## **End Time Current Events--7-24-16**

Dr. Johnson's Main Website at: <a href="http://contendingfortruth.com/">http://contendingfortruth.com/</a>
Alternate Site: <a href="http://contendingforfaith.com/">http://contendingforfaith.com/</a>

Email: drjohnson@ix.netcom.com

Free Gift: Salvation & the TRUE Gospel/Good News!

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

The 1828 Noah Webster Dictionary defines:

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

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

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

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

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

Gene Drive: Eliminating Populations in the Wild--Gene drive technology is the term for wiping out an entire species by genetically altering a few individuals



Gene drive is becoming part of public health, as certain animals are thought to be disease vectors. From The New York Times (6/1/16): Scientists dream of deploying gene drive, for example, to wipe out malaria-carrying mosquitoes that cause the deaths of 300,000 African children each year, or invasive rodents that damage island ecosystems. But some experts have warned that the technique could lead to unforeseen harm to

the environment. Some scientists have called on the federal government to regulate it, and some environmental watchdogs have called for a moratorium. So far human attempts to modify species in the wild have failed because the changes also diminish the organism's survival and reproduction, and natural selection (thankfully) eliminates the altered genes. However, a new gene tool called Crispr -- an encoding mechanism that embeds in DNA -- has given science an override. Crispr "drives" the new genes into all the organism's offspring, rather than some (who would have lower chances of survival and thus be naturally un-selected). Bill and Melinda Gates, in their thirst to "help" the world, have funded a \$40-million gene drive project in Africa.

This is perfect Hegelian dialectic: Risks include the possibility that a gene drive might jump to another species for which it was not intended, or that the suppression of one undesirable organism will lead to the emergence of another that is even worse. Imagine the new opportunities to tinker with biology once the dominoes start to fall! Read more here and here.

#### **Apple and Fertility**



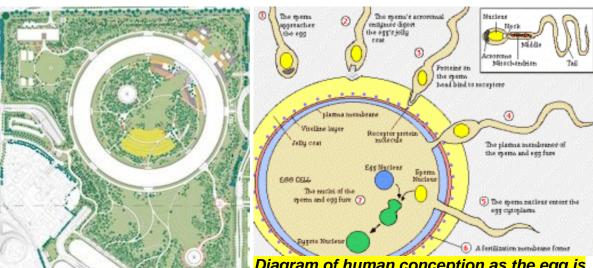
Apple is a leader in the world of computers and Smart devices. Apple iPads are being used by schoolchildren in classrooms equipped with WiFi (2.4 Ghz). Education delivered wirelessly will reach the most remote regions of the world and make everybody Smart, say the globalists. However, wireless transmissions will have another sinister effect -- the sterility of future generations, warns Joe Imbriano of

TheFullertonInformer.com. From a study done on hardy rats, findings were that viable ovarian follicles (eggs) diminished by approximately one half after 15 minutes x 15 days of 900 Mhz (old cell-phone-level) irradiation. WiFi and newer phones are much faster.

What happens in the human body after an egg is fertilized? Its outer layers harden (called "zona response") to prevent additional sperm from penetrating.

The Fullerton Informer webmaster informs us that human follicles (eggs) may indeed harden in response to persistent RF microwaves, which are felt as: penetrations of the eggs. Little girls are born with their eggs, to be released one at a time by the ovaries upon sexual maturity. Eggs that undergo zona response from radio frequencies pulsed against the belly (think iPad) are at ultra high risk.

Now let's take a look at Apple headquarters in Cupertino, CA, pictured below:



Apple's Cupertino headquarters layout (click here to enlarge)

Diagram of human conception as the egg is penetrated and the outer membranes fuse to solidify (click here to enlarge)

A new development from Steve Perlman, formerly of Apple, Microsoft and

Hollywood: Artemis is the new technology for cellular transmission. Devices placed on buildings will replace cell towers, sending RF microwaves in search of receivers (like the Smart phones and watches). Artemis was the Greek goddess of chastity (no sex), virginity, and of the hunt. The Artemis logo is below, next to a diagram of the female reproductive organs. The Artemis network will hunt us and invert our reproduction... turn it upside down? What is Apple saying?

Massacre of Innocence – The Occult Roots of Abortion-Part 1
By <u>Dr. Scott Johnson</u> | November 18, 2007
Read More

<u>Massacre of Innocence – The Occult Roots of Abortion-Part 2</u> <u>Massacre of Innocence – The Occult Roots of Abortion-Part 3</u>







The Artemis logo is the female reproductive organs turned upside down

FCC Fast Tracks 5G Spectrum Wireless Despite Links to Cancer & DNA Damage From: Take Back Your Power [mailto: <a href="mailto:info@takebackyourpower.net">info@takebackyourpower.net</a>] Subject: The gloves come off...

In the wake of the \$25 million National Institute of Environmental Health Sciences/National Toxicology Program (NIEHS/NTP) study, which found DNA damage and carcinogenic effects caused by wireless radiation, FCC Chair, Tom Wheeler, is fast tracking the 5G Spectrum rollout with a vote scheduled for July 14th. Comment: As you may have already heard, on July 14th the FCC voted to unleash 5G in the USA.

The 5G network would carry far more data and use higher frequencies than ever used before. Wheeler recommends these new frequencies not be studied or tested for public safety, so the US may be "first out the gate". Virtually every home or lamppost would be outfitted with a small cell tower. According to Wheeler's June 20 remarks at the National Press Club in Washington, D.C., "5G build out is going to be very infrastructure intensive, requiring a massive deployment of small cells."

Despite industry assurance of safety, many thousands of independent, peer-reviewed studies have proven that wireless radiation is harmful. Last year, 220 scientists submitted an International Appeal to the United Nations calling for greater public protection from exposure to wireless radiation.

According to multiple surveys, at least 10% of the population has already developed electro-sensitivity. "We are currently in the midst of an epidemic," says Dafne Tachover, CEO of "We Are The Evidence", an advocacy group representing people who have been injured by wireless radiation.

In a Supreme Court Case in Israel, led by Tachover, evidence was presented of over 200 children who developed Electro-Sensitivity as a result of Wi-Fi in schools. These children, along with the ever-growing number of people who suffer from adverse bio-effects caused by radiation, may find their lives yet more disrupted if the FCC approves 5G.

Representatives from various EMF awareness organizations have come to Washington DC this week in an effort to educate public officials about the wealth of science showing harm from wireless radiation, and to convey the views of a growing number of people who would choose health over an "Internet of Everything."

Untested 28GHz radiation blasting from millions of new hidden antennas and tuned-up "smart" meters. A corporate free-for-all, with oversight eliminated. Total, for-profit surveillance. An "internet of everything" with "hundreds of billions of microchippable products". Everywhere and everything... and eventually, everyone. This is not sci-fi. This is FCC Commissioner Tom Wheeler's insane new plan, slickly badged as "5G". SPEAK UP AND STOP "5G".

Comment: All the proactive steps you could possibly take are listed at this link: <a href="http://www.parentsforsafetechnology.org/stop-5g-spectrum-frontiers.html">http://www.parentsforsafetechnology.org/stop-5g-spectrum-frontiers.html</a>

Play: Shocking "Smart" Meter Effects On Human Blood

Watch "Take Back Your Power" now: http://takebackyourpower.net

Help distribute: <a href="http://takebackyourpower.net/affiliate">http://takebackyourpower.net/affiliate</a>
FACEBOOK: <a href="http://facebook.com/TakeBackYourPower">http://facebook.com/TakeBackYourPower</a>

Radiation emitted from smart meters 100 times greater than cell phones - and exposure is constant, doctors warn

Some 65 million American homes already have them, and more are being converted all the time, even against the will of some homeowners. And yet many doctors agree that smart meters are a potential health threat due to <u>constant</u> <u>releases of radiation</u>.

Smart meters operate via a two-way communications system in which energy usage is tabulated wirelessly inside the meter and transmitted to the energy company that owns it. No longer do energy trucks have to go around town once a month to check individual meters; everything is done automatically and wirelessly.

It might be simple in functionality, but not so much in technicality. The constant pulses of energy as smart meters communicate both with electrical appliances inside the home, and with the energy company, are a radioactive threat that's about 100 times greater than that of a mobile phone, science has found. This is a tremendous radioactive load when you consider that smart meters operate 24 hours a day, seven days a week. The fact that they never turn off means they're a lot like talking on a cell phone constantly, without end. But, it

#### gets even worse.

Independent studies have revealed that both the strength and frequency of smart meter pulses make them exceptionally threatening. The Center for Electrosmog Prevention, a California nonprofit group, estimates that one smart meter emits the radiation equivalent of about 160 mobile phones. Other studies have concluded that smart meters emit not 100 but 1,000 times the radioactive load of a typical cell phone.

Smart meter radiation is a constant threat to the health of you and your family This is problematic, because electromagnetic pollution like the kind emitted by smart meters is highly damaging to the body. There are reports of chronic headaches, seizures, insomnia, dizziness, heart palpitations, tinnitus (ringing in the ears) and other symptoms associated with exposure to smart meters. Even the American Academy of Environmental Medicine (AAEM) agrees that smart meters are a potential threat, especially to people with preexisting health conditions. The group issued a recommendation stating that:

"... no Smart Meters *should* be [in the homes of patients with neurological or neurodegenerative diseases, genetic defects, cancer, and other conditions] and that Smart Meters *should* be removed to a reasonable distance from patients' homes."

This would be great if every household that's been given or offered a smart meter had the option to reject it. But in most cases, customers are *forced* to accept a smart meter in place of their traditional meter – and if they are offered the choice of an "optout," it's often with the caveat that the customer pay a monthly penalty fee.

As a conscious consumer, it's your job, as it is mine, to get the word out about smart meters. Start informing your friends, family members and neighbors about the dangers, and work together to fight against this coercive threat to our collective health.

Another way you can help combat the EMF radiation from smart meters if you already have one, is to diffuse calming essential oils in your home, which can help minimize the insomniac effects of constant exposure. Be sure to check out the Health Ranger's <u>Ultrasonic Essential Oil Diffuser</u> to learn more. EMF solutions for right here and now--Whether you feel EMF symptoms or not, find out the facts, then how you can protect yourself and your loved ones.

