

**SPECIAL
DISPATCH
from
Pastor Peters'
Radio Ranch**

**48 HOURS IS COMING TO BRANSON
AND NOW YOU CAN COME TOO!
It's going to be a
BIG, BIG BRANSON BASH!**

Our Branson, MO gathering will be bustin' at the seams May 27, 28 & 29, 2005 with tens of thousands coming from around the world, and now you can come too.

You may say "*no way can I come, with the price of gas and the daily straw-gathering and brick-making quota workload I have in this Economic Egyptian-Bondage*". Well, praise Jesus Christ, for He has miraculously made a way and let me tell you, something big is coming to our Big Branson, MO meeting. READ ON and PRAISE THE LORD!

Passover of 2005 has come and gone and it was perhaps the most important Passover ever kept (or not-depending upon who you are) since the Passover sacrifice of the Lamb of God, Jesus Christ, nearly 2000 years ago. In our closing sermon from the LaPorte Church of Christ at our Passover gathering this year (which was sent out on the SFA Tape/CD Ministry in April) this preacher pointed out that when the Passover was kept in the time of the Egyptian bondage, our Israelite forefathers ate it with loins girded, boots on and staff in hand.

Now you shall eat it in this manner: with your loins girded, your sandals on your feet, and your staff in your hand;...
Exodus 12:11

Why in this manner? Because they were packing up and getting out. They would soon be moving out, going to places they had never been before, for the world, as they knew it, was coming to an end. And so it is with us today.

Today we are told in the New Covenant that those events that happened to them was for us to learn from.

Now these things happened to them as an example, and they were written for our instruction, upon whom the ends of the ages have come.

1 Corinthians 10:11

As this preacher stated in that closing Passover message of 2005, they went out not knowing where they were going or how they would get there or how they would be supplied along the way, but that He would lead them every step of the way and would make a way. (A journey of faith is like every journey, they all start with one first step, and we need to start taking steps of faith, even if they are baby steps.) He lead them with the pillar of fire by night and a pillar of cloud by day (Exodus 13:22) which for us today is the Holy Spirit. The sons of God today are led by the Holy Spirit (Romans 8:14). The girding of the loins for us today is the girding of our minds.

“Therefore gird your minds for action...” 1 Peter 1:13
(Faith involves a way of thinking, i.e., our minds).

Well, after preaching these points in that closing Passover message, this preacher went to Las Vegas, NV (one of the armpits of Babylon) to attend the National Association of Broadcasters Convention. Truly we were led and our minds were active and everything miraculously seemed to come together, of which I shall relate to you some in this newsletter. (We tell much more in our May 1st Sunday church sermon, aired on s/w radio, satellite and internet. It can be ordered from us on tape or CD and is also archived on our website, www.scripturesforamerica.org).

The Holy Spirit was leading us and there was a whole lot of mind action that went on with my SFA team (Six men accompanied my wife and I there.)



Even prior to our going, the Holy Spirit was leading as several were led to send in unsolicited donations toward our trip. Just prior to our departure, two more unsolicited donors contacted us and informed us they would like to send checks (one for \$12,000 and one for \$10,000) directly to the equipment companies if we found what we needed there.

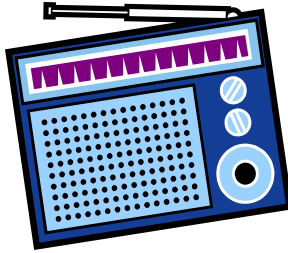
We needed the Holy Spirit to lead us, for there were over 1500 exhibitors and vendors in four two-story buildings with over 100,000 people attending and milling around, looking at equipment and software. Through that all, our small Scriptures for America staff divided up into three separate teams, and then we would regroup to report our findings for our brainstorming sessions each evening.

