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The Plot to Control and Reduce the Population

September 13, 2014

Note: Most of the warnings presented in this post (from 2014) are no longer a Conspiracy Theory... they are being implemented step by step, which is easily noticeable as the reality today (2020-2021).



Notice how nearly all the points in the chapter below match exactly the World Economic Forum agenda.

Note: we left these unavailable videos as evidence of censorship

Also please watch the video below about mRNA vaccines:

<https://fb.watch/3-BCuWPuOu/>

<https://b-skeptical.info/massive-scale-depopulation-agenda/>

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The Plot to Control and Reduce the Population

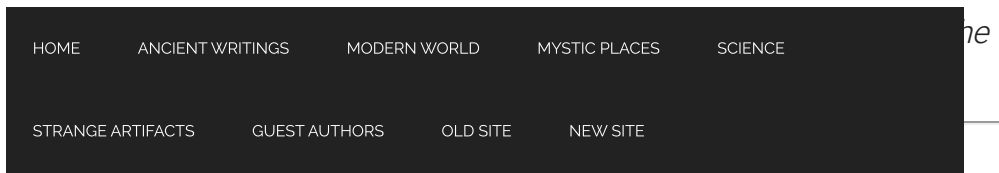
by HESH GOLDSTEIN, MS NUTRI

In the continuing saga of Dr. Richard Day's 1969 explicit depiction of **how the world's population would be controlled and reduced**, bear in mind that these are not the ramblings of a singular lunatic but **the conspiracy imposed upon us by the rich and famous in an effort to have more of the Earth's resources at their disposal**. As you read this and much more to follow, **see how much as already been implemented**.

The key is to remain as healthy as possible so as to **not be subjected to synthetic chemical drugs, vaccines, the medical profession, poisonous and health debilitating GMOs, the large and major food companies that contribute heavily to defeat GMO labeling bills, the bought and paid for mainstream media, and of course our elected politicians that have lost sight of a government of, for, and by the people**.

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About a year ago or so I wrote an article about the New World's Order implementation and furtherance of the **eugenics plan**. This plan was let out of the closet, so to speak, by Dr. Richard Day who was a Professor of Pediatrics at Mount Sinai Medical School in New York. He also served as Medical Director of Planned Parenthood Federation of America and was a profound atheist and an insider of the New World Order.

Dr. Day gave a lecture to the Pittsburgh Pediatric Society in 1969 where he let the hushed cat out of the bag. His lecture was taped and those tapes were finally transcribed.

Basically, **the agenda is to corrupt morality, encourage unrestricted sense gratification, and eliminate or ridicule religiosity, spirituality, common sense, and the concept of right or wrong.**

As I have a copy of those tape transcriptions I will endeavor to share them with you so you can see the realities that have come and will continue to come our way. It will be up to each and every one of us to pick a side. There is no middle road. **How we conduct ourselves and what we impart to our children and loved ones will determine our integrity one way or another.**

So, in this article, I will simply list the agendas to be followed in forthcoming articles with more elaboration.

Suffice it to say that the powers to be want our world to go to hell in a handbasket so they can dictate activity, consciousness, and work toward ultimate control over each and every one of us.

The introduction to Dr. Day's lecture began with:

"Is there a power, a force or a group of men organizing and directing change?"

Everything is in place and nobody can stop us now. People will have to get used to change".

The real and stated goals are as follows:

- **Population control**
- Permission to have babies
- **Redirecting the purpose of sex** – sex without reproduction and reproduction without sex
- **Contraception universally available to all**
- **Sex education as a tool of world government**
- **Tax funded abortion** as population control
- **Encouraging homosexuality** as a means of population control
- **Families to diminish in importance**
- **Euthanasia and the "demise pill"**

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- **Suppressing cancer cures** as a means of population control
- Inducing heart attacks as a form of assassination
- Education as a tool for **accelerating the onset of puberty and evolution**
- Blending all religions. The old **religions will have to go**
- Changing the Bible through revisions of key words
- The churches will help us
- **Restructuring education as a tool of indoctrination**
- **More time in schools, but not learning anything**
- **Controlling who has access to information**
- Schools as the hub of the community
- **Some books would just disappear from the libraries**
- **Changing laws**
- **Encouraging drug abuse** to create a jungle atmosphere
- **Promoting alcohol abuse**
- **Restrictions on travel**
- **The need for more jails and using hospitals as jails**
- **No more security**
- **Crime used to manage society**
- Curtailment of American industrial pre-eminence
- **Shifting populations and economies – tearing social roots**
- Sports as a tool of social change
- **Sex and violence inculcated through entertainment**
- **Travel restrictions and implanted I.D.s**
- **Food control (my comment – “hello Monsanto!)**
- **Weather control (my comment – the Haarp project and hurricane Sandy)**
- **Know how people respond and make them do what you want**
- **Falsified scientific research**
- **Terrorism**
- **Financial control**
- **Surveillance, implants, and televisions that watch you**
- **Home ownership a thing of the past**
- **The arrival of the **totalitarian global system****

I'm sure by now you are aware of how much of this has already been implemented.

Below, each of the above topics is explained as to how Dr. Douglas presented them. We obviously have more to fight against than the non-labeling of GMO foods.

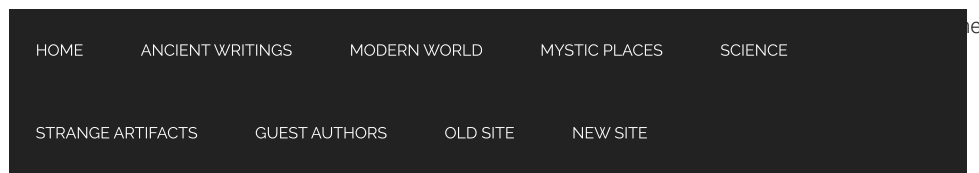
The tapes were recorded and transcribed by Dr. Lawrence Dunegan, a former student of Dr. Day.

The Plot to Control and Reduce the Population

NEW DIFFICULT TO DIAGNOSE AND UNTREATABLE DISEASES

Next heading to talk about is Health and Disease. He said there would be new diseases to appear which had not ever been seen before. Would be very difficult to diagnose and be untreatable – at least for along time.

No elaboration was made on this, but I remember, not long after hearing this presentation, when I had a puzzling diagnosis to make, I would be wondering, “is this was what he was talking about? Is this a case of



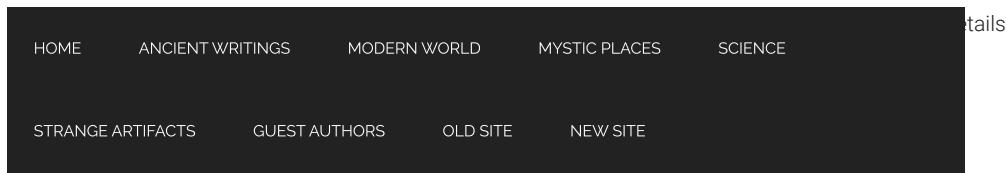
He said. "We can cure almost every cancer right now. Information is on file in the Rockefeller Institute, if it's ever decided that it should be released. But consider – if people stop dying of cancer, how rapidly we would become overpopulated. You may as well die of cancer as something else." Efforts at cancer treatment would be geared more toward comfort than toward cure. There was some statement that ultimately the cancer cures which were being hidden in the Rockefeller Institute would come to light because independent researchers might bring them out, despite these efforts to suppress them. But at least for the time being, letting people die of cancer was a good thing to do because it would slow down the problem of overpopulation.

