

Hello,

It's clear there is no single way of addressing this situation, but many of us could benefit from paying attention to this situation as it has the potential to cause serious disruption in our society. In a worst case scenario, if the outbreak were on a par with the pandemic of 1918, it could cause massive disruption even leading to the declaration of martial law due to the sheer numbers of people it could impact. If you get NOTHING ELSE from these alerts, please realize that this situation has the potential to be far worse than a typical winters flu outbreak.

The Avian flu pandemic of 1918 killed an estimated 8,000,000. people, but if a similar outbreak occurred today, with the much denser population we have and with air travel it could spread much faster so it pays to be prepared for any eventuality. That is why Cathcart included the article by Woodson who goes so far as to advise us to get our Wills in order just in case. Cathcart's own information about using Vitamin C for treatment <http://www.orthomed.com/mystery.htm#treatment>

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<http://www.usalone.com/cgi-bin/petition.cgi?pnum=9>

where with ONE MOUSE CLICK you can send the ANTI AVIAN FLU VACCINE form letter (And be sure to personalize it by adding your own comments) to your senators and congressman, plus to your local paper !! You can also forward it from this site to family and friends so they will take action as well, and its VERY EASY! The background behind my drafting of this form letter is contained in yesterday's alert which can be seen at http://www.ymlp.com/pubarchive_show_message.php?jham+427 Please forward this alert widely. Your friends can sign onto the IAHF list at <http://www.iahf.com> and purchase DVD "We Became Silent" re the CODEX vitamin issue, plus a one hour audio lecture by John Hammell cost \$30. (inc. Shipping)

Information about how to setup a sustainable community..... see <http://www.sustainablebellingham.org/>

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>EU Bans Poultry Imports From Romania, Turkey A deadly avian flu virus has
>been found in Turkish poultry, and although the strain of virus that was
>found in Romania is still uncertain, the European Union is taking action.
>< <http://treets.wftv.com/svc/lnk.cfm?l=61125961&t=1>>

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>Flu Shot Frenzy Reveals Gaps In Vaccine System
>< <http://treets.wftv.com/svc/lnk.cfm?l=61125969&t=1>>

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>Millennium Ark: Hot News How to Prepare (Naturally) for Avian
>Influenza Natural Therapies for Chronic Illness & Health Maintenance
>http://standeyo.com/NEWS/05_Health/051013.how.2prep.html

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>BREITBART.COM - EU: Bird Flu in Turkey Is Deadly Strain
>*****it's already been proven that Kimchi will Prevent/Cure Bird

>Flu. Everybody, including Birds, should be eating Kimchi!*****SL

><http://www.breitbart.com/news/2005/10/13/D8D76E8G1.html>

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>My Way News++Experts call for creating US bird flu czar

>http://reuters.myway.com/article/20051013/2005-10-13T011351Z_01_DIT278777_RTRIDST_0_NEWS-BIRDFLU-USA-DC.html

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>My Way News++US mulls federal troops for bird flu quarantine

>http://reuters.myway.com/article/20051012/2005-10-12T192302Z_01_SCH268992_RTRIDST_0_NEWS-BIRDFLU-USA-PENTAGON-DC.html

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The vaccines themselves could cause a pandemic JUST LIKE IN 1918. This eye witness account of the 1918 Avian Flu outbreak is a real eye opener. We are up against a government engineered plan to kill us off, plain and simple. Get armed with information. Beef up your own immune system and be ready to help those around you like the woman who wrote this article did back in 1918 when she acted like a nurse for her dying neighbors who ignorantly took the vaccine. Together, we can all survive....

Subject: THE AVIAN FLU AND DRUGLESS DOCTORS

February 07, 2004

The Avian Flu and Drugless Doctors. BBC carried an article on 5 February titled "1918 killer flu secrets revealed" which tells us that the scientists claim to now have figured out that 50 million people were killed by a virus that "jumped from birds to humans". JON RAPPOPORT www.nomorefakenews.com See also: The poisoned needle - suppressed facts about vaccination by Eleanor McBean Red Flags Weekly: Vaccines and Immune Suppression

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Please read the AP News article as Neergaard's article indicates, the Feds are trying to psychologically prepare us to "GET IN LINE" if they declare martial law due to an outbreak of Avian Flu. Under Project Bioshield Bush can force vaccinate us and can declare martial law based on any emergency, real or imagined:

<http://www.whitehouse.gov/news/releases/2003/02/20030203.html> In 1918 it was the vaccines themselves that caused the Pandemic that killed millions world wide http://www.ymlp.com/pubarchive_show_message.php?jham+423, and they appear ready in the near future to try a REPEAT of this scenario for population control and radically increased societal control reasons:

WHAT YOU CAN DO

- 1) Get armed.... with information.... and anything ELSE you feel you need to defend yourself, your family and those around you in the event of a potential societal breakdown along the lines of what just occurred in New Orleans.
- 2) Grasp that your best DEFENSE against any sort of flu, whether its garden variety or a weaponized strain is a strong immune system.
- 3) In previous msg. (see archive at <http://www.ymlp.com/pubarchive.php?jham>) Is a host of different alternative measures you can take to strengthen your immune system to protect against any sort of flu. (These recommendations include herbs, essential oils, vitamins, colloidal silver, prayer, exercise, healthy food) Excepts for John Hammell, International Advocate for Health Freedom, www.iahf.com
- 4) Forward this massively.