It was amazing how everything came together and we were allowed to put together the equipment we needed (on a small-boys budget) to do what the big broadcaster boys do with their big budgets. But, it was not a small budget for us, for we spent around \$58,000 dollars (not counting the expense of the trip for the entire staff). It sounds like a lot of money, and *it is a lot of money*, but it was money that was suddenly available for us, but it is the amount of money the “big-boys” would spend on one or two pieces of technology. Our men put together complete systems for this amount (and the Holy Spirit guided us to the best prices as well), systems to allow us to be able to do live-remote internet video streaming and live remote radio broadcasting. Equipment such as portable video/audio “TV” station-type streaming computers, portable radio broadcasting devices, a new phone system for the nightly live radio broadcast, and automation software to make the 24/7 internet/satellite broadcast even more professional and updateable. It was astounding how it all just fell into place and then, along with all of this, there came a totally unexpected phone call and radio proposition for this ministry.

The finding and purchasing of this equipment was the leading of the Holy Spirit, but it didn’t take much faith since, thanks to the faithful saints, we had the money to do so. (On a side note, it seemed strange to be able to write a check for these amounts when I remember many a Sunday, hoping there would be enough money in the church offering box to provide for my family for the next week). What took a step of faith on our part was accepting the offer that was given in that phone call.

What was offered (out of the clear blue)?

More national and international radio broadcasting time on the world's greatest shortwave radio station, World Wide Christian Radio, including 48 hours of weekend broadcasting time—starting—guess when? That's right!—starting the weekend of our Branson, MO Memorial Day gathering, May 27, 28 & 29, 2005. Right when we will have all of this new equipment, enabling us to do live remote video and audio streaming from Branson (like we do from the church on Sunday mornings), and so we announce that we are expanding our outreach to include the **NEW 48-HOURS of WEEKEND BROADCASTING TIME**, beginning at our Branson, Missouri Memorial Day gathering. (Don't confuse our 48 hours of broadcast time with the old 48 Hours TV show, which once really did come to this preacher's church wanting to film him, and was turned away).

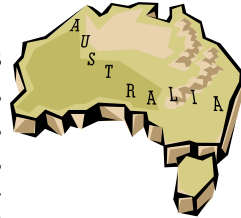


The radio offer made to this ministry was at a bargain-basement price. A sort of “*priming the pump*” price to get our Scriptures for America broadcast to a new audience and allow the ministry to grow into affording the regular radio rate. Even at this bargain price it is going to cost the ministry an additional \$150,000.00 per year, minimum. This is small change to the big-boy radio and televangelist boys, but it is a considerable amount for this cowboy and this ministry. However, there is no doubt in his mind that it is all Holy Spirit led and that it is the path to follow, and that He will make a way. (Please keep this in your prayers.)

This means that He has made a way for you to attend the Big Branson Bash, for we are going to be doing a 48-Hour “*broadcasting ministry marathon*”. Just tune in on your shortwave radio or satellite to hear the broadcast. (See the new s/w frequencies at the end of this article). Visit us at our website, www.scripturesforamerica.org and you can listen in and see the broadcast as well (just like on Sunday mornings). But know this also, that there will be an entirely new s/w radio audience tuning in, beginning with this new 48-hour “*broadcast ministry marathon*”. The weekend radio network we are replacing has been on WWCR's transmitter 4 for years, thus there

is an entirely new radio audience that will be hearing the Kingdom Israel Truth. Most do not know just how big the world-wide short-wave audience is. (A private arm of the BBC published that there are 2 billion s/w radio owners, and at any one time 200 million are listening to s/w. For example, there is a reason why we purchase the 3:00-4:00 am (central time) s/w radio spot. It is prime time in Australia, New Zealand and the Pacific Rim, and remember that our people are there too).

As for our internet audience, it is presently of considerable size and growing, but it requires much on our part. Fact is, much more than most know and with it all, much money to keep it operating. An example is that many websites require only 10 megabytes of bandwidth or so, while ours requires hundreds and hundreds of GIGABYTES of bandwidth per month—and, we don't use just part of one server, but we use **multiple** servers. We recently purchased and are having a T-1 high speed data line (which is the equivalent of 24 phone lines) installed at the church for the Sunday morning live broadcast--Not to mention the satellite and the staff and equipment for all of this, all of which costs \$\$\$\$.



