



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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RFK Jr.'s Nuclear Truth Bomb

I've followed politics fairly closely since around 1984, so I've heard a lot of politicians make speeches. At best, the words are like drops of water on a hot skillet: They sizzle for a moment and then are gone and forgotten about. In recent years, political speeches have become almost all lies, misrepresentations, smears, red herrings, and non sequiturs designed to cater to the lowest common denominator of the Low Information Voter. Consequently, the signal to noise ratio of these speeches is very low, so it's generally not worth your time to listen to them.

On August 23, Robert F. Kennedy Jr. gave perhaps the most momentous and consequential political speech I've ever heard. I've written before that he's over the target more than any other presidential candidate, but this speech blew me away with its thoughtfulness, earnestness, clarity, insight, gravitas and humanity. I encourage you to [watch it](#) yourself (53 minutes into this). Below I include the text of most of the speech (in italics) with my comments interspersed throughout.

Sixteen months ago, in April of 2023, I launched my campaign for president of the United States. I began this journey as a Democrat, which is the party of my father, and my uncle....back [in 1960], the Democrats were the champions of the Constitution and of civil rights.

[They] stood against authoritarianism, against censorship, against colonialism, imperialism, and unjust wars. We were the party of labor, of the working class. The Democrats were the party of government transparency and the champion of the environment. Our party was the bulwark against big money interests and corporate power. True to its name, it was the party of democracy.

As you know, I left that party in October because it had departed so dramatically from the core values that I grew up with. It had become the party of war, censorship, corruption, Big Pharma, Big Tech, Big Ag and Big Money when it abandoned democracy by canceling the primary to conceal the cognitive decline of the sitting president. I left the party to run as an independent. The mainstream of American politics and journalism derided my decision.

Conventional wisdom said that it would be impossible even to get on the ballot as an independent, because each state poses an insurmountable tangle of arbitrary rules for collecting signatures. I would need over a million signatures, something no presidential candidate in history had ever achieved, and then I'd need a team of attorneys and millions of dollars to handle all the legal challenges from the DNC.

The naysayers told us that we were climbing a glass version of Mount Impossible [but] we proved them wrong....More than 100,000 volunteers sprang into action, hopeful that they could reverse our nation's decline. Many worked 10 hour days, sometimes in blizzards and blazing heat....Our 50 state organization collected those millions of signatures and more....

Now in an honest system, I believe that I would have won the election, in a system that my father and my uncles thrived in--a system with open debates, with fair primaries...and with a truly independent media. Untainted by government propaganda and censorship and a system of nonpartisan courts and election boards, everything would be different....

But I'm sorry to say that while democracy may still be alive at the grassroots, it has become little more than a slogan for our political institutions, for our media and for our government, and most sadly at all for me, the Democratic Party. In the Name of saving democracy, the Democratic Party set itself to dismantling it, lacking confidence in its candidate that [he] could win in a fair election at the voting booth.

The DNC waged continual legal warfare against both President Trump and myself. Each time that our volunteers turned in those towering boxes of signatures needed to get on the ballot, the DNC dragged us into court, state after state, attempting to erase their work and to subvert the will of the voters who had signed those petitions. It deployed DNC-aligned judges to throw me and other candidates off the ballot and to throw President Trump in jail.

[Many Americans assume that political skirmishing only occurs during election season, but it has become a year-round, never-ending war as Democrats have made increasing and

heavy use of lawfare to achieve their electoral objectives.]

It ran a sham primary that was rigged to prevent any serious challenge to President Biden. Then when a predictably bungled debate performance precipitated the palace coup against President Biden, the same shadowy DNC operatives appointed his successor, also without an election. They installed a candidate who was so unpopular with voters that she dropped out in 2020 without winning a single delegate.

[I'm surprised by how Democrats can repeatedly draw Trump into traps such as participating in the earliest presidential debate ever (for the purpose of exposing Biden's dementia and then dumping him) and January 6. The Democrats play 4D chess.]

My uncle and my father both relished debate. They prided themselves on their capacity to go toe to toe with any opponent and the battle over ideas. They would be astonished to learn of a Democratic Party presidential nominee who, like Vice President Harris, has not appeared in a single interview or an unscripted encounter with voters for 35 days.