INDUCING HEART ATTACKS AS A FORM OF ASSASSINATION

Another very interesting thing was heart attacks. He said, "There is now a way to simulate a real heart attack. It can be used as a means of assassination." Only a very skilled pathologist who knew exactly what to look for at an autopsy, could distinguish this from the real thing. I thought that was a very surprising and shocking thing to hear from this particular man at that particular time. This, and the business of the cancer cure, really still stand out sharply in my memory, because they were so shocking and, at that time, seemed to me out of character. He then went on to talk about nutrition and exercise sort of in the same framework. People would not have to .. people would have to eat right and exercise right to live as long as before. Most won't. This in the connection of nutrition, there was no specific statement that I can recall as to particular nutrients that would be either inadequate or in excess. In retrospect, I tend to think he meant high salt diets and high fat diets would predispose toward high blood pressure and premature arteriosclerotic heart disease. And that if people who were too dumb or too lazy to exercise as they should then their dietary .. their circulating fats go up and predispose to disease. And he said something about diet information – about proper diet – would be widely available, but most people, particularly stupid people, who had no right to continue living anyway, they would ignore the advice and just go on and eat what was convenient and tasted good. There were some other unpleasant things said about food. I just can't recall what they were. But I do remember of .. having reflections about wanting to plant a garden in the backyard to get around whatever these contaminated foods would be. I regret I don't remember the details .. the rest of this .. about nutrition and hazardous nutrition. With regard to Exercise. He went on to say that more people would be exercising more, especially running, because everybody can run. You don't need any special equipment or place. You can run wherever you are. As he put it. "people will be running all over the place." And in this vein, he pointed out how supply produces demand. And this was in reference to athletic clothing and equipment. As this would be made more widely available and glamorized, particularly as regards running shoes, this would stimulate people to develop an interest in running and .. as part of a whole sort of public propaganda campaign. People would be encouraged then to buy the attractive sports equipment and to get into exercise. Again .. well in connection with nutrition he also mentioned that public eating places would rapidly increase. That .. this had a connection with the family too. As more and more people eat out, eating at home would become less important. People would be less dependent on their kitchens at home. And then this also connected to convenience foods being made widely available – things like you could pop into the microwave. Whole meals would be available pre-fixed. And of course. we've now seen this ... and some pretty good ones. But this whole different approach to eating out and to .. previously prepared meals being eaten in the home was predicted at that time to be brought about – convenience foods. The convenience foods would be part of the hazards. Anybody who was lazy enough to want the convenience foods rather than fixing his own also had better be energetic enough to exercise. Because if he was too lazy to exercise and too lazy to fix his own food, then he didn't deserve to live very long. This was all presented as sort of a moral judgement about people and what they should do with their energies. People who are smart, who would learn about nutrition, and who are disciplined enough to eat right and exercise right are better people – and the kind you want to live longer.

EDUCATION AS A TOOL FOR ACCELERATING THE ONSET OF PUBERTY AND EVOLUTION

Somewhere along in here there was also something about accelerating the onset of puberty. And this was said in connection with health, and later in connection with education, and connecting to accelerating the process of evolutionary change. There was a statement that "we think that we can push evolution faster



Another area of discussion was Religion. This is an avowed atheist speaking. And he said, "Religion is not necessarily bad. A lot of people seem to need religion, with it's mysteries and rituals – so they will have religion. But the major religions of today have to be changed because they are not compatible with the changes to come. The old religions will have to go. Especially Christianity. Once the Roman Catholic Church is brought down, the rest of Christianity will follow easily. Then a new religion can be accepted for use all over the world. It will incorporate something from all of the old ones to make it more easy for people to accept it, and feel at home in it. Most people won't be too concerned with religion. They will realize that they don't need it.

CHANGING THE BIBLE THROUGH REVISIONS OF KEY WORDS

In order to do this, the Bible will be changed. It will be rewritten to fit the new religion. Gradually, key words will be replaced with new words having various shades of meaning. Then the meaning attached to the new word can be close to the old word – and as time goes on, other shades of meaning of that word can be emphasized. and then gradually that word replaced with another word." I don't know if I'm making that clear. But the idea is that everything in Scripture need not be rewritten, just key words replaced by other words. And the variability in meaning attached to any word can be used as a tool to change the entire meaning of Scripture, and therefore make it acceptable to this new religion. Most people won't know the difference; and this was another one of the times where he said, "the few who do notice the difference won't be enough to matter."

"THE CHURCHES WILL HELP US!"

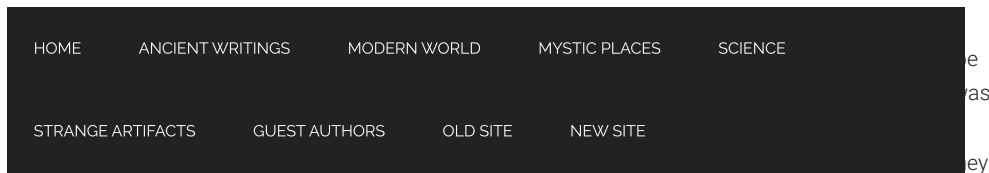
Then followed one of the most surprising statements of the whole presentation: He said, "Some of you probably think the Churches won't stand for this," and he went on to say, "the churches will help us!" There was no elaboration on this, it was unclear just what he had in mind when he said, "the churches will help us!" In retrospect I think some of us now can understand what he might have meant at that time. I recall then only of thinking, "no they won't!" and remembering our Lord's words where he said to Peter, "Thou art Peter and upon this rock I will build my Church, and gates of Hell will not prevail against it." So .. yes, some people in the Churches might help. And in the subsequent 20 years we've seen how some people in Churches have helped. But we also know that our Lord's Words will stand, and the gates of Hell will not prevail.

RESTRUCTURING EDUCATION AS A TOOL OF INDOCTRINATION

Another area of discussion was Education. And one of the things; in connection with education that remember connecting with what he said about religion was in addition to changing the Bible he said that the classics in Literature would be changed. I seem to recall Mark Twain's writings was given as one example. But he said, the casual reader reading a revised version of a classic would never even suspect that there was any change. And, somebody would have to go through word by word to even recognize that any change was made in these classics, the changes would be so subtle. But the changes would be such as to promote the acceptability of the new system.

MORE TIME IN SCHOOLS, BUT THEY "WOULDN'T LEARN ANYTHING."