When adding more to the broadcasts, and a new audience, it means having to put out more milk of the Word than meat of the Word. There's the milk of the Word for the babes in Christ (1 Peter 2:2) and the meat for the more mature in Christ (Hebrews 5:14), and then there's the mega-much munch, the far-out truth that is a bit much even for the mature to digest (John 16:12). This preacher is trying to cover it all in the broadcasts and for the radio and internet network that we are developing. (More on that network in another newsletter). In the SFA DragonSlayer newsletter we are often putting out the far-out for those who are ready to move out and up to a higher level of understanding. For example, the "Reptilian Covenant" article in this newsletter is truth, but far-out truth. Someone has got to start putting this truth out, and the truth is the watered-down, truth-diluted churches of our day know such truth could hurt church growth. However, for the "underground church" such as we have on the internet, satellite and radio, it causes growth. Praise God things are growing and expanding, but we do need your continued prayers and support.

Most on our newsletter list are the mature, hard-core Gideon Barley Boys that know we are coming out of Babylon like

our Israelite parents came out of Egypt; that a new age and a new world is coming, and they are going ahead of the bunch in full faith and assurance of victory. I thank Jesus for you and for your sticking with this has-been cowboy, wanna-be preacher. The rest of the herd (the wheat) will be coming, but if you've ever herded cows on a long drive, you'll know the ones up front have the best view, un-trampled grass to chew and fresh air to breathe (verses the dust on the drag).

I liken this whole ordeal to a horse race where the long-shot pony has thus far been bringing up the rear, because the wise jockey that rides him so willed it. He knows that if he was up in front with the main bunch, they'd try to knock him off or injure his horse. But now, as he comes around the bend into the final stretch, he lays on the quirt and sees the gap, as the ones up ahead start to slow and be winded. The faithful long-shot pony he rides doesn't look like much, but he's got heart and will not quit. As the pony feels the encouraging sting of the whip, his ears lay back, his nostrils expand and blow, his lathered neck stretches and his tail straightens as his hoofs pound harder and faster and faster. He puts forth sacrifice, knowing his master rides him to victory and he's glad to be part of it all. I'm glad to know those of you who, as members of the Body of Christ along with this preacher, want to be and are like that long-shot pony, desirous to carry the master to the victory circle. Remember, He stomped Satan under **our** feet (Romans 16:20). Along with this, I am happy to invite you to our gathering in Branson, Missouri. You've done much, but now let us do more in this, the final quarter. There is something that must be done in faith, and only those of faith will do it.

READ ON!

In closing, I said something big is coming to Branson in May. Maybe its just the multitudes and the 48 hours, but maybe it's more. Think of what came shortly after Jesus ate the Passover and then was sacrificed. It was called Pentecost and there were those who experienced the outpouring of the Holy Spirit as was prophesied by the prophet Joel (Acts 2:16). It was the former rain spoken of in Joel, but remember, there is a latter rain yet to come (Joel 2:23 and James 5:7). There is a Spiritual outpouring yet to come. Will it come in Branson? I don't know. I do know the meeting there will be about the time of Pentecost. I know if it does and you don't come, you'll not share the experience with us who do come, and I know Jesus has now miraculously made a way for many of you to come.

Prior to that Holy Spirit coming of Acts 2:16, there were 120 people praying (Acts 1:15). Are there 118 of you out there that will pray with this preacher and his wife for its coming again?

Between the time you read this and our Branson meeting, pray for hundreds of thousands to come now that He's made a way for them. Pray for the Holy Spirit to come and pray for a Holy Spirit anointing on the seven speakers that are coming and for the five different minstrels that will be bringing song, and also for the 48 hours of broadcasting to an entirely new s/w audience.



See you in Branson.

Pastor Peters

NEW SHORTWAVE TRANSMISSION FREQUENCIES

> > all times are Central Time < <

FRIDAY EVENING, MAY 27

8-9 PM	5.765
9-10 PM	5.070
10-11 PM	5.070

SATURDAY AND SUNDAY ON WWCR TRANSMITTER 4

Midnight—7:00 AM	5.765
7-9 AM	7.465
9 AM—1PM	9.985
1-5 PM	9.975
5-7 PM	9.985
7-10 PM	7.465
10-Midnight	5.765

The Last Shall Be First

The bell rings and open the gates swing
Horse power explodes forth
With a thunderous sound
Horses hooves are pounding the ground

“They are off and running” the announcer says
The crowd stands, cheers and peers
With neck stretched heads