++ Play: A Message to Dads about Wireless Safety (6 mins)

Play: Reducing Your EMF Pollution — Practical Solutions (7 mins)

To instantly know the EMF levels in any environment, I have personally found Cornet electrosmog testers to be the best solution on a budget. And we've got GREAT feedback since they've been on our site. Now with free shipping: https://takebackyourpower.net/shop/electromagnetic-radiation-testers/

Play: How to OPT OUT from Smart Meters (with before & after measurements)

This new video from Brian Thiesen is quite literally *explosive* information which every homeowner needs to know. As you may know, so-called "smart" meters have caused thousands of home fires and explosions — and even fatalities. But

corrupt politics and money have swept the whole thing under the rug. Brian now explains how and why this is all occurring, including whistleblower testimony, reams of new evidence and court documents. This is exactly what your utility does not want you to see.

Watch it now: https://takebackyourpower.net/smart-meter-fires-2016-video

## ++ Need personal 1-on-1 assistance with EMF issues? Consulting Options



Phone Consulting - Instant help no matter where you live Engage Electrahealth's experts on your specific situation to provide customized advice and solutions. We are available 8am to 5pm Monday through Friday Central Standard Time and otherwise by appointment.

On-site Consulting - Scheduled support at your home or business Engage Electrahealth's network of experts to analyze and provide guidance on your specific situation at your location. Our experts will use the best electromagnetic radiation and field detection equipment available to analyze your environment and provide mitigation recommendations.



Here are 7 important steps that you can take today to reduce your EMF exposure:

- 1. Replace any cordless phones with corded versions.
- 2. If you have Wi-Fi, use a Christmas light timer to turn it off at night.
- 3. Run an Ethernet cable to your computer (rather than using Wi-Fi).
- 4. Use an "AirTube" Headset or speaker phone anytime you use a cell phone. Also place your phone on "Airplane" mode when you are not using it.
- 5. Have an infant in your family? Use a <u>wired baby monitor</u>, instead of the popular wireless versions. If your spouse or family does not believe you about these monitors, show them the microwave radiation with this <u>EMF</u> meter.
- 6. Have a wireless "smart" meter? Call your utility and request a safe analog meter.
- 7. Create a sleep sanctuary. I'll send tips for doing this soon (after you have done the above steps). For now, try unplugging everything in your bedroom at night, keep all devices outside of your bedroom and even turn off the circuit breakers to your bedroom. Watch how well you sleep.

Here is a <u>webpage</u> that has this info with some links that will help you easily implement the above steps. These actions will help reduce the EMF pollution that you and your family are exposed to.

From: <a href="mailto:emf\_solutions@getresponse.com">emf\_solutions@getresponse.com</a> On Behalf Of Jeromy Johnson

Sent: Thursday, May 05, 2016 3:12 PM

To: Scott Johnson

Subject: How to Create a Healthy (Low-EMF) Home

Hope you are well.

One of the most important things you can do to have a healthy home is to reduce your EMF exposure. I know so many families who have done this and their health has improved.

I recently had an article published in Common Ground Magazine that shows you exactly how to do this. Be sure to check out the video at the end that explains how to measure the four types of EMFs.

Go to: <a href="https://www.emfanalysis.com/how-to-create-a-healthy-home/">https://www.emfanalysis.com/how-to-create-a-healthy-home/</a>

If you would like a recommendation for an EMF professional near you, feel free to contact me. All my best,- Jeromy

**Dave Stetzer - An Easy Fix To Dirty Electricity:** 

http://oneradionetwork.com/health/dave-stetzer-dirty-electricity-electrical-pollution-a-cause-of-disease-and-chronic-illness-march-21-2013/

#### Personal EMF Shielding Devices http://www.lessemf.com/personal.html

From: Michelle

Sent: Monday, September 23, 2013 5:44 PM

**To:** Scott Johnson

Subject: The Safe Space II works!!!!!

Scott, Just an update to let you know the safespace II that I ordered works great!! It "harmonizes" a 9ft. radius around you where ever you go, so if I am at my computer I set it on the desk in from of my monitor or in the living room set in on the end table - at night I set it near where the smart meter is located on the outside wall of the bedroom. It has a hard plastic carrying case you can put it in and carry it with you in the car, put it in your pocket for when you go into a store etc.... I carry it with me everywhere now - Since having near me = I use to feel tingling feeling through out my body like millions of tiny needles - when I am near the Safespace disc I don't feel that any more - I am having fewer headaches and don't feel so tense feeling - the smart meters make you feel very agitated- the dizziness is not an issue around this safespace - these are the things I have noticed since carrying this with me at all times while not under the RF shielded bed canopy at night -

Along with the wonderful Wobenzyme I have been taking - I am doing so much better you would not believe during the day - you just have to come to the realization you have to fight this!!!!!

I still have the nosebleeds periodically - but I have been subjected to these two smart meters now for 2 whole years that is a long time of 24/7 pulsating RF along with all my very close neighbors on every side with two smart meters as well. So just another item you can pass along to others, it does say it may work different for everyone.

I ordered them through <a href="http://www.oasisadvancedwellness.com/products/safe-space-2.html">http://www.oasisadvancedwellness.com/products/safe-space-2.html</a>

From: Patricia

**Sent:** Monday, May 30, 2016 6:07 PM

To: Scott Johnson

**Subject:** Re: End Time Current Events: 5-25-16

Sorry, me again, more on the **subject of the electronic warfare of the enemy...**I have spoken to a natural healer who treats people who are EMF sensitive. She tells me that everyone who comes into her office that is EMF sensitive is so stressed out she literally said she has to spend multiple sessions getting them just to calm down. She told me I was THE FIRST client she had ever had that could calmly tell me I was having excessive EMF sensitivity. She hugged me when we parted because she found that so amazing.

My only reason for telling you this is to make this clear. Yes at one time I may have been EMF sensitive, but at this stage of the game, I can hear it at certain times, but that can be any time of the day or night, and we know they are doing these things all day long 24/7. Also I am not bothered by this, sometimes annoyed, but I am not climbing the walls and I am not a targeted individual, but if I could not hear it at all I would not be motivated to pray against it.

It stops when I pray. I have noticed sometimes it stops very quickly when I pray for the entire city. You can make what you want of that.

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On Mon, May 30, 2016 at 5:41 PM, Patricia wrote:

Hi Dr. Scott, Well this is sort of related so I think you should hear this, if I have not told you this already.

I may have told you in the past that one of my "jobs" in the body of Christ is the pray against what I call the electronic warfare of the enemy, it is the "tones" they can direct at one person or blanket the whole place with, that affect the EMF sensitive and the targeted individuals. I know the concept of binaural beats is you have a headset on and you hear one tone in one ear and a second very close but not identical tone in the second ear. Well sometimes the electronic warfare of the enemy sounds just like that. There are two tones that are very similar but not quite identical and they are oscillating back and forth between the two. However, unlike the examples I heard of binaural beats, in certain cases of the electronic warfare of the enemy the two tones oscillate very rapidly, stressing the hearer out. (They produce other tones as well that are not germane to the discussion but the binaural like tones are common.)

I would like to point out here I can hear these things and other people around me CAN NOT HEAR THEM, but that does not mean they are not affected by them. I know I am not alone in the body of Christ whose job it is to pray specifically against these things but I don't know who else is standing with me, so when I hear them I stop what ever I am doing and pray against them.

When I pray I asked the Abba Father to raise his shielding around the entire city and block all of the electronic warfare of the enemy. I specifically pray for the targeted individuals, the EMF sensitive, children, and the elderly. I remind the Abba Father that the population did not have INFORMED consent and I do not consent to being attacked in such a manner. I pray that the actual instruments of warfare malfunction and do not perform their intended purpose. I pray that everyone from the designers of said weapons, to the people operating or deploying said weapons, repent and be saved and come out of that ungodly

industry and when they come out they expose this industry and that the Abba Father will protect them from retaliation. Those who will not repent and come out of that industry I pray imprecatory prayers against them

Like I said I know I am not alone in hearing this or in praying about this, but I believe it is very important for us to pray for shielding for EVERYONE AROUND YOU, in my case I now pray for where ever I am at the time, and the whole rest of the city. We as the Body of Christ do not have a vested interest in letting Satan have his way on this matter, nor we do not want the heathen to rage and go on some sort of rampage, because as I indicated the very high pitched, unbelievably fast oscillating tones are very stressful to the hearer.

Thanks and God bless you and Taylor, Pat

From: K

**Sent:** Monday, July 18, 2016 12:17

To: Listener Comment: Nurse told a growing number of patients and families (in

the children's hospital she works at) are becoming more aggressive

Subject: Noon Safety Call

While the Census is 248 (which is acceptable), the number of patients and families who are becoming more aggressive is growing, particularly more in some areas than in others, security is being challenged. In these same areas a lot of physical damage is being done. I will ask Mark to address some of the safety issues that may confront our staff.

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From: Patricia

Sent: Thursday, July 21, 2016 10:31 AM

**To:** av161177777

Subject: Re: FW: Noon Safety Call

Hi Dr. Scott, More on this issue of violent patients and family members. FYI 248 is the INPATIENT census while that is small by general hospital standards, but it is a large children's hospital (we have around 5000 employees). 248 is NOT considered a high census number for us, so we do not have a situation where there are legitimate gripes due to too many patients to take care of.

In "hospital speak" census is the total number of patients admitted or already occupying a bed. She specifically stated that 248 is the inpatient census. What that means in practical terms is we have 248 beds that are being occupied overnight.

Also you should know there has been a big push over the last few years that EVERY AREA of the hospital is filled with electronic devices and entertainments for the children. These "improvements" have finally made it to my area. It is now offensives and stressful for me to walk though the waiting room to get to my laboratory. Also I can not get away from the television set when I leave my work areas. They are every were.

Some of these entertainment devices are of a nature that I don't know what they are or what their purpose is.