As regards education, he indicated that kids would spend more time in schools, but in many schools they wouldn't learn anything. They'll learn some things, but not as much as formerly. Better schools in better areas with better people – their kids will learn more. In the better schools learning would be accelerated. And this is another time where he said, "We think we can push evolution." By pushing kids to learn more he seemed to be suggesting that their brains would evolve, that their offspring would evolve .. sort of pushing evolution .. where kids would learn and be more intelligent at a younger age. As if this pushing would alter their physiology. Overall, schooling would be prolonged. This meant prolonged through the school year. I'm not sure what he said about a long school day, I do remember he said that school was planned to go all summer, that the summer school vacation would become a thing of the past. Not only for schools, but for other reasons. People would begin to think of vacation times year round, not just in the summer. For most



would qualify. It would be harder to change to another field of study once you get started. Studies would be concentrated in much greater depth, but narrowed. You wouldn't have access to material in other fields, outside your own area of study, without approval. This seem to be more .. where he talked about limited access to other fields .. I seem to recall that as being more at the college level. high school and college level, perhaps. People would be very specialized in their own area of expertise. But they won't be able to get a broad education and won't be able to understand what is going on overall.

CONTROLLING WHO HAS ACCESS TO INFORMATION

He was already talking about computers in education, and at that time he said anybody who wanted computer access, or access to books that were not directly related to their field of study would have to have a very good reason for so doing. Otherwise, access would be denied.

SCHOOLS AS THE HUB OF THE COMMUNITY

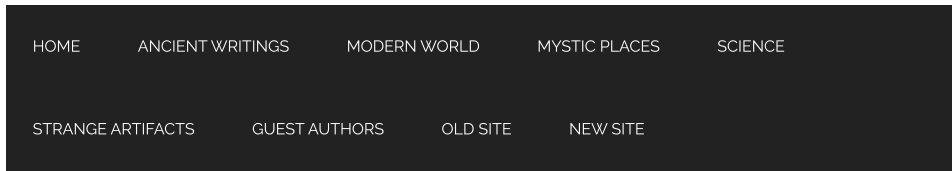
Another angle was that the schools would become more important in people's overall life. Kids in addition to their academics would have to get into school activities unless they wanted to feel completely out of it. But spontaneous activities among kids.. the thing that came to my mind when I heard this was – sand lot football and sand lot baseball teams that we worked up as kids growing up. I said the kids wanting any activities outside of school would be almost forced to get them through the school. There would be few opportunities outside. Now the pressures of the accelerated academic program, the accelerated demands, where kids would feel they had to be part of something – one or another athletic club or some school activity – these pressures he recognized would cause some students to burn out. He said. “the smartest ones will learn how to cope with pressures and to survive. There will be some help available to students in handling stress, but the unfit won't be able to make it. They will then move on to other things.” In this connection and later on in the connection with drug abuse and alcohol abuse he indicated that psychiatric services to help would be increased dramatically. In all the pushing for achievement, it was recognized that many people would need help, and the people worth keeping around would be able to accept and benefit from that help, and still be super achievers. Those who could not would fall by the wayside and therefore were sort of dispensable – “expendable” I guess is the word I want. Education would be lifelong. Adults would be going to school. There'll always be new information that adults must have to keep up. When you can't keep up anymore, you're too old. This was another way of letting older people know that the time had come for them to move on and take the demise pill. If you got too tired to keep up with your education, or you got too old to learn new information, then this was a signal – you begin to prepare to get ready to step aside.

“SOME BOOKS WOULD JUST DISAPPEAR FROM THE LIBRARIES...”

In addition to revising the classics, which I alluded to awhile ago .. with revising the Bible, he said, “some books would just disappear from the libraries.” This was in the vein that some books contain information or contain ideas that should not be kept around. And therefore, those books would disappear. I don't remember exactly if he said how this was to be accomplished. But I seem to recall carrying away this idea that this would include thefts. That certain people would be designated to go to certain libraries and pick up certain books and just get rid of them. Not necessarily as a matter of policy – just simply steal it. Further down the line, not everybody will be allowed to own books. And some books nobody will be allowed to own.

CHANGING LAWS

Another area of discussion was laws that would be changed. At that time a lot of States had blue laws about Sunday sales, certain Sunday activities. He said the blue laws [Sunday laws] would all be repealed. Gambling laws would be repealed or relaxed, so that gambling would be increased. He indicated then that governments would get into gambling. We've had a lot of state lotteries pop up around the country since then. And, at the time, we were already being told that would be the case. “Why should all that gambling money be kept in private hands when the State would benefit from it?” was the rational behind it. But people should be able to gamble if they want to. So it would become a civil activity, rather than a private, or illegal activity. Bankruptcy laws would be changed. I don't remember the details, but just that they would be. And I



compete. Sort of like teams competing within a professional sports league .. if you're the NFL or the American or National Baseball Leagues – you compete within the league but the league is all in agreement on what the rules of competition are – not a really free competition.

THE ENCOURAGEMENT OF DRUG ABUSE TO CREATE A JUNGLE ATMOSPHERE

Drug use would be increased. Alcohol use would be increased. Law enforcement efforts against drugs would be increased. On first hearing that it sounded like a contradiction. Why increase drug abuse and simultaneously increase law enforcement against drug abuse? But the idea is that, in part, the increased availability of drugs would provide a sort of law of the jungle whereby the weak and the unfit would be selected out. There was a statement made at the time: "Before the earth was overpopulated, there was a law of the jungle where only the fittest survived. You had to be able to protect yourself against the elements and wild animals and disease. And if you were fit you survived. But now we've become so civilized – we're over civilized – and the unfit are enabled to survive only at the expense of those who are more fit." And the abusive drugs then, would restore, in a certain sense, the law of the jungle, and selection of the fittest for survival. News about drug abuse and law enforcement efforts would tend to keep drugs in the public consciousness. And would also tend to reduce this unwarranted American complacency that the world is a safe place, and a nice place.

ALCOHOL ABUSE

The same thing would happen with alcohol. Alcohol abuse would be both promoted and demoted at the same time. The vulnerable and the weak would respond to the promotions and therefore use and abuse more alcohol. Drunk driving would become more of a problem; and stricter rules about driving under the influence would be established so that more and more people would lose their privilege to drive.

RESTRICTIONS ON TRAVEL

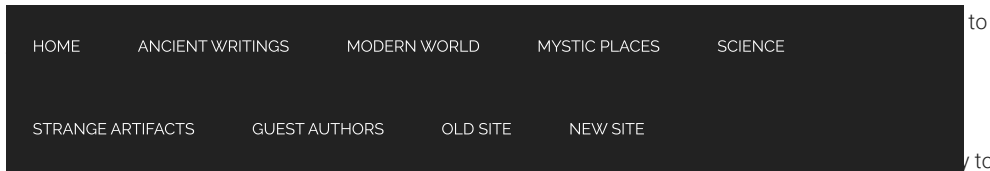
This also had connection with something we'll get to later about overall restrictions on travel. Not everybody should be free to travel the way they do now in the United States. People don't have a need to travel that way. It's a privilege! It was kind of the high-handed the way it was put. Again, much more in the way of psychological services would be made available to help those who got hooked on drugs and alcohol. The idea being, that in order to promote this – drug and alcohol abuse to screen out some of the unfit – people who are otherwise are pretty good also would also be subject to getting hooked. And if they were really worth their salt they would have enough sense to seek psychological counseling and to benefit from it. So this was presented as sort of a redeeming value on the part of the planners. It was as if he were saying, "you think we're bad in promoting these evil things – but look how nice we are – we're also providing a way out!"