A fair race? They say it is not!
For the best Jockey has strangely picked
A shaggy horse called “Long-shot”

The other steeds look stout and have a sheen
They are ridden by jockeys
Who are hard and mean

Cunningly and cruelly their whips swing
Hitting the good Jockey in the face
Conspiratorially crowding him to the rail and last place

Kill the Jockey, maim His horse
Do whatever it takes
To keep old Long-shot and his Rider from finishing the race

The announcer cries “Look at those proud ponies run,
and look there in the back at old Long-shot
eating their dust, that can’t be fun”
Why did the best Jockey pick him, he can’t run?

The crowd sees he can’t stay up with the big studs
Eating their dust he seems small and scrawny
And looks like a dud

His Rider knows he don’t look like much
But years of hard riding have made him tough
And He knows the tough keep running
when the big studs have had enough

The Jockey knows it's not who's first at first
But who's last at last
Let them mock, let them laugh
His pony will be ready for the final blast
He and His horse know the first shall be last

The big high-rollers cheer, the small Long-shot betters groan
Seeing old Long-shot and Rider in back all alone

But there, the wise Jockey knows His horse is safe
His horse has been trained for endurance and faith
Let them all watch and see who wins this race

The big boys are all bunched up and won't let him in
As they come around the tracks final bend

Then, winded, some slow, some slip, some veer
But old Long-shot's got a second wind
And begins to move up from the rear

Where there had been no place to go
There now appears a small hole
The Long-shot betters groans change to cheers
As the patient Jockey urges Long-shot up from the rear

The horse knows the time has come to do his part
They saw him as nothing
But his Jockey saw his heart

With blowing nostrils and lathered neck
He and his Jockey move up and out
Into the final stretch

The Jockey and the horse do what they must
Leaving the big slowing studs behind
Like crushed serpents in the dust

With the finish line in sight there comes that sacrificial burst
And at the finish, the last shall be first.

“Live-Radio Broadcast” Ministry

*Tired of the same-old Talk-Radio?
Take Pastor Peters on the road with you!*

Pastor Peters weekly LIVE RADIO BROADCASTS are now being made available, *on a weekly basis*, in tape or CD format, to those who have a yearning for more truth.



If you would like to receive all of Pastor Peters’ LIVE

R A D I O BROADCASTS on a weekly basis, write or email us and ask to be added to the **“Live-Radio Broadcast” Ministry**.

In addition to the SFA Tape & CD Ministry, (*which sends out two messages every two weeks, usually sermons preached at the LaPorte Church of Christ or at camp gatherings and conferences*), this NEW **“Live-Radio Broadcast” Ministry** is a way for you to get *even more* sermons, truths, messages and Pastor Peters’ comments on current events, *on a weekly basis*. Each Monday, we will send out, via First Class Mail, the previous weeks’ **“Live-Radio Broadcasts”**, on tape or CD, to those that request to be on this NEW **“Live-Radio Broadcast” Ministry**. This will be an additional expense to the ministry, but we believe the faithful remnant who will be blessed by this new outreach will respond accordingly with their prayers and financial support.

Remember, the **“Live-Radio Broadcasts”** are also archived at our website, www.scripturesforamerica.org.

The Secret Covenant [Of The Reptilians]

This covenant is sealed by blood, our blood. Written by U. Author



An illusion it will be, so large, so vast it will escape their perception.

Those who will see it will be thought of as insane. We will create separate fronts to prevent them from seeing the connection between us. We will behave as if we are not connected to keep the illusion alive. Our goal will be accomplished one drop at a time so

as to never bring suspicion upon ourselves. This will also prevent them from seeing the changes as they occur.

We will always stand above the relative field of their experience for we know the secrets of the absolute. We will work together always and will remain bound by blood and secrecy. Death will come to he who speaks. We will keep their lifespan short and their minds weak while pretending to do the opposite.

We will use our knowledge of science and technology in subtle ways so they will never see what is happening. We will use soft metals, aging accelerators and sedatives in food and water, also in the air. They will be blanketed by poisons everywhere they turn. The soft metals will cause them to lose their minds. We will promise to find a cure from our many fronts, yet we will feed them more poison.