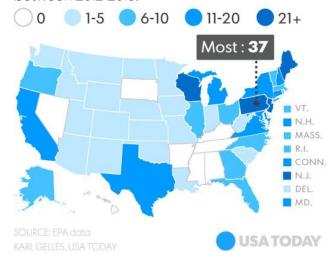
Scott Johnson's Reply: Yes this is the earnest, Satanic, 1984 George Orwellian attempt to brainwash the kiddies and normalize what they refer to as: "News Speak" In 1984 the TV monitors are everywhere watching and telling you what to

## do. See: <a href="https://www.youtube.com/watch?v=CCfW6HFP5cl">https://www.youtube.com/watch?v=cCfW6HFP5cl</a> & https://www.youtube.com/watch?v=oe9I0QhV08w

Poisoned Tap and Bottled Water In 42 States- The Depopulation Agenda At Work

# LEAD EXPOSURE IN SCHOOLS, DAYCARES

Number of times water supplied to schools and daycares tested for high levels of lead between 2012-2015.



Are Americans are being systematically poisoned through the water we consume? The tap water contains deadly lead contamination in 42 out of 50 states. Our leaders tell us that we can handle so many parts per million of lead in our water. Who are they kidding? Any amount of lead has a toxic effect. This is an excuse for our leaders to continue to disregard the health of the general public, while continuing to cater to their special interest supporters. Many will say that we can just use bottle water. What a joke! The bottled water we consume is filled with tap

bottle water. What a joke! The bottled water we consume is filled with tap water containing, of course, the deadly lead.

The following chart provides a breakdown of lead in the tap water in

all 50 states. There are very few places where you are not consuming dangerous lead poisoned water.

The white states have virtually no lead in the water.

How long has the Obama administration known about this?

Some of the American people will reason that they will only drink bottled water. Not so fast, in many cases, bottled water is worse for you that drinking tap water. Also, in many cases, bottled water is tap water, recycled water.

#### **Dr. Johnson's Recommendations For Pure Water:**

- ++ <a href="http://www.ecoloblue.com/">http://store.ecoloblue-world.com/en/6-</a>
  <a href="http://store.ecoloblue-world.com/en/6-">atmospheric-water-generators</a> & <a href="http://store.ecoloblue-world.com/en/21-solar-water-deluxe-kits">http://store.ecoloblue-world.com/en/6-</a>
  <a href="http://store.ecoloblue-world.com/en/21-solar-water-deluxe-kits">http://store.ecoloblue-world.com/en/6-</a>
  <a href="http://store.ecoloblue-world.com/en/21-solar-water-deluxe-kits">http://store.ecoloblue-world.com/en/21-solar-water-deluxe-kits</a>
- ++ Spring Water from the source that has been tested yearly
- ++ Fluoride Detoxification, see: Natural News: 5 Ways to detox Fluoride: Iodine, Tamarind, Liver Cleansing, Boron & Dry Saunas-- Also see: Worried About Fluoride Exposure? Protect Yourself with Selenium
- ++ Big Berkey beats ProPur gravity water filter for removal of heavy metals and toxic elements

by Mike Adams, the Health Ranger, NaturalNews Editor

(NaturalNews) When it comes to the removal of heavy metals and toxic elements from water, Big Berkey water filters easily beat ProPur, according to independent lab tests conducted at the Natural News Forensic Food Labs and published online

today.

Full details of the tests conducted with parts-per-billion accuracy via ICP-MS instrumentation are shown at the new website <a href="www.WaterFilterLabs.com">www.WaterFilterLabs.com</a>
As the data show, the Big Berkey water filter with attached arsenic / fluoride filter elements easily beat the ProPur water filter outfitted with the new "All-in-One" fluoride filter elements.

#### 54 Percent of Children Suffer Disabilities Caused by Vaccination

June 8, 2016 -- Vaccine choice is a fundamental human right. American children are experiencing an epidemic of poor health, with 54% of our children suffering a chronic illness or neuro-developmental disability. Nearly 9 million children have skin allergies. Eight million have respiratory allergies. Seven million have asthma. Five million have a learning disability. One in 400 is diabetic. And 1 in 50 kids has autism. What you may not know is that science links all these chronic illnesses to vaccines. Vaccine injuries are real and some are life-threatening. The U.S. government acknowledges that children have been severely injured and killed by vaccines.

Watch: 54 Percent of Children Suffer Disabilities Caused by Vaccination

From: Carol

Sent: Sunday, June 26, 2016 4:25 PM

Subject: Doctors (pediatricians) Financial Benefits/Blood Money from Vaccination

Ashley Cates - June 20 at 3:46pm

I stumbled upon this today and connected some dots... I couldn't just say nothing. \*This\* is why your pediatrician will drop your child as a patient if you choose to delay or selectively vaccinate (or not vaccinate at all). \*This\* is why they will shrug off adverse effects and injuries from vaccines because they will still be able to receive \$\$\$ for each child who is fully up to date by age 2, unless they have had a documented anaphylactic reaction to a vaccine. For 2016, Blue Cross/Blue Shield will give your pediatrician \$400 for each child who is up to date on vaccines by age 2. But they have to have 63% of their patients vaccinated (including flu vaccines!) or else they won't receive the payout.

That adds up. How much? Well, on the lower end of the spectrum, a primary care physician or pediatrician can care for 500 patients. Let's just say 100 of them will be turning 2 in 2016. If they can get 63% of those patients fully vaccinated, that adds up to \$25,000. So \$25,000 for just 63 children fully vaccinated by age 2. When more and more parents are waking up to the dangers and ineffectiveness of vaccines, that trend eats away at their "monetary incentives" so expect pushback from your friendly local MD and Pediatricians. Comment: Selling their souls to Satan never looked so easy.

http://thephysicianalliance.org/.../2016-BCN-BCBSM-Incentive-...

Thanks to Elliott Freed for posting the link above.



#### HEALTH CARE OUTCOMES: PREVENTIVE HEALTH

CHILDHOOD IMMUNIZATIONS - COMBO 10				
Product lines	BCN Commercial			
Source	HEDIS			
Description	The percentage of children 2 years of age who meet the combination 10 criteria on or before their second birthday.  (4) DTaP* vaccinations  (3) IPV* vaccinations  (1) MMR vaccination  (1) VZV vaccination  (3) HiB* vaccinations  (3) Hepatitis B vaccinations  (4) PCV* vaccinations  (1) HepA vaccinations  (2) or 3) RV* vaccinations  (2) Influenza** vaccinations  "Vaccinations administered prior to 42 days after birth are not counted as a numerator hit.  "Vaccinations administered prior to 180 days after birth are not counted as a numerator hit.			
Continuous enrollment	Must be continuously enrolled 12 months prior to child's second birthday			
Age criteria	Children who turn 2 years of age during 2016			
Exclusionary criteria	Children who are documented with an anaphylactic reaction to the vaccine or its components			
Numerator	The number of children who completed vaccinations as defined above			
Denominator	The eligible population			
Level of measure	Provider level			
Target: COMM	63%			
Payout: COMM	\$400 per Combo 10 completed for each eligible member			

Natural News tests flu vaccine for heavy metals, finds 25,000 times higher mercury level than EPA limit for water

(NaturalNews) Mercury tests conducted on vaccines at the Natural News Forensic Food Lab have revealed a shockingly high level of toxic mercury in an influenza vaccine (flu shot) made by GlaxoSmithKline (lot #9H2GX). Tests conducted via ICP-MS, document mercury in the Flulaval vaccine at a shocking 51 parts per million, or over 25,000 times higher than the maximum contaminant level of inorganic mercury in drinking water set by the EPA.(1)

The tests were conducted via ICP-MS using a 4-point mercury calibration curve

for accuracy. Even then, the extremely high level of mercury found in this flu shot was higher than anything we've ever tested, including tuna and ocean fish which are known for high mercury contamination.

In fact, the concentration of mercury found in this GSK flu shot was 100 times higher than the highest level of mercury we've ever tested in contaminated fish. And yet vaccines are injected directly into the body, making them many times more toxic than anything ingested orally. As my previous research into foods has already documented, mercury consumed orally is easily blocked by eating common foods like strawberries or peanut butter, both of which bind with and capture about 90% of dietary mercury.

Here are the actual results of what we found in the influenza vaccine from GSK (lot #9H2GX):

Aluminum: 0.4 ppm Mercury: 51 ppm

All tests were conducted via calibrated, high-end ICP-MS instrumentation as shown in these lab videos.

Doctors, pharmacists and mainstream media continue to lie about mercury in vaccines

As you take in the scientifically-validated fact that mercury exists at very high concentrations in flu vaccines, keep in mind that most doctors, pharmacists and members of the mainstream media continue to stage an elaborate lie that claims mercury has "already been removed from vaccines."

Never mind the fact that the use of mercury is admitted right on the package containing the vaccine vial. Anyone who claims mercury has been removed from all vaccines is either wildly ignorant or willfully lying. And anyone who would knowingly allow themselves to be injected with mercury is probably already a victim of the kind of brain damage well known to be caused by mercury.

Shockingly, the package insert for this flu shot readily admits the vaccine has

"There have been no controlled trials adequately demonstrating a decrease in influenza disease after vaccination with Flulaval," the package insert claims in tiny text (that no one reads).

This is printed right on the insert, yet no one in the mainstream media will ever report this astonishing admission. This statement, all by itself, is a confession that flu shot marketing is a fraud.

Across the board, flu shots are heavily propagandized and promoted with the implication that they have zero risks while offering 100% protection. No one in the mainstream media ever questions this claim even though the package insert openly admits the claim is complete lies and has never been subjected to scientific scrutiny.

But that's not all the insert admits. It also says:

never been subjected to scientific clinical trials:

"Safety and effectiveness of Flulaval have not been established in pregnant women, nursing mothers or children."

And yet everywhere you go in America, there's a Walgreens, CVS or Wal-Mart pharmacy promoting flu shots for pregnant women. Never mind the fact that flu shot safety has never been established in pregnant women, and never mind the

obvious fact that you should never inject a pregnant women with mercury in the first place!