THE NEED FOR MORE JAILS, AND USING HOSPITALS AS JAILS

More jails would be needed. Hospitals could serve as jails. Some new hospital construction would be designed so as to make them adaptable to jail-like use.

This is the continuation of Dr. Day's lecture in 1969 to finally speak openly about the "powers" and the "haves" plan to control and reduce the population. There is one more part to finish his heinous, impersonal, atheistic ramblings. Unfortunately, his ramblings are the plans propagated by the Rockefellers, early, and to the Gates in modern day. After presenting his final criminality I will finish with an epilogue, which will put it all in perspective and in your hands to deal with.

TRAVEL RESTRICTIONS AND IMPLANTED I.D.



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identify the individual (hello microchips). This would eliminate the possibility of false ID and also eliminate the possibility of people saying "Well, I lost my ID." The difficulty about these skin implants was that the ID was stated to be getting material that would stay in or under the skin without causing foreign body reaction whereby the body would reject it or cause infection, and that this would have to be material on which information could be recorded and retrieved by some sort of scanner while it was not rejected by the body. Silicon was mentioned. Silicon at that time was thought to be well tolerated. It was used to augment breasts. Women who felt their breasts were too small would get silicon implants, and I guess that still goes on. At any rate silicon was seen at that time as the promising material to do both: to be retained in the body without rejection and to be able to retain information retrievable by electronic means.

FOOD CONTROL

Food supplies would come under tight control. If population growth didn't slow down, food shortages could be created in a hurry and people would realize the dangers of overpopulation. Ultimately, whether the population slows down or not the food supply is to be brought under centralized control so that people would have enough to be well-nourished but they would not have enough to support any fugitive from the new system. In other words, if you had a friend or relative who didn't sign on, and growing ones own food would be outlawed. This would be done under some sort of pretext. In the beginning I mentioned there were two purposes for everything – one the ostensible purpose and one the real purpose, – and the ostensible purpose here would be that growing your own vegetables was unsafe, it would spread disease or something like that. So the acceptable idea was to protect the consumer but the real idea was to limit the food supply and growing your own food would be illegal. And if you persist in illegal activities like growing your own food, then you're a criminal.

WEATHER CONTROL

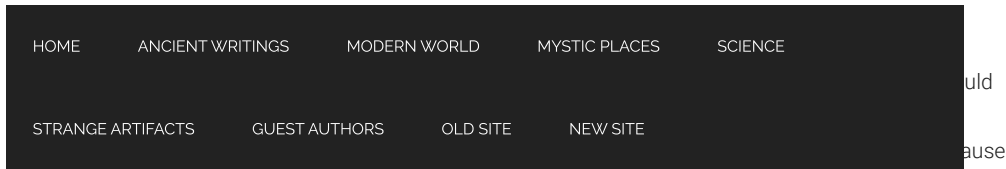
There was a mention then of weather. This was another really striking statement. He said, "We can or soon will be able to control the weather." He said, "I'm not merely referring to dropping iodide crystals into the clouds to precipitate rain that's already there, but REAL control." And weather was seen as a weapon of war, a weapon of influencing public policy (does the HAARP project ring a bell?). It could make rain or withhold rain in order to influence certain areas and bring them under your control. There were two sides to this that were rather striking. He said, "On the one hand you can make drought during the growing season so that nothing will grow, and on the other hand you can make for very heavy rains during harvest season so the fields are too muddy to bring in the harvest, and indeed one might be able to do both." There was no statement how this would be done. It was stated that either it was already possible or very, very close to being possible.

POLITICS

He said that very few people really know how government works. Something to the effect that elected officials are influenced in ways that they don't even realize and they carry out plans that have been made for them and they think that they are authors of the plans. But actually they are manipulated in ways they don't understand.

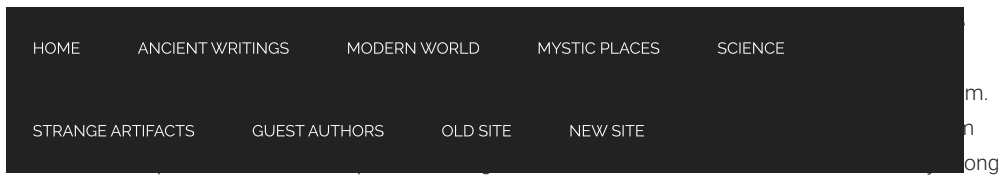
KNOW HOW PEOPLE RESPOND – MAKING THEM DO WHAT YOU WANT

Somewhere in the presentation he made two statements that I want to insert at this time. I don't remember just where they were made, but they're valid in terms of the general overall view. One statement: "People can carry in their minds and act upon two contradictory ideas at one time, provided that these two contradictory ideas are kept far enough apart." And the other statement is, "You can know pretty well how rational people are going to respond to certain circumstances or to certain information that they encounter. So, to determine the response you want you need only control the kind of data or information that they're presented or the kinds of circumstance that they're in; and being rational people they'll do what you want them to do. They may not fully understand what they're doing or why."



the speaker and the audience all being doctors of medicine and supposedly very objectively, dispassionately scientific and science being the be all and end-all ... well to falsify scientific research data in that setting is like blasphemy in the church ... you just don't do that. Anyhow, out of all of this was to come the New International Governing Body, probably to come through the U.N . and with a World Court, but not necessarily through those structures. It could be brought about in other ways. Acceptance of the U.N . at that time was seen as not being as wide as was hoped. Efforts would continue to give the United Nations increasing importance. People would be more and more used to the idea of relinquishing some national sovereignty. Economic interdependence would foster this goal from a peaceful standpoint. Avoidance of war would foster it from the standpoint of worrying about hostilities. It was recognized that doing it peaceably was better than doing it by war. It was stated at this point that war was "obsolete." I thought that was an interesting phrase because obsolete means something that once was seen as useful is no longer useful. But war is obsolete ... this being because of the nuclear bombs war is no longer controllable. Formerly wars could be controlled, but if nuclear weapons would fall into the wrong hands there could be an unintended nuclear disaster. It was not stated who the "wrong hands" are. We were free to infer that maybe this meant terrorists, but in more recent years I'm wondering whether the wrong hands might also include people that we've assumed that they've had nuclear weapons all along ... maybe they don't have them. Just as it was stated that industry would be preserved in the United States – a little bit just in case the world wide plans didn't work out; just in case some country or some other powerful person decided to bolt from the pack and go his own way, one wonders whether this might also be true with nuclear weapons. When you hear that ... he said they might fall into the wrong hands, there was some statement that the possession of nuclear weapons had been tightly controlled, sort of implying that anybody who had nuclear weapons was intended to have them. That would necessarily have included the Soviet Union, if indeed they have them. But I recall wondering at the time, "Are you telling us, or are you implying that this country willingly gave weapons to the Soviets?" At that time that seemed like a terribly unthinkable thing to do, much less to admit. The leaders of the Soviet Union seem to be so dependent on the West though, one wonders whether there may have been some fear that they would try to assert independence if they indeed had these weapons. So, I don't know. It's something to speculate about perhaps ... Who did he mean when he said, "If these weapons fall into the wrong hands"? Maybe just terrorists. Anyhow, the new system would be brought in, if not by peaceful cooperation – everybody willingly yielding national sovereignty – then by bringing the nation to the brink of nuclear war. And everybody would be so fearful as hysteria is created by the possibility of nuclear war that there would be a strong public outcry to negotiate a public peace and people would willingly give up national sovereignty in order to achieve peace, and thereby this would bring in the New International Political System. This was stated and very impressive thing to hear then ... "If there were too many people in the right places who resisted this, there might be a need to use one or two – possibly more – nuclear weapons. As it was put this would be possibly needed to convince people that "We mean business." That was followed by the statement that, "By the time one or two of those went off then everybody – even the most reluctant – would yield." He said something about "this negotiated peace would be very convincing", as kind of in a framework or in a context that the whole thing was rehearsed but nobody would know it. People hearing about it would be convinced that it was a genuine negotiation between hostile enemies who finally had come to the realization that peace was better than war. In this context discussing war, and war is obsolete, a statement was made that there were some good things about war ... one, you're going to die anyway, and people sometimes in war get a chance to display great courage and heroism and if they die they've died well and if they survive they get recognition. So that in any case, the hardships of war on soldiers are worth it because that's the reward they get out of their warring. Another justification expressed for war was, if you think of the many millions of casualties in WWI and WWII, well, suppose all those people had not died but had continued to live, then continued to have babies. There would be millions upon millions and we would already be overpopulated, so those two great wars served a benign purpose in delaying over-population. But now there are technological means for the individual and governments to control over-population so in this regard war is obsolete. It's no longer needed. And then again it's obsolete because nuclear weapons could destroy the whole universe. War, which once was controllable, could get out of control and so for these two reasons it's now obsolete.

