

This is the Canada Health Alliance Weekly Report published on Saturday February 15th, 2025

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Executive Director's Message

As always in this war between Good and evil that we find ourselves embroiled in, there are extreme wins and losses, often on a daily basis, which lurch our emotions, jolt our confidence and distract our clarity of purpose, and this last week has been no exception. Yesterday as a case in point it was Valentine's Day which was great, AND it was the third anniversary of the imposition of the Emergencies Act which was terrible.

On Thursday we got the news that Robert F. Kennedy Jr. was confirmed by the US Senate, and that was indeed cause for celebration, because if he is able to do just half of what he wants to, it will transform public health and longevity in America, and no doubt in Canada as well. That was wonderful news, and

the analysis and implications of it form much of the content of this newsletter.

However, on this roller-coaster there are also the losses that we still have to contend with and the inevitable pain and distraction that comes with them.

For me personally I worry about the financial hit we will all take at the end of this month when Trump reinstates his tariffs against Canada. I fear that they will be all the more severe when the US President realizes that Trudeau hasn't done very much about his promise to deploy "ten thousand personnel" to seal the border and to appoint a Canadian 'Fentanyl Czar' to oversee that operation.

The Canadian Armed Forces have denied – in writing – that these ten thousand extra agents will come from them, and there just isn't anywhere else for them to be taken from.

As for the Fentanyl Czar, after a few weeks of bumbling, Trudeau finally appointed Kevin Brosseau, who, it now turns out, is a Liberal insider who backed the WEF's Digital ID Initiative back in 2019! If we have found that out, I am quite sure Donald Trump has too, which can't bode well for that relationship lasting very long!

For me this all points to Trump punishing Trudeau for lying, and of course it will be us, the ordinary citizens of Canada who will pay the price for the incompetence of our elected leaders, even though Trudeau can hardly be considered 'in office' anymore.

It reminds me of the last year of Hitler's reign in Nazi Germany before the end of the Second World War. His leaders begged him to negotiate a surrender as defeat was inevitable, but he refused, saying that the German people needed to be punished for not supporting him enough to ensure victory. It was an obscene death wish, and I wonder if to some extent

Trudeau is wanting to see us all punished in a similar way for having forced him out of office.

Sadly it is this lesson of the consequence of action that I think we are going to have to learn.

When Trudeau was swept to power a decade ago research at the time showed that he was so popular not because of his intellect or his political or economic acumen, but, shockingly, because he had “fabulous hair”! Well now, as I have said many times before, we are paying for that naivety.

But it is better to learn these lessons late than never.

This, for all the imminent pain we will go through, gives me confidence that in the long term we will get ourselves out of this mess and will eventually emerge stronger, more self-assured and more confident as the masters of our own destiny.

We will also have a much better appreciation of just how damaging corporate and political corruption can be, not just to our physical health (as was the case during the Covid era) but now also our financial health (with the looming tariff war). We go into quite a bit of detail about this impact of corruption and greed below...

Anyway, I hope you find today's newsletter interesting and informative, and I hope you all have a wonderful, warm weekend.

Alan Brough
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Wins of the Week

This has been another astonishing week of high paced developments, announcements and Executive Orders, with the big win, which will certainly qualify as a ‘Win of the Year’ being the confirmation of Robert F. Kennedy Jr. on Thursday.

This and a selection of other wins we thought you should know about are as follows...

- 1) The Big Win this week was the confirmation of Robert F. Kennedy Jr. and his appointment

as the new secretary of Health and Human Services (HHS) for the Trump Administration. Kennedy has received widespread public support, including the support of us at Canada Health Alliance, for his “Make America Healthy Again” agenda. This includes eliminating unhealthy food additives and other environmental toxins from the food chain and pledging to refocus public health agencies on treating and actually reducing chronic health conditions instead of the previous focus on infectious diseases that we saw during the Covid era. As HHS secretary, Kennedy will oversee the largest budget of any US federal agency. It is \$1.8 trillion for this current 2025 fiscal year alone, and with Musk's DOGE agency ensuring more efficient expenditure, we can expect a lot to come out of this. Under RFK Jr.'s leadership HHS will oversee 13 public health agencies, including the Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA) and the National Institutes of Health (NIH), all of which will be put under careful review. See some of the reactions to this appointment in our first article below...