Who needs scientific proof when you've got the full propaganda of the media and the government to back you up? Anyone who dares question the scientific validity of flu shot safety for pregnant women is immediately attacked as being an opponent of all vaccines.

Apparently, the only requirement to be accepted by the vaccine community is to believe in medical fairy tales while abandoning all critical thinking and scientific skepticism. In the vaccine industry, genuine science is simply not allowed. No wonder two former Merck virologists filed a False Claims Act with the federal government, accusing the company of knowingly fabricating its vaccine efficacy data to trick the FDA.

Flu shots are heavily promoted for children, right alongside mumps and measles vaccines. But it turns out flu shots are never scientifically tested for safety or efficacy in children.

**Check out what the insert for this vaccine directly admits:** 

"Safety and effectiveness of Flulaval in pediatric patients have not been established."

It's right there in black and white... an open admission. Yet flu shots are aggressively marketed to parents and children as if they were Tic-Tacs. The real beauty of the entire vaccine industry scam is that no scientific evidence is required! You don't have to have any proof, all you have to do is believe in vaccines as a matter of blind faith.

Do flu shots cause cancer? The honest, scientific answer is that these shots are never tested for that. As the insert readily admits:

"Flulaval has not been evaluated for carcinogenic or mutagenic potential, <u>or for impairment</u> of fertility."

Believe it or not, the Flulaval vaccine also warns that no one should be given this shot if they've already received another flu shot at some previous time:
"Do not administer Flulaval to anyone... following previous administration of any influenza vaccine."

And yet, amazingly, people are encouraged to get flu shots year after year, even though the package insert directly warns against anyone taking a series of influenza vaccines.

The same insert that admits this vaccine has never been proven safe in children or pregnant women also openly admits that it contains neurotoxic chemicals. Per the insert, each dose of Flulaval contains up to 25 mcg of formaldehyde (a neurotoxin otherwise known as embalming fluid--a known cancer-causing agent) and up to 50 mcg of sodium deoxycholate.

This is on top of the 25 mcg of mercury you'll get in every dose. And remember, this is mercury that's injected directly into your body, so you absorb 100% of this mercury (unlike mercury you eat, where most of it sticks to food fibers and is transported out of your body).

Ever wonder what all these toxic chemicals and heavy metals cause in humans? Flu shots vaccines, it turns out, are already known to cause a huge number of devastating health effects.

According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our times (nearly 850 papers in peer review journals), if an individual has had five consecutive flu shots his/her chances of getting Alzheimer's Disease is ten times higher than if they had one, two or no shots. I asked Dr. Fudenberg why this was so and he said it was due to the mercury and aluminum that is in every flu shot (and some childhood shots). The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction. Is that why Alzheimer's is expected to quadruple?

Of interest is the fact that a large percentage of the elderly that contracted the flu did so despite having had their flu shots. One nursing home in Toronto recorded 32 cases of the flu; of those who became ill, 31 had been vaccinated against the flu the month before.

Don't forget - inside of us, we already have everything we need to be truly healthy and an immune system that is designed to fight infection!

Dr. Johnson's Presentation Colloidal Silver-Mild Silver Protein it's uses Play All and history

Colloidal Silver-Mild Silver Protein it's uses and history. The Truth About Electrically Produced Liquid Silver & Silver Generators--Learn the Difference Between Ionic Silver and True, Colloidal Silver

**Invive Mild Silver Protein: The Ultimate Immune System Product For** 

Colds, Flu's and Infections: www.dr-johnson.com

intraMAX: The Only 415 Ingredient, Liquid, Organic, ALL-IN-ONE Health **Supplement ++For More Information click** 

here: <a href="http://store.druckerlabs.com/intraMAXinfo\_s/117.htm">http://store.druckerlabs.com/intraMAXinfo\_s/117.htm</a> \*\*In order to purchase IntraMAX you have to be referred by a health care professional. So just use the New Professional Referral/Ordering Code: JOH1512 at the following link(: http://store.druckerlabs.com/v/PatientRegistration.aspx Questions or to order? Call Customer Service toll free at: 888-881-2344

6.2 Postmarketing Experience
In addition to reports in clinical trials, the following adverse events have been identified during postapproval use of FULIVAVIA. Because these events are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their incidence rate or establish a causal relationship to the vaccine. Adverse events described here are included because: a) they represent reactions which are known to occur following immunizations generally or influenza immunizations specifically; b) they are potentially serious; or c) the frequency of reporting.

Blood and Lymphatic System Disorders: Lymphadenopathy.

Eye Disorders: Eye pain, photophobia.

Gastrointestinal Disorders: Dysphagia, vomiting.

General Disorders and Administration Site Conditions; Chest pain, injection site inflammation, asthenia, injection site rash, influenza-like symptoms, abnormal gait, injection site bruising, injection site sterile abscess.

Influenza-like symptoms, abnormal gait, injection site bruising, injection site sterile abscess.

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Influenza-like symptoms, abnormal gait, injection site bruising, injection site or infl

Guillain-Barré syndrome, comulsions/selizures, parestnesia, hypoestnesia, hypoetnesia, tremor, somholence, syndon Guillain-Barré syndrome, comulsions/selizures, facial or cranial nerve paralysis, encephalopathy, limb paralysis.

Psychiatric Disorders: Insomnia.

Respiratory. Thoracic, and Mediastinal Disorders: Dyspnea, dysphonia, bronchospasm, throat tightness. Skin and Subcutaneous Tissue Disorders: Urticaria, localized or generalized rash, pruritus, sweating.

Vasculger Disorders: Chaphing, pallor.

Vascular Disorders: Flushing, pallor.
 Adverse Events Associated With Influenza Vaccines
 Anaphylaxis has been reported after administration of FLULAVAL. Although FLULAVAL contains only a limited
 Anaphylaxis has been reported after administration of FLULAVAL. Although FLULAVAL contains only a limited
 quantity of egg protein, this protein can induce immediate hypersensitivity reactions among persons who have severe egg
 quantity of egg protein, this protein can induce immediate hypersensitivity reactions among persons who have severe egg
 allergic asthma, and systemic anaphylaxis (see Contraindications (4)).
 Netrological disorders temporally associated with influenza vaccination such as encephalopathy, optic neuritis/neuropathy, partial facial paralysis, and brachial plexus neuropathy have been reported.

Microscopic polyangitis (vasculitis) has been reported temporally associated with influenza vaccination.

7.1 Concomitant Administration With Other Vaccines
FLULAVAL should not be mixed with any other vaccine in the same syringe or vial.
There are insufficient data to assess the concomitant administration of FLULAVAL with other vaccines. When continuant administration of other vaccines is required, the vaccines should be administered at different injection sites.

comitant administration of order techniques. Immunosuppressive Therapies immunosuppressive therapies, including Irradiation, antimetabolites, alkylating agents, cytotoxic drugs, and cortico-immunosuppressive therapies, including Irradiation, antimetabolites, alkylating agents, cytotoxic drugs, and cortico-immunosuppressive therapies, including Irradiation, antimetabolites, alkylating agents, cytotoxic drugs, and cortico-immunosuppressive therapies.

USE IN SPECIFIC POPULATIONS

A reproductive and developmental toxicity study has been performed in female rats at a dose approximately 56 times the

A reproductive and developmental toxicity study has been penumed in remaie rats at a ouse approximately so times the human dose (on a mg/kg basis) and revealed no evidence of impaired female fertility or harm to the fetus due to FLULAVAL. There human dose (on a mg/kg basis) and revealed no evidence of impaired female fertility or harm to the fetus due to FLULAVAL. There human dose (on a mg/kg basis) and revealed no evidence of impaired female fertility or harm to the fetus due to FLULAVAL. There human dose (on a mg/kg basis) and revealed no evidence of impaired female fertility or harm to the fetus due to FLULAVAL. There human dose (on a mg/kg basis) and revealed no evidence of impaired female fertility or harm to the fetus due to FLULAVAL. There human dose (on a mg/kg basis) and revealed no evidence of impaired female fertility or harm to the fetus due to FLULAVAL. There human dose (on a mg/kg basis) and revealed no evidence of impaired female fertility or harm to the fetus due to FLULAVAL. There human dose (on a mg/kg basis) and revealed no evidence of impaired female fertility or harm to the fetus due to FLULAVAL. There have no evidence of impaired female f

are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, FLILLAVAL should be given to a pregnant woman only it clearly needed. In a reproductive and developmental toxicity study, the effect of FLULAVAL on embryo-fetal and pre-weaning development are administered FLILLAVAL on embryo-fetal and pre-weaning development was evaluated in pregnant rats. Animals were administered FLILLAVAL by intramuscular injection once prior to opment was evaluated in pregnant rats. Animals were administered FLILLAVAL by intramuscular injection once prior to gestation, and during the period of organogenesis (gestation days 6, 8, 11, and 15), 0.1 mL/rat/occasion (approximately gestation, and during the period of organogenesis (gestation days 6, 8, 11, and 15), 0.1 mL/rat/occasion (approximately gestation, partiallon, lactation parameters, and embryo-fetal or pre-weaning development were observed. There were no pregnancy, partiallon, lactation parameters, and embryo-fetal or pre-weaning development or pregnancy outcomes and Pregnancy Registry. GlaxoSmithKline maintains a surveillance registry to collect data on pregnancy outcomes and Pregnancy Registry. GlaxoSmithKline maintains a surveillance registry to collect data on pregnancy outcomes and during pregnancy should be encouraged to contact GlaxoSmithKline directly or their healthcare provider should contact diaxoSmithKline by calling 1-888-452-9622.

\*Dr. Fudenberg's comments are from his speech at the NVIC International Vaccine Conference, Arlington VA September, 1997. \*Alzheimers to quadruple statement is from the John's Hopkins Newsletter of November 1998.

