

## THE BIG FAT LIE OF THE OBESITY AGENDA

Big Pharma needs to make money and weight loss drugs and programs are some of the most lucrative agendas out there. People will pay hundreds of dollars every month to **THINK THEMSELVES THIN**.

### THE BODY

A person who eats larger meals of specific foods (meats especially) can gain 10-20 lbs. just from bow compaction (constipation). Constipation also makes the belly appear much larger. But your stomach muscles (loose v. tight) also play a role in the appearance of an enlarged abdomen. Even blood flow in muscles can impact the appearance of a person's body fat. Likewise, bodybuilders who PUMP IT UP before a body fat measurement have different measurements than when the muscles are not engorged with blood.

The Military, the VA, and the Federal Government has **WEAPONIZED OBESITY**. Rank is held from people **LABELED** as obese, doctors **SHAMED** and **BLAME** obesity as a HOOF-TO-MOUTH disorder, personnel are **SINGLED OUT** for discharge only giving them the options of DIET and EXERCISE while overlooking weight gain as being caused by medical conditions. It couldn't be toxins in our foods, water, air, clothing, medications, etc. It could ONLY be you're just a FAT SLOB. This is SLANDER, DEFAMATION, and even LIABLE. It is used maliciously, willfully, and intentionally to inflict harm upon those who are targeted rather than find the cause and solutions.

**"YOU'RE JUST OBESE & NEED TO DIET,"** the VA doctors have said to me with self-righteous indignation for decades now. From the 1970's until today SOMETHING has changed in America that has a majority of the population overweight. Could it be that we are all "JUST" obese and need to diet or is there something more nefarious at play here? Let's start with lead in gas and then in pain. That was a good idea and then it wasn't. What about rat poison in tooth paste, plastics and heavy metals in our foods that cause vitamin and mineral deficiencies? And then there is SUGAR, MSG, and so many things that are being put into our food, our water and sprayed in our air. Like so many other government abuse programs this card has been played on society for 40 years already and it is time to stop.

The VA plays that OBESE CARD rather than doing medicine to determining what is causing the what they claim is merely obesity in each person because there are many things that causes the appearance of obesity and are far from it. You've heard of the BEER BELLY but is there any truth to beer being the cause of a large belly eight? No, BEER is not a cause of obesity OR BEER BELLIES. In fact what most call the BEER BELLY out of ignorance is actually caused by colon and bow blockages. So, each time that you play the OBESE CARD you are really telling people just how the government has turned you into yet another discriminating playground bully.

### WHAT ARE THE CAUSES OF THE "APPEARANCE" OF OBESITY?

This subject matter isn't just as simple as "YOU ARE OBESE AND NEED TO DIET." There are many factors that impact a person's weight and just because a person may look overweight there are many that are not. Today almost every doctors and nurse are playing the OBESE CARD. You are just OBESE AND NEED TO DIET. But evidence is now showing that there is a lot more that impacts a person's weight and body fat than just being lazy. What are some of the factors that effect a person's weight?

- **ABDOMINAL PARACENTESIS**
- **MILITARY TOXIC EXPOSURES**
- **RELAXED STOMACH MUSCLES - PREGNANCY RELATED (DIASTASIS RECTI)**
- **RELAXED STOMACH MUSCLES - LACK OF EXERCISE MEN**
- **SEASONAL (AKA WINTER WEIGHT)**

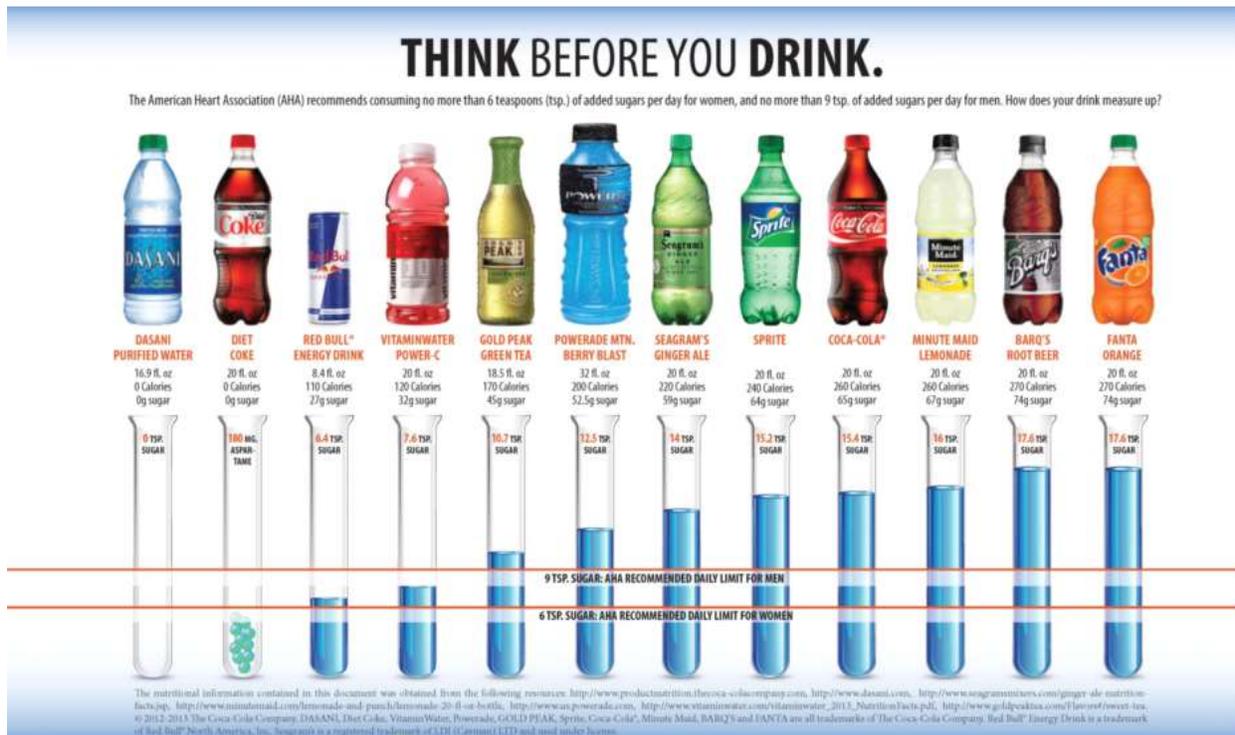
- YOUR GEOGRAPHIC LOCATION
- PARACITES, FUNGAS & MOLDS
- BODY BUILDING
- DIFFERNT TYPES OF BODY FAT (HAVE DIFFERENT CAUSES)
- STRESS & SLEEP ISSUES
- HERNIA, SCOLIOSIS & OTHER MUSCULAR / BONE / SPINAL ISSUES
- SALT, VITAMIN & MINERAL DEFICIENCIES
- BODY TEMPERATURE
- ENLARGED ORGANS
- TOXIC, POISONOUS & HAZARDOUS EXPOSURES (WATER, FOOD, MEDICATIONS, ETC.)
- PESTICIDES & HERBICIDES, CLORINE & OTHER CHEMICIALS
- DIGESTIVE TRACK ISSUES
- METABOLIC SYNDROME & ENDOCRINE ISSUES
- THYROID & ADRENAL ISSUES
- INFECTIONS (FUNGAL, YEAST, BACTERIAL, ETC.)
- SALT, VITAMINS & MINERALS
- WATER RETENTION
- HIGH BLOOD PRESSURE & HYPERTENTION
- HYPER OR HYPOGLYCEMIC
- TESTOSTERONE & ESTROGEN
- MENSTRUATION, BREAST FEEDING, PREGNANCY
- BOW MOVEMENTS & EATING
- INFLAMATION
- BLOOD CLOTS & THICK BLOOD
- PROCESSED FOODS OR DRINKS
- TYPE I & TYPE II DIABETES
- POOR DIET (TYPES OF FOODS)
- OVER EATING / EXCESS CALORIC INTAKE
- RED MEATS & POLTRY
- INFLAMATION
- CANCERS
- HEAVY METALS
- PARASITES
- PSORIATIC PSORIASIS
- FRUITS & VEGITABLES
- SUGAR / HIGH-FRUCTOSE CORN SYRUP
- CARBOHYDRATES / TRANS FATS
- SNACKING AND BINGEING
- HOURS OF EATING & NUMBER OF MEALS PER DAY
- GENETIC DEFECT
- LACK OF EXERCISE
- MENTAL TRAUMA / SEXUAL TRAUMA / MOLESTATION / RAPE / SEXUAL ASSAULT / ABUSE
- YOUR AGE