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AHF Webmaster: Breaking News, Whats New, What to Do, Codex Emergency, Anti FTAA, Anti Genocide

BC News alerting people to the possibility of an Avian Flu Pandemic this

winter that they say could kill over a BILLION PEOPLE globally
http://www.ymlp.com/pubarchive_show_message.php?jham+415

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Under Project Bioshield, Congress gave the DoD and HHS the power to declare
a national emergency, wether real or imagined and FORCE VACCINATE people
<http://www.909shot.com/PressReleases/pr405anthrax.htm>
<http://www.whitehouse.gov/infocus/bioshield/index.html>
<http://www.dhhs.gov/ophep/bioshield/> <http://www.milvac.org>

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Bush asked Congress to allow him to use military troops against us to
quarantine cities and force vaccinations on us in the event that Bird Flu
Hits: http://news.yahoo.com/s/nm/20051004/ts_nm/bush_birdflu_dc

See additional oddities about this scenario at the following web site
http://www.legitgov.org/flu_oddities.html
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Article by Jon Barron: "Asian Bird Flu- Initial Report"
<http://www.jonbarron.org/newsletters/news050801.htm>

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Also see this solid information from Jonathan Campbell
<http://www.cqs.com/influenza.htm>

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Please read Dr.Len Horowitz excellent commentary (below) re the Avian Flu
situation.

I'd just like to add one thing to what he's saying: Bush recently revised
an existing Executive Order by adding a new one (EO 13295)
http://nodis3.gsfc.nasa.gov/co_list.cfm which allows FEMA to quarantine an
area (town, city, county, state) due to influenza outbreak such as Avian Flu.

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Please read the ABC News Article (below my comments) re Avian Flu (H5N1
Virus) which ABC News says could kill a Billion people world wide. The
Council on Foreign Relations is saying it could kill 55% of people who come
into contact with it, and the article is pushing a Roche vaccine that
they're saying the USA has not stockpiled nearly enough of.

Vaccines are laden with all kinds of dangerous stuff like mercury,
formaldehyde, toxic preservatives etc- see <http://www.vaclib.org> &
<http://educate-yourself.org/cn/plumislandlymeandpaperclip21aug05.shtml> It
is very possible that Avian Flu was brought to us by the Bilderbergers,
Trilateral Commission, and Council on Foreign Relations- especially because
the CFR are talking about it RIGHT NOW to ABC News.

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After the Central American Agreement of the Americas (CAFTA) was passed by
the Senate by only one vote Bush announced the Security and Prosperity
Partnership of North America, which begins a process of erasing our borders
with Canada and Mexico as part of the planned Agenda to destroy America to
force us into the Free Trade Area of the Americas (FTAA): he did so under
the direct command of the Council on Foreign Relations
<http://www.whitehouse.gov/news/releases/2005/03/20050323-1.html>
<http://www.cfr.org/publication.html?id=8102>
<http://pm.gc.ca/eng/news.asp?id=443>
<http://www.eagleforum.org/column/2005/july05/05-07-13.html>
<http://www.libertypost.org/cgi-bin/readart.cgi?ArtNum=110532>

Clearly we are witnessing a concerted effort RIGHT NOW to:

A) Destroy the USA and all nations in our hemisphere via NAFTA, CAFTA, the
SPPNA, and FTAA <http://www.stoptheftaa.org>
FTAA contains harmonization language that would force harmonization of our
dietary supplement laws to CODEX Standards-see analysis of Paul Taylor in

this article THE GROWING THREATS TO DSHEA
<http://www4.dr-rath-foundation.org/us/index.html> Also, Congressman Ron Pauls article at his web site.

B) Clearly this has been orchestrated at the top most levels of the Shadow Government as witnessed by this CFR paper titled "Building a North American Community"

<http://www.cfr.org/publication.html?id=8102> We're witnessing a highly orchestrated plan to force us into a hemispheric equivalent to the EU Dictatorship and to CODEX as part of a population control initiative.

C) States of Emergency were declared in 40 states (including Washington where I live) due to Katrina evacuees being resettled nationwide.

http://customwire.ap.org/dynamic/stories/K/KATRINA_STATES?SITE=VACHA&SECTION=HOME&TEMPLATE=DEFAULT&CTIME=2005-09-15-16-25-35

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To strengthen your immune system: <http://www.cqs.com/influenza.htm>, follow recommendations.

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PfAM is Advocacy, Access, Accountability -- supporting Freedom of Choice in Health Care.

PfAM is an all volunteer, grassroots organization operated solely from subscribers/members to our quarterly newsletter The Patients' Voice, advertisers, donations, sponsors, consultation fees and the sale of materials. Leanne can be reached at: lhousden@televar.com. Our web page is at: <http://www.pfamhealth.net> where are our secure PayPal account donations, memberships and materials can be purchased. Thank you!

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In/Out going mail is protected by AVG .6 anti virus free program at: www.grisoft.com,

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No virus found in this outgoing message.
Checked by AVG Anti-Virus.
Version: 7.0.344 / Virus Database: 267.12.1/136 - Release Date: 10/15/05