Predictably, there is a massive disinfo campaign across the mainstream media, Wikipedia, medical iournals and government propaganda agencies (CDC, FDA, etc.) to pretend that flu shots have no risks whatsoever. Yet the insert that comes with the vaccine openly admits the flu shot has been linked with a long, frightening list

of serious adverse effects. As this Flulaval insert says (see photo below): the honesty and to "In addition to

"As a retired physician, I can honestly say that unless you are in a serious accident, your best chance of living to a ripe old age is to avoid doctors and hospitals and learn about nutrition, herbal medicine and other forms of natural medicine unless you are fortunate enough to have a naturopathic physician available. Almost all drugs are toxic and are designed only to treat symptoms and not to cure anyone. Vaccines are highly dangerous, have never been adequately studied or proven to be effective, and have a poor risk/reward ratio. Most surgery is unnecessary and most textbooks of medicine are inaccurate and deceptive. Almost every disease is said to be idiopathic (without known cause) or genetic - although this is untrue. In short, our mainstream medical system is hopelessly inept and/or corrupt. The treatment of cancer and degenerative diseases is a national scandal. The sooner you learn this, the better off you will be."

-A. Greenberg, MD.

reports in clinical trials, the following adverse events have been identified during post approval use of Flulaval... vomiting, chest pain, allergic edema of the mouth. anaphylaxis, laryngitis, cullulitis, muscle weakness, arthritis, dizziness, paresthesia, tremor,

**Guillian-Barre** 

syndrome, convulsions / seizures, facial or cranial nerve paralysis, encephalopathy, limb paralysis, insomnia, dyspnea, sweating"
Here's a photo of this section of the package insert, complete with the GlaxoSmithKline toll-free number.

The reality of all this is that flu shots utterly lack any scientific evidence of safety of efficacy. Flu vaccines are injected into people purely as a matter of blind faith in the very same companies that have already been convicted of felony crimes. GlaxoSmithKline, for example, not only manufacturers this Flulaval vaccine... the company also committed multiple felony crimes and got caught bribing doctors, ultimately agreeing to pay a multi-billion-dollar criminal settlement with the U.S. Department of Justice.

Trusting a flu shot made by a corporation of felons is a lot like trusting the purity of heroin you buy from a street dealer. Both flu shots and street heroin have at least one thing in common, by the way: neither has ever been tested for safety. We also know that flu shots contain neurotoxic chemicals and heavy metals in alarming concentrations. This is irrefutable scientific fact. We also know that there is no "safe" form of mercury just like there is no safe form of heroin -- all forms of mercury are highly toxic when injected into the body (ethyl, methyl, organic, inorganic).

++ <u>Jer</u> The mighty men of Babylon have forborn to fight, they have remained in their holds: their might hath failed; they became as women:

Chemical Gender Manipulation: Turning boys into girls. Warning: This article is not politically correct

02/21/2016 - Over the past ten years I have received a massive increase in phone calls and letters from people who either have family members or themselves who have been suffering from estrogen dominance. What this does in men is cause lowered testosterone, enlarged breasts, increased body fat, depression, loss of libido and andropause... all symptoms which were basically unheard of fifty years ago.

In the case of estrogen dominance in women, it is usually combined with an increased rate of fibroid tumors, irregular periods and breast or ovarian cancer. Parents call in complaining or asking for help with young boys and male teenagers who are dealing with estrogen dominance symptoms. Their symptoms are slowed maturation, confused gender identity, much smaller reproductive organs and an issue of increased trans-gender identification.

Young girls with estrogen dominance usually start their period very young (some have been known to start as early as three years of age). This starting of the period at an early age is usually accompanied with weight gain...sometimes to the extreme.

### The big question is "Why is this happening?"

Several years ago, I wrote an article that centered primarily on andropause and reduced sperm count which caused infertility.

Today, I am addressing what I believe are the root causes of these issues, and what we can do about them. The root cause of this is so awful that it grieves me to right this. The

problem is...it is fact, not theory. This makes it all the more difficult to write about since it is affecting so many individual lives and the lives of families.

In his book, Brave New World, Aldous Huxley discusses the estrogen dominance problems which are caused by the elite globalists as a form of population control...which is literally chemical warfare.

Years ago and to this day, the Rockefeller Foundation was heavily involved in the promotion of eugenics. This is the science of planned depopulation control. This included forced birth control and sterilization to reduce the world's population. There are two ways that eugenics can be achieved:

- 1. Increase the death rate. Done!
- 2. Decrease the birth rate. Done!

Back in the 1940's, the Rockefeller companies introduced plastics into the Eco System. They knew when they did so that many of the plastics were xenoestrogens, which if consumed by humans, would feminize males

Always remember that gasoline is a by-product of the petro chemical industry.

Oil companies earn thousands of dollars per barrel by making xenoestrogens in the form of cosmetics, perfumes, drugs, plastics, fertilizer, weed killer, detergents...and the list just goes on and on.

Again, many of these plastics and compounds being used today are known as xenoestrogens. If absorbed into the skin or taken internally, they react in the body as estrogen. This increase in estrogen, in many cases, is the root cause of the problems already mentioned.

I include in the xenoestrogen category most plastics, especially those that contain BPA, Round Up, Atrizine, hand sanitizers, makeup, and petro chemical soaps, like Dawn.

This short list is only a few of the actual list which is in the hundreds, if not the thousands.

The following is a quick, simple lesson on brain chemistry. A little known fact I learned in Neuro Chemistry while in school at Florida State University is that in mammals, including humans, all offspring initially have a female brain...including boys.

Females have two of the same kinds of sex <a href="chromosome">chromosome</a>s (XX), and are called the <a href="https://homosomes">homogametic sex</a>. Males have two distinct sex chromosomes (XY), and are called the <a href="https://homosomesignals.com/heterotale.com/hetero

Or, at least, that is what is supposed to happen. Remember, it takes a required amount of testosterone from the mother to do this change. Testosterone and estrogen are antagonists, and one can dominate the other.

If too much estrogen is present, then the testosterone cannot do its job properly. If a pregnant human female is exposed to this onslaught of estrogen mimickers, then in many cases sufficient testosterone cannot be released to make the male fetus a fully developed male. When this happens, the brain will remain female. It will not become a male brain. And, in many cases, reproductive organs in the male are extremely small. The result will be a feminized boy with a female brain and small genitalia.

Basically, a woman in sort of a male body...a metro male.

What a mess all this becomes when men play God with nature. These half men and half women act and think like women. In many cases, but not all, they are attracted to men, and some want to wear makeup, dresses and womens jeans. This is not a joke or a subject for ridicule, for these men were literally chemically castrated in the uterus.

Huxley referred to this as the chemical warfare plan. I must admit, it has worked very well.

Again, what I am discussing here is not a conspiracy, but it is a biological and chemical fact. The goal of the globalists, by their own statements, is to reduce the world's population. They will do this by using the following:

- 1. Sterility
- 2. Separation of males and females
- 3. The breaking up of the traditional American family
- 4. Gender manipulation and confusion of sex identity
- 5. Higher and higher divorce rates

Several years ago, as part of its continual obfuscation campaign, The American Chemical Association banned the use of BPA in baby bottles. This was a joke, as it was never readily used in baby bottles. But, they failed to ban the use of BPA as a liner in cans and in water bottles. Comment: See Scott Johnson's studies where he has covered BPA here: <a href="http://www.contendingfortruth.com/?s=bpa">http://www.contendingfortruth.com/?s=bpa</a> I will also mention that plastic wraps used in microwave food contain phylates, another potent estrogen compound. This plastic literally melts into the microwaved food, loading it with estrogen.

Taking all this a bit further: We are mammals and we release pheromones. These pheromones are used to attract men to women. The pheromones are picked up through the olfaction glands. There is a reason that cowboy westerns were so big fifty years ago. In those days, most women wanted tough, rugged men. Most of the men wanted to be tough, rugged guys.

However, when women are on the birth control pill, their body is chemically placed into a pregnancy mode. At this point they want a nurturing, fatherly type for a mate. This is just basic hormone chemistry. Many women who are on birth control pills end up marrying metro males, which then produce more metro males.

Please remember, I am not singling out anyone in this article, but am giving you the facts in reproductive biochemistry. Birth control pills were originally released to the public through the eugenics program.

This cycle has now gone on for over sixty years.

No One should be chemically sterilized against their will or without their knowledge.

Our glandular system or endocrine system consists of several glands. They include the thyroid, pituitary, hypothalamus, adrenals, testicles for men, ovaries for women, and the pineal gland. Now, I am going to discuss a few endocrine disruptor's and their effect. Fluoride, bromide, iodine, and chlorine are all halogens. The fluoride is in our tooth paste, bromide is in baked goods, chlorine is in our water.

lodine is used by the thyroid. When these other halogens are consumed, the thyroid thinks they are iodine and absorbs them. This is bad.

In the past, I have written exhaustively about this topic.

Heavy metals, including barium, aluminum, and lead are also endocrine disruptor's. As I have discussed in earlier emails, I discovered both barium and aluminum in the air we breathe via testing of my rain water (via the chemtrails). If it is in the air, we basically aspirate these heavy metals into our lungs. The lungs are a potent delivery system. That's why inhalers work so well.

Even the municipally treated water and the well water is full of estrogen and pesticides. This onslaught just never seems to end. This is why I strongly suggest and personally use the <u>a Estrogen Blocker (see below)</u> and <u>purifying your drinking water (see above)</u> and a <u>shower filter</u> to clean the chemicals out of the shower water. This is the one Dr. Johnson carries:

**Davinci Labs ESTRO BENEFITS 60 capsules** 



Price: \$55.00

Average Rating: 5 out of 5 (2 votes)

HON GWO

**Nutritional Information:** 

#### Supplement Facts

Serving Size 2 Capsules Servings Per Container 30

Amount per Serving	% Daily Value	
Vitamin D3 (as Cholecalciferol) 1,000 IU	250%	
Vitamin E (as d-alpha Tocopheryl Succinate) 50 IU	167%	
Calcium (as Ca D-Glucarate) 50 mg	5%	
Indole-3-Carbinol 200 mg	*	
DIMS		
(a patented enhanced bioavailability complex of		
starch, diindolylmethane, Vitamin E as d-alpha		
tocopheryl succinate, soy phosphatidylcholine, silica) 100 mg	*	
Green Tea (Camellia sinensis) Leaf Extract 250 mg	*	
yielding EGCG 175 mg		
HMRlignan™ (a Norway Spruce (Picea abies)		
Standardized Lignan Extract) 30 mg	*	
Trans-Resveratrol (from Polygonum cuspidatum Root Extract) 50 mg	*	

<sup>\*</sup>Daily Value not established.