First we must look at the ELEPHANT in this room BEFORE we continue. MUSCLE v. FAT. This agenda complete tosses the weight of MUSCLE out the window and claims muscle or fat (it's all the same = OBESITY). Problem with this AGENDA is that is does not take into account muscle weight nor muscle mass. Lean muscle is heavier

than fat and a person who body builds cannot be measured with a height to weight scale to determine OBESITY. What we know is that we know far too little about obesity but enjoy BASHING others over it claiming that we PRESUME people can just change it overnight. Some people are only “obese” in specific parts of their bodies while others have many factors that impact their ability to work out, walk, and have little to no control over their bodies. As you can see from the list above OBESITY is not just as simple as hoping on a treadmill and you will lose weight. There is on program that can assist most people in their weight loss goals and it is called the “TUB OF LARD”.

But let’s take a closer look at the list above. Just the fact that you were prescribed prescription of antibiotics can cause your stomach to have digestive issues. What about prescription medications that cause constipation and bloating? And how could we overlook diabetes, hyperthyroid, and hyperinsulinemia? What about poisons, plastics and other toxins placed inside foods and beverages that contain high fructose corn syrup and petroleum based oils, trans fats, glucose, and glutton?

Don't get all UPTIGHT, OFFENDED and JUMP to conclusions about the name until you finish reading this document. So, now you can see that the tub of lard was just an analogy and not a patronizing like the OBSESE CARD. If you look at a person who only has a large belly but no body fat anywhere else this is NOT obesity. More likely it is related to bow, intestinal, or other organs that are not operating properly in their body. I have listed sugar but not carbohydrates. Why? Sugar is loaded with cancer causing fungus known as candida. Candida also causes cancer. But sugar is also the known cause of dementia, diabetes, and many other conditions too.



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Fruits, vegetables, vitamins and minerals can assist in losing weight too. There are not only things that increase fat burning but also reduce cravings, and others that cleanse the colon, bring blood sugars into a normal level, and others that reduce stress, blood pressure and so many other factors that impact your weight loss goals. Did you know that you can test your stress level with a multi-meter? Switch it to OMS and place

one probe in each hand. If you are in OHMS then your electrolytes, vitamins, and minerals are normal. if you're reading is in the MEG-OHM you have a vitamin or mineral (or both) issue. Even the WATER that you drink plays a MAJOR part of your life as well. What else can we use to bring our systems back into focus?

- **LEMONS**
- **GRAPEFRUIT**
- **CHERRIES**
- **CRANBERRIES**
- **PINEAPPLE**

The United States is the only country that treats a sugar problem with more sugar (Diabetes). This is like treating a gunshot wound with more bullets or cancer with chemotherapy (known to cause cancer and kill the patients). In many cases a poor diet and poor exercise are part of the cause but as we are finding out there are usually many other factors too. Even something as simple as taking medication (especially antibiotics) can cause intestinal issues where your bow slows down or even stops completely. This is why so many (men especially) have the BLOATED BEER BELLY look. It is not that they are fat it is that their intestines are completely full. There are other factors that can lead to this and that is poisons and toxins that drive the person to eat or drink out of compulsion and not necessity. Sleep is another factor that impacts your weight.

So do us all a favor and stop being so self-righteous, arrogant, and uneducated about the human body because FAT SHAMING is a hate crime too. If you haven't learned anything over the past three years Type III Diabetes is the cause of dementia. Yes, too much sugar kills brain cells too. How does the body's temperature affect your workout? Did you know that a HOT spa will loosen up tight muscles while a COLD spa will reduce inflammation, and a sauna will reduce excess water stores that can contain toxins that are causing pain? Is there anything else that uses temperature to affect your weight loss and workout? Don't let the name OFFEND you. Please, continue reading...