- 2) A coalition of 17 state attorneys general, led by South Carolina's Attorney General, Alan Wilson, is investigating whether Fauci may have violated any state laws not covered by his presidential pardon. The coalition is seeking information from congressional committees that have investigated Fauci or launched investigations into his actions. The investigation focuses on several areas, including Fauci's influence on the public debate about the origins of the pandemic, his undisclosed influence on a scientific paper that dismissed the lab origin scenario, and his recommendations for responding to the COVID-19 pandemic without adequate evidence.
- 3) In another snub to Trudeau's environmental agenda, on Thursday Alberta started to apply a new EV tax of \$200 per year to all electric vehicles, aligning EV's to the same annual fuel tax paid by gas vehicles. *“This is a fair way for all drivers to contribute to public services, and to help keep roads and highways safe and smooth,”* said Finance Minister Nate Horner. *“Alberta is joining a growing number of places across North America introducing*



this tax so that drivers of both electric and gas vehicles are treated the same.”

- 4) After a massive public outcry, hundreds of research studies and a call by almost one hundred thousand medical professions, legislative efforts to ban the dangerous Covid-19 mRNA injections are now underway across multiple U.S. states. Currently there are bills being considered, drafted, and supported at various levels of government in Florida, Idaho, Iowa, Kentucky (where, just two days ago, the Kentucky House of Representatives filed Bill HB469 to prohibit mRNA injections for infectious disease), Montana, South Carolina, Tennessee, Texas and Washington state, all of whom are working towards the immediate removal of Covid-19 “vaccines” from the market.
- 5) In the UK earlier this week there was another massive farmer protest with thousands of tractors and farm vehicles jamming central London and shutting down most road traffic within the city centre. This was a protest against the new Labour government and its relentless targeting of family owned farms. There has been a catastrophic collapse in the government’s popularity over the short few months they have been in power amongst, not only farmers, but the population at large. This has been due to deep concerns about their liberal immigration policy, cancelled county elections in England, secret efforts to reverse BREXIT and Elon Musk deeply discrediting the deputy leader of the party last week, all of which could now trigger a political crisis amidst calls for a referendum or a vote of no confidence.
- 6) Earlier this week the UK’s new Labour government also backed down on their “Orwellian” Online Safety Act after Donald

Trump publicly slammed the law as a direct attack on free speech. According to a post on X by Jim Ferguson the Act originally threatened to fine social media companies 10% of their revenue for failing to censor “harmful” content, but there was no criteria on what their interpretation of “harmful” actually was. Now with US tariffs looming and a critical trade deal at stake the British Prime Minister is scrambling to rewrite the law. Hopefully Trump puts the same pressure on Canada’s Bill C-63. We would like to thank Wayne from ‘Whats Up Canada?’ For sharing this story.

- 7) Still in the United Kingdom, and no doubt part of this widespread rejection of the British government’s overt surveillance infrastructure which has been quietly installed over the last few years, a new phenomenon of the ‘Blade Runners’ is emerging. Apparently these so called ‘Blade Runners’ are a group of activists who are targeting and destroying every police and ‘zero emission’ surveillance camera they can find in their local communities. Apparently so far thousands of remote online cameras as part of the ‘15 minute city’ infrastructure have been disabled or destroyed with tens of thousands of people refusing to pay their fines for the vandalism. Social media (especially X) is showing hundreds of trending images of targeted cameras, many which have been sprayed over with sticky neon coloured Dollar Store spaghetti string. No doubt those spray-cans will be taken off the shelves here as well before Canadians start to do the same!

If you have any personal, local or national wins please email then to me at alan.brough@canadahealthalliance.org

What Does RFK Jr. Being Confirmed As The New Secretary of HHS Mean For Us?

After a long and bitter process, punctuated by heated debate much of which was driven along party lines, on Thursday morning, less than 48 hours ago, Robert F. Kennedy Jr. was finally confirmed by the US Senate as the next Secretary of Health and Human Services (HHS). He was confirmed by 52 yes votes to 48 no's, being the same margin that Tulsi Gabbard was confirmed the day before.

At Canada Health Alliance we consider RFK Jr's confirmation as likely the most significant development in the cause of public health and one that will dramatically improve long term health in North America over at least the next decade. Suddenly it makes the whole 'Make America Healthy Again' mantra not just a catchy slogan, but now a real call to action, which RFK Jr. has been given the authority to make a reality.

There was an immediate reaction from numerous commentators on both sides of the political aisle, with the Democrats bracing for the ransacking of the HHS and the upending of the entire healthcare system, and the pro-Trump Republicans celebrating it as the key appointment to make fundamental change to a rotten corrupt system.

