceremony of anointing, and in which we ask that the sick man may be restored. They say, on the contrary, that unction should not be administered except to those on the point of departing; that is, that they may not be healed and raised up. If the matter were not so serious, who could refrain from laughing at such fine, apt, and sound comments on the words of the Apostle? Do we not manifestly detect here that sophistical folly which, in many other cases as well as in this, affirms what Scripture denies, and denies what it affirms? Shall we not render thanks to these distinguished teachers of ours? I have said rightly then, that nowhere have they displayed wilder folly than in this instance.

Further—if this unction is a sacrament, it must be beyond doubt an effectual sign (as they say) of that which it seals and promises. Now it promises health and restoration to the sick, as the words plainly show: "The prayer of faith shall save the sick, and the Lord shall raise him up." Who does not see, however, that this promise is seldom, or rather never fulfilled? Scarcely one among a thousand is restored; and even this no one believes to be effected by the sacrament, but by the help of nature or of medicine; while to the sacrament they attribute a contrary effect. What shall we say then? Either the Apostle is deceiving us in this promise, or this unction is not a sacrament; for a sacramental promise is sure, while this in most cases disappoints us. Nay—to recognise another example of the prudence and carefulness of these theologians—they will have it to be extreme unction in order that that promise may not stand; that is, that the sacrament may not be a sacrament. If the unction is extreme, it does not heal, but yields to the sickness; while if it heals, it cannot be extreme. Thus, according to the interpretation of these teachers, James must be understood to have contradicted himself, and to have instituted a sacrament, on purpose not to institute a sacrament; for they will have it to be extreme unction, in order that it may not be true that the sick are healed by it, which is what the Apostle ordained. If this is not madness, what, I ask, is madness?

The words of the Apostle: "Desiring to be teachers of the law; understanding neither what they say, nor whereof they affirm" (1 Tim. i. 7.), apply to these men; with so little judgment do they read and draw conclusions. With the same stupidity they have inferred the doctrine of auricular confession from the words of the Apostle James: "Confess your faults one to another." They do not even observe the command of the Apostle, that the elders of the Church should be called for, and that they should pray over the sick. Scarcely one priest is sent now, though the Apostle would have many to be present, not for the purpose of anointing, but for that of prayer; as he says: "The prayer of faith shall save the sick." Moreover, I am not sure that he means priests to be understood in this case, since he says elders, that

is, seniors in age. Now it does not follow that an elder must be a priest or a minister, and we may suspect that the Apostle intended that the sick should be visited by the men of greater age and weightier character in the Church, who should do this as a work of mercy, and heal the sick by the prayer of faith. At the same time it cannot be denied, that of old the churches were ruled by the older men, chosen for this purpose on account of their age and long experience of life, without the ordinations and consecrations now used.

I am therefore of opinion that this is the same anointing as that used by the Apostles, of whom it is written: "They anointed with oil many that were sick, and healed them." (Mark vi. 13.) It was a rite of the primitive Church, long since obsolete, by which they did miracles for the sick; just as Christ says of them that believe: "They shall take up serpents; they shall lay hands on the sick, and they shall recover." (Mark xvi. 18.) It is astonishing that they have not made sacraments out of these words also; since they have a like virtue and promise with those words of James. This pretended extreme unction, then, is not a sacrament, but a counsel of the Apostle James, taken, as I have said, from the Gospel of Mark; and one which any one who will may follow. I do not think that it was applied to all sick persons, for the Church glories in her infirmities, and thinks death a gain; but only to those who bore their sickness impatiently and with little faith, and whom the Lord therefore left, that on them the miraculous power and the efficacy of faith might be conspicuously shown.