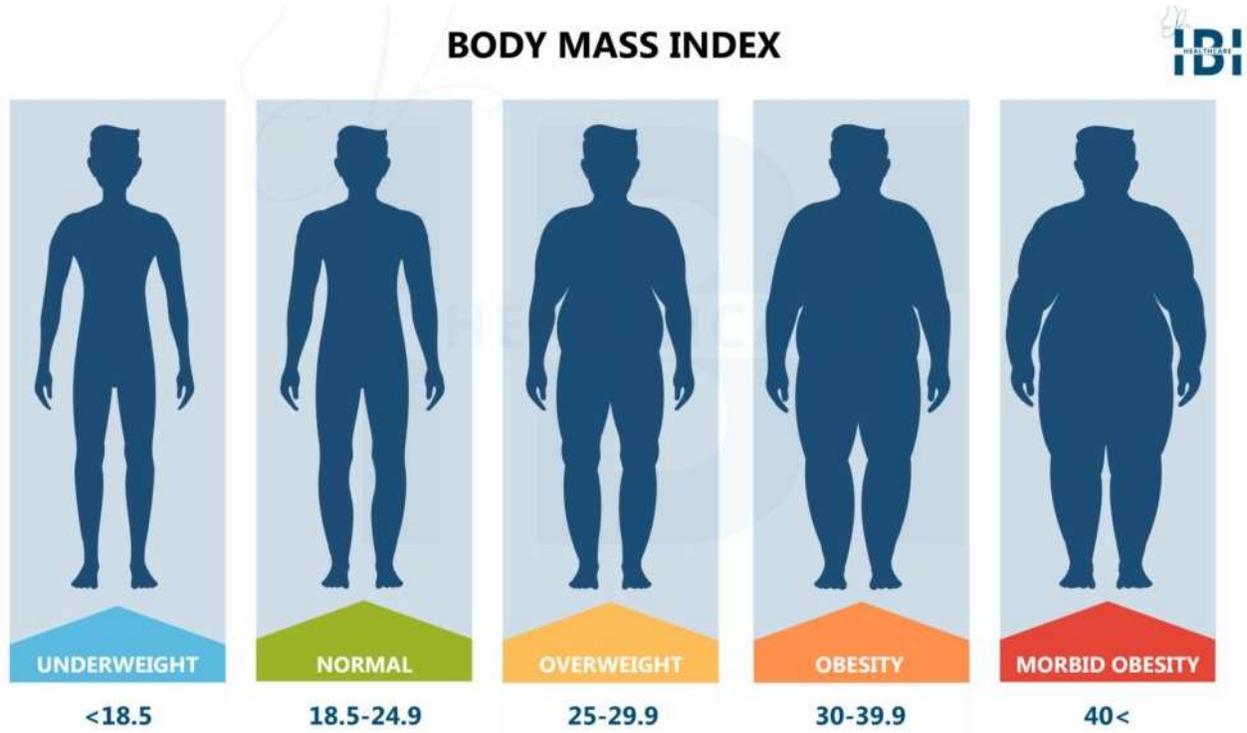
### **THE OBESITY AGENDA**

The body fat index is a HUGE lie. There are so many factors to take into consideration when trying to achieve a CREDIBLE body fat of a person. Everybody's body FUNCTIONS can change their body mass index just with a single meal or a bow movement. Just the abdomen alone can make a person fit for military service or kicked out just because they had a bow plug. Even race, gender and many other factors play so many roles in "obesity" that it proves itself unreliable and ineffective. This "**GOVERNMENT AGENDA**" causes "**BODY SHAMING**" and "**PREJUDICE**" towards individuals and groups of people based upon "**APPEARANCE**". They play the elementary school playground bully yelling FATTY, FATTY. The VA EXCELS at this agenda by calling up Veterans and telling them that the only thing wrong with them is they are "**JUST OBESE AND NEED TO DIET.**" However, this is not medically true nor even close to being the only cause of the APPEARANCE OF OBESITY.

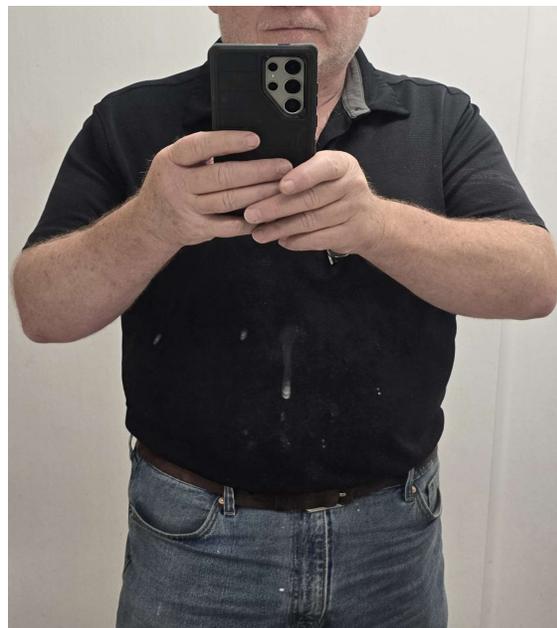
The VA has participated in the BULLYING, TARGETING and even LABELING Veterans (man and women) under the Obesity Agenda. The VA diagnosed me as being over 40% **Morbid Obesity (SCT 238136002)** with only the weigh scale and my height (no paper tape, no water displacement, and no electronic calculations). However, this only works on people that have body fat across their entire body. This does NOT work on people with the APPEARANCE of body in a single part of their body. You have to take into consideration MUSCLE WEIGHT and MUSCLE MASS v. FAT. But being that they are "DOCTORS" they would know this and wouldn't be trying to cause mental harm to their patients, right? WRONG! The VA is just a leg of Big Pharma with millions of guanine-pigs to test medications that will be used upon the masses.

Been diagnosed with Type II Diabetes or Pre-Diabetes? Do you have erectile dysfunction, PCOS, high cholesterol, high triglycerides, fatty liver, or high blood pressure? Has you doctor(s) run anything other than

just an A1C? What about a fasting glucose and a lipid panel? But there's are so many more that can identify the EXACT cause (not just prescribe Metformin). Test for Testosterone, Estrogen, CRP (inflammation) and a fasting insulin. Divide your HDL by your triglycerides to obtain your insulin resistance (less than 1.5%). What you must do for your own health. Intermittent fasting, restrict carbs to 30 grams, only eat after 9am and not after 6pm. Your doctors will not tell you this because they are working for Big Pharma and their for profit scheme of prescribing you medications that THEY profit from (which are harmful to you).



## THE MAN'S BODY



The image on the left above is what MORBIDLY OBESE actually look like. But the VA claims that man on the right is MORBIDLY OBESE. Sorry, but his height to weight ratio PROVES this government agenda is a FRAUD. I had to have alternate maximum weights in the Marine Corps because the GOVERNMENT said I was ONLY ALLOWED to weight 186 lbs. at 69" of height (no options). Anything over 186 and I was AUTOMATICALLY LABELED OBESE and without the use of any of the body fat calculations (like tape measure or water displacement) the VA claims that because they are the government they are the only authority in this matter.



This is what OBESE looks like and this is what overweight looks like.



This is what a fit person looks like and this is what a Bodybuilder looks like.

However, today media wants everyone to think that only cross country bicyclists are a FIT. The issue with bodybuilders is that they are LABELED as OBESE to MORBIDLY OBESE just from their muscle weight to height ration.

**Body Types:** Historically, the 3 body types were ECTOMORPH, ENDOMORPH and MESOMORPH. This would require a weight control standard for each of these body types. Recently they also added another layer to this

which includes the body shapes (Rectangle, Inverted Triangle, Trapezoid, Triangle, and the Oval). This would have again compounded the weight control chart by a factor of 5. In my case I was (and still am an Inverted Triangle Mesomorph). I had 17.6 percent body fat at 203 lbs. as a Marine Corps bodybuilder. The OBESITY chart FAILED to taking these standards into consideration with my height to weight ratio (69" = maximum weight of 186 lbs.). According to the chart below I was in the 5<sup>th</sup> percentile of Americans. The military claimed that I could weigh no more than 186 pounds at 69 inches tall, multiple references in my medical records remarked about my physical appearance as being "**WELL DEVELOPED.**" My Adonis factor with 46" shoulders and 30" waist (in 1993) was 1.53 three (where Adonis himself had a score of 1.66. So, I fell into a category that is not even in the OBESITY AGENDA.

51. HEIGHT 68 1/2	52. WEIGHT 184	53. COLOR HAIR BLONDE	54. COLOR EYES BROWN	55. BUILD: <input type="checkbox"/> SLENDER <input type="checkbox"/> MEDIUM <input checked="" type="checkbox"/> HEAVY <input type="checkbox"/> OBESE
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The Marine Corps even had category for body builders called "HEAVY" (see above) which is separated from OBESE. On another occasion I was referred to as "Well-Developed."