[How is this possible? How could she be afraid of taking gushing, softball questions from the Legacy Media? Compare the embarrassing “[Mamala](#)” interview she did with Drew Barrymore to [Trump's hostile interview](#) with the National Association of Black Journalists (1:02:30 into that audio file). Trump isn't afraid to talk with anyone, and maybe even goes out of his way to do so. I'm sure he's given hundreds of interviews. Which candidate has done more to show Americans that he or she can competently represent Americans on a world stage, where an image of fearlessness can help prevent wars?]

This is profoundly undemocratic. How are people to choose when they don't know whom they are choosing, and how can this look to the rest of the world? My father and my uncle were always conscious of America's image abroad because of our nation's role as the template for democracy, the role model for democratic processes, and the leader of the free world. Instead of showing us her substance and character, the DNC and its media organs engineered a surge of popularity for Vice President Harris based upon nothing, no policies, no interviews, no debates, only smoke and mirrors and balloons in a highly produced Chicago circus.

[Well, I don't know about “based on nothing.” There's “[Joy](#),” which could be used to fight inflation, crime, budget deficits and foreign dictators. Also, she has a beautiful smile and great hair.]

In Chicago, the Democratic speakers mentioned Donald Trump 147 times just on the first day of the convention. Who needs a policy when you have Trump to hate? In contrast, at the RNC convention, President Biden was mentioned only twice in four days.

[I watched much of the DNC, which after four days became a real slog. I became weary of the lame Trump-bashing (e.g., “he only cares about himself”) and longed to hear any mention of words like “inflation,” “crime,” “illegal immigration,” “budget deficits and the national debt,” and “war,” as well as proposed solutions to those problems.]

I do interviews every day....Some days, I do as many as 10. President Trump, who actually was nominated and won an election, also does interviews daily. How did the Democratic Party choose a candidate that has never done an interview or debate during the entire election cycle? We know the answer.

[Can the Democrats not find a candidate who can speak well contemporaneously in public? Harris is now the second candidate in a row that they've hidden from the public. It's bizarre.]

They did it by weaponizing the government agencies. They did it by abandoning democracy. They did it by suing the opposition and by disenfranchising American voters. What most alarms me isn't how the Democratic Party conducts its internal affairs or runs its candidates. What alarms me is they resort to censorship and media control, and the weaponization of the federal agencies. When a US president colludes with or outright coerces media companies to censor political speech, it's an attack on our most sacred right--free expression--and that's the very right upon which all of our other constitutional rights rest.

[There's a reason the protection of free speech became the First Amendment. It's what attorney Jonathan Turley calls “the indispensable right” in [his new book](#). That and the Second Amendment protect all other rights. Without them, we have tyranny, which is why the Democrats are hell-bent on eviscerating both.]

President Biden mocked Vladimir Putin's 88% landslide in the Russian elections, observing that Putin and his party controlled the Russian press and that Putin prevented serious opponents from appearing on the ballot.

Here in America, the DNC also prevented opponents from appearing on the ballot. Our television networks exposed themselves as Democratic Party organs over the course of more than a year. In a campaign where my poll numbers reached at times in the high 20s, the DNC-allied mainstream media networks maintained a near perfect embargo on interviews with me during this 10 month presidential campaign. In 1992, Ross Perot gave 34 interviews on mainstream networks.

In contrast, during the sixteen months since I declared, ABC, NBC, CBS, MSNBC and CNN combined gave only two live interviews from me. Those networks instead ran a continuous deluge of hit pieces with inaccurate, often vile pejoratives and defamatory smears. Some of those

same networks colluded with the DNC to keep me off the debate stage.

Representatives of those networks are in this room right now, and I'll just take a moment to ask you to consider the many ways that your institutions have abdicated this really sacred responsibility: the duty of a free press to safeguard democracy and to always challenge the party in power. Instead of maintaining that posture of fierce skepticism toward authority, your institutions have made themselves government mouthpieces and stenographers for the organs of power. You didn't alone cause the devolution of American democracy, but you could have prevented it.

[This is why the Legacy Media is heading towards bankruptcy: because it failed to do its job of Speaking Truth to Power. Independent, alternative voices such as this newsletter have stepped up to the job.]

