



**TRUST YOURSELF:** The preparedness actions you are taking right now will **SAVE** you from the horrific collapse that's approaching

## Description

The well prepared will survive the horrors that are being unleashed against humanity. Even as the oblivious, unprepared masses are exterminated by the billions, there will also be billions who survive the carnage, and those people will be among the most resilient and prepared — people who saw what was coming, planned ahead and took action to navigate the chaos.

If you've been following this website and podcast for very long, consider yourself among the most informed human beings on planet Earth. You're probably among the most well-prepared, too, as you have the knowledge, wisdom and courage to see what's coming and take the necessary steps to mitigate the worst effects.

### Trust yourself.

Have confidence in your knowledge and faith in God. You are here in this moment of human history for a very important reason. God wants you to see this and be part of the great cosmic defeat of evil. Your role is extremely important, both in helping prepare others for what's emerging right now and also in *rebuilding* America after the coming collapse of the empire.

## Recognize how well off you are right now in terms of knowledge and preparedness action

While the uninformed, low-information masses took experimental vaccine jabs that will kill tens of millions, you learned how to grow food and began stockpiling extra food supplies to avoid the engineered mass starvation that's being rolled out.

While the masses kept their fiat currency "savings" in banks, bonds and overpriced stocks, you sought out alternative systems of wealth preservation such as owning hard assets like gold, silver, land, vehicles, ammunition and real estate.

While the oblivious masses kept their minds glued to the disinformation propaganda media like CNN, NPR, WashPost and NYT, you deliberately sought out truthful, honest, independent information from the indy media. As a result, **you are well informed** and well prepared to understand and navigate what's really happening in the world.

While the masses are confused and panicked as scarcity and inflation worsen, **you have been expecting this** so you don't panic. Instead, you simply invoke the preparedness actions you've had ready far in advance of current events.

This is why people like you and I will survive what's coming while the unprepared, uninformed, ignorant masses will be largely exterminated in the global depopulation purge of 2022 – 2030.

In today's podcast, below, I give you a "Preparedness Self-Audit" checklist to help you confirm your readiness and wisdom in preparedness planning. This checklist will give you confidence and likely help you learn to **trust yourself** in knowing what to do next, because you are way ahead of the curve on all this. You are among the top 1% of the most informed and most prepared, and your survival is almost certainly assured as long as you follow your own plan and don't let your guard down.

In today's Situation Update podcast, I give you all the details on this and much more, including news coverage of the announcement that hematologists are ready to treat Americans for post-nuclear-war radiation poisoning at 74 centers across America. In addition, I reveal the name of the painter's pigment powder that is recognized by the FDA as a treatment to remove radioactive cesium-137 isotopes from the human body.

Mike Adams (aka the "[Health Ranger](#)") is a best selling author (#1 best selling science book on Amazon.com called "[Food Forensics](#)"), an environmental scientist, a patent holder for a cesium radioactive isotope elimination invention, a multiple award winner for outstanding journalism, a science news publisher and influential commentator on topics ranging from science and medicine to culture and politics. Follow his videos, podcasts, websites and science projects at the links below.

Mike Adams serves as the founding editor of NaturalNews.com and the lab science director of an internationally accredited (ISO 17025) analytical laboratory known as [CWC Labs](#). There, he was awarded a [Certificate of Excellence](#) for achieving extremely high accuracy in the analysis of toxic elements in unknown water samples using ICP-MS instrumentation. Adams is also highly proficient in running liquid chromatography, ion chromatography and mass spectrometry time-of-flight analytical instrumentation. He has also achieved numerous laboratory breakthroughs in the programming of automated liquid handling robots for sample preparation and external standards prep.

The U.S. patent office has [awarded Mike Adams patent NO. US 9526751 B2](#) for the invention of “[Cesium Eliminator](#),” a lifesaving invention that removes up to 95% of radioactive cesium from the human digestive tract. Adams has pledged to donate full patent licensing rights to any state or national government that needs to manufacture the product to save human lives in the aftermath of a nuclear accident, disaster, act of war or act of terrorism. He has also stockpiled 10,000 kg of raw material to manufacture Cesium Eliminator in a Texas warehouse, and plans to donate the finished product to help save lives in Texas when the next nuclear event occurs. No independent scientist in the world has done more research on the removal of radioactive elements from the human digestive tract.

Adams is a *person of color* whose ancestors include Africans and American Indians. He is of Native American heritage, which he credits as inspiring his “Health Ranger” passion for protecting life and nature against the destruction caused by chemicals, heavy metals and other forms of pollution.

Adams is the author of the world’s first book that published ICP-MS heavy metals analysis results for foods, dietary supplements, pet food, spices and fast food. The book is entitled [Food Forensics](#) and is published by BenBella Books.

In his laboratory research, Adams has made numerous food safety breakthroughs such as revealing rice protein products imported from Asia to be contaminated with toxic heavy metals like lead, cadmium and tungsten. Adams was the first food science researcher to document high levels of tungsten in superfoods. He also discovered over 11 ppm lead in imported mangosteen powder, and led an industry-wide voluntary agreement to limit heavy metals in rice protein products.

In addition to his lab work, Adams is also the (non-paid) executive director of the non-profit [Consumer Wellness Center](#) (CWC), an organization that redirects 100% of its donations receipts to grant programs that teach children and women how to grow their own food or vastly improve their nutrition. Through the non-profit CWC, Adams also launched [Nutrition Rescue](#), a program that donates essential vitamins to people in need. [Click here](#) to see some of the CWC success stories.

With a background in science and software technology, Adams is the original founder of [the email newsletter technology company known as Arial Software](#). Using his technical experience combined with his love for natural health, Adams developed and deployed the content management system currently driving NaturalNews.com. He also engineered the high-level statistical algorithms that power SCIENCE.naturalnews.com, a massive research resource featuring over 10 million scientific studies.

Adams is well known for his incredibly popular consumer activism video blowing the lid on fake blueberries used throughout the food supply. He has also exposed “strange fibers” found in Chicken McNuggets, fake academic credentials of so-called health “gurus,” dangerous “detox” products imported as battery acid and sold for oral consumption, fake acai berry scams, the California raw milk raids, the vaccine research fraud revealed by industry whistleblowers and many other topics.

Adams has also helped defend the rights of home gardeners and protect the medical freedom rights of parents. Adams is widely recognized to have made a remarkable global impact on issues like GMOs, vaccines, nutrition therapies, human consciousness.

In addition to his activism, Adams is an accomplished musician who has released over fifteen popular songs covering a variety of activism topics.

by Mike Adams

### **Category**

1. Disasters-Crisis-Depopulation-Genocide
2. Freedom-Free speech-Resistance & H-rights
3. Main
4. NWO-Deep State-Dictatorship-Tyranny
5. Survival-Prepping-Security

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