As we have learnt, the actual truth is never what we personally think. There is always a degree of validity in both sides of every argument, which is why we need to allow

open and honest debate and truly listen to what is being said, so we can try and find where the actual truth lies. In this particular debate, I am sure there will be some 'sacred cows' sacrificed along the way, which will spur accusations. However on balance we at CHA believe the time for a complete overhaul of the American HHS, and the CDC and FDA within it, is long, long overdue, and the 'cleaning house' that is now guaranteed will result in an improvement in the health of not just children (who are Kennedy's primary target group), but indeed all Americans and Canadians who have been suffering under the old, blatantly corrupt system (and you can read more on the impact of this below...).

Meanwhile, some of the immediate positive comments on this appointment that were



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DR. JENNIFER HIBBERD

THE DENTAL CONNECTION TO YOUR
HEALTH: DEBUNKING COMMON
DENTAL MISCONCEPTIONS



FEB 18 2025 | 5PM PT | 8PM ET

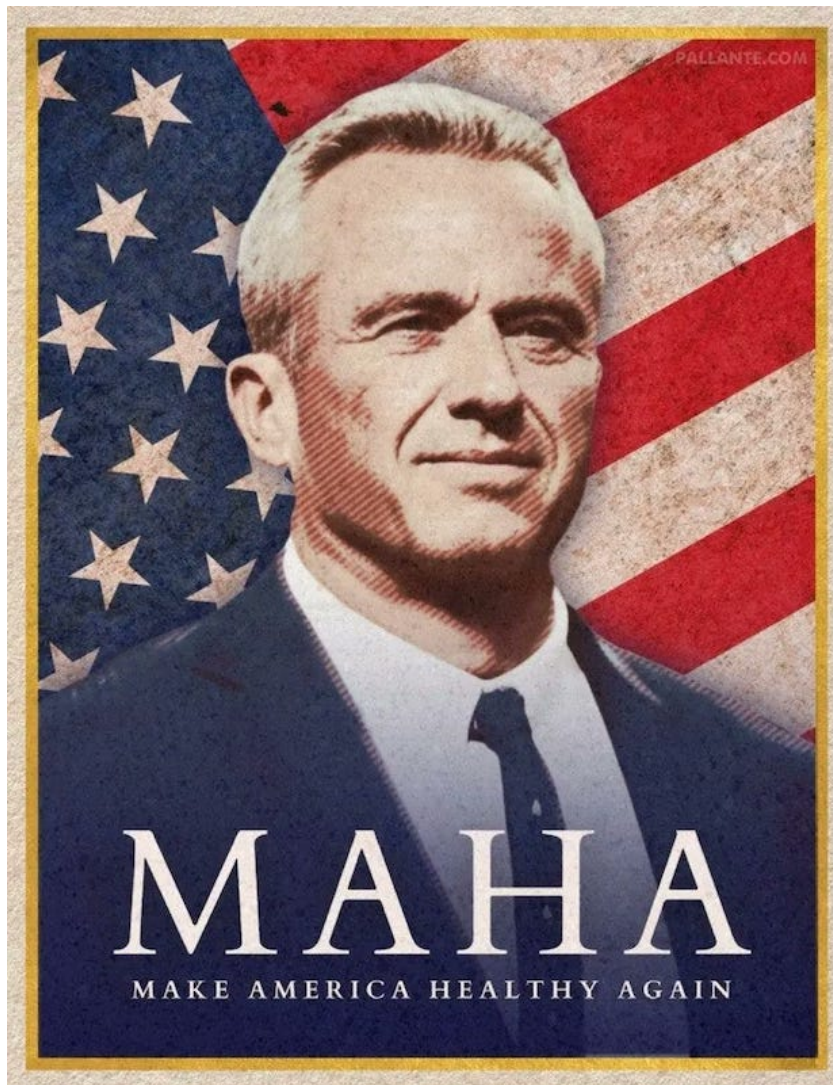
Join us as we discuss the real facts about oral health with Dr. Jennifer Hibberd, a Doctor of Dental Surgery. She is a founder of the Canadian Covid Care Alliance (CCCA) and co-founder of the World Council for Health (WCH). She is the vice-president of the Canada Health Alliance and the World Freedom Alliance. She is the Canadian Ambassador for People's Health Alliance and on the scientific committees for the Medicos Pela Vida (MPV- Doctors for Life) and the South African Vaccine Injured Medico-legal Study group (SAVIMS). She is a Senior Fellow of the IMA (renamed from the FLCCC). Don't miss the important presentation from this expert in the field of Dentistry.

