



FINANCIAL PREPAREDNESS

"One of life's most painful moments comes when we must admit that we didn't do our homework, that we are not prepared." ~ Merlin Olsen

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Superfoods

The most common New Year's resolutions traditionally include getting healthier and losing weight, so eating healthier may be on your mind right now, especially with the recent explosion in cases of COVID-19. I did a deep dive into this after my heart attack, and I can tell you that your diet is the most important determinant of your health (the other major determinants include sleep, exercise/movement and mental well-being). If your diet is poor, no amount of exercise can compensate for that; trust me, I know.

Eating the right food (at the right time and in the right amount) can protect and repair your body. Hippocrates wrote, "Let food be thy medicine and medicine be thy food." Your body is like a race car that is capable of high performance, but if you put low-quality fuel into its engine, it won't perform anywhere near its capacity. Most "food products" sold today will actually make you sick eventually.

Common objections to eating healthy/clean include "I don't like the taste," "it's not convenient/takes too much time," and "it's too expensive." But never before has eating healthy tasted so good (for example, try the cauliflower pasta and pizza crust made by [Caulipower](#)—it's my family's favorite!) or been more convenient. And if you think eating healthy is expensive, wait until you're chronically ill and have to pay large medical bills. You can no longer afford to get sick because health care costs have become prohibitive.

So make a strategic decision to spend money up front on quality food (and health) so that you don't have to spend money later on medical bills (and poor health).

Three months ago I finished reading Superfoods: The Food and Medicine of the Future by David Wolfe. It's a great book, and the author is very knowledgeable and passionate. Superfoods are naturally occurring food that is actually medicine masquerading as food, and the author details the many astounding health benefits of each. Humans have been eating these foods for millennia, so they have stood the test of time. The book also includes dozens of recipes.

My favorite part of the book was where Wolfe recounted the history of hemp in the U.S.: “Hemp production is probably the oldest industry on the planet, going back more than ten thousand years....the oldest relic of human industry is a piece of hemp fabric dating back to approximately 8,000 B.C....George Washington and Thomas Jefferson both grew hemp on their farms and Ben Franklin owned a hemp paper mill. Hemp continued as a massive agricultural crop in North America until the late 1930s.”

“In the early 1930s one of the great media conspiracies of the 20th Century unfolded. Newspaper publisher William Randolph Hearst, along with DuPont Corporation, a group of petroleum interests, the American cotton-growing lobby, international bankers, and a group of ignorant politicians, led a crusade to ban hemp. The Hearst family had acquired millions of acres of forestland that it intended to turn into paper for publishing and Pierre DuPont held patent rights to [a] wood-pulp paper process. Also, in 1937 DuPont patented nylon rope (to replace hemp rope) made from synthetic petrochemicals. The petroleum industry did not want any competition from hemp rope, nor did they want to compete against inexpensive hempseed biodiesel fuel, so Hearst used his power as a publisher to sway public opinion about hemp and marijuana.”

“With the help of U.S. Treasury Secretary Andrew Mellon...Congress passed the Marijuana Tax Act in 1937, which placed a prohibitive, elaborate set of rules around the growing, handling and distributing of hemp. This was possible because marijuana is a subspecies of hemp....A violation of the...rules would result in a penalty of up to \$2,000 (in 1937 currency) or up to five years in prison. This legislation essentially ground the hemp production industry to a halt in America.”

“Hemp was briefly legalized again during World War II. The U.S. government produced the film *Hemp for Victory* to encourage farmers to grow the crop. Nearly a million acres of hemp were grown...to support the war effort. But hemp farming was shut down after the war. Then, due to pressure brought by the same special interests as before, came the *Comprehensive Drug Abuse Prevention and Control Act of 1970* that outlawed marijuana altogether and made little distinction between hemp and marijuana.”

For months now, I've been adding nearly all of the superfoods in the book to my morning nutrition shake, which is one of the best things I eat all day. It hydrates me, gives me energy, boosts my immune system, helps me focus and makes my tummy very happy. No matter what I eat for the rest of the day (all of which is healthy), I know I've got my nutritional base covered.

My shake recipe is below. Is it perfect? No. Is it better than 99% of the breakfasts that Americans eat? Yeah, I'm pretty sure it is. Now, if you decide to try any of these foods, you should research it first to ensure that it won't exacerbate a health condition you already have or interfere with a prescription drug you're taking (although you should be trying to get on the Wellness Path by eating superfoods, etc. instead of staying on the Medical Path by taking prescription drugs, etc.)

I recommend you add just one food or supplement per week (in increasingly larger amounts, up to the recommended serving) so you can see how your body reacts (chlorella can make some people sick, and you should slowly increase the serving size of Maca powder and MCT oil). Maybe start with the Vega One or Green Vibrance drink powders and then add things to that. I've included the brand I use in parentheses; almost everything below is organic. Underlined items are part of the [FLCCC I-MASK+ Prevention Protocol for COVID-19](#). Items with an asterisk after them are recommended by Dr. Mercola. Items in italics need to be refrigerated after opening.