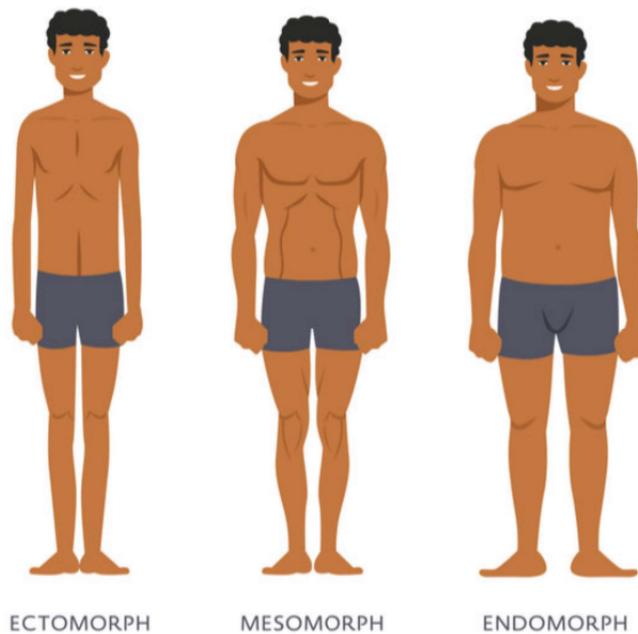
Physical exam: The patient is a well-developed 26-year-old

So how could I go from 19% body fat to OBESE? You can see from the chart below that under 20% body fat is a lean body (not a fat body which comes in 35%+ body fat (image below – which many Navy Chief's fell into).



The military used to measure (men's chest, neck and waist and women's breasts, neck and waist). This too was filled with gross error in this is most evident between the mesomorph and endomorph and far too some women complained of being FONDLED or GROPED just to avoid being measured (while other were being

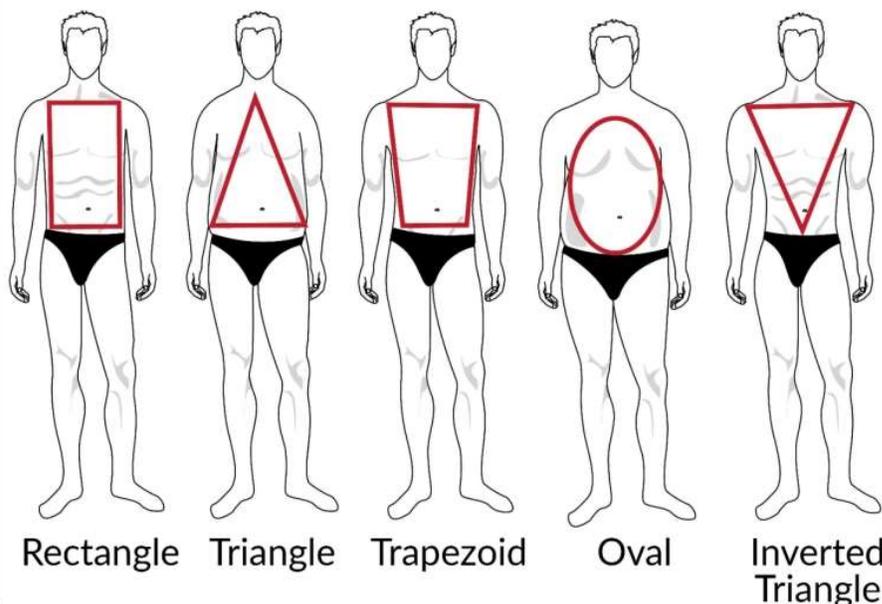
groped and fondled). The difference is body fat weight v. muscle weight. They can have the same height and weight but their physical appearance isn't.



They have broken the human body into 3 categories. Ectomorph, Mesomorph, and Endomorph.

## Different Male Body Types

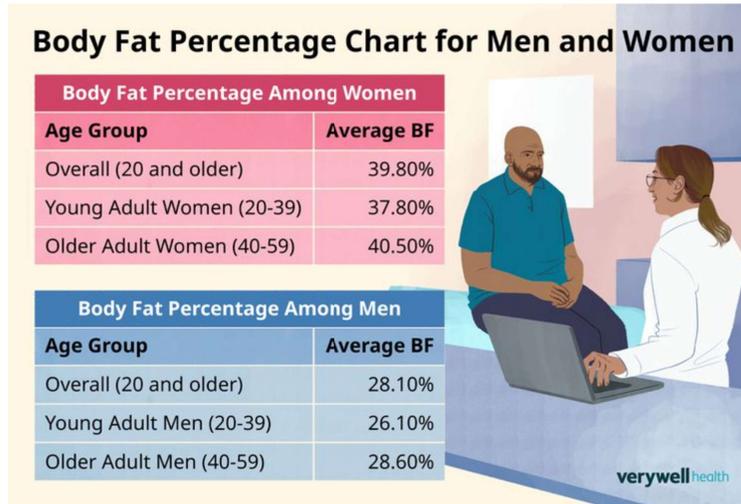
Presented by Real Men Real Style



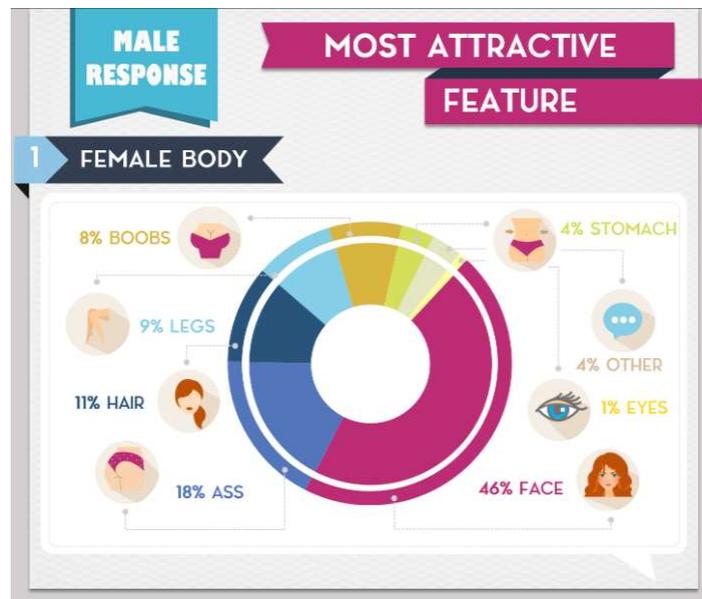
Men can have heavy bones and muscles that make them heavier than others. Even a man's head, chest, and legs (muscles mass) must be a part of that calculation. The most common methods for testing one's body fat is with a paper tape measure, calipers (that pinch the fat in multiple regions of the body and then that generates an ESTIMATED score). More accurate ways to get a person's body fat content is called DEXA scan done.



What do the national statistics tell us about American body fat today?



What are men seeking in a woman?

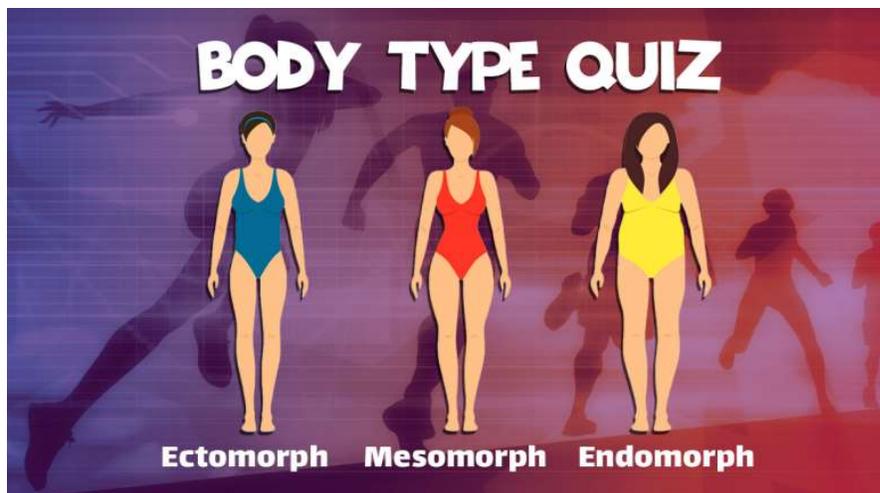


In the study listed above MEN are not pointing out a woman's weight in the top 8 things that men are looking for in a woman. While this is true for "some men" it is subject to the eyes of the beholder. Some men are seeking larger breasts, while others want a larger butt, and some it is about the eye

color while others it about things that are not on this list like smile, personality, height, etc. But for most men they want a woman who will RESPECT THEM and bring PEACE into the home not a woman that causes KAYOS and STRIFE. Inside a man's (AND WOMEN'S) brains are hard wired the survival of the species factors. When looking for a mate men unconsciously chose women with child bearing hips and size C – DD breasts for child nourishment. Women on the other hand chose a man on his ability to provide, defend, and protect the family that she helps create. In the image below men would chose Beccy, Nicola, or Kate subconsciously. However so many other factors are now forcing both men and women's hand which to SETTLE (not CHOSE) their mate.