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ducking all these years. What a glorious day."

Steve Kirsch

"This was a good, principled pick by POTUS Trump... Let us see what RFK Jr. does next as he has no choice but to call for the complete withdrawal of all mRNA injections! Congrats Bobby! Way to go POTUS Trump!"

Dr. Paul Alexander

"Bobby richly deserves this honour, and Children's Health Defence (CHD) is confident that he will make great strides toward the goals he has set for HHS:- radical transparency, gold-standard science and making America healthy again.

CHD will continue to focus on our piece of the American health puzzle: ending the epidemic of chronic childhood disease."

Mary Holland, CEO of Children's Health Defence

"We need to make America healthy again, and it is my expectation that Secretary Kennedy will get this done."

Louisiana Senator Dr. Bill Cassidy, Chairman of the Senate Health Committee.

shared on Thursday morning include the following...

"This marks a historic victory for America— The most influential public health position in the nation is now free from corporate and government corruption. Now, it's time to seal shut the revolving doors of corruption, remove dangerous genetic injections from the market, and take real action to reverse the chronic disease epidemic. Let the American Health Revolution begin!"

Nicolas Hulscher writing on the Courageous Discourse substack

"RFK Jr. confirmed! The world is about to change forever. The FDA and CDC will now be required to answer all the questions from the misinformation spreaders that they've been

And finally from RFK Jr. himself...

"I promised President Trump that if confirmed I will do everything in my power to put the health of Americans back on track,"

Robert F. Kennedy Jr.

And this is exactly what we at Canada Health Alliance are counting on, and will be holding RFK Jr. to over the next four years. Hopefully, over that period, RFK Jr.'s efforts will have permeated up into Canada and led to our own reforms within Health Canada and our provincial health authorities, who have historically taken their lead from the American CDC and FDA.

Just How Much Of A Role Does Corruption And Greed Have On Our Health And Our Life Expectancy?

According to Robert F. Kennedy Jr., corporate corruption and greed is the root cause of declining health and declining longevity in both the United States and Canada. Given the correlation between the rise of Big Pharma and Big Agriculture (or Big Ag as it is known) and the rise in obesity and chronic health conditions he seems to have a point.

Very few politicians dare to take on this extremely well financed and influential monolith, and those that do have their careers and reputations destroyed quickly and completely.

However Trump, Musk and RFK Jr. himself are not conventional politicians who are only focused on winning the next election. Instead this fortuitous and unlikely group consider their mission to 'drain the swamp' and bring the mega rich corporations back into check as part of their life mission is more of a religious crusade than a means to political power.

This gives us, as the citizenry who live by the consequences of their decisions, a rare, perhaps once in a life-time opportunity to see and make real change for the better, and for the better of our health and the health of our children.

Although this threat from greedy, self-centred corporations has now reached a point of absolute crisis, especially after the great reveal of the disastrous Covid-era, it is in fact nothing new. Back in 1787 someone asked Benjamin Franklin what form of government the Founding Fathers were establishing. "*A republic*," he replied, "*if you can keep it.*" In his reply Franklin highlighted the importance of maintaining the integrity of the Republic, which was threatened by various factors, including the growing power of corporations.

This threat by the corporations mainly revolves around the concern about money in politics, lobbying, and the concentration of economic power in the hands of a few powerful, unelected CEO's. Inevitably these business moguls have the finances to ensure their own political agenda and goal, which inevitably serves their shareholders and their bottomline to the exclusion of all else.

As Franklin's statement suggests, the survival of the Republic depends on the ability of its citizens to maintain control over their

government and institutions, and ensures that they do not become usurped and dominated by corporate interests that are not in the best interests of 'We the People.'

Sadly today, some 230 years after Franklin's warning, here we are with a Republic in tatters right at the mercy of the greedy corporations who do indeed dominate everything, including our politics, our food and our health, all to our detriment.

It is the outrageous level of corporate corruption, manipulation and leverage that has led to this slow creeping dominance that RFK Jr. and Elon Musk are attempting to expose and bring back under control to try and save the health and well-being of all North Americans.

The level of manipulation and leverage is astonishing. Even before Musk set up the Department of Government Efficiency (DOGE) we knew it was massive. In 2024, pharmaceutical companies admitted to spending \$294 million on lobbying, while agribusinesses spent at least \$32.7 million, with Bayer alone spending \$8.47 million in the U.S.