TERRORISM



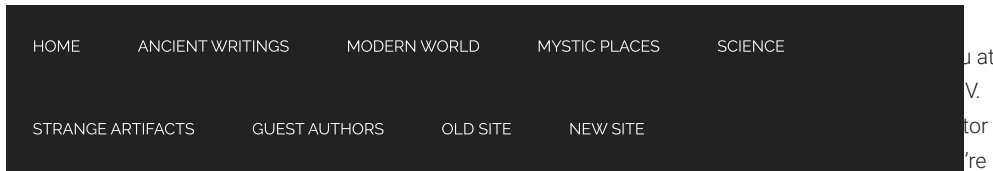
with this came a bit of a scolding that Americans had had it too good anyway and just a little bit of terrorism would help convince Americans that the world is indeed a dangerous place ... or can be if we don't relinquish control to the proper authorities.

FINANCIAL CONTROL

There was discussion of money and banking. One statement was, "Inflation is infinite. You can put an infinite number of zeros after any number and put the decimal points wherever you want", as an indication that inflation is a tool of the controllers. Money would become predominately credit. It was already ... money is primarily a credit thing but exchange of money would be not cash or palpable things but electronic credit signal. People would carry money only in very small amounts for things like chewing gum and candy bars. Just pocket sorts of things. Any purchase of any significant amount would be done electronically. Earnings would be electronically entered into your account. It would be a single banking system. May have the appearance of being more than one but ultimately and basically it would be one single banking system, so that when you got paid your pay would be entered for you into your account balance and then when you purchased anything at the point of purchase it would be deducted from your account balance and you would actually carry nothing with you. Also computer records can be kept on whatever it was you purchased so that if you were purchasing too much of any particular item and some official wanted to know what you were doing with your money they could go back and review your purchases and determine what you were buying. There was a statement that any purchase of significant size like an automobile, bicycle, a refrigerator, a radio or television or whatever might have some sort of identification on it so it could be traced, so that very quickly anything which was either given away or stolen – whatever – authorities would be able to establish who purchased it and when. Computers would allow this to happen. The ability to save would be greatly curtailed. People would just not be able to save any considerable degree of wealth. There was some statement of recognition that wealth represents power and wealth in the hands of a lot of people is not good for the people in charge so if you save too much you might be taxed. The more you save the higher rate of tax on your savings so your savings really could never get very far. And also if you began to show a pattern of saving too much you might have your pay cut. We would say, "Well, your saving instead of spending. You really don't need all that money." That basically the idea being to prevent people from accumulating any wealth which might have long range disruptive influence on the system. People would be encouraged to use credit to borrow and then also be encouraged to renege on their debt so they would destroy their own credit. The idea here is that, again, if you're too stupid to handle credit wisely, this gives the authorities the opportunity to come down hard on you once you've shot your credit. Electronic payments initially would all be based on different kinds of credit cards ... these were already in use in 1969 to some extent. Not as much as now. But people would have credit cards with the electronic strip on it and once they got used to that then it would be pointed out the advantage of having all of that combined into a single credit card, serving a single monetary system and then they won't have to carry around all that plastic.

SURVEILLANCE, IMPLANTS, AND TELEVISIONS THAT WATCH YOU

So the next step would be the single card and then the next step would be to replace the single card with a skin implant. The single card could be lost or stolen, give rise to problems; could be exchanged with somebody else to confuse identify. The skin implant on the other hand would be not losable or counterfeitable or transferrable to another person so you and your accounts would be identified without any possibility of error. And the skin implants would have to be put some place that would be convenient to the skin; for example your right hand or your forehead. At that time when I heard this I was unfamiliar with the statements in the Book of Revelation. The speaker went on to say, "Now some of you people who read the Bible will attach significance to this to the Bible," but he went on to disclaim any Biblical significance at all. This is just common sense of how the system could work and should work and there's no need to read any superstitious Biblical principals into it. As I say, at the time I was not very familiar with the words of Revelations. Shortly after I became familiar with it and the significance of what he said really was striking. I'll never forget it. There was some mention, also, of implants that would lend themselves to surveillance by providing radio signals. This could be under the skin or a dental implant ... put in like a filling so that either fugitives or possibly other citizens could be identified by a certain frequency from his personal transmitter and could be located at any time or any place by any authority that wanted to find him. This would be