James, indeed, has carefully and intentionally provided against this very mistake, in that he connects the promise of healing and of remission of sins, not with the anointing, but with the prayer of faith; for he says: "The prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him." (James v. 15.) Now a sacrament does not require prayer or faith on the part of him who administers it, for even a wicked man may baptize and consecrate the elements without prayer; but it rests solely on the promise and institution of God, and requires faith on the part of him who receives it. But where is the prayer of faith in our employment of extreme unction at the present day? Who prays over the sick man with such faith as not to doubt of his restoration? Such is the prayer of faith which James here describes; that prayer of which he had said at the beginning of the epistle: "Let him ask in faith, nothing wavering;" and of which Christ says: "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." (Mark xi. 24.)

There is no doubt at all that, if even at the present day such prayer were made over the sick—that is, by grave and holy elders, and with full faith—as many as we would might be healed. For what cannot faith do? We, however, leave out of sight that faith which apostolic authority requires in the very first place; and moreover by elders, that is, men superior to the rest in age and in faith, we understand the common herd of priests. Furthermore, out of a daily or free anointing we make an extreme unction; and lastly, we not only do not ask and obtain that result of healing promised by the Apostle, but we empty the promise of its meaning by an opposite result. Nevertheless we boast that this sacrament, or rather figment, of ours, is founded on and proved by the teaching of the Apostle, from which it is as widely separated as pole

from pole. Oh, what theologians!

Therefore, without condemning this our sacrament of extreme unction, I steadily deny that it is that which is enjoined by the Apostle James, of which neither the form, nor the practice, nor the efficacy, nor the purpose, agrees with ours. We will reckon it, however, among those sacraments which are of our own appointing, such as the consecration and sprinkling of salt and water. We cannot deny that, as the Apostle Paul teaches us, every creature is sanctified by the word of God and prayer; and so we do not deny that remission and peace are bestowed through extreme unction; not because it is a sacrament divinely instituted, but because he who receives it believes that he obtains these benefits. For the faith of the receiver does not err, however much the minister may err. For if he who baptizes or absolves in jest—that is, does not absolve at all, as far as the minister's part is concerned—yet does really absolve or baptize, if there be faith on the part of the absolved or baptized person, how much more does he who administers extreme unction bestow peace; even though in reality he bestows no peace, if we look to his ministry, since there is no sacrament. The faith of the person anointed receives that blessing which he who anointed him either could not, or did not intend, to give. It is enough that the person anointed hears and believes the word; for whatever we believe that we shall receive, that we do really receive, whatever the minister may do or not do, whether he play a part, or be in jest. For the saying of Christ holds good: "All things are possible to him that believeth;" and again: "As thou hast believed, so be it done unto thee." Our sophists, however, make no mention of this faith in treating of the sacraments, but give their whole minds to frivolous discussions on the virtues of the sacraments themselves; ever learning, and never able to come to the knowledge of the truth.

It has been of advantage, however, that this unction has been made extreme, for, thanks to this, it has been of all sacraments the least harassed and enslaved by tyranny and thirst for gain; and this one mercy has been left to the dying, that they are free to be anointed, even if they have not confessed or communicated. Whereas if it had continued to be of daily employment, especially if it had also healed the sick, even if it had not taken away sins, of how many worlds would not the pontiffs by this time have been masters—they who, on the strength of the one sacrament of penance, and by the power of the keys, and through the sacrament of orders, have become such mighty emperors and princes? But now it is a fortunate thing that, as they despise the prayer of faith, so they heal no sick, and, out of an old rite, have formed for themselves a new sacrament.

Let it suffice to have said thus much concerning these four sacraments. I know how much it will displease those who think that we are to enquire about the number and use of the sacraments, not from the holy Scriptures, but from the See of Rome; as if the See of Rome had given us those sacraments, and had not rather received them from the schools of the Universities; to which, without controversy, it owes all that it has. The tyranny of the popes would never have stood so high if it had not received so much help from the Universities; for among all the principal sees, there is scarcely any other which has had so few learned bishops. It is by force, fraud, and superstition

alone that it has prevailed over the rest; and those who occupied that see a thousand years ago are so widely diverse from those who have grown into power in the interim, that we are compelled to say that either the one or the other were not pontiffs of Rome.