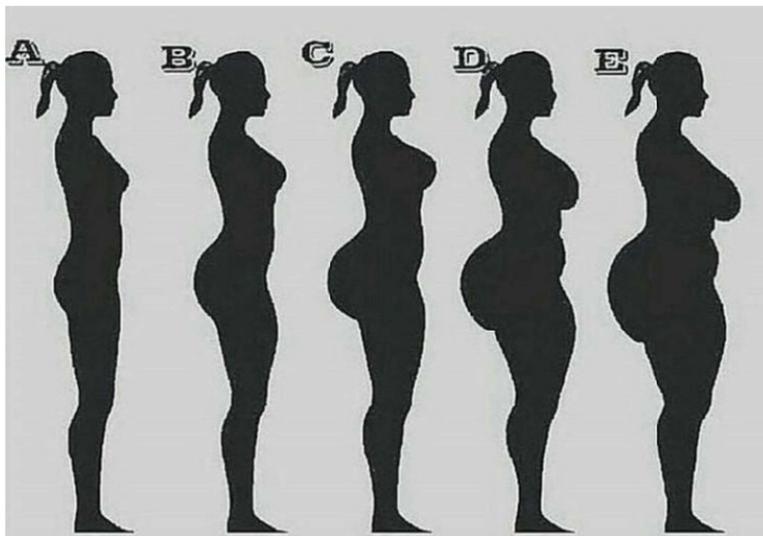
## THE WOMEN'S BODY



Women, like men, have more than one body type that must be taken into consideration. But even in women there is more to take into consideration than just a woman's opinion about what she looks like. Sorry, but Pretty Princess and Cinderella Syndrome causes far too many women to HATE this subject rather than face the facts that they ARE (or ARE NOT) as "OBESE" as the government claims that they are. We must again start with the Ectomorph, Mesomorph, or Endomorph.

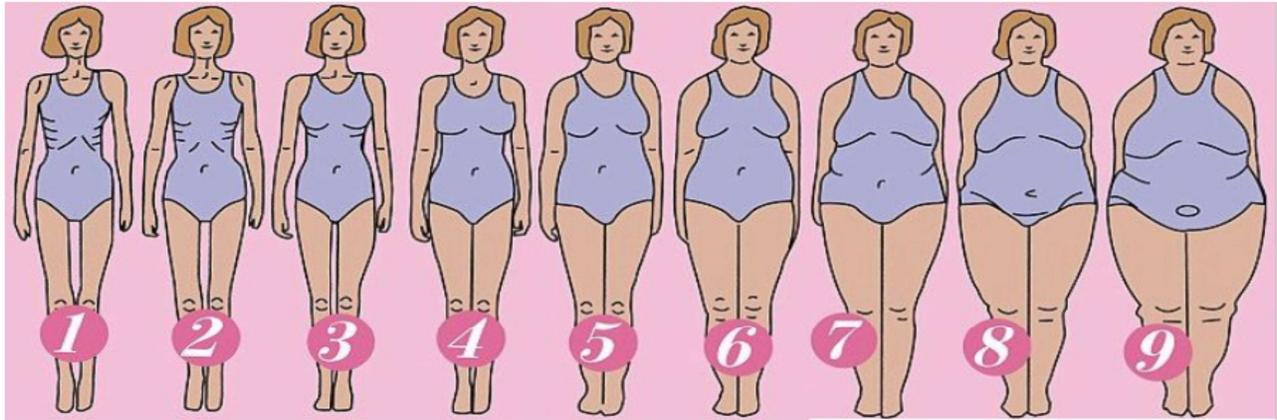


Then we have to select their type style (image above). A woman's body (weight and measurements) can vary from day to day with water retention, monthly with menstruation, pregnancy, and other conditions like lactation. To obtain a semi-accurate BODY FAT of a woman you would have to measure the circumference and size of the breasts, the length and circumference of the buttocks, and many points of the arms and legs (in addition) to what is currently used to ESTIMATE a woman's body fat. One woman may have massive breasts and very little body fat and that is not taken into consideration. Likewise the weight of the breasts should be part of that calculation too. Women have still not taken into consideration those who have inherently large breasts or large butts (genetically not just fatty).



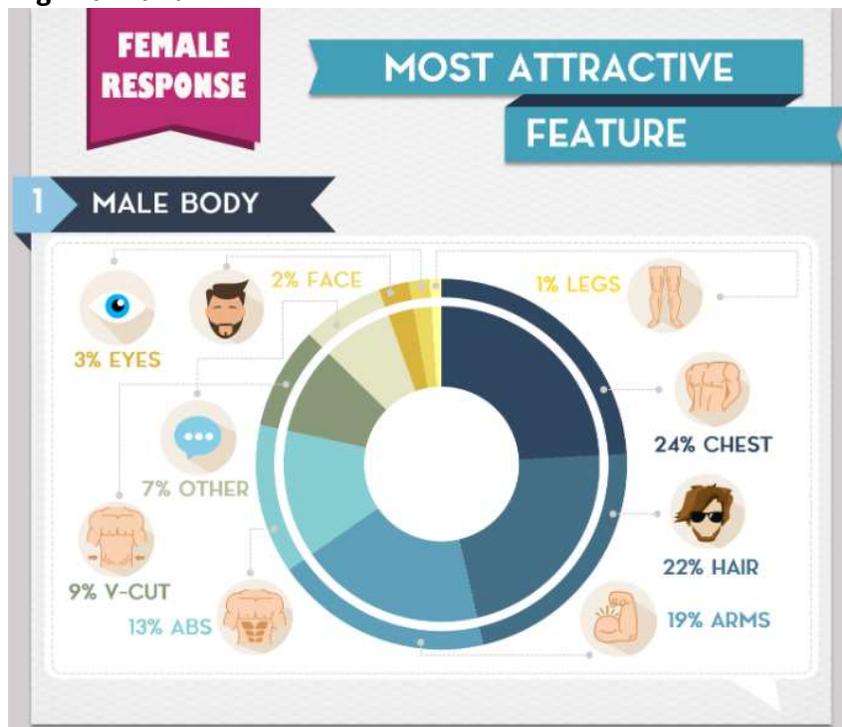
**GENTECIS & FAT TYPES PLAY ROLES TOO**

This is just like a woman who has borne children has a different body type than those who have not. Tell me how the OBESITY AGENDA works for tiny persons. Some women have a genetic feature that gives them breasts above the DD range as well as larger buttocks. This would have to be compensated by weighing the breasts and then coming up with a compensation for the buttocks as well which would have to be removed from their weight. What about black men who have ZERO body fat are also LABELED as having body fat and yet they have no buoyancy?