The Democratic Party's censorship of social media was even more of a naked exercise of executive power. This week, a federal judge...upheld my injunction against President Biden calling the White House's censorship project "The most egregious violation of the First Amendment in the history of the United States of America." The 155 page decision details how just 37 hours after he took the oath of office, swearing to uphold the Constitution, President Biden and his White House opened up a portal and then invited the CIA, the FBI, and CISA (which is a censorship agency--it's the center of the Censorship Industrial Complex), DHS, the IRS and other agencies. They censor me and other political dissidents on social media. Even today, users who try to post my campaign videos to Facebook or YouTube get messages that this content violates community standards.

[Why did they wait 37 hours to do that? What took them so long?]

Two days after [the judge in the case above] rendered his decision...Facebook was still attaching warning labels to an online petition calling on ABC to include me in the upcoming debate. They said that violates community standards, their community standards.

The mainstream media was once the guardian of the First Amendment and democratic principles, and has joined this systemic attack on democracy. The media justifies their censorship on the grounds of combating misinformation, but governments and oppressors don't censor lies. They don't fear lies. They fear the truth, and that's what they censor....

[Let's not forget "malinformation," a new category of censorable speech that is true, but inconvenient for the ruling regime. As Tucker Carlson asks, has there ever been a Good Guy in history who wanted to censor something? Invariably, they are Bad Guys who want to do bad things.]

Three great causes drove me to enter this race in the first place, primarily, and these are the principal causes that persuaded me to leave the democratic Democratic Party and run as an independent and now to throw my support to President Trump. The causes were free speech, a war in Ukraine and the war on our children...

I want to say a word about the Ukraine war. The Military Industrial Complex has provided us with a familiar comic book justification, like they do [for] every war. And this one is a noble effort to stop a super villain--Vladimir Putin--invading the Ukraine, and then to thwart his Hitler-like march across Europe.

In fact, tiny Ukraine is a proxy in a geopolitical struggle, initiated by the ambitions of the US neocons for American global hegemony. I'm not excusing Putin for invading Ukraine. He had other options. The war is Russia's predictable response to the reckless neocon project of extending NATO to encircle Russia, a hostile act...the Biden White House repeatedly spurned Russia's offer to settle this war peacefully.

[The] Ukraine war began in 2014 when US agencies overthrew the democratically elected government of Ukraine and installed a hand-picked, pro-Western government that launched a deadly civil war against ethnic Russians in Ukraine. In 2019 America walked away from a peace treaty--the Minsk agreement--that had been negotiated between Russia and Ukraine by European nations. And then in April of 2022...President Biden sent Boris Johnson to Ukraine to force President Zelenskyy to tear up a peace agreement that he and the Russians had already signed, and the Russians were withdrawing troops [from] Kyiv and Donbas and Luhansk.

And that peace agreement would have brought peace to the region, and would have allowed Donbas and Luhansk to remain part of Ukraine. President Biden stated that month that..his objective in the war was regime change in Russia. His defense secretary Lloyd Austin simultaneously explained that America's purpose in the war was to exhaust the Russian army, to degrade its capacity to fight anywhere else in the world. These objectives, of course, had nothing to do with what they were telling Americans about protecting Ukraine's sovereignty....

[Regime change in Russia sounds like an ambitious goal. It also plays into Russia's biggest fear for centuries: the fear of an invasion from the west (e.g., Napoleon, Hitler) across its vast, open borders. How has that worked out for invaders in the past?]

Since...forcing Zelenskyy to tear up the agreement, we've squandered the flower of Ukrainian youth, as many as 600,000 Ukrainian kids and over 100,000 Russian kids...and the Ukraine's infrastructure is destroyed. The war has been a disaster for our country as well. We squandered nearly \$200 billion already....

The Nord Stream pipeline sabotage and the sanctions have destroyed Europe's industrial

base....We're closer to the brink of nuclear exchange than at any time since 1962 and the neocons and the White House don't seem to care at all. Our moral authority and our economy are in shambles, and the war gave rise to the emergence of BRICs, which now threatens to replace the dollar as the global reserve currency.