The poisons will be absorbed through their skin and mouths, they will destroy their minds and reproductive systems. From all this, their children will be born dead, and we will conceal this information. The poisons will be hidden in everything that surrounds them, in what they drink, eat, breathe and wear. We must be ingenious in dispensing the poisons for they can see far.

We will teach them that the poisons are good, with fun images and musical tones. Those they look up to will help. We will enlist them to push our poisons. They will see our products being used in film and will grow accustomed to them and will never know their true effect.

When they give birth we will inject poisons into the blood of their children and convince them it's for their help. We will start early on, when their minds are young, we will target their children with what children love most, sweet things. When their teeth decay we will fill them with

metals that will kill their mind and steal their future.

When their ability to learn has been affected, we will create medicine that will make them sicker and cause other diseases for which we will create yet more medicine. We will render them docile and weak before us by our power. They will grow depressed, slow and obese, and when they come to us for help, we will give them more poison.

We will focus their attention toward money and material goods so they many never connect with their inner self. We will distract them with fornication, external pleasures and games so they may never be one with the oneness of it all. Their minds will belong to us and they will do as we say. If they refuse we shall find ways to implement mind-altering technology into their lives. We will use fear as our weapon.

We will establish their governments and establish opposites within. We will own both sides. We will always hide our objective but carry out our plan. They will perform the labor for us and we shall prosper from their toil. Our families will never mix with theirs. Our blood must be pure always, for it is the way. We will make them kill each other when it suits us.

We will keep them separated from the oneness by dogma and religion. We will control all aspects of their lives and tell them what to think and how. We will guide them kindly and gently letting them think they are guiding themselves. We will foment animosity between them through our factions. When a light shall shine among them, we shall extinguish it by ridicule, or death, whichever suits us best.

We will make them rip each other's hearts apart and kill their own children. We will accomplish this by using hate as our ally, anger as our friend. The hate will blind them totally, and never shall they see that from their conflicts we emerge as their rulers. They will be busy killing each other. They will bathe in their own blood and kill their neighbors for as long as we see fit.

We will benefit greatly from this, for they will not see us, for they cannot see us. We will continue to prosper from their wars and their deaths. We shall repeat this over and over until our ultimate goal is accomplished. We will continue to make them live in fear and anger through images and sounds. We will use all the tools we have to accomplish this. The tools will be provided by their labor. We will make them hate themselves and their neighbors.

We will always hide the divine truth from them, that we are all one. This

they must never know! They must never know that color is an illusion; they must always think they are not equal. Drop by drop, drop by drop we will advance our goal. We will take over their land, resources and wealth to exercise total control over them. We will deceive them into accepting laws that will steal the little freedom they will have. We will establish a money system that will imprison them forever, keeping them and their children in debt.

When they shall ban together, we shall accuse them of crimes and present a different story to the world for we shall own all the media. We will use our media to control the flow of information and their sentiment in our favor. When they shall rise up against us we will crush them like insects, for they are less than that. They will be helpless to do anything for they will have no weapons.

We will recruit some of their own to carry out our plans, we will promise them eternal life, but eternal life they will never have for they are not of us. The recruits will be called "initiates" and will be indoctrinated to believe false rites of passage to higher realms. Members of these groups will think they are one with us never knowing the truth. They must never learn this truth for they will turn against us.

For their work they will be rewarded with earthly things and great titles, but never will they become immortal and join us, never will they receive the light and travel the stars. They will never reach the higher realms, for the killing of their own kind will prevent passage to the realm of enlightenment. This they will never know.

The truth will be hidden in their face, so close they will not be able to focus on it until it is too late. Oh yes, so grand the illusion of freedom will be, that they will never know they are our slaves. When all is in place, the reality we will have created for them will own them. This reality will be their prison. They will live in self-delusion.

When our goal is accomplished a new era of domination will begin. Their minds will be bound by their beliefs, the beliefs we have established from time immemorial. But if they ever find out they are our equal, we shall perish then. **THIS THEY MUST NEVER KNOW.**

If they ever find out that together they can vanquish us, they will take action. They must never, ever find out what we have done, for if they do, we shall have no place to run, for it will be easy to see who we are once the veil has fallen. Our actions will have revealed who we are and they will hunt us down and no person shall give us shelter. This is the secret covenant by which we shall live the rest of our present and future lives, for this reality will transcend many generations and life spans.