Women have hormones and chemicals that impact their weight and body fat too. A woman who has had children is different from one who has not in the hips, belly, and the breasts and a menstruating women also changes a women's weight and measurements. A pair of D-cup breasts can weigh between 15 pounds or up to 23 pounds depending upon if she is breast feeding and this also applies women who have genetically larger buttocks (which are not flabby fat). A person's muscle weight is another factor. This is why the BODY FAT AGENDA is a FRAUD. Women cannot be placed into 3 categories so they have come up with 9 types.

**What are women seeking in a man?**



However, most women are seeking overweight bank accounts but then turn to dad bods (DILF v MILF). Most women want the Alpha types (the bad boys), taller, darker skin color, etc. Women are seeking BOOBS, BICEPS, and HAIR (in men and women). Honestly both men and women prefer happy and healthy partners.

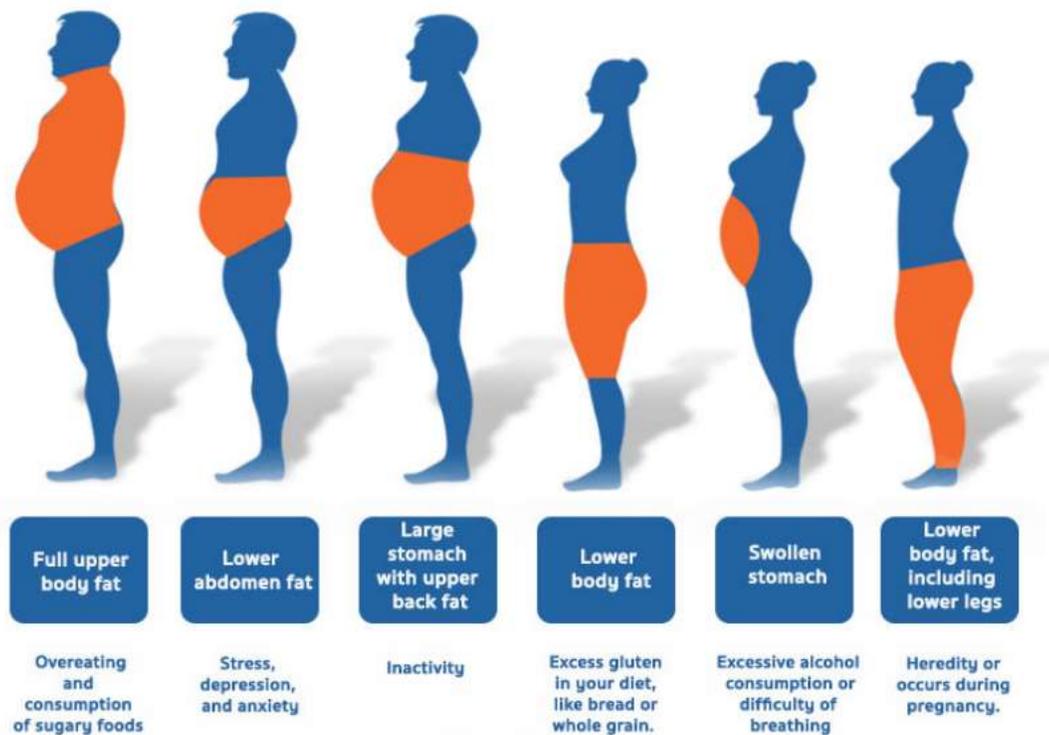
**BREASTS & BREAST FEEDING**

Women with size A breasts will weigh considerably less than that of a woman with DD. A woman who is breast feeding can weigh up to 35% more weight than breasts that are not breast feeding. So we learned earlier that breasts can weigh 15-33 lbs. and we add 35% to that (an additional 5.25 to 11.55 lbs.).

## GOVERNMENT SPECIAL AGENDAS

Nobody investigated anything. Big Pharma, the CDC, the FDA, the CIA, the FBI (all the 3 letter agencies) conspired to kill everyone. Our foods, beverages and even our water are BANNED in most other countries because they are filled with chemicals, toxins and preservatives. All those agencies have not only been paid to play but also have willfully, knowingly, and intentionally covered up their plans to harm Americans.

## 6 Types of Body Fat



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There are different types of body fat. These body fats appear in specific locations based upon their source cause. There are 6 basic types of body fats. Some are caused by bad food fats while others are related to other factors. When I spoke about what causes the APPEARANCE of OBESITY the medical industry ignores the various type so fat, their locations, and therefore their causes. According to the image above I have STRESS, DEPRESSION and ANXIETY induced fat. But the only game that is played by the OBESITY AGENDA is your are FAT AND JUST NEED TO DIET.

### CORTISOL V. THYROID BELLIES

Doctors don't even talk about the differences between a CORTISOL and a THYROID belly. The cortisol belly is caused by chronic stress and adrenal burn out which you can be identified by touch. It feels HARD and pushes OUTWARD and UPWARD (like being pregnant). This is VISCERAL FAT deep inside surrounding organs and tissues (like FATTY LIVER). While THYROID causes the belly to feel soft squishy or doughy. Low thyroid function doesn't just cause you to gain weight. It causes gas, constipation, and fluid retention. To resolve CORTISOL belly you need more sleep, more carbohydrates, and adrenal adaptogens to calm the stress response, low

intensity exercise (walking or yoga). For thyroid optimize your T3 to boost your metabolism, take magnesium for constipation and use strength training to build more muscle.

### **ADRENAL FATIGUE SUPPLEMENTS (with any supplement BEWARE of the ingredients)**

- Sleep
- Carbohydrates (be BEWARE of the ingredients)
- Exercise (walking or yoga)
- Maca Root
- Rhodiola
- Eleuthero
- Ginseng
- Holy Basil
- Ashwagandha

### **THYROID SUPPORT (with any supplement BEWARE of the ingredients)**

- Strength building exercises
- Iodine
- Selenium
- Zinc
- B12
- Ashwagandha
- Magnesium Glysonate

**Military EXPOSURES:** Even **TOXIC EXPOSURES** impact a person's body. Agent Rainbow (including Orange), toxic water, PFAS, PCBs, and many other military SERVICE-CONNECTED EXPOSURES can start a person's medical decline that will not show for months or even decades. Sometime the first indicator that someone was exposed is through birth defects in their children. When I was in the military I was a bodybuilder. Many medical reports identified me as a "WELL DEVELOPED" Marine. According to the Adonis factor (having 36" shoulders, 18" biceps, and a 30" waist (in 1991 at the age of 24) I had a score of 1.53 where Adonis had a 1.618. But the military's obesity agenda claimed that I being 69" tall could only weigh 186lbs. However, because I was a bodybuilder I weighed 213 which the military played the OBESITY CARD like I was a felon. Today my waist is 44 and my weight is 265lbs (at the age of 58) but the VA does NOT check body fat by paper tape or water tank. They just use your weight and height which is a complete FRAUD. This is especially true for anyone who has genetic factors like bodybuilders or women with large breasts and buttocks too.