Bayer is one of the 'Big Four' corporate giants that dominate the global agricultural market. They have control of more than 18% of the whole world's agrochemicals and, together with Corteva, control over half of U.S. retail seed sales for almost all major crops. This concentration of power and influence is not healthy because modern industrial agriculture mimics pharmaceutical business models by creating dependency cycles. Farmers must repeatedly purchase synthetic inputs while patients require ongoing medication rather than cure-focused treatments.

And there is much to cure...

Chronic disease rates in America have increased dramatically, from 7.5% of the population in the 1930s to 60% today, representing a 700% surge, while obesity now affects 40% of Americans. Much of this impact on our health can be traced back to our food supply and all the industrial and commercial additives, the genetic modification and, of course, the liberal use of poisonous weed-killers such as glyphosate (another Bayer product that makes them huge annual profits).

The end result of this erosion of our health is that now the United States is the ONLY developed nation where both healthy life expectancy and total life expectancy are in decline, and this trend began years before Covid, so the pandemic was not the cause.

So what is the cause? One answer lies in the disturbing parallels between Big Pharma and Big Ag — two industries that wield enormous power over our health. The relationship between our food systems and our healthcare systems is no coincidence. Food is being produced in ways that undermine our health to keep us dependent on pharmaceuticals. The business models of both the pharmaceutical and agriculture industries thrive on treating symptoms rather than addressing root causes, ensuring a continuous cycle of profitable dependency.

As Ashley Armstrong, the co-founder of both the Nourish Food Club and the Angel Acres Egg Club writes, *“The current systems in both healthcare and agriculture are designed to ensure that corporations profit at the expense of public health and sustainability. These industries prioritize efficiency, profit, and corporate control, rather than the long-term well-being of people or the planet.”*

Just as access to non-GMO or heirloom seeds becomes more limited and expensive in agriculture, alternative healthcare treatments often face similar barriers. Natural remedies or integrative approaches are often excluded from insurance coverage or priced out of reach, much like organic or heirloom crops are more expensive than their conventional counterparts.

Now don't get me wrong — Technology and efficiency improvements are important, and pharmaceutical and chemical interventions do have their place! However, it's clear that our current approach involving heavy reliance isn't working. We rely on these solutions for short-term relief, but they often come with long-term consequences.

In agriculture, the focus is on high-yield, chemical-intensive farming that sacrifices biodiversity and soil health. In healthcare, the emphasis is on symptom management through drugs, rather than addressing the root causes of illness.

Both industries are becoming dangerously consolidated, limiting choice, increasing costs, and deepening a cycle of dependency on corporate-controlled solutions.

Real change won't come from the top down, as entrenched corporate interests hold too much power. It will come from the bottom up — through consumers, patients, and farmers making conscious decisions to support a healthier, more sustainable future.”

And right now, we as concerned consumers who are subject to the whims of both Big Pharma and Big Ag have powerful, brave allies in the Trump, RFK Jr and Musk posse that appears to have come to our rescue right at the last minute. These new ‘non-politician’ politicians are trying to take on the huge global corporations such as Bayer, Monsanto, Pfizer, Merck, GSK and Eli Lilly to not just protect our health and wellbeing, but perhaps even, as Franklin warned, to save the very Republic.

The main source for this article has been the excellent and detailed article by Ashley Armstrong which was recently posted by Dr. Joseph Mercola on his substack. You can read the entire article at: <https://articles.mercola.com/sites/articles/archive/2025/02/11/consolidation-of-big-ag-and-big-pharma.aspx>

Other sources include:

<https://www.who.int/data/gho/data/themes/topics/indicator-groups/indicator-group-details/GHO/life-expectancy-and-healthy-life-expectancy>

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<https://www.cdc.gov/nchs/products/databriefs/>





Just How Much Of A Role Does Corruption And Greed Have On Our Health And Our Life Expectancy?

With all the drama of Elon Musk raising awareness of massive government overspending and fiscal waste, we all knew it wasn't going to be long before he would start uncovering all the corruption and siphoning of funds from within the corrupt American healthcare system.

And, sure enough, in an X post last weekend Musk announced that his DOGE team has already uncovered more than one hundred BILLION dollars in Medicare and Medicaid waste after they were able to gain access to the medical payment records. *"This is where the big money fraud is happening"*, Musk said just before a democrat judge, who had lead one of the legal cases against Donald Trump, ruled against the new Department of Government Efficiency (DOGE) being able to access financial and payment records.