There are besides some other things, which it may seem that we might reckon among sacraments—all those things, namely, to which a divine promise has been made, such as prayer, the word, the cross. For Christ has promised in many places to hear those that pray; especially in the eleventh chapter of the Gospel of St. Luke, where he invites us to prayer by many parables. Of the word he says: "Blessed are they that hear the word of God and keep it." (Luke xi. 28.) And who can reckon up how often he promises succour and glory to those who are in tribulation, suffering, and humiliation? Nay, who can count up all the promises of God? For it is the whole object of all Scripture to lead us to faith; on the one side urging us with commandments and threatenings, on the other side inviting us by promises and consolations. Indeed all Scripture consists of either commandments or promises. Its commandments humble the proud by their requirements; its promises lift up the humble by their remissions of sin.

It has seemed best, however, to consider as sacraments, properly so called, those promises which have signs annexed to them. The rest, as they are not attached to signs, are simple promises. It follows that, if we speak with perfect accuracy, there are only two sacraments in the Church of God, Baptism and the Bread; since it is in these alone that we see both a sign divinely instituted and a promise of remission of sins. The sacrament of penance, which I have reckoned along with these two, is without any visible and divinely appointed sign; and is nothing else, as I have said, than a way and means of return to baptism. Not even the schoolmen can say that penitence agrees with their definition; since they themselves ascribe to every sacrament a visible sign, which enables the senses to apprehend the form of that effect which the sacrament works invisibly. Now penitence or absolution has no such sign; and therefore they will be compelled by their own definition either to say that penitence is not one of the sacraments, and thus to diminish their number, or else to bring forward another definition of a sacrament.

Baptism, however, which we have assigned to the whole of life, will properly suffice for all the sacraments which we are to use in life; while the bread is truly the sacrament of the dying and departing, since in it we commemorate the departure of Christ from this world, that we may imitate Him. Let us then so distribute these two sacraments that baptism may be allotted to the beginning and to the whole course of life, and the bread to its end and to death; and let the Christian, while in this vile body, exercise himself in both, until, being fully baptized and strengthened, he shall pass out of this world, as one born into a new and eternal life, and destined to eat with Christ in the kingdom of his Father, as he promised at the Last Supper, saying: "I say unto you, I will not drink of the fruit of the vine until the kingdom of God shall come." (Luke xxii. 18.) Thus it is evident that Christ instituted the sacrament of the bread that we might receive the life which is to come; and then, when the purpose of each sacrament shall have been

fulfilled, both baptism and the bread will cease.

I shall here make an end of this essay, which I readily and joyfully offer to all pious persons, who long to understand Scripture in its sincere meaning, and to learn the genuine use of the sacraments. It is a gift of no slight importance to "know the things that are freely given to us of God," and to know in what manner we ought to use those gifts. For if we are instructed in this judgment of the Spirit, we shall not deceive ourselves by leaning on those things which are opposed to it. Whereas our theologians have not only nowhere given us the knowledge of these two things, but have even darkened them, as if of set purpose, I, if I have not given that knowledge, have at least succeeded in not darkening it, and have given others an inducement to think out something better. It has at least been my endeavour to explain the meaning of both sacraments, but we cannot all do all things. On those impious men, however, who in their obstinate tyranny press on us their own teachings as if they were God's, I thrust these things freely and confidently, caring not at all for their ignorance and violence. And yet even to them I will wish sounder sense, and will not despise their efforts, but will only distinguish them from those which are legitimate and really Christian.

I hear a report that fresh bulls and papal curses are being prepared against me, by which I am to be urged to recant, or else be declared a heretic. If this is true, I wish this little book to be a part of my future recantation, that they may not complain that their tyranny has puffed itself up in vain. The remaining part I shall shortly publish, Christ being my helper, and that of such a sort as the See of Rome has never yet seen or heard, thus abundantly testifying my obedience in the name of our Lord Jesus Christ. Amen.

Hostis Herodes impie,

Christum venire quid times?

Non arripit mortalia

Qui regna dat cœlestia.