#### Davinci Labs ESTRO BENEFITS™ 60 capsules

A dietary supplement to support hormonal balance in men and women. Estro Benefits™ is a blend of DIM® combined with Vitamin D3, Vitamin E, Calcium D-Glucarate, Indole-3-Carbinol, Green Tea Extract, HMRlignan™, and Trans-Resveratrol. Estro Benefits is a state of the art formula that supports hormone balance and cellular health in both men and women.

Suggested Use: As a dietary supplement, take 2 capsules daily, or as directed by your healthcare practitioner.

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Years ago one study from the University of Pittsburgh showed one hot fifteen minute shower was the equivalent of drinking eight glasses of contaminated water. Remember, the lungs absorb the contaminated steam from the water. Another culprit is high fructose corn syrup. Atrizine, the weed killer, is liberally used on corn. This potent estrogen compound then contaminates the corn and the high fructose corn syrup. The run-off of this product, combined with Round Up, are two of the most polluting herbicides on the planet.

All of these estrogens are causing an ever-increasing andropause in men. This is when men go into male menopause from a lack of testosterone. Andropause was non-existent fifty years ago. This can easily cause depression in men, and it also decreases their libido. This lack of motivation can become systemic throughout their lives.

Many men resort to testosterone replacement therapy. My testosterone is normal. When I was forty, it was still that of an eighteen year old. I do not willingly expose myself to estrogens and I take an estrogen blocker supplement every day. Remember estrogen and testosterone are antagonists.

When these men are sufficiently depressed, they are given Prozac (fluoride being the active ingredient) and Viagra...What a combination! No one bothers to tell them that

the Viagra can make you go blind and deaf. Men resort to taking all this, and potentially become blind, deaf, impotent, and depressed!

Another note about Viagra: It contains phylates...more estrogen.

The Rockefeller petrochemical industry is literally waging a chemical castration war on the men of our nation. Not to mention the massive increase of breast, ovarian, and infertility problems in women.

Even the use of bleached Tampons are affecting women as they contain xenoestrogens, and can change a female's hormonal profile.....and, let us not forget about GMO foods, which cause sterility by the fourth generation.

#### So, what are some solutions to all this?

- 1. Purify your water and get out the fluoride.
- 2. Do not microwave with plastics, and better yet...do not use the microwave.
- 3. Do not use petroleum soaps, like Dawn
- 4. Never use Soy or Soy formula
- 5. Take an <u>estrogen blocker</u>...this is critical...I do so everyday.
- 6. Do not drink out of plastics
- 7 Do Not use Viagra, but use <u>Symplex® F</u> (for women), <u>Symplex® M</u> (for men) <u>Cataplex® E</u>, <u>Tribulus</u> and <u>Zinc Liver Chelate™</u> instead. <<These are all professional lines Dr. Johnson carries.
- 8. Do not get immunizations
- 9. Do not use birth control pills
- 10. Do not use bleached Tampons
- 11. Do not use bakery products containing bromide.
- 12. Take an **lodine supplement\_daily**, this helps to maintain proper thyroid function.

#### **lodine Products Dr. Johnson carries:**

**Prolamine Iodine-3mg-90 Tablets-by Standard Process** 

lodoral High potency lodine/Potassium lodide Supplement (12.5mg iodine/iodide)-180 tablets

<u>lodoral High Potency Iodine/Potassium Iodide Supplement (12.5mg)- 90 tablets</u>

lodoral IOD (50mg iodine/iodide)- 30 tablets

lodoral IOD (50mg iodine/iodide)- 90 tablets

++For more information or to order just email Dr. Johnson at:

#### drjohnson@ix.netcom.com

- 13. Avoid prescription drugs as much as possible, especially Statin drugs. They all can cause cancer and they can destroy brain function.
- 14. Avoid Herbicides and pesticides
- 15. Avoid meat and dairy with hormones especially butter and eggs
- 16. Do not drink fluoride or chlorine in your water or toothpaste
- 17. Don't use cans with a BPA liner.
- 18. Last but not least: Detoxify your body to get all these horrific chemicals mentioned out of your system:

++ For a full body cleanse with a emphasis on liver and gallbladder I recommend:

Livaplex® 6 a day for a month

Choline 6 a day for a month

SP Cleanse® 10 a day for a month

All these are by Standard Process. You would need two bottles of each of these products to complete a one month cleanse.

++For more information or to order just email Dr. Johnson at: drjohnson@ix.netcom.com

From: sandreus@

**Sent:** Thursday, July 21, 2016 2:26 PM

To: Scott Johnson

Hi Dr. Johnson, Do you have any recommendations for improving male sperm

count, motility and morphology?

**Dr. Johnson's Response:** See above (& far below) where it shows you all the ways men are being feminized. In addition to the products mentioned in the above, the most direct product I know of for what you are asking about is: **Orchic PMG®** 6 a day I have all these products in stock. God bless!

#### **Bonus Sections:**

Dr. Johnson's Healthy Living Newsletter--Testosterone, Bulgarian Tribulus, Symplex M and Weight Training

It is believed that Eastern Bloc... countries like Russia, Bulgaria, and Czechoslovakia, have dominated Olympic weightlifting by using a specially prepared Bulgarian Tribulus Terrestris extract.

Clinical studies in Bulgaria have shown Tribulus terrestris to increase the sex hormones LH (luteinizing hormone) level by 72% and the body's own free testosterone level by 41% in healthy adult males in only five days. LH regulates the testosterone production in the testes and high levels of LH coincide with high testosterone levels. Tribulus has become increasingly popular among athletes because it reportedly increases strength and stamina. Studies on Tribulus use are ongoing. The extract contains alkaloids, saponins, resins and nitrates and is popularly used as a sports nutrient in USA. The extract of the plant is recognized as a diuretic and aphrodisiac. It has anti-oxidant and hypo-lipedemic activities. Tribulus Terrestris extract was effectively used for nonspecific impotence and aging. It has been popularized as a natural remedy to enhance libido and fertility in both men and women.

Among the clinically significant effects of Tribulus terrestris identified in various human and animal studies are:

- 1.Improves muscle growth & body strength.
- 2. Reported to enhance libido & erectile function.
- ▶ 3. Reported to increase the number and motility of spermatozoa.
- ▶ 4. Increases LH levels by 72% and testosterone levels by 41% in only five days.
- ▶ 5. Helps in alleviating some symptoms associated with male menopause.
- 6. Reduction in cholesterol.
- 7. Reductions in high blood pressure.
- ▶ 8. Inhibition of stress-induced clumping of blood platelets.
- ▶ 9. Increases in strength of contraction of the heart muscle.

- ▶ 10. Reductions in sodium and fluid retention.
- ▶ 11. Anti-urolithiatic (urinary/kidney stone preventing) and litholytic (dissolving) activities.
- ▶ 12. Improvement of the profile of red and white blood cells, including V and T lymphocytes and stimulation of the humoral immune system.
- ▶ 13. Anti-bacterial, anti-malarial and anti-fungal properties, Anti-inflammatory activity.
- ▶ 14. Analgesic effects.
- ▶ 15. No adverse effects.
- ▶ 16. No toxicity and side effects.

Tribulus is an excellent supplement to take at the end of a hormone precursor cycle to help kick start your own testosterone production again. And it can also be effectively used to increase strength gains and aid in helping you get over a plateau.

Tribulus Terrestris is safe to use and it's not a hormone.

The role of Tribulus Terrestris in Easter European folk medicine for muscle strength and sexual potency led to two decades of formal (though secret) government-sponsored studies at the Chemical Pharmaceutical Research Institute in Sofia, Bulgaria culminating in the 1980s with a formula for improving physical and sexual performance. The most noted outcome of this research was the success of the Bulgarian weight lifting team which stunned the world in Olympic competition. Tribulus terrestris has been used in Europe as a treatment for impotence and as a stimulant to help enhance sexual drive and performance. Studies have also shown that this potent herb raises testosterone levels. It works differently than precursor hormones, such as Androstenedione and DHEA, because it is a natural stimulant of LH, a luteinizing hormone, which helps sustain your body's normal testosterone levels. Clinical studies found Tribulus Terrestris increased sperm production and testosterone levels in men. Among women, Tribulus Terrestris was found to increase the concentration of hormones, with testosterone being very slightly influenced, thus improving reproductive function, libido, and ovulation. Tribulus also has a stimulating effect on the liver, helping to convert fats and cholesterol to hormones that results in energy. The increase in testosterone levels promotes a positive nitrogen balance which allows for faster recuperation and recovery from muscular exertion and stress.

Two mechanisms have been proposed for these increases, the first being that protodioscin directly increases LH which increases testosterone, and the second being that protodioscin increases levels of DHEA (which would ultimately increase testosterone), perhaps by functioning as a precursor. The neural effects of DHEA would also explain the aphrodisiac properties.

\*\*Please note the reason Bulgarian Tribulus is special relates to it's high content of protodioscin which occurs in very low levels in all other Tribulus plants worldwide. Unfortunately these are the very same Tribulus products that are sold on the open market 99% of the time.

#### **Questions and Answers**

Why hasn't it been available until now?

Bulgarian Tribulus is very hard to find, only a couple of farms in Bulgaria harvest this incredible herb. It's limited in availability and extremely difficult to source direct. Few

companies have actually been able to source the raw material direct, and then taken the necessary steps to make a high quality finished product. I use a professional line called Mediherb that makes the highest quality Bulgarian Tribulus on the planet. MediHerb is the largest purchaser and processing plant of herbs in Australia and since our beginning we have actively sought the best quality herbs from around the world. Before any herb is used by Mediherb, a sample of the batch being offered for sale is analyzed by the Quality Control Laboratory and compared to the quality criteria specified by MediHerb. At this point, Mediherb regularly reject herbs as only the herbs that meet or exceed the strict quality criteria are purchased. MediHerb was co-founded by Kerry Bone, a first class honors graduate of Melbourne University who won the Masson Memorial Prize as Australia's top Chemistry student.