Obviously there is now a serious appeal against this ruling and both Trump and Musk are asking how a financial audit, which is primarily what DOGE are doing within their granted authority, can be achieved without access to financial records.

However, while this legal drama is playing out, and records are no doubt being destroyed, we can all see for ourselves the extent of the financial wastage within the North American (and particularly American) healthcare system. It

quickly becomes obvious when you compare the price of pharmaceutical drugs in the USA, and the cost of these identical drugs in other countries.

For example, the cost of diabetic insulin in Australia is \$6.94 while in the United States the identical product costs \$98.70, more than fourteen times the Australian cost! The cost of Humira which is a drug used to treat Crohn's Disease costs \$410 in the United Kingdom, while in the United States the identical product costs a whopping \$2,984, more than seven times the UK cost. Another example that many of us have been stung with is Ivermectin, which is available over the counter in India for 5c a pill, yet costs between \$3 and \$10 per pill here in Canada.

Why is this? Well, apart from pure unbridled greed, clearly there are far too many 'agencies' and middlemen in America adding their mark up, which is causing such an unnecessary financial burden to Medicare, Medicaid and to those struggling families without insurance who have to find the money from somewhere to pay for these drugs. However, everybody has to pay for these mark-ups in their inflated monthly premiums.

The horrific mark-ups and massive, unchecked financial waste within American healthcare gives us another shocking statistic:

America has 4.2% of the world's population. However they account for 42% of the entire world's health spending. This further confirms the above examples which reveal that American healthcare is ten times more expensive than the global average. Yet it is by no means ten times as good. In fact, when compared to many other European countries US healthcare is mediocre at best.

So where is all this money going? Well, finding the answer to this question appears to be next on Elon Musk's 'list of things to do,' and we can't wait to see what he discovers, and who the real beneficiaries turn out to be.

Last week, Musk's team, along with two senior veterans from the Centers for Medicare & Medicaid Services (CMS), began meticulously reviewing the CMS's payment and contracting systems. These systems are crucial for managing the health insurance for approximately one in every four Americans.

As per the recently imposed legal restrictions on DOGE, Musk's team has 'read-only' access to the CMS payment system. But hopefully this will be enough for them to identify where all this Big Money is going and who has been authorizing the massive bleed.

According to Andrew Nixon, the HHS director of communications (who will hopefully soon be reporting to Robert F. Kennedy Jr.), the mission of DOGE is to identify "*opportunities for more effective and efficient use of resources*" in alignment with President Trump's efficiency agenda. However, after the USAID findings and the scale of the waste within CMS the narrative has quickly escalated from simply improving fiscal efficiency to accusations of rampant waste and potential fraud.

"This is where the big money fraud is happening," Musk tweeted Last Wednesday. This was followed by another tweet on Thursday when Musk added, *"They wasted \$100B of taxpayer money!"*

Medicare currently covers about 68 million Americans, primarily those over 65 and individuals with disabilities, while Medicaid serves approximately 73 million low-income citizens, and both organizations already have a long history of fraud, embezzlement and financial waste.

In recent years, the average loss associated with the schemes prosecuted by the Health Care Fraud Unit has steadily risen.

In June 2024, the Department of Justice announced charges against 193 defendants, including 76 medical professionals, for their alleged involvement in fraudulent schemes amounting to approximately \$2.75 billion in false claims. While since 2007, the Health Care Fraud Unit has charged more than 5,400 defendants with fraudulently billing Medicare, Medicaid, and private health insurers more than \$27 billion.

Yet this fraud appears to be just the tip of the iceberg. Given Musk's above claim, the real 'big money' is being paid out in very questionable "authorized" payments, mark-ups, commissions and contracts to a whole host of shadowy beneficiaries, who have, no doubt, engrained themselves into the hearts of the system over the last three or four decades.

To Robert Kennedy Jr.'s point, just imagine what sort of improvement could be made to the health of North America's children if there was an addition one hundred billion dollars made available. No doubt, this saved money could to actually reverse and cure many childhood diseases such as autism without the huge profits and gratuities going to Big Pharma and their 'client for life' business model as has been the case in the past.

We will continue to watch this developing story and will keep you informed on whether Musk is allowed to keep going or if the Deep State will actually be able to scuttle him before he can actually name names.

No doubt this is going to be a fight to the death, but with RFK Jr.'s appointment as Secretary of the Department of Health and Human Services on Thursday, Musk has gained a key ally in this fight. An ally who has already vowed, with or without DOGE to expose the deep corruption within the American health and healthcare industries.