[The U.S. removed Russia from the SWIFT global payment system, which put the world on notice that they could lose access to it as well if they don't do what Washington wants. Unsurprisingly, the rest of the world has been working on an alternative to SWIFT and the U.S. dollar. When the rest of the world stops using the dollar for global trade or as a reserve currency and all of those dollars (about half of the amount in circulation) come flooding back to the U.S., the dollar price of everything in the U.S. will nearly double. Joy, right?]

This is a first class calamity for our country. Judging by her bellicose, belligerent speech last night in Chicago, we can assume that President Harris will be an enthusiastic advocate for this and other neocon military adventures. President Trump says that he will reopen negotiations with President Putin and end the war overnight as soon as he becomes president. This alone would justify my support for his campaign.

Last summer, it looked like no candidate was willing to negotiate a quick end of the Ukraine war, to tackle the chronic disease epidemic, to protect free speech, our constitutional freedoms, to clean corporate influence out of our government, or to defy the neocons and their agenda of endless military adventurism. Yes, but now one of the two candidates has adopted these issues as his own, to the point where he has asked to enlist me in his administration. I'm speaking of course, of Donald Trump.

[Trump does a great job of reaching out to people, talking with them and building a coalition that can win. He goes out of his way to reach out to libertarians, blacks, Christians, Bitcoiners, etc.]

Less than two hours after President Trump narrowly escaped assassination, Calley Means called me....[He] is arguably the leading advocate for food safety, for soil regeneration and for ending the chronic disease epidemic that is destroying America's health and ruining our economy. Calley has exposed the insidious corruption at the FDA and the NIH, the HHS and the USDA that has caused the epidemic.

Calley had been working on and off for my campaign, advising me on those subjects since the beginning, and those subjects have been my primary focus for the last 20 years. I was delighted when Calley told me that day that he had also been advising President Trump. He told me President Trump was anxious to talk to me about chronic disease and other subjects and to explore avenues of cooperation. He asked if I would take a call from the President. President Trump telephoned me a few minutes later, and I met with him the following day.

A few weeks later, I met again with President Trump and his family members and closest advisers in a series of long, intense discussions. I was surprised to discover that we are aligned on many key issues. In those meetings, he suggested that we join forces as a Unity Party. We talked about Abraham Lincoln's Team of Rivals. That arrangement would allow us to disagree publicly and privately and furiously, if need be on issues over which we differ while working together on the existential issues upon which we are in concordance.

[This was a brilliant move. Considering the intolerance of dissent in the current Democratic Party, I don't see how something like this could happen there.]

I was a ferocious critic of many of the policies during his first administration. There are still issues and approaches upon which we continue to have very serious differences. Still, we are aligned with each other on other key issues, like ending the Forever wars, ending the childhood disease epidemics, securing the border, protecting freedom of speech, unraveling the corporate capture of our regulatory agencies, getting the US intelligence agencies out of the business of propagandizing and censoring and surveilling Americans and interfering with our elections. Following my first discussion with President Trump, I tried unsuccessfully to open similar discussions with Vice President Harris, [who] declined to meet or even to speak with me....

[I am reminded of the fact that while in the Senate, Harris was the least likely senator to support bipartisan legislation. Instead of choosing Pennsylvania Governor Shapiro as her running mate—which would have likely secured that state's 19 electoral votes—she chose the radical Tim Walz. When you won't even talk to a candidate who controls roughly 5% of the vote in a very close election, that's just foolish.]

I feel a moral obligation to use this opportunity to save millions of American children above all things. In case some of you don't realize how dire the condition is our children's health and chronic disease in general, I would urge you to view [Tucker Carlson's recent interview with Calley means and his sister, Dr. Casey means](#), who is the top graduate of her class at Stanford Medical School.

This is an issue that affects all of us far more directly and urgently than any culture war issue and all the other issues that we obsess on and that are tearing apart our country, this is the most important issue, therefore it has the potential to bring us together.

So let me share a little bit about why I believe it's so urgent today. We spend more on health care than any country on Earth, twice what they pay in Europe, and yet....we're about 79th in health outcomes....Nobody has a chronic disease burden like we have. And during the COVID epidemic, we had...16% of the COVID deaths, and we only have 4.2% of the world's population. And CDC says that's because we are the sickest people on Earth.