Upon returning to Australia to practice as an herbalist, he became frustrated with the poor quality of herbal extracts available at that time and the resulting effects for his patients. By applying his scientific training he developed a unique method of extraction, termed 1:2 Cold Percolation. Word of these high quality herbal products spread and requests were soon received from health care professionals for supply around Australia and so MediHerb was born.

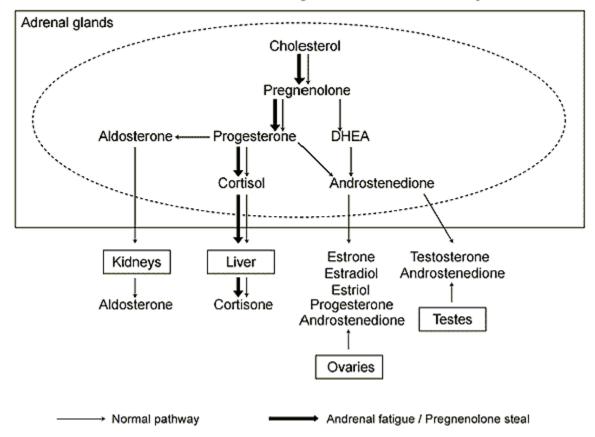
What's wrong with other Tribulus type products?

Like most people you may have assumed that ordinary Tribulus Terrestris (standardised extracts usually contain 40-50% saponins), would provide you with all the benefits associated with Bulgarian Tribulus. Tribulus terrestris is a herbal plant that grows all over the world, but Bulgarian Tribulus Terrestris is different though. It is the only Tribulus Terrestris that is standardised to contain Protodioscin. In clinical studies the Tribulus used has nearly always been of Bulgarian origin. So if in the past you've tried a Tribulus product without the results you expected you now know why, it probably wasn't Bulgarian Tribulus.

What's the difference between Bulgarian Tribulus and other testosterone precursor products or even steriods?

Products like DHEA, Pregnenolone, Progesterone, Androstenedione, etc (and even steroids)., all create a negative feedback loop in the hormonal system because if you take in a hormone from an external source (whether orally, topically or intervenous) the body will perceive there is enough of that very hormone in the blood stream and shut down it's own production of that very hormone that you are supplying. This in turn will cause atrophy of the very organ that produced that hormone. An example would be testicular atrophy of a man you took steroids. Androstenedione is a precursor to testosterone similar to regular steroids and as a result long term use will cause testicular atrophy. This is due to the negative feedback you generate to the testicles when you take this substance. By taking these products long term the individuals own natural hormonal production could plummet. \*\*See the chart below for further confirmation.

## Steroid Hormone Synthesis Pathways



http://www.drlam.com/A3R\_brief\_in\_doc\_format/adrenal\_fatigue.cfm

How do you take Bulgarian Tribulus and are there any other products that will enhance its effectiveness?

Generally I prescribe:

Mediherb Tribulus--1 a day for 7 days then: 1 twice a day for 7 days then take the:

Symplex M--6 day for 10 days and then just keep repeating this process.

Your body will adapt/ down regulate to herbs and this way you are constantly shocking the body over and over again so it cannot fully adapt to the Tribulus.

From: Gospel Truth

Sent: Saturday, February 20, 2016 3:18 PM

To: Scott Johnson

Just wanted to give a brief testimonial update regarding the folks for whom these products were for: Upon doing their own research, the brother who got the adrenal/testosterone (Tribulus and Symplex M) products is already experiencing a difference. His wife and coworkers have been telling him that something is different, they can see it in his face even. He has suffered from extremely low testosterone and chronic fatigue for a long time, so praise the Lord for helping him...just wanted to pass on their testimony. Thanks brother

\* Note: When I use the term professional product this means a product that you have to obtain through a health professional. These products are not sold in health food stores and in the case of Mediherb and Standard Process they have banned all internet sales of their products.

How Symplex M Works: Promotes healthy functioning of the adrenal glands. Many major body systems are influenced in some fashion by the actions of the adrenal glands. The adrenal glands prove vital in a myriad of physiological functions in the body. They are involved in: • hematological, blood sugar, and carbohydrate metabolism • liver function • hormone production • anti-inflammatory agent production • cardiovascular, central nervous, pulmonary, and gastrointestinal systems function, and are intimately related to adjustments the body makes in response to stress and emotional changes.\* Promotes healthy thyroid function By providing the building blocks necessary for proper thyroid gland function, Symplex M supports the thyroid glands' ability to maximize the potential of all food types for energy production and increases the rate of protein synthesis in most tissues. Enhances endocrine performance The pituitary gland is often referred to as the "master gland of the body" because it stores and secretes a number of hormones that regulate many bodily processes. The pituitary gland directly influences cell division and protein synthesis for growth, oversees various metabolic activities involving adrenal and thyroid gland function, and stimulates the production of gonadotrophic hormones in both males and females - essential for both reproduction and lactation.\* Maintains a healthy functional relationship between these important organs and glands The testes secrete several male sex hormones - collectively called androgens. Testosterone, the most abundant of the androgens, is responsible for the distinguishing characteristics of the masculine body, effects protein formation and muscle function, basal metabolism, and red blood cell formation. Testosterone functions in a feedback system with the hypothalamus, and in turn, the anterior pituitary to control male sexual functions. This delicate but deliberate process is just one example of how these glands compliment, support, and function synergistically with each other.\*

Can women take Tribulus? Yes it is equally beneficial for women and is widely used to treat many female endocrine conditions. It will not produce masculine steroid like effects in women but will work with her body to manufacture the hormones that are needed. In this case I would also prescribe Symplex F to enhance its effectiveness. Symplex F (F stands for "Female") is the female endocrine support product I recommend. Whereas Symplex M (M stands for "Male")

#### **Low Testosterone Linked to Increased Mortality in Men**

By VRP Staff---Men with low testosterone levels have an increased risk of dying from a variety of causes, researchers reported at The Endocrine Society's 90th Annual Meeting in San Francisco. Scientists studied nearly 2,000 men aged 20 to 79 years who were living in northeast Germany. At the study's start, 5 percent of these men had low blood testosterone levels, defined as the lower end of the normal range for young adult men. The men with low testosterone were older, more obese, and had a greater prevalence of diabetes and high blood pressure, compared with men who had higher testosterone levels. During an average follow-up time of 7 years, the researchers noted which subjects died from any cause.

The study authors reported that men with low testosterone levels had more than 2.5 times greater risk of dying during the next 10 years compared to men with higher testosterone. This difference was not explained by age, smoking, alcohol intake, level of physical activity, or

increased waist circumference (a risk factor for diabetes and heart disease). When the researchers looked at death from specific causes, low testosterone predicted increased risk of death due to cardiovascular disease and cancer. Reference: The Endocrine Society press release, accessed online at <a href="http://www.endo-society.org">http://www.endo-society.org</a> on June 23, 2008

#### 8 Ways Society is Feminizing the Human Male

"We're on the fast track to extinction. In the past 50 years, sperm counts in men have dropped 50 percent, while the average man's testosterone and sperm count has plummeted 20 percent in just the last 20 years."

#### - Ori Hofmekler

Through years of research into health and nutrition, I've noticed that there exists a surprisingly large amount of constituents in our diets and environment that promote female characteristics in man. So many, in fact, that it's hard to imagine it is all occurring by accident.

Dr. Russell Blaylock, noted neurosurgeon and author of "The Blaylock Report," says "Hofmekler is absolutely correct when he says that all of us are being exposed to large amounts of estrogenic compounds which are wrecking havoc with our hormone levels," he said. "Studies show that xenoestrogens from plastics appear to cause premature menses in young girls. Soy isoflavones

appear to increase aggressiveness and heighten antisocial behavior in monkeys and appear to feminize male animals."

Avoid all of the following high-estrogenic foods and you'll be the change the world needs and well on your way to abundant health!

### 1. Pesticides on Conventionally Raised Fruits and Vegetables

The pesticides sprayed on conventionally grown (non-organic) vegetables act as estrogens once inside the body.

Several preliminary studies of the actions of some pesticides on individual cells within a test tube (in vitro) show estrogen-like activity. On this basis, some synthetic

pesticides such as dichlorodiphenyltrichloroethane (DDT), endosulfan, chlordane, dieldrin, and toxaphene, and related chemicals including the polychlorinated biphenyls (PCBs) have been classified as environmental weak estrogens.

#### 2. Soy as a "Health Product"

The soy myth has already been exploded with an article from The Weston Price Foundation titled, "170 Scientific Reasons to Lose Soy in your Diet". Among the many reasons to avoid eating soy is that it is very high in estrogen and when consumed has powerful estrogen-like effects on the human body.

High levels of estrogen in men can lead to gynecomastia — enlargement of breast tissue, water retention, female-pattern fat deposition and mood changes. High estrogen may also cause a decrease in testosterone, the male sex hormone.

#### 3. Hormones in Beef

In the United States hormones are given to cows and other animals on feedlot farms to increase meat and milk production. When we eat them these compounds are then transferred to us. Once inside the human body body these compounds have powerful estrogenic effects.

#### Triple Dose!

Not only do the hormones given to livestock act as estrogens once inside our





bodies, but commercial livestock from feedlots are often fed a diet of soy that has been soaked in pesticides! That means when we eat conventionally raised meat we are getting a triple dose of estrogenic compounds.

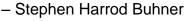
- 1. Hormones given to animal.
- 2. Soy given to animal.
- 3. Pesticides used to grow the soy that was given to the animal.

### Find yourself some Grass-fed, hormone-free beef today!

#### www.EatWild.com

#### 4. Beer

"Prior to the German Beer Purity Act of 1516, beer almost never contained hops."