This covenant is sealed by blood, our blood. We, the ones who from heaven to earth came.

This covenant must NEVER, EVER be known to exist. It must NEVER, EVER be written or spoken of for if it is, the consciousness it will spawn will release the fury of the PRIME CREATOR upon us and we shall be cast to the depths from whence we came and remain there until the end time of infinity itself. Written by U. Author - Posted 6/21/2002

TWO RADIO BROADCASTS WORTH HAVING

In April, 2005, Pastor Peters had a lengthy interview with a scientist's scientist, James McCanney, past Cornell University professor. This interview is contained in two radio broadcasts worth repeating and rehearing.



Topics covered include economic monopolies, German rocket scientist Von Browes predictions of using cold war, terrorism and ultimately a UFO scenario to gain world control, WW2 secrets, national ID cards, UN control of international waters and its effect on you, the old "bait and switch" tactics of the media, the name of Jesus and the Vatican, the hidden Vatican library, the Vatican and NASA's search for Wormwood, the 2nd earthquake, himmocanes -vs- hurricanes, the snakes underground snake-den cities, Yellowstone secrets, where Nicola Tesla got his information and more! These two power-packed radio messages were broadcast on April 18 and 19, 2005, are archived at our website, www.scripturesforamerica.org, and are available on two CD's or cassette tapes from Scriptures for America for a donation of \$10.00. Send for yours today!

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We welcome your e-mails and letters.
If you would like to contact Pastor Peters,
please write to him at:
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or email at preacher@sfaw.org



THE HAND THAT ROCKS THE CRADLE

From the Pastor's Wife

The following article is a health alert on MSG which you will find in the future cookbook. The information that follows offers only a partial list as to what you will find MSG in. As we stated in a previous health alert in this column--if the recipes you are sending in have some of these ingredients in them--send them anyway. We plan to offer as many alternative ideas for dangerous ingredients as we know of. We hope to be able to highlight any questionable ingredients and place footnotes at the end of the recipes for substitutions.

Concerning the cookbook, we are getting some really good recipes in, but have you sent yours in yet? If not, please do!

MSG-The Hidden Poison

By Dr. David & Serene Denton

We have uncovered what may be one of the most important discoveries in our research, **AND POSSIBLY ONE OF THE MOST INSIDIOUS CONSPIRACIES FOSTERED AGAINST THE PUBLIC WITHOUT THEIR KNOWLEDGE OR PERMISSION! YOUR HEALTH IS AT SERIOUS RISK!**



The secret culprit is Monosodium Glutamate (MSG) hidden in most of the prepared foods consumed by people in this country. We are horrified at what we have found out about the pervasiveness of MSG hidden under other names and aliases, so as to go undetected. We thought we had been avoiding it for years; but didn't know that it was being concealed in almost all of our food. In our clinical research, we have developed new techniques to determine levels of toxicity, and have found MSG to be more toxic than all of the other toxins, poisons and allergens that we find in our testing of sick patients. There is even a stronger reaction to MSG than to Arsenic or Mercury.

Here are some important excerpts from an article written by George R. Schwartz, M.D. a noted toxicologist, and au-

thor of the book, "In Bad Taste, The MSG Syndrome". This book can be ordered over the internet.

"I became interested in Monosodium Glutamate as a part of my work on food poisoning. This is the first important point you need to understand about MSG. A reaction to it is a drug reaction! It is not an allergen, it is a poison. There is a very great difference between the two. An allergen seems less threatening, since most people assume that it won't be a problem for them. A poison on the other hand, applies to everyone. MSG is toxic to everyone, at some dose. Those people who think that MSG doesn't bother them are wrong. Body processes are being disturbed. They have simply not made the connection between their occasional headaches and MSG.

"MSG is a sodium salt of Glutamic Acid, an amino acid, and is a drug. It acts as an excitatory neurotransmitter. It basically causes the nerve cells to discharge an electrical impulse and that's the basis of its use as a flavor enhancer. Food companies learned that MSG could increase the flavor and aroma, and enhance acceptability of commercial food products.