Sources for this article include:

<https://www.thegatewaypundit.com/2025/02/breaking-musk-exposes-shocking-100-billion-waste-medicare/>
<https://vigilantnews.com/post/musk-says-his-doge-team-uncovered-100-billion-in-medicare-and-medicaid-waste-after-gaining-access-to-the-system/>



Just How Much Of A Role Does Corruption And Greed Have On Our Health And Our Life Expectancy?

As part of the overhaul and rehabilitation of health and healthcare in North America, people will realize the limitations and failings of our established legacy health and healthcare industries. Inevitably they will start to question whether those exclusive procedures and protocols, which are mainly centred on the pharmaceutical drug model, are indeed right for them. Consequently we anticipate a rise in the popularity of ‘alternative’ health modalities, which, though once popular, have been discredited and marginalized over the last century to the detriment of public health.

These ‘alternatives’ are likely to include homeopathy, naturopathy, Traditional Chinese Medicine, nutritional medicine, and new technologies that have evolved out of our growing understanding of quantum mechanics such as the Energy Enhancement System™ and Red Light and Near Infrared Light Therapy.

To learn more about Red Light Therapy, at the end of 2023, Joe Rogan interviewed biologist Gary Brecka in which he explained the little known benefits of red light on the body.

There follows a brief transcript of part of this discussion in which Gary Brecka, a human biologist and co-founder of the ‘10X health system’ said:

“Every human being leaves this Earth the same way - we all die of hypoxia. That’s a lack of oxygen to the brain. It’s just, what causes that to

happen, that’s the question. It could be from a gunshot wound, a stroke or a heart attack.

The truth is that this level of oxygen management in the body is a measurable thing. You are either using oxygen very well and therefore you are slowly approximating the grave. Or you are using oxygen very poorly and you are accelerating towards the grave.

So, for example, when you look at how human beings are truly powered and where we really get our energy from, it’s really one energy source called ‘ATP.’ ATP is produced inside this little organelle called the mitochondria. There’s about a hundred trillion of these in your body. In fact, 10% of your body weight is mitochondria and the mitochondria has a voracious appetite for oxygen. When it receives oxygen it will create 16 times more energy. It will produce 36 ATP rather than 2 ATP when there is no oxygen.

So imagine this little mitochondria. It has a motor inside it called the Krebs Cycle and every time this motor makes one revolution it has two choices. It can either create two units of energy, or 2 ATP. Or can create 36 units of energy, or 36 ATP. The difference between a 16-fold increase or 16-fold decrease in energy is the presence of oxygen and so if oxygen enters this cycle it produces 16 times more energy. When this happens it releases water and carbon dioxide. However if there's no oxygen present it only produces 2 ATP and it releases lactic acid.

Now when you use a red light bed or red light therapy device, those red lights and near infrared wavelengths of light actually go through the mitochondrial wall and go into this motor. It goes into the Krebs Cycle and it actually kicks out a gas called mitochondrial nitric oxide. This forces oxygen to dock.

There's a little place in this motor called the cytochrome c oxidase, and cytochrome c oxidase is like a one-arm man. He can either shake hands with oxygen or he can shake hands with nitric oxide but he can't do both. So if I can get him to let go of nitric oxide and grab oxygen you will get a 16-fold increase in mitochondrial output. That's what happens with red light and near infrared therapy.

If you look at photobiomodulation (which is basically red light therapy) and the treatment of Parkinson syndrome using red light therapy on the skull for neurogenic disorders and neuroinflammatory conditions as well as all kinds of inflammatory pathologies in the body the impact of photobiomodulation is astounding.

By doing red light therapy every day for a month even if you did it for only 10 minutes a day for 30 days, at the end of that month you would notice a profound and material change in your performance. This is why there's red light beds at the UFC performance centre.

We already know its effects for wound healing, collagen repair, inflammation reduction and the Improvement in microvascular circulation. Plus it is very good for your eyes, liver, lungs, pancreas, kidneys and brain. It is also very good for treating neural inflammation because of the way that it enhances the mitochondrial function within your body.

Just think, you have got 110 trillion mitochondria in your body. Now imagine if you could power those mitochondria up with a 16-fold step up in cellular energy. Just think of the amount of extra energy, waste elimination and detoxification that you could benefit from..."

