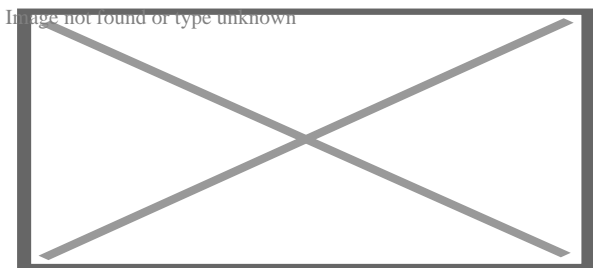


Here's a wild idea: let's stop cooperating with criminals who kill us for profit

## Description

IT IS VERY SIMPLE: IT WOULD BE A VERY GOOD IDEA IF WE STOPPED POISONING OURSELVES



## Intro by Watchdog

The following featured article speaks for itself.

The case of Coca Cola exemplifies perhaps more than any other product, several things:

- The existence of criminal corporations who think it perfectly all right to produce, market and persuade people to consume food, drink and medicinal products they KNOW are damaging to your health so long as it makes them a buck. This kind of criminal think should be unacceptable in a healthy community and indeed a healthy community at peace with itself is not possible where such degraded behaviour is tolerated or indeed rewarded.
- If those running such criminal enterprises who think it perfectly fine to poison you cannot get a grip and upgrade their own behaviour then it is for government, acting on behalf of the people, to MAKE them behave honestly and responsibly. The abject failure of feckless or negligent governments so to do is egregious and has cost countless lives, over-burdened health services and so forth.
- While it is all very well to lay the blame at the feet of scurrilous corporations or corrupt/negligent governments, such criminals prosper primarily from our own negligence. They operate parasitically on our own folly. In other words, why the hell are we cooperating with our own poisoning?

It is very simple: it would be a very good idea if we stopped poisoning ourselves.

## **BREAKING THROUGH THE BRAINWASHING**

### **Ever wondered what exactly is Coca-Cola?**

Coke is the most valuable brand of history and “Coca-Cola” is the second most famous word in the world after “hello”.

However, the drink itself is absolute poison to human metabolism. Very acidic, the pH is one point higher than battery acid.

As a result, it is suitable (and often better) for cleaning surfaces in which we usually use toxic household cleaning agents.

Cheaper and easier to buy in some third world countries than clean water. Coca-Cola uses “PR propaganda” to convince consumers and entire nations that it is an “eco-friendly society”, while its activities are actually related to pollution, water scarcity and disease.

Among people who consume soft drinks, for example Coca-Cola, the risk of heart attack and stroke is 48% higher than in those who do not drink such beverages at all, or at least do not drink them every day.

According to a study published in the journal *Respirology*, drinking soft drinks may be associated with lung and respiratory disorders, including asthma and chronic obstructive pulmonary disease (COPD).

The carbonated acid in cola causes calcium loss in bones during a 3-stage process:

- ✓ Carbonic acid irritates the stomach.
- ✓ The stomach tries to “cure” the irritation the way it can, i.e. it adds the only acid bond it has: calcium.

It comes in the blood to this.

✓ The now low calcium blood from the bones makes up for the missing calcium. Not doing so would severely damage muscle and brain function.

But the story doesn't end here. Another problem with Coke is that it contains phosphorous acid (not the same as carbon dioxide mixed with water). Phosphorous acid affects the body's storage of calcium.

So Coke softens bones in 3 ways (it actually makes them weaker and brittle):

- ✓ Carbonic acid reduces calcium in bones.
- ✓ Phosphorous acid reduces calcium in bones.
- ✓ The drink replaces calcium-containing alternatives, such as milk or water. Milk and water aren't excellent sources of calcium, but they can still be considered sources.

Oesophagus cancer was very rare two generations ago, and now it's common. The basic mechanism works as follows:

- ✓ Mechanical damage of cells is a huge risk factor in cancer. This is the reason why asbestos particles cause lung cancer, for example.
- ✓ All soft drinks cause acid reflux (stomach acid rises higher than the esophagus valve). This is much more emphasized when the body is in a horizontal position (while sleeping), but in most cases, the amount of Coke and other soft drinks consumed means that acid reflux is well beyond the danger point. Whenever we drink a pleasant drink it causes burping and thus the acid enters the esophagus. How much is too much? The research doesn't reveal where the line is, it just shows most of us are way over it.
- ✓ Stomach acid dissolves tissue – this is its goal. Stomach mucous membrane is not found in the esophagus, so damage to the lower esophagus is much more common in people who consume acidic soft drinks than in non-carbonated drinks. This results in radical growth of cell mutations and much higher levels of free roots.

So what happens to our body after drinking Coca-Cola?

After 10 minutes: ten teaspoons of sugar are found in a glass of coke, which measures a devastating "blow" on the body, and the only reason you don't throw up is phosphorous acid, which inhibits sugar.

After 20 minutes: There is a jump in the insulin level in the blood flow. Liver turns all sugar into fat.