Equally important they learned that it could also suppress undesirable or "off" flavors, bitterness, and sourness, and eliminated the "tinny" taste of canned foods. This is the reason food companies in general have no intention of giving up MSG as an additive in their products." Our national consumption of MSG went from roughly one million pounds in 1950 to 300 times that amount today. Here's the bottom line: As the dose increases, every single human will react to MSG at some point. At certain doses it becomes toxic enough to cause illness. As with any poison, at higher doses, it is without exception, **fatal**.

Some of the common reactive symptoms that you may experience from ingesting MSG are:

Headaches, migraines, nausea, vomiting, diarrhea, irritable bowel syndrome, upset stomach, asthmatic attacks, skin rashes, heart palpitations, anxiety or panic attacks, shortness of breath, balance problems, heart attack like symptoms, allergy type symptoms, flushing, mood swings, behavioral disorders (especially in children and teens) mental confusion, runny nose, bags under the eyes, urinary and prostate problems, partial paralysis, mouth lesions and depression. In addition, there is some medical research linking MSG to Alzheimer's Disease, ALS (Lou Gehrig's), and Parkinson's.

MSG reactions are remarkably consistent and stereotyped for each individual. That is, a person who reacts initially with a headache will continue to get headaches with repeated exposures; with subsequent exposures, whatever their initial reaction was, they will exhibit that same symptom again and again.

The following is a *partial* list of the names in which MSG has been concealed, in order to be included in food without disclosure.

Accent
Ajinomoto
Autolyzed Yeast
Bouillon
Barley Malt
Broth
Calcium Caseinate
Sodium Caseinate
Flavorings
Malt Extract
Malt Flavoring
Natural Flavors
Natural Flavorings
Natural Beef Flavoring
Natural Pork Flavoring
Natural Chicken Flavoring
Natural Seasonings
Gourmet Powder
Glutavene
Glutacyl
Hydrolyzed Oat Flour
Hydrolyzed Vegetable Protein (HVP)
Hydrolyzed Plant Protein
Hydrolyzed Milk Protein
Kombo Extract
Mel-Jing
RL-50
Textured Protein
Seasonings, Subu, Spices (sometimes)

Read those labels, and ask the right questions. Most restaurants use a lot of MSG, and are NOT aware of it. The most common source is a frequently added product called

"Natural Flavors". This product contains approximately 40% MSG. This is what we mean by hidden. You can read labels and think it is free of MSG, when in fact its part of the "Natural Flavors" additive. Mayonnaise and ketchup and many varieties of mustards contain Natural Flavors, as well as most packaged and canned foods, including even teas and diet foods, desserts, ice creams and cakes. Also avoid prepared drinks like Coke & Pepsi, lemonade, etc, unless you read the labels. If you ask the restaurant servers, they will deny that the restaurants are using it. (They don't know). Carry your list of MSG aliases with you. Even items in the health food stores must be checked, as well as diet foods, frozen foods, and fast foods.

Most commercial salad dressings, soup bases, and meat stocks have some form of it, as well as dairy products, sauces, seasoning mixtures, frozen foods, teas and all convenience foods. Remember the motive is high profits at the expense of the health of millions of people.

YOU CAN GET THIS TOXIN OUT OF YOUR LIFE!

It requires a return to fresh fruits, vegetables, meats, fish, poultry, and grains. It requires that you avoid prepared or packaged foods, unless you have checked the list of ingredients in every thing that you eat. Be alert. This may require more discipline than anything you can imagine, due to the fact that when you are hungry, it is easy to let down and just eat something without checking, or just because it's embarrassing or inconvenient. But once you have been MSG free, when you get a dose, you will be much more aware of the reactive symptoms it causes.

If you are dining out, order things cooked or steamed without commercial seasonings, and mix your own salad dressings at the table (oil & vinegar or lemon) or bring your own with you. Once you get used to it, it becomes easier. Once you start to feel better (after a test week or two in which you have really worked to eliminate MSG), you may find you are really motivated to continue, especially when some of the unpleasant health problems disappear from your life. Instead of dragging through life, you may find a dramatic new sense of health that you haven't felt in a long time.