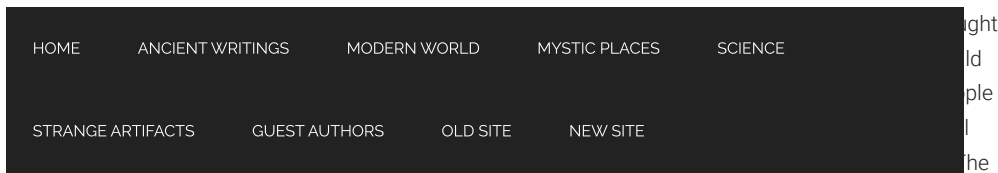
watching. And you would not know that you were being watched while you were watching your television. How would we get people to accept these things into their homes? Well, people would buy them when they buy their own television. They won't know that they're on there at first. This was described by being what we now know as Cable TV to replace the antenna TV. When you buy a TV set this monitor would just be part of the set and most people would not have enough knowledge to know it was there in the beginning. And then the cable would be the means of carrying the surveillance message to the monitor. By the time people found out that this monitoring was going on, they would also be very dependent upon television for a number of things. Just the way people are dependent upon the telephone today. One thing the television would be used for would be purchases. You wouldn't have to leave your home to purchase. You just turn on your TV and there would be a way of interacting with your television channel to the store that you wanted to purchase. And you could flip the switch from place to place to choose a refrigerator or clothing. This would be both convenient, but it would also make you dependent on your television so the built-in monitor would be something you could not do without. There was some discussion of audio monitors, too, just in case the authorities wanted to hear what was going on in rooms other than where the television monitor was, and in regard to this the statement was made, "Any wire that went into your house, for example your telephone wire, could be used this way. I remember this in particular because it was fairly near the end of the presentation and as we were leaving the meeting place I said something to one of my colleagues about going home and pulling all of the wires out of my house.. except I knew I couldn't get by without the telephone. And the colleague I spoke to just seemed numb. To this day I don't think he even remembers what we talked about or what we hear that time, cause I've asked him. But at that time he seemed stunned. Before all these changes would take place with electronic monitoring, it was mentioned that there would be service trucks all over the place, working on the wires and putting in new cables. This is how people who were on the inside would know how things were progressing.

HOME OWNERSHIP A THING OF THE PAST

Privately owned housing would become a thing of the past. The cost of housing and financing housing would gradually be made so high that most people couldn't afford it. People who already owned their houses would be allowed to keep them but as years go by it would be more and more difficult for young people to buy a house. Young people would more and more become renters, particularly in apartments or condominiums. More and more unsold houses would stand vacant. People just couldn't buy them. But the cost of housing would not come down. You'd right away think, well the vacant house, the price would come down, the people would buy it. But there was some statement to the effect that the price would be held high even though there were many available so that free market places would not operate. People would not be able to buy these and gradually more and more of the population would be forced into small apartments. Small apartments, which would not accommodate very many children. Then as the number of real homeowners diminished they would become a minority. There would be no sympathy for them from the majority who dwelled in the apartments and then these homes could be taken by increased taxes or other regulations that would be detrimental to home ownership and would be acceptable to the majority. Ultimately, people would be assigned where they would live and it would be common to have non-family members living with you. This by way of your not knowing just how far you could trust anybody. This would all be under the control of a central housing authority. Have this in mind in 1990 when they ask, "How many bedrooms in your house? How many bathrooms in your house? Do you have a finished game room?" This information is personal and is of no national interest to government under our existing Constitution. But you'll be asked those questions and decide how you want to respond to them.

THE ARRIVAL OF THE TOTALITARIAN GLOBAL SYSTEM

When the new system takes over people will be expected to sign allegiance to it, indicating that they don't have any reservations or holding back to the old system. "There just won't be any room", he said, "for people who won't go along. We can't have such people cluttering up the place so such people would be taken to special places", and here I don't remember the exact words, but the inference I drew was that at these special places where they were taken, then they would not live very long. He may have said something like, "disposed of humanely", but I don't remember very precisely ... just the impression the system was not going to support them when they would not go along with the system. That would leave death as the only



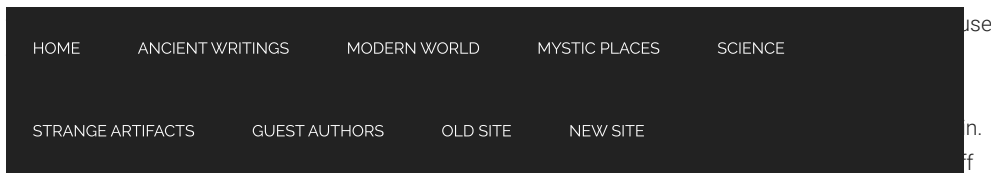
bringing in of the new system he said probably would occur on a weekend in the winter. Everything would shut down on Friday evening and Monday morning when everybody wakened there would be an announcement that the New System was in place. During the process in getting the United States ready for these changes everybody would be busier with less leisure time and less opportunity to really look about and see what was going on around them. Also, there would be more changes and more difficulty in keeping up as far as one's investments. Investment instruments would be changing. Interest rates would be changing so that it would be a difficult job with keeping up with what you had already earned. Interesting about automobiles; it would look as though there were many varieties of automobiles, but when you look very closely there would be great duplication. They would be made to look different with chrome and wheel covers and this sort of thing, but looking closely one would see that the same automobile was made by more than one manufacturer. This recently was brought down to me when I was in a parking lot and saw a small Ford – I forget the model – and a small Japanese automobile which were identical except for a number of things like the number of holes in the wheel cover and the chrome around the plate and the shape of the grill. But if you looked at the basic parts of the automobile, they were identical. They just happened to be parked side-by-side where I was struck with this and I was again reminded of what had been said many years ago. I'm hurrying here because I'm just about to the end of the tape. Let me just summarize her by saying, all of these things said by one individual at one time in one place relating to so many different human endeavors and then to look and see how many of these actually came about ... that is changes accomplished between then and now [1969 – 1988] and the things which are planned for the future, I think there is no denying that this is controlled and there is indeed a conspiracy.

The question then becomes what to do? I think first off, we must put our faith in God and pray and ask for his guidance. And secondly do what we can to inform other individuals as much as possible, as much as they may be interested. Some people just don't care, because they're preoccupied with getting along in their own personal endeavors. But as much as possible I think we should try to inform other people who may be interested, and again ... put our faith and trust in God and pray constantly for his guidance and for the courage to accept what we may be facing in the near future. Rather than accept peace and justice, which we hear of so much now ... it's a cliché. Let's insist on liberty and justice for all.

The Plot to Control and Reduce the Population – Epilogue

First and foremost, what Dr. Day spoke openly about in 1969 started in Hitler's day. Despite his losing the war, the Rockefellers, Prescott Bush, I.G. Farben and other "haves" decided to push forward. Twenty-two years after Dr. Day's lecture, which would be in 1991, two of Day's buddies, Randy Engel and Dr. Lawrence Dunegan had a chat about it. After their thoughts we'll get to modern day atrocities.