The above transcription comes from the very informative interview with Joe Rogan and Gary Brecka which can be watched at <https://www.youtube.com/watch?v=IM8SR11Oazw>

To find out more about the benefits of Red Light Therapy and photobiomodulation generally, see our Book of the Week, 'Red Light Therapy: Miracle Medicine' below...

Quote of the Week

"As millions and I celebrate this moment, we should acknowledge that this is far more than a political victory—it is a turning point in American history.

For decades, a silent war has been waged against the health and sovereignty of the American people. That era ends today.

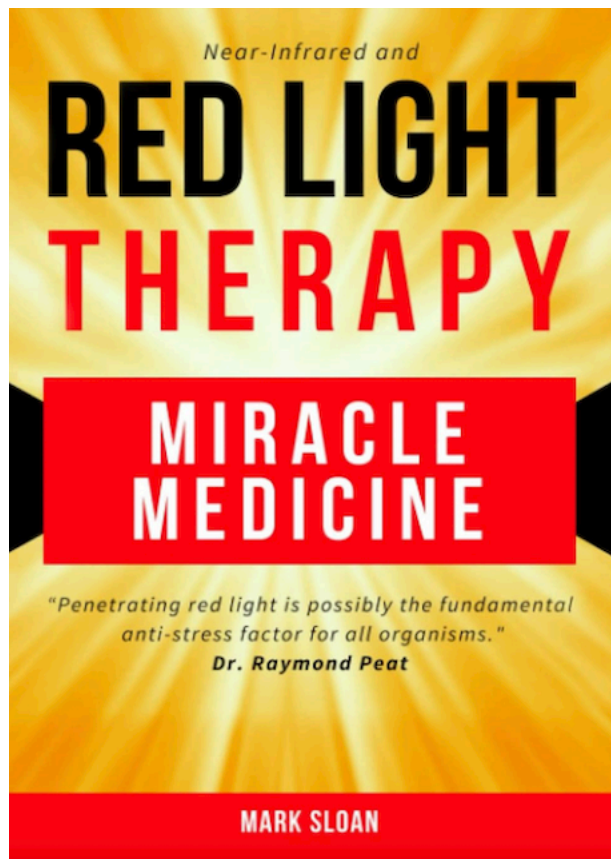
For too long, families suffering from chronic disease, vaccine injuries, and the unchecked greed of corporate medicine have been voiceless, dismissed, and oppressed. But today, with Robert F. Kennedy Jr. leading HHS, their cries for justice are answered.

This is our 1776 moment—a declaration of independence from a system that has failed to protect us. It is proof that the will of the people, when united, is unstoppable. Let the restoration of American wellness begin.

For years, the American people have been told they have no choice—that their health belongs to bureaucrats, that their children's futures can be dictated by unelected agencies in collusion with corporate interests. That ends now.

This confirmation is proof that the will of the people, when united, is unstoppable. No matter how powerful the opposition, truth will prevail."

Sayer Ji of GreenMed Info



Book of the Week
RED LIGHT THERAPY Miracle
Medicine
By Mark Sloan

This book will show you how to supercharge your health without negative side effects, and it certainly does seem to be miraculous. According to Dr. Raymond Peat, *“Penetrating red light is possibly the fundamental anti-stress factor for all organisms.”* And when you read this book you will realize that this is no exaggeration!

Science writer Mark Sloan is the author of 3 bestselling books and is the creator of a popular blog delivering evidence-based health information which has helped tens of thousands of people get well.

The result of his years of research is his book Red Light Therapy: Miracle Medicine which

is now in its second, updated edition. The book is a complete guide to learning everything you need to know to begin using red light therapy immediately to maximize your health.

You'll learn what red light therapy is, how it works and all the remarkable things it can do for your health. Backed by literally hundreds of scientific and clinical studies, you'll learn how to use near-infrared and red light therapy to:

- * Look and feel 10 years younger
- * Boost your brain function, memory and creativity
- * Rejuvenate your body and the functionality and efficiency of your cellular mitochondria
- * Melt fat and supercharge your energy and passion for life
- * Eliminate pain and accelerate repair of injuries and wounds
- * Eliminate stress, tension and depression.

Red Light Therapy: Miracle Medicine is your ultimate guide to understanding red light therapy and how to use it to get the greatest possible results. If you like straightforward information, easy-to-follow techniques, and proven strategies, then you'll love Mark Sloan's next-level resource.

To order your copy off amazon.ca click: https://www.amazon.ca/Red-Light-Therapy-Miracle-Medicine/dp/0994741863/ref=sr_1_1

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