In his book *The Natural Testosterone Plan*, Stephen Harrod Buhner writes:

"Hops is best known for its use in beer. The majority of physicians and men overlook its potent chemicals and do not realize that beer itself can significantly alter the male androgen levels. German beer makers noticed long ago that the young women who picked hops in the fields commonly experienced early menstrual periods. Eventually, researchers discovered the reason – hops is perhaps one of the most powerfully estrogenic plants on Earth. Just 100 grams of hops (about 3.5 ounces) contains anywhere from thirty thousand to three hundred thousand IUs of

estrogen, depending on the type of hops. Most of it is the very potent estrogen estradiol. Estradiol, as it is taken into the male body, causes a direct lowering of testosterone levels in the testes and an increase in SHBG levels, which then binds up even more free testosterone in the bloodstream. The estradiol in hops has also been found to directly interfere with the ability of the testes Leydig cells to produce testosterone. The presence of this highly estrogenic substance in beer is not an accident." Now think of any beer advertisement you've seen. Isn't it curious that despite the powerful feminizing properties of hops in beer, that it is being portrayed as a "Man's drink"?

#### 5. Television and the Feminization of Men

Many of your typical favorite male Hollywood celebrities have been portrayed as cross-dressers in at least one of their films.

We are witnessing a societal conditioning that appears to be normalizing and encouraging feminine behavior in males.

Brad Pitt	Dennis Rodman	Dustin Hoffman	Kiefer Sutherland	Oscar de la Hoya
Jude Law	John Travolta	James Franco		Wayans Brothers

Also on television and movies, many males play a female gender role, where they live their lives always seeking the approval of their female person of interest. Entire plotlines of movies have been

based around a guy trying to 'win' back a girl that he disappointed in some way. Why not depict male characters that are be better role models for men in our culture? How about depicting characters with a definite purpose, in pursuit of benefitting mankind?

#### 6. Unsaturated Fats

The fats that the United States government recommends you eat are unsaturated vegetable oils. These oils are made mostly of soy, which is both one of the highest estrogenic plant biproducts in existence, and also one of the most heavily sprayed crops with estrogenic-pesticides. Look on the label of virtually any processed food and you will find vegetable oil of some kind. All of these products are high in estrogen.

Most restaurants & movie theatres still use vegetable oils in cooking, but it's interesting to note that some movie theatres in the United States are beginning to once again use coconut oil for their popcorn, and some restaurants are switching to healthier animal-based saturated fats like beef tallow, butter, ghee and lard.

Saturated fats, such as the ones listed above, are used by the body to produce testosterone. So not only are we being encouraged to eat fats full of estrogen, but we are told that the very substances we need to produce testosterone – cholesterol and saturated fat – are unhealthy and should be avoided. Conspiracy? hmm...

#### 7. BPA in Plastics



According to the website for the National Institute of Health, "Bisphenol A (BPA) is a chemical produced in large quantities for use primarily in the production of polycarbonate plastics and epoxy resins."

This class of chemical known as a Xenoestrogen is feminizing the world's population by mimmicing estrogen in the human body.

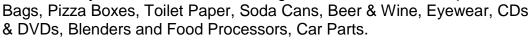
The chemical companies produce around 700 billion pounds of this poison each year and it leeches from cans, bottles and packaging into the food and water supplies.

Statistics taken from urine samples indicate over 93% of

American's currently have BPA in their bodies. Dr. Hugh S. Taylor, M.D. of Yale University revealed at a press briefing that male mice exposed to BPA showed reduced sperm production and increased prostate size. Environmentalist Bruce Lowry describes the side effects we're seeing from exposure to BPA. "Things like Attention Deficit Disorder, Childhood Obesity, Asthma, Autism, and then a whole range of Cancer's that we're seeing too – Brain Cancer, Liver Cancer, Prostate Cancer."

#### Sources of BPA to avoid:

Receipts, Water Bottles, Children's Toys, Canned Foods, Canning Jar Lids, Microwave Popcorn







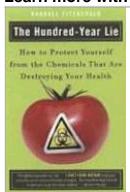
While BPA mimics estrogen, phthalates block testosterone action. So not only do we have abundant chemicals in our food supply that act in the same manner as estrogen, but now we have a chemical that inhibits the bodys use of what little testosterone we have left.

Studies in male animals exposed to pthalates have found reduced sperm production, undescended testes, hypospadias, and decreased testosterone production.

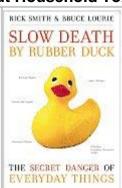
#### Sources of Pthalates to avoid:

Shampoos, Colognes/Perfume, Deodorant, Hair Spray, Body Lotion, Makeup, Glade Plug-ins and other Air Fresheners.

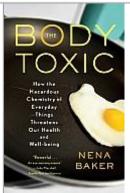
#### Learn more with Books about Household Toxins:



The Hundred-Year Lie: How to Protect Yourself from the Chemicals That Are Destroying Your Health



Slow Death by Rubber Duck: The Secret Danger of Everyday Things



The Body Toxic: How the Hazardous Chemistry of Everyday Things
Threatens Our Health and Well-Being

#### Seven ways to naturally boost DHT levels for maximum testosterone health

by Jonathan Benson, staff writer

(NaturalNews) It's the master hormone that makes a man uniquely manly -- DHT, or 5a-dihydrotestosterone, the strongest of the male hormones that's absolutely critical for healthy testosterone balance. Chances are, if you're a man living in the modern West, your levels of DHT are *too low* due to the hyper-feminizing effects of pharmaceutical drugs, plastics chemicals like bisphenol A (BPA), herbicides such as Monsanto's Roundup (glyphosate) and many other chemical pollutants.

Maintaining your manhood in today's world is nothing short of an uphill battle, in other words. But there are some formidable lifestyle changes you can make right now to get yourself on the right track to better health.

1) Belly fat is the number one enemy of testosterone and masculinity. Unlike other forms of testosterone, DHT can't be converted by the aromatase enzyme 5-alpha-reductase into estrogen. This is one of the reasons why DHT exerts up to a three times stronger androgenic effect, and a 10 times stronger anabolic effect, inside a man's body compared to other forms of testosterone.

But DHT can be neutralized and rendered ineffective, and one of the biggest driving factors behind this process is belly fat. As explained by Anabolic Men, belly fat causes estrogen levels to skyrocket because it increases levels of not only 5-alpha-reductase, which destroys other forms of testosterone, but also cortisol, a stress hormone that causes decreases in testosterone.

"[T]he enzymes located in adipose tissue (fat mass) literally neutralize DHT, breaking it down into a less potent byproduct, 5alpha-androstane 3alpha,17beta-diol," the site explains, referencing a study out of Canada that identified body fat as a perpetrator in decreased androgen levels.

2) Supplementing with creatine provides a major DHT <u>boost</u>. In order to eliminate this damaging belly fat, men need to cut out things like sugar, alcohol, processed grains and synthetic chemicals that are prevalent throughout the American food supply, and start exercising more. *T Nation* is an excellent resource for learning how to do this properly, and the following article will get you started on this important journey: T-Nation.com.

Supplementing with creatine is also helpful for boosting DHT levels naturally, as evidenced by the results of more than 70 peer-reviewed human studies. One such study published in 2009 found that a seven-day loading phase of creatine (three, 5-gram doses of high-quality creatine every day for seven days), followed by 14 days of creatine maintenance (one, 5-gram dose of creatine daily), resulted in an initial 56% increase in DHT, and another 40% increase above baseline after the 14-day maintenance period.

3) Sorghum naturally increases expression of 5-alpha-reductase. You'll sometimes see it in gluten-free grain preparations, but sorghum acts as a whole lot more than just a wheat replacement. Studies have shown that sorghum helps amplify the expression of 5-alpha-reductase, effectively boosting <a href="DHT levels">DHT levels</a>, which a 1996 study published in the American Journal of Medical Genetics says "is required for full masculinization of the external genitalia." 4) Avoid rice, fenugreek, saw palmetto and vegetable oils. On the flip side, you'll want to avoid foods that decrease expression of 5-alpha-reductase. Though some sources claim that 5-alpha-reductase blockers are somehow beneficial for <a href="testosterone">testosterone</a> production, this is a misconception, as these same products actually reduce DHT levels at the expense of other hormones.

5-alpha-reductase inhibitors to be avoided for maximum testosterone health include processed vegetables oils, rice, fenugreek, saw palmetto and finasteride (Proscar). If seeing saw palmetto on this list comes as a surprise, the following article explains in further detail why this popular supplement for men is actually causing more harm than it is good:

AnabolicMen.com.

- 5) Boron helps body produce more testosterone and DHT. Numerous studies have demonstrated the testosterone-boosting effects of boron, an essential trace mineral that lowers estrogen levels and increases free testosterone levels, including DHT. Boron also helps reduce levels of sex hormone-binding globulin, or SHBG, in the blood, allowing more testosterone and DHT to bind to hormone receptors throughout the body.
- 6) Fat is good for you! Mainstream medicine is finally coming around on this one, but dietary fat, which has long been vilified, is what causes a man's body to produce the testosterone it needs to function at its most optimal. And no, we're not talking about trans fats, processed vegetable oils and other synthetic fats -- the oils that a man needs include coconut oil, grassfed butter, real olive oil, lard, avocado oil, palm oil and fish oil, all in abundant quantities.
- 7) Exercise. Study after study proves that the right kind of exercise is what a man needs for healthy testosterone production. All the healthy eating and supplementation in the world will have only minimal benefit if a man sits around all day on the couch watching sports rather than playing them.

"In a nutshell, here's what you should focus on if you want to boost both, testosterone and DHT: Sprinting, interval training, strength training, big weights, low reps, proper rest, and short intense workouts using big muscles and multi-joint movements," explains *Anabolic Men*.

More on this here:

### AnabolicMen.com.

Sources:

http://anabolicmen.com

http://www.greenmedinfo.com

https://www.t-nation.com

http://www.ncbi.nlm.nih.gov

http://anabolicmen.com