When discussing cancer cures they talked about numerous cancer cures sitting at the Rockefeller Institute and withheld from the public and the medical profession. While Dr. Day spoke about this, he also said, "You will forget most or much of what I'm going to tell you tonight". Why would they forget? Do you think a huge sumptuous meal and unlimited alcohol would have anything to do with that? Even then people were dumbed down. When talking about changing the image of the doctor it was to turn them into a high-paid technician rather than a professional who exercises independent judgment on behalf of his independent patient. Looking at today's physician, for the most part you see a "hooker" for the Big pHarma "pimp" treating a symptom endlessly with toxic, synthetic chemicals instead of trying to dig for the cure. And what does this lifetime of filling the body with endless toxic chemicals do? It shortens the life span. Then they compared the Americans to the Europeans and said that the Americans were too trusting and never ask the right questions while the Europeans were more skeptical and more sophisticated. The Americans had a lack of discernment and were easily tricked because they were too trusting. In other words, if you want someone to do something and you know that initially he might balk at it because it's against his morals or religious beliefs, you have to substitute another reason that will be acceptable. And then, after he accepts it, it will be a done deal and there would be no turning back. In this vein, look how quickly so-called AIDS education was introduced and ultimately accepted. If a group wanted to introduce the concept of sodomy or initiate sex earlier and earlier in children and that was the reason given, most parents would not go for it. So, you change the reason and it's accepted. And the new reason was to protect the children from AIDS. So now



anyway. Dr. Day recognized homosexual activity as a bizarre abnormal behavior, but that activity was just another element in the law of the jungle because "people who are stupid enough to go along with it are not fit to inhabit the planet and they will just go by the wayside. And if you are dumb enough to be convinced by the promotion of homosexuality you don't deserve a place and we'll be rid of you soon enough. The people who will survive this are also smart enough not to be deluded by our propaganda". The guy was a true humanitarian. From this promotion of homosexuality came the concept of downgrading or eliminating God from the equation altogether. The concept of not being able to see Him led to the propaganda of doubting His existence. After all, since God heartily denounced, rejected and punished homosexual behavior, if you can Him out of the picture than anything goes. Wait and see how long it will be before pedophilia emerges big time. Actually, pedophilia exists right now in the Catholic Church. And what happens when a priest is found to be a pedophile? He is sent to another parish. When Dr. Day attacked religion, because he was an atheist, he advocated creating "our own religion", because in doing so they could then define what religion is. And their target – the Roman Catholic Church. "Once that falls, the rest of Christianity will be easy". Along these lines there was an article in the Honolulu Star Advertiser on November 11, 2013 about a church service in Los Angeles made up of atheists finding camaraderie without religion. "The movement dovetails with new studies that show an increasing number of Americans drifting away from any religious affiliation". The Pew Forum on Religion & Public Life released a study last year that found 20 percent of Americans say they have no religious affiliations, which was an increase from 15 percent in the last five years. Maybe the concept of abandoning religious or spiritual values has not encompassed all of society, but as you can see it is growing. And what fruit does a Godless society bear? Chaos, control and reduction. Regarding the Bible, Dr. Day said the plan was underfoot to change wording. As he put it, "Words are weapons". An example would be changing the word "alter" to "table" or "sacrifice" to "meal". When you change words, you change ideas and thoughts. Take the word "gay" for example. Years ago it meant "happy". Today, it's a pervert and never used in any other way. Then we have "sex education". Is that not just a euphemism for conditioning? And why was the word "homophobe" created? The answer is obvious. That being the case, why has the word "heterophobe" never been used in the mainstream media? "Pimps. Hookers and Tricks"! Let's look at the reason for promoting abortion: when you kill them off early you will left with "oldies" that will die sooner with fewer behind them. Does this not blend in perfectly with population reduction?

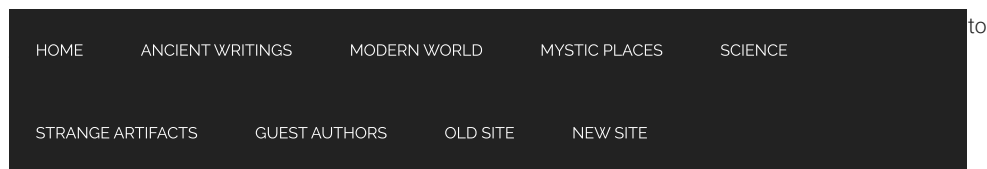
So the concept of sex without reproduction was greatly emphasized. Hello birth control pills, abortions at will, and sense enjoyment "ubber alles". Hitler said, "Deutschland ubber alles" (Germany over all others). Now it's sex over morality.

The subject of population control was easily solved. The use of microchips solved that issue. By implanting microchips population control is simplified. Everything about an individual will be public. Their money, their sex lives, their contacts, their thoughts will be made available for the "haves". Try to buck the system and your plug gets pulled. At that point you will have no life. But the "haves" will be exempt from that and will have their privacy reserved. No one else!

When it comes to music the young and the old have different tastes. The old like it quiet and the young like it loud and busy. The problem that this creates is turmoil in the family because of the sound variations in the house. So, in rebellion the youth take to the streets or vacate the house causing family dissention and distancing.

To implement these changes the "New Authority" would have to present itself and its ideas. What better time than in the winter on a weekend. The reason for this is that in the winter people are less apt to travel and on the weekend government agencies are closed making it so no one would be able to question anything. Also, an agreement would have to be signed. Sign and you're good. Don't sign any you will get any electrical impulses in your bank accounts, no impulses to pay your electric bills or your mortgage or buy food. So, when the impulses are gone, so is your livelihood and means of existence.

Your expenditures, through electronic surveillance would be tightly watched. If you spend too much money at your supermarket someone would come to you and say, "How come? What are you doing with all this food? You don't look fat. You don't have that many people to feed. We know you are not entertaining. What



Look what happened in China when they wanted to enforce the "one child family" concept. All education for the second child was cut off, and food rations were cut, and if someone found a way around that the government instituted compulsory abortions and compulsory plugging in of the IUD's.

In the USA we have Planned Parenthood espousing "freedom of choice". Really? One of the medical directors of Planned Parenthood, Dr. Allen Gootmacher, said, "Well, if people limit their families and do what we say, fine. But, if we need compulsory population control, we're going to have it".

The New World Order is not supportive of homeless people living in boxes on the street. In keeping with the actions of the Nazi's and the Communists, people came in the middle of the night and by morning all those people were gone. Where did they go? Don't ask. After all, when a person lives in a box he is littering. So, a truck comes at night and removes the litter. If you ask questions you draw attention to yourself. So, you mind your own business and step over the starving man on the street who didn't play ball.

I was recently visiting a high school buddy who lived in a retirement home in New Jersey. I noticed that the exit was convoluted and not simple. So, here's this little retirement community with one exit and entrance, no young people, and a hassle to get out of. Why? Maybe to minimize the times someone leaves so they stay home longer.

So, for everyone reading this, make sure that your kids see their grandparents frequently no matter how much that entails. If you see someone infrequently you forget they exist. If you forget they exist, love is lost. When that happens and you tell your child his/her grampa or gramma died, the last thing you want to hear is, "Who"?

Back in the late 30's and early 40's, manure was the fertilizer and the soil, being rich in sulfur, kept people healthy. The Rockefeller, under the guise of enabling the farmer to plant more crops and less time shoveling shit, switched to the petro-chemical fertilizers and killing all the sulfur in the soil. Illnesses abounded.

Then the food companies got involved and figured out if they could extend shelf life they could make more profit. This opened the door to synthetic chemicals being added to the food.

The pharmaceutical industry paid for more advertising and the mainstream media began running more drug ads in the newspapers and on television. That was unheard of in the 40's and early 50's.