**Medical Conditions:** Type I/II Diabetes, the adrenal/thyroid, kidneys, liver, and even the heart and lungs (Asthma, Bronchitis, COPD, etc.) play a major part in a person's ability to process and either store or consume body fats. Injuries like broken bones, sprained ankles, etc. also impact a person's weight bearing and ability to exercise. But it is also just as plausible that chemical, dyes, and other food and beverage additives also impact the body. How did the United States go from fit and healthy in the 1940's to MORBIDLY OBESE in 2020? It was DESIGNED to be that way so that our nation could fall. Step outside of your current box and look at our education system that has been teaching our nation to be PASSIVE, SUBMISSIVE, VICTIMS more and more since the 1980s. Each generation has been SOFTENED that much more because a soft nation is an easy nation to take down. When our nation is so DECEIVED with genders, pronouns and who's allowed to wear dresses and inside women's bathrooms the NEW ENEMIES have been brought in right under your noses. You have become so soft that you do not want to stand against anything but people hurting puppies or kittens.

Even the CDC turns 180 degrees from the truth in their own reports on body fat. Belly fat is the RESULT of many health issues like; diabetes, thyroid and endocrine issues, etc. They put the cart before the horse and treat the cart instead of the horse. You're just OBESE (or GROSSLY, or MORBIDLY OBESE) and just need to diet while ignoring the facts that the air, foods, and beverages are being poisoned and toxic to the body. The soil no longer has the nutrients in it so the food is also provides less nutrients than it did in the past. If the food has less nutrients today then you have to eat more to achieve the same vitamins and minerals that the body requires. But this only comes evident is you get tested for vitamin and mineral deficiency (not a normal test because they KNOW you'd be deficient). The lower that your body is in vitamins and minerals the FASTER that your body deteriorates and as a self-defense mechanism you will end up with a fatty liver, diabetes, heart conditions, etc.

IN FACT today's medical system is PROGRAMMING doctors NOT to TEST, DIAGNOSE nor TREAT medical conditions so that the record shows fewer incidents than there actually are. Doctors say that if they CURED everyone that there wouldn't be a job for them. Another statement that are using is that if they tested everyone for everything than there would need to be a doctor's office for every single person (which is the systems goal). Making (AND KEEPING the people SICK is the reason that the medical system is making so much money. Ironically people will defend their doctors while mourning their family members who didn't have to die. The VA even goes as far as PUSHING Veterans to commit suicide because they just aren't dying fast enough. Once the system pays a Veteran so much the system marks them as PAID IN FULL and their care goes downhill. This is why the VA sets so many rules, regulations and prequalification's on disability ratings. To prevent having to pay for all the Veterans and their dependents that has been HARMED by military exposures.

Military toxic exposure compounds Veterans (and their dependents) illnesses. While the Veteran may or may not know that they were exposed the government KNOWS what medical conditions the Veteran and their dependents can expect through their lives. While some are effected more (and some less) their purpose for using the nuclear, biological, and chemical agents was anything from benign. Not only did they hurt the local population but the military forces too. It was a win-win for them as long as they can continue to hide the facts about WHAT, WHEN, and WHERE they USED, STORED and even BURIED them.

Take for example the US Army study about Agent Rainbow (Green, Pink, Purple, Blue, White and Orange) on Okinawa, Japan. In their report they stated that the barrels were removed from Vietnam and stored on Okinawa until they could be returned to the United States, SOLD LOCALLY, or warehoused. Within that report the Army stated that many barrels were deteriorating and that the chemicals had leaked into the Pacific ocean causing more than one fish kill. The report continues as it states that the barrels were repackaged and then BURIED on Okinawa in the 1990s. While Okinawan's have the longest life-span of the world they face many things that are still out of their control. This being stressors for being an island that is a strategic air lift point for military operations between nations.

But when you go to the market to purchase fish does it say what the mercury levels are? What about other toxins? Nope. Just it was Pacific caught. Is there a test to ensure that you are not ingesting toxins like mercury, Agent Orange (or Agent Rainbow), DDT, or others? Sorry. Take a look at CHEMTRAILS. Do you know that the modern CHEMTRAILS reminds old Veterans of Vietnam Agent Orange airplanes spraying? That is how it was used on the nation of Vietnam. Remember that Agent Orange is being stored on Okinawa and that is was being sold locally. Do you think that could mean that anyone who purchased it could us it back upon our own troops or nation? Do you recall Col. Oli North USMC who stood trial for selling military munitions to anyone who would buy them? If not look it up.

It may appear that I have taken a hard right turn in the study of body fat but I will now bring into focus why I did that. I am an Agent Rainbow exposed Veteran and I suffer from many disabilities which are related to TOXIC EXPOSURES. You think that because you are living here in the United States that toxic chemicals are not being used on our soil? Sorry, but you are severely uneducated. Even our nuclear power plants release tritium into the air. What about the toxic train wreck in East Palestine, Ohio? New reports have claimed that those people are experiencing medical issues similar to those of the Persian Gulf War. I am service-connected for the Persian Gulf War Illness and I wouldn't wish it on anyone.

I have multiple forms of cancer including malignant melanoma, adrenal, renal and other tumors, type II diabetes, fibromyalgia, large and small cell nephropathy, etc. Just the type II diabetes is hard enough on the endocrine system but then add all of the others and your body is pushed into overtime trying to resolve medical issues that it would not have had to deal with if you had not been exposed. Then there is the evidence that if you have it your children will too. This means that your DNA was changed and they too will suffer from these issues. See the military didn't care when they exposed you. That they also exposed your family ISN'T OUR PROBLEM (they claim). WE'RE NOT RESPONSIBLE is the WRONG ANSWER! From the toxic waters (at EVERY BASE), to the toxic exposures (water, fuels, lubricants, chemicals, firefighting foam, asbestos, explosives, depleted uranium, EMF, PCBs, PFAS, exhaust fumes, and of course the scapegoat of fire pits).

When you go from base to base keep your eyes OPEN for toxins such as Agent Rainbow. You and your children have been unaware of how serious this matter actually is and the government is BANKING on you not finding out (or at least keeping it hidden from you and the public). SETEC ASTRONOMY = TOO MANY SECRETS) If we are going to heal the earth then we have to stop the government from manufacturing, using and storing toxins. The VA has reported for a very long time that I am OBESE, then GROSSLY OBESE, and finally MORBIDLY OBESE and yet KNEW that it was not hoof-to-mouth disease or beer guzzling that was the cause. But their SLANDER, DEFAMATION, and LIABLE statements are just one more level of their mental abuse against Veterans like a preschool bully. Even genetics plays a role in your body shape and weight which is not something that a person has any control over.

The military initiated the bullying with the implementation of the body fat agenda and weight control standards just as the military tows the party line on belittling those who were called MALINGERERS. While some fit the bill others did not. I was put onto full duty status with a broken back and neck injury. To compound the matter I was also suffering from toxic exposures that were changing my body and causing me to suffer intolerable pain in my bones, muscles and tendons while being called a MALINGERER. Body fat like the globe theory was a social construct invented by a mathematician in the 1800s and then redrafted in the 1970s and imposed upon the unsuspecting public in the 1990s. It gain instance success by being forced upon the United States military even though it was nothing more than an index as a means of discovering the socially ideal human person. The BMI is a convenient RULE OF THUMB used to broadly categorize a person as based on tissue mass and height.