After you discover for yourself the reality of this hidden poison, we hope you will spread the word to others. Together we can make a change! **(next month, more on this--sfa)**

This article, received via email, is reprinted without permission, but is further evidence that the tares, the murderous serpent sons of the devil alien creatures that the Bible speaks about are indeed doing their father's will (John 8:44). *You have condemned and put to death the righteous man; he does not resist you.* James 5:6

Sudden Cardiac Death: The Role of Aspartame, MSG and Other Excitotoxins

By Russell L. Blaylock, M.D.

Over 460,000 people per year are now dying of a disorder called sudden cardiac death according to CDC statistics. This is a condition striking otherwise healthy people, who have experienced no obvious symptoms of heart disease prior to their deaths. An alarming number of these deaths are occurring in young athletes, both in high schools & colleges, as well as among professional athletes. While cardiologists have found coronary disease and suspect previous scars from silent heart attacks in a number of these individuals, one mechanism is getting no attention at all, and that is excitotoxic damage caused by food additives and the artificial sweetener aspartame. This is despite growing evidence that the excitotoxic mechanism plays a major role in cardiac disease.



Previously, it was thought that excitotoxin food additives, such as monosodium glutamate and aspartic acid in aspartame, cause their damage in the cardiovascular centers in the brain stem and/or by over stimulating sympathetic centers in the hypothalamus of the brain. Both of these mechanisms have been shown to result in sudden cardiac death in experimental animals. A particular deadly combination occurs in young athletes, which includes low magnesium intake, high calcium intake, low intake of omega-3 fatty acids and excitotoxin food additives.

Strenuous exercise- especially in extreme heat is known to deplete the body's magnesium stores, as is consumption of carbonated drinks and taking calcium supplements. In addition, adrenalin secretion, increased during exercise, increases heart muscle irritability and magnesium loss as well. When calcium supplements are taken in the face of existing magnesium deficiency, both magnesium and

calcium is driven into the bones, resulting in a sudden magnesium depletion crisis. Low magnesium is known to produce both seizures and cause sudden cardiac arrest.

In a classic experiment, it was found that stressing animals who were magnesium deficient resulted in an almost 100% mortality from sudden cardiac arrest. Adding magnesium cut mortality dramatically. A considerable amount of evidence has shown that low omega-3 fat intake significantly increases the risk and severity of cardiac arrhythmias, the main cause of sudden cardiac death. Likewise, a number of studies have shown that Americans are significantly deficient in these protective fats.

Finally, recent research has shown that the brain is not the only tissue having glutamate receptors. Numerous glutamate receptors have been found within the heart's electrical conduction system, as well as heart muscle. When an excess of food-borne excitotoxins, such as MSG, hydrolyzed protein, soy protein isolate and concentrate, natural flavoring, sodium caseinate and aspartate from aspartame, are consumed, these glutamate receptors are over stimulated, producing cardiac arrhythmias. When magnesium stores are low, as we see in athletes, the glutamate receptors are so sensitive that even low levels of these excitotoxins can result in cardiac arrhythmias and death. This is especially so when combined with the other factors mentioned. Under such condition, free radicals and lipid peroxidation products build up within the muscle cells, leading to the same outcome.

High consumption of aspartame adds an additional cardiac muscle toxin, methanol. A number of studies have shown that consuming aspartame and MSG (and similar excitotoxins) together greatly magnifies the toxicity. Young people live on junk foods, most of which contain a number of excitotoxin additives. Several studies have shown that the levels being consumed by our youth equal those causing the damage in experimental animals. Humans are 5X more sensitive to these toxins than any animal. These same factors operate in older individuals as well. Most over age 50 years are depleted of magnesium, have low omega-3 fat intakes, are under stress and take a number of medications that worsen nutrition, especially magnesium levels. Because they are more likely to also have coronary artery disease and other medical conditions, their risk of sudden cardiac death is even higher. Both athletes and those over age 45 years should take magnesium supplements, antioxidants, omega-3 oils, eat more vegetables and avoid foods and artificial sweeteners containing excitotoxins such as aspartame and MSG. This will do a lot more than trying to rescue a person with an external defibrillator after the fact.