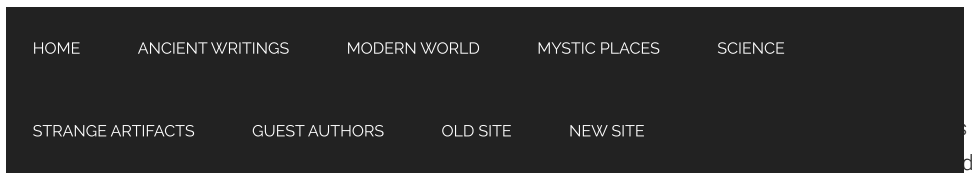
Enter the biotech industry supplying us with heavily pesticide and insecticide sprayed foods telling us they were safe. Does anyone remember the Viet Nam war and the use of Agent Orange, which left enormous amounts of people dealing with illnesses and kids born with birth defects for the rest of their lives? Yet, Monsanto says that the corn-fields in the U.S. sprayed with 2-4-D, Agent Orange's active ingredient is safe to eat.

Back in the 50s, fluoride used to be disposed of in lead-lined drums as a toxic waste product to the tune of millions of dollars a year. That was easily fixed. A PR campaign was undertaken and now it is dumped into the water supply as a dental cavity panacea and those polluters rake in millions of dollars a year.

There's a couple of interesting facts about fluoride:

*NYC and Boston have been fluoridated since the 60's and experience a dental cavity rate 4 times higher than the national average. How come no one spends time teaching people about how to brush and floss the teeth or how the ingestion of sugar leads to cavities?

*In the year 2000, Hawaii's Dental Chief, Dr. Mark Greer, said on Hawaii Public Radio that the toxicology tests proved that fluoride was safe and effective. The problem with that statement is that the only **independent** toxicology report on fluoride was done by the National Research Council in 2007. They found that fluoride, in excess of **.8ppm**, was extremely detrimental to one's health (at present, in addition to



called our Dental Chief and liar in front of at least 300 people and said that I open a defamation of character lawsuit. I then asked if there was a lawyer in the house and if there was, I begged him to take the case because in trial Dr. Greer would have to present the toxicology report he referred to, which does not exist.

Ten years later, except for the military bases, no fluoride in Hawaii's water supply and no lawsuit.

So, here we are. All the things that Dr. Day spoke about get implemented little by little. But, we have three things we have no control over and three things we have control over. We have no control over getting old, no control over dying, and no control over karma. What we have control over is being healthy, being fit, and actually having a relationship with God.

To be healthy we should adhere to a plant-based diet centered around organics and avoiding GMOs at all costs. So, if soy, corn or cotton products do not say "organic" or "non-GMO", you must not eat them. Also, plant-based foods leave the body in two to four days, while flesh based foods leave the body in four to seven days. My question is, if flesh foods stay in the body up to seven days, where do all those poisons go?

If eating a plant-based diet not centered around organics you will need to detoxify your system. The options are chlorella and spirulina or organic sulfur crystals, which you can read about below. But, the point is to take responsibility for yourself and get out from under your doctor's grip with toxic, synthetic chemicals.

To get fit, those long things below your waist are legs and putting one in front of the other is called walking and this is the simplest form of exercise. An hour a day keeps the doctor away,

Connecting with God is easy. In Psalms it constantly tells us His names will save us. He has millions of names that all refer to aspects of His personality. For example:

- Jehovah means the All-Mighty One
- Elohi or Eluhaynu means the Dear Friend
- Krishna means the All-Attractive Person
- Allah means the All-Compassionate One
- Gopala means Protector of the Cows
- Govinds means the One that Pleases the Senses
- Abba means Father

So, find a name of His you like and talk to Him. As He is in your heart, He will know if you are serious.

Let you be in control of your life not some government run by uncaring assholes.

About Hesh

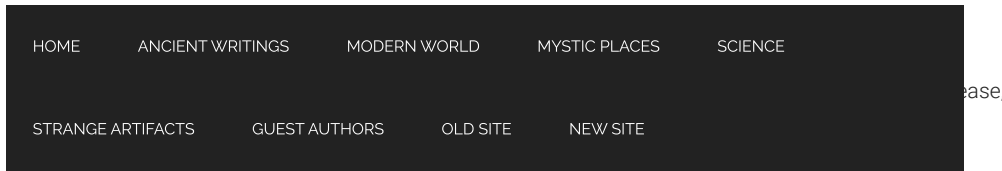
I have been doing a weekly radio show in Honolulu since 1981 called "Health Talk".

In 2007 I was "forced" to get a Masters degree in Nutrition because of all the doctors that would call in asking for my credentials. They do not call in anymore.

Going to www.healthtalkhawaii.com enables you, among other things, to listen to the shows. I am an activist. In addition to espousing an organic vegan diet for optimum health,

I am strongly opposed to GMOs, vaccines, processed foods, MSG, aspartame, fluoridation and everything else that the pimps (Big Pharma, Monsanto and the large food companies) and the hookers (the doctors, the government agencies, the public health officials, and the mainstream media) thrust upon us, the tricks.

After being vaccinated with the DTP vaccine as a child I developed asthma. After taking the organic sulfur crystals (they are harvested from the pine trees in Louisiana) in November of 2008 for 3 days my asthma

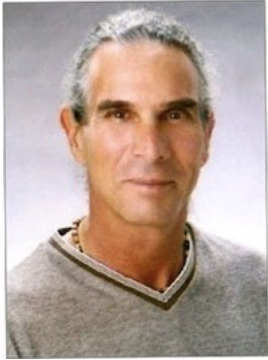


circulation, reduced inflammation, resistance to getting the flu, reduction of wrinkles, allergy reduction, reduced PMS and monthly period pain, nausea, migraines and so much more.

And it's only possible because of the oxygen it releases that floods the cells of the body.

The sulfur, as proven by the University of Southampton in England, enables the body to produce vitamin B12 and the essential amino acids. You can find out more about this incredible nutrient also on my website – www.healthtalkhawaii.com -.

My book, "a Sane Diet For An Insane World", which has been published. and can be viewed at www.asanediet.com, could very well change your health for the better.



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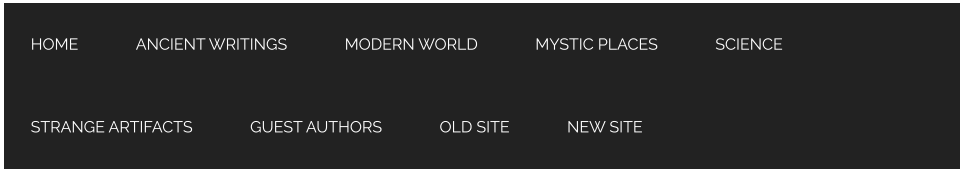
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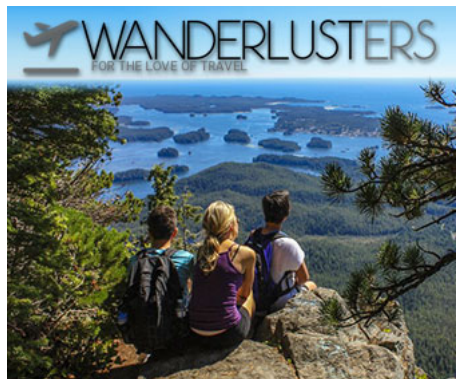
WORTH A LOOK



B-SKEPTICAL



Recent Post: "WE (THEY) ARE IN IT TOGETHER..."



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