40 min later: Caffeine intake is finally ending. Eye pupils dilate. Blood pressure rises as the liver puts more sugar into the bloodstream. Adenosine receptors become obstructed, which prevents drowsiness. <http://hu.wikipedia.org/wiki/Koffein>

After 45 minutes: The body increases the production of dopamine hormone, which stimulates the brain's pleasure center. Similar reaction to what Heroin causes.

After 1 hour: Phosphorous acid binds calcium, magnesium and zinc in the gastrointestinal tract, giving an extra boost to the metabolism.

Calcium is released with irrigation.

In 1 hour: The effect of the drink's urine enters the "game". Calcium, magnesium and zinc are removed from the body, which are components of our bones, as well as sodium. This is when we can become agile or dull. The entire amount of water contained in coke is removed with urine.

When we drink a cold bottle of Coke and enjoy its undeniable freshness, are we aware of what chemical "cocktail" we're putting into our bodies?

The active ingredient in Coca-Cola is phosphorous acid. Due to the high acid content, the containers used to transport the chemical had to be equipped with special containers designed for materials with highly corrosion.

Let's take a look at the "anatomy" of Coca-Cola's best-promoted products, the decaf Coca-Cola Light. This beverage contains: carbonated water, E150D, E952, E951, E338, E330, aromas, E211.

Water enriched with carbon acid – this is soda water. This disturbs the secretion of the stomach, increases the acidity of the stomach acid, and causes bloating. First of all, filtered tap water is used.

E150D – is a food colouring that is obtained by processing the sugar at a certain temperature, with or without the addition of chemical reagents. In the case of Coca-Cola, they add ammonium sulphate.

E952 – Sodium cyclamate, a sugar substitute. Cyclamate is a synthetic chemical, sweet taste that is 200 times sweeter than sugar and is used as an artificial sweetener. In 1969 it was banned by the FDA because it, along with saccharine and aspartame, caused cancer in rats. Later this material was re-legalized in a very suspicious way.

E950 – Acesulfate Potassium. 200 times sweeter than sugar, contains methyl-ether. This makes the cardiovascular system harder. It also contains asparagus acid, which can also cause arousal effects in our nervous system and lead to addiction over time. My acesulph is badly dissolved and is not recommended for children or pregnant women.

E951 – Aspartame. A sugar substitute for diabetics, chemically unstable at high temperatures, decomposes to methanol and phenylamine. Methanol is very dangerous as it can cause 5-10 ml of optic nerve damage and irreversible blindness. In hot soft drinks, aspartame turns into formaldehyde, which is a very strong carcinogenic substance. Symptoms of aspartame poisoning are: fainting, headache, fatigue, dizziness, nausea, heartbeat, weight gain, irritability, anxiety, memory disorder, blurred vision, fainting, joint pain, depression, infertility, loss of hearing and so on and so on. Aspartame can trigger the following diseases: brain tumors, MS (Multiple Sclerosis), epilepsy, Graves'

disease, chronic fatigue, Alzheimer's disease, diabetes, mental deficiency and tuberculosis.

E338 – Phosphorous Acid. This can cause skin and eye irritation. This is used to produce salts of ammonia, sodium, calcium, aluminum phosphorous acid and in the organic synthesis of charcoal and film tapes. They are also used in heat resistant materials, ceramics, glass, fertilizers, synthetic cleaning agents, drug production, metal processing, and in the textile and oil industries. It is known that phosphorous acid interferes with the absorption of calcium and iron in the body, which can cause bone weakness and bone loss. Other side effects are thirst and skin rashes.

E330 – Citrus Acid. It is widely used in pharmaceutical and food industry. Citric acid salts (citrates) are used in the food industry, for example, with acids, preservatives, as stabilizers and in the medical field to preserve blood.

Aromas – unknown aroma additives

E211 – Sodium benzoate. This is used in the production of food products for antibacterial and fungal purposes. It often happens in jams, juices and fruit yoghurts. Not recommended for those with asthma and those who are sensitive to aspirin. A study by Peter Piper (University of Sheffield, Great Britain) found that this compound causes significant damage in DNA. According to Peter, sodium-benzoate, which is an active ingredient in preservatives, does not destroy DNA but shuts it off. This can lead to liver contractions and degenerative diseases like Parkinson's disease.

If you can't imagine life without Coca-Cola, consider the following:

- Many Coca-Cola distributors in America use this drink to clean truck engines.
- In America, many police cars have Coca-Cola bottles and when a car accident happens, they use it to wash the blood off the road.
- Coca-Cola is a great product for removing rust spots from the chrome surfaces of cars. To remove corrosion from a car battery, just pour coke on it and corrosion disappears.
- To free a rusty screw, dip a piece of cloth in Coca-Cola and roll it around the screw for a few minutes.
- To remove stains from clothes – pour Coca-Cola on the dirty clothes, add detergent and start the washing machine as usual. You will be surprised at the results.
- Some farmers in India use Coca-Cola instead of pesticides for insecticide because it is cheaper and the effect is very similar.

Coca-Cola is undeniably a very useful product. The most important thing is that you use it for purposes, that do not include its consumption!

posted by Weaver

## Category

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## 2. Survival-Prepping-Security

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