2 cups of spring water

Superfoods

1 cup of *coconut water*

1 Tbsp *hulled hemp seeds* (Terrasoul Superfoods)

1 Tbsp *Herbal Aloe Force* (Herbal Answers)

1 tsp *Acai powder* (Terrasoul Superfoods)

1 Tbsp Cacao powder (Viva Naturals)

1 tsp Camu Camu powder (HerbaZest)

½ tsp Chlorella powder (Terrasoul Superfoods)

1 tsp Noni powder (Terrasoul Superfoods)

1 tsp Maca powder (Viva Naturals)

1 Tbsp Goji berries (I also add some to my nut mix, Viva Naturals)

1 scoop Spirulina* (Microingredients)

1 Tbsp MCT oil (Viva Naturals)

~1 Tbsp local honey (this and the next three items are all made by bees; it was very interesting to read about them)

½ tsp bee pollen (Greenbow)

2,000mg royal jelly (Greenbow)

1 capsule propolis (Greenbow)

500mg marine phytoplankton (Eco Mundo) Note that if you order from this Dutch company, U.S. Customs may open your package like they did mine.

400mg AFA blue-green algae (E3Live)

225mcg Arctic kelp (Country Life)

Incan berries (AKA golden berries; Terrasoul Superfoods) I don't include these in my shake because they don't blend well. Instead, I add them to my nut mix and my grain-free granola cereal.

Supplements

1 scoop *Green Vibrance drink powder* (Vibrant Health; put in the freezer after opening)

1 scoop Vega One all-in-one shake (Vega One) I love chocolate mint, but there are several flavors.

1 scoop grass fed + hormone-free whey protein, vanilla (Muscle Feast)

1 Tbsp *ground flaxseed* (Spectrum Essentials)

2 tsp psyllium husk powder (Viva Naturals)

1 Tbsp apple cider vinegar with “the mother” (Bragg)

500mg Vitamin C* (Doctor's Best)

4,000 IU Vitamin D3* (in Winter or during periods of little sunlight, as I usually get enough D from the multivitamin below; Carlson)

100mcg Vitamin K2 (Doctor's Best)

500mg magnesium (Life Extension)

99mg potassium (Nutricost) Why such a weird amount? Because the federal government doesn't allow capsules to contain more than 99 milligrams. That doesn't prevent you from taking more than one capsule, but like most things, if you get too much potassium, it can kill you.

2 capsules Vitamin Code 50 & Wiser Men multivitamin (Garden of Life)

1 capsule Omega-3 fish oil (Viva Naturals)

1,000mg black elderberry* (Horbäach)

200mg CoQ10 (Garden of Life)

30mg zinc* (Garden of Life)

250mg Optimized Quercetin* (Life Extension)

1 capsule Turmeric Curcumin (Viva Naturals)

N-Acetyl-L-Cysteine* or NAC (Life Extension) Drink plenty of water if you take this.

250mg Beta-Glucans* (Now)

350mg Resveratrol* (Garden of Life)

1 capsule garlic (Kyolic)

1 capsule Joint Support (Viva Naturals)

1 capsule ArthroMax Elite (joint support, Life Extension)

Note that some supplements are necessary to make other supplements work effectively. For example, your body needs Quercetin to absorb zinc, and magnesium and Vitamin D work together.

It takes me 10-15 minutes to make my shake, but by now I have it down to a system.

I can't swallow pills or capsules, so once a week I put them in two of these [extra large pill holders](#), so each morning I can just quickly dump them in my shake. When I get to the bottom of my shake, there's a sludge of mostly shredded capsule containers that I just spit out.

At my recent annual physical, my blood work was nearly perfect. I feel and look great.

You can get nearly everything above at a reduced price via Subscribe & Save from Amazon, Viva Naturals, Life Extension or Vibrant Health.

What You Should Be Doing Now

1. The yield on 5-year and 10-year U.S. Treasury bonds has spiked to the highest level in almost two years. Remember, due to the fact that about a third of all U.S. Treasury debt must be refinanced every year, when interest rates rise, this Ponzi scheme will be over. Historically, when interest rates rise, precious metals tend to decline in price since they have no yield. Silver has fallen and is getting close to its

1-year low of \$21.57. But what good is a higher yield on a Treasury bond if the value of the underlying currency is going to zero? If you don't own any physical silver, you may have the opportunity to buy some soon at an attractive price.

2. Books to read: Warning to the West by Aleksandr Solzhenitsyn. This is a collection of speeches he made in 1975-6. No one talks like this anymore, probably because few people still alive experienced what he did. I learned a lot, including that [the Allies forcibly repatriated two million Russians to the Soviet Union after WWII](#). Some excerpts: "One must think of what might happen unexpectedly in the West. The West is on the verge of a collapse created by its own hands." And "...experience cannot be transmitted: everyone must experience everything for himself....all of us are standing on the brink of a great historical cataclysm, a flood that swallows up civilization and changes whole epochs."

Question For You

If you drink a nutrition shake, what do you put in it? [Let me know!](#)

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I would love to hear from you! I thrive on feedback from readers. If you have any comments, suggestions, insight/wisdom, or you'd like to share a link to a great article, please [email me](#).

Generally, I don't have time to answer questions about your specific situation, but if you have a general question that I think other readers also have, [let me know](#) and I will provide an answer in a future issue.

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Investments carry risk, are not guaranteed, and do fluctuate in value, and you can lose your entire investment. Past performance is not indicative of future performance. You should not invest in something you don't understand, or put all of your eggs in one basket.

Before starting a new diet or exercise regimen, you should consult with a doctor, nutritionist, dietician, or personal trainer.

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