We have the highest chronic disease rate on Earth, and the average American who died [with] COVID had 3.8 chronic diseases. So these were people who had immune system collapse, who had mitochondrial dysfunction, and no other country has anything like this. [Less than 1% of Americans] suffered from chronic health issues 50 years ago. Seventy-four percent of Americans are now overweight or obese, and 50% of our children. One hundred and twenty years ago, when somebody was obese, they were sent to the circus.

Obesity was almost unknown [back then. The] childhood obesity rate was 3% compared to 50% [today]. Half of Americans have pre-diabetes or type 2 diabetes. When my uncle was president...juvenile diabetes was effectively nonexistent.

A typical pediatrician would see one case of diabetes during his entire career....Today, one out of every three kids who walks through his office door is diabetic or pre-diabetic, and the mitochondrial disorder [that] causes diabetes is also causing Alzheimer's...and it's costing this country more than our military budget.

Every year there's been an explosion of neurological illnesses that I never saw as a kid: ADD, ADHD, speech delay, language delay, Tourette's Syndrome, narcolepsy, ASD, Asperger's, autism. In the year 2000, the autism rate was one in 1,500. Now, autism rates in kids are one in 36....this is a crisis. 77% of our kids are too disabled to serve in the...military. What is happening to our country, and why isn't this in the headlines every single day?...This is only happening in America. In my generation--70-year-old men--the autism rates are about one in 10,000. In my kids' generation, one in 34....Why are we allowing this to happen to our children?

These are the most precious assets that we have in this country. How can we let this happen to them? About 18% of American teens now have fatty liver disease....When I was a kid, it only affected late stage alcoholics who were elderly. Cancer rates are skyrocketing [among] the young and the old; young adult cancers are up 79%. One in four American women is on antidepressant medication. Forty percent of teens have a mental health diagnosis, 15% of high schoolers are on Adderall, and half a million children on SSRIs.

[I agree that this is the most important problem that America has, and I admire the clarity of thinking that led Kennedy to this realization. Today's kids are severely screwed up from many novel causes: [poor nutrition](#), pharmaceutical products, screen time, lack of sleep, movement, exercise, sunshine, and nature, dehydration, [EMF radiation](#), etc.]

So what's causing this suffering? I'll name two culprits, first and the worst is ultra processed food. About 70% of American children's diet is ultra processed--that means industrial manufactured in a factory. These foods consist primarily of processed sugar, ultra-processed grains, and seed oils.

Laboratory scientists who form many of them formerly worked for the cigarette industry, which purchased all the big food companies in the 1970s and '80s, deployed thousands of scientists to figure out new chemicals to make the food more addictive. And these ingredients didn't exist 100 years ago. Humans aren't biologically adapted to eat them. Hundreds of these chemicals are now banned in Europe, but ubiquitous in American processed foods. The second culprit is toxic chemicals in our food, our medicine, in our environment, pesticides, food additives, pharmaceutical drugs and toxic waste permeate every cell of our bodies.

These assault on our children's cells and hormones is unrelenting, and [to] name just one problem, many of these chemicals increase estrogen....Children are ingesting so many of these hormone disruptors. America's puberty rate is now occurring at age 10 to 13, which is six years earlier than girls were reaching puberty in 1900. Our country has the earliest puberty rates of any continent on Earth....Breast cancer is also estrogen-driven, and now strikes one in eight women. We are mass poisoning all of our children and our adults. Considering the grievous human cause of this tragic epidemic of chronic disease, it seems almost crass to mention the damage it does to our economy, but...it is crippling the nation's finances.

When my uncle was President, our country spent \$0 on chronic disease. Today, government health care spending is almost all for chronic disease, and it's double the military budget, and it is the fastest growing item in the federal budget. Chronic disease costs...at least \$4 trillion, five times our military budget. And that's a 20% drag on everything we do and everything we aspire to. Our minority communities suffer disproportionately. People who worry about DEI or about...bigotry of any kind, this dwarfs anything. We are poisoning the poor. We are systematically poisoning minorities across this country.

Industry lobbyists have made sure that...about 70% of food stamps and 77% of school lunches are processed foods. There's no vegetables....We are just poisoning the poorest citizens, and that's why they have the highest chronic disease burden of...any demographic in our country, and the highest in the world. The same food industry lobbied to make sure that nearly all agricultural subsidies owed to commodity crops that are the feedstock of the processed food industry. These policies are destroying small farms, and they're destroying our soils....

Eighty percent of NIH grants go to people who have conflicts of interest....Joe Biden just appointed a new panel to NIH to decide the food recommendations, and they're all people who are from the processed food companies. They're deciding what...is 'healthy' and the recommendations on the food pyramid and...what goes into our school lunch programs [and] the Food Stamp programs.

They are all corrupted and conflicted individuals. These agencies—the FDA, USDA, and CDC—are all controlled by giant for-profit corporations. Seventy-five percent of the FDA funding doesn't come from taxpayers, it comes from Pharma. And Pharma executives, consultants, and

lobbyists cycle in and out of these agencies.

With President Trump's backing, I'm going to change that. We're going to staff these agencies with honest scientists and doctors who are free from industry funding. We're going to make sure the decisions of consumers, doctors and patients are informed by unbiased science. A sick child is the best thing for the pharmaceutical industry. If American children or adults get sick with a chronic condition, they're put on medications for their entire life.

Imagine what happened when Medicare started paying for Ozempic, which costs \$1,500 a month, and it's being recommended for children as young as six. To offer it for the condition of obesity that is completely preventable and barely even existed 100 years ago, and 74% of Americans are obese. The cost if all of them took their Ozempic prescription is \$3 trillion a year....The food lobbyists have a bill in front of Congress today that is backed by...Vice President Harris and President Biden to allow this to happen, this \$3 trillion cost that is going to bankrupt our country.

For a fraction of that amount, we could buy organic food for every American family [for] three meals a day and eliminate diabetes altogether. We're going to bring healthy food back to school lunches. We're going to stop subsidizing the worst foods with our agricultural subsidies. We're going to get toxic chemicals out of our food. We're going to reform the entire food system, and for that, we need new leadership in Washington, because unfortunately, both the Democrats and the Republican parties are in cahoots with the big food producers, Big Pharma and Big Ag, which are among the DNC's major donors.

Vice President Harris has expressed no interest in addressing this issue. Four more years of Democratic rule will complete the consolidation of corporate and neocon power, and our children will be the ones who suffer most.

I got involved with chronic disease 20 years ago, not because I chose to or wanted to. It was essentially thrust upon me. It was an issue that should have been central to the environmental movement. I was a central leader at that time, but it was widely ignored by all the institutions, including the NGOs, who should have been protecting our kids against toxins....I watched generations of children get sicker and sicker...and nobody in power seemed to care or to even notice.

For 19 years, I prayed every morning that God would put me in a position to end this calamity. The chronic disease crisis was one of the primary reasons for my running for president, along with ending censorship and the Ukraine war. It's the reason I've made the heart-wrenching decision to suspend my campaign, and to support President Trump....I can't imagine that a president Harris would allow me or anyone to solve these dire problems....President Trump has told me that he wants this to be his legacy....his biggest donors, his closest friends all support this objective....

Ultimately, the only thing that will save our country and our children is if we choose to love our kids more than we hate each other....That's the spirit on which I ran my campaign, and that I intend to bring into the campaign of President Trump. Instead of vitriol and polarization, I will appeal to the values that unite us, the goals that we could achieve if only we weren't at each other's throats. The most unifying theme for all Americans is that we all love our children, if we all unite around that issue now, we can finally give them the protection, health, and the future that they deserve.

[If this speech appealed to you, I encourage you to watch [RFK's interview with Tucker Carlson](#). The way he discusses Old School environmental conservation (towards the end) vs. the carbon metrics-based approach favored by the likes of Blackrock and Goldman Sachs is absolutely magnificent.]

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FYI, I have set up [a community](#) on Locals, which has a large number of like-minded creators with great content. Going forward, I plan to publish this newsletter there as well.

News You Can Use

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[Fed Rate Cuts Won't Affect FedGov's Rising Interest Expense](#)

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