For a men to obtain a semi-accurate body model they would have to measure the ankles, calves, thighs, waist, hips, belly, chest, neck, the forearm and bicep. To semi-accurately measure a woman you have to measure the ankles, calves, thighs, waist, hips, the curvature of the buttocks, the belly, circumference of the breasts and the diameter of the chest, the neck, the forearm, and the bicep. But since the modern day "civilized" society is too sensitive this is not possible. However, the OBESITY AGENDA is still playing the kinder garden playground bully. Luckily for men their penis does not play a role in their weight like a woman's breasts do. Today there are TWO (2) recognized standards to measure body fat more accurately. First is the water tank and the second is the four (4 each hand and each leg) point electrolysis.

The Air Force 2023, you divide the waist in inches by your height in inches. There are multiple mathematical issues with this formula. This doesn't take into consideration genetics with larger buttocks, heavy bones, and meaty thighs. Waivers for age, being married and even being a parent are already required. There needs to be, YET AGAIN, another waiver for women who have borne children automatically increases the hips and leaves a larger belly.

So what have we learned? OBESITY is just a Big Pharma, turned Government Agenda to hide medical diagnosis and root causes of the APPEARANCE of being obese. They worked together to DEFAME and SLANDER victims who were unaware that they were being BULLIED. The Federal Government and Big Pharma put their money together to take away the focus of the CAUSES of the appearance of obesity. The REALITY of obesity does less about the foods and beverages that a person ingests as it is about their physical and mental health (which is the duty and responsibility of your doctors, hospitals, and medications).

The United States is the only country that treats a sugar problem with more sugar (Diabetes). This is like treating a gunshot wound with more bullets or cancer with chemotherapy (known to cause cancer and kill the patients). In many cases a poor diet and poor exercise are part of the cause but as we are finding out there are usually many other factors too. Even something as simple as taking medication (especially antibiotics) can cause intestinal issues where your bow slows down or even stops completely. This is why so many (men especially) have the BLOATED BEER BELLY look. It is not that they are fat it is that their intestines are completely full. There are other factors that can lead to this and that is poisons and toxins that drive the person to eat or drink out of compulsion and not necessity. So do us all a favor and stop being so self-righteous, arrogant, and uneducated about the human body because FAT SHAMING is a hate crime too. If you haven't learned anything over the past three years Type III Diabetes is the cause of dementia. Yes, too much sugar kills brain cells too.

**Not even FULL BODY IMMERSION is accurate (but is considered more accurate than being taped and much more accurate than being weighed. A persons weight can change based upon a bowl blockage and/or defecation.**

## **THE TUB OF LARD WEIGHT LOSS PROGRAM**

While I was in the United States Marine Corps I was stationed in the desert and found that very few people there were overweight. Could the temperature be the only factor in making people thin? No, but it is part of the answer. Take a tub of butter out of your refrigerator, take the lid off and put it upside down on the counter. What happened? NOTHING because the butter was too cold and that solid wouldn't move. But take that butter and heat it up and repeat the experiment and what do we find? The butter would pour out easily. Here's my point. When most people get to where they intend to work out their body is cold and they start their 30 minute workout program only to achieve a 15 minute result because it took half that time to get the bodies temperature to an operating level that the fat was liquid and ready to be moved out of the body. So is there a way to get 100% of your workout delivered to the body? YES. When you get to the gym (or where you are going to work out) you want to get the body warmed up to the point where you are dripping perspiration.

This may be through the use of a Jacuzzi or sauna, or having the heat in our car on high. You do not have to change your diet because your body will. Do NOT weigh or measure yourself EXCEPT on day one and each 30 days thereafter. Your weight and body measurements will fluctuate each day for many reasons (water retention, bow block, etc.). Beside there are other factors that also come into play. For those who monitor their heart rate, steps, etc. then the heart rate should be between 100-165 (up to the age of 40 and then starts

lowering after that). The number of steps per day also play a role in some people's lives. True, just doing something is better than nothing but if that is the approach that you are taking then you can expect to get out exactly what you put in. Your diet also plays in a role in your exercise plan too. The foods that you are eating can be detrimental to your goals. Some foods (or even fasting) eat away at your muscle instead of the bodies fat reserves. And just as important as **WHAT** you eat is **WHEN** you eat.

Here is your workout plan. Get your body up to operating temperature and then get on the bike (recumbent is my recommendation). Why the recumbent bike and not the treadmill? Many people who are over weight are putting far too much tension and stress on their tendons, muscles, and bones already. The bike is a form on non-impact exercise. Ride as long and as hard as you can three or more times per week and more than one time per day if you can.

It will take two-four weeks to see results depending on how hard you push yourself. You will first see the results in your pants / belt. **REMEMBER**, do **NOT** step on the scale because your weight will change without any set pattern as you lose fat but gain muscle. You will find that you are no longer hungry (or **HANGRY**), you no longer long for sugar, soda (pop), cakes, candies, etc. After the 30 day mark your weight should be shedding off one belt loop at a time. I lost 74 lbs. in 3 months. Now! While there are other factors that impact this program like I lived in Florida at the time and it was summer. If you live in a **COLD** state or it is **WINTER** then your body is already trying to put on winter fat too.

Next time you are thinking about **BULLYING** somebody about their appearance you'd better know that you are the one who is playing the fool. People are not willing to play this **GAME** any longer and you can lose your job for doing it. But the VA has taken it even further. They use **OBESE**, **GROSSLY OBESE** and now **MORBIDLY OBESE**.

## **A MORE ACCURATE "BODY CALCULATOR" IS ATTAINABLE**

**Steps to obtaining a much more accurate body calculation:**

1. **GENDER** (Male or Female)
2. **AGE** (even the military recognizes AGE as a physical fitness factor)
3. **RACE** (race does have propensity to play a role in body "FAT")
4. **NATIONALITY** (this is more related to foods, beverages, vitamins and minerals)
5. **GEOGRAPHIC LOCATION** (things like where you were born, raised and even currently living have an impact upon your body and your weight).
6. **GENETIC FACTORS** (like women with large breast and a larger buttocks)
7. **BODY FAT TYPE** (6 types shows what is causing the person "APPEARANCE" of being overweight)
8. **BODY TYPE 1**
  - a. Ectomorph
  - b. Endomorph
  - c. Mesomorph
9. **BODY TYPE 2**
  - a. Rectangle
  - b. Triangle
  - c. Trapezoid
  - d. Oval
  - e. Inverted Triangle
10. **OTHER FACTORS**
  - a. Man who is a Bodybuilder or have heavier bones

- b. Male / Female (medical conditions / disabilities)
- c. Male / Female (medications)
- d. Female who bore child
- e. Female who is menstruating
- f. Female who is breast feeding
- g. Male / Female (genetic features)

#### 11. HEIGHT

- a. Height is measured bare, flat footed

#### 12. WEIGHT (calibrated scale not just any scale)

- a. Men who are bodybuilders have their own standard chart which includes the Adonis factor
- b. Women with large breasts have weight of each breasts removed from their calculated weight
- c. Women have large buttocks have the estimated weight of buttocks removed from their calculated weight
- d. Women that are menstruating have an additional 6 lbs removed from their calculated weight
- e. Women that are breast feeding have an additional 4 lbs removed from their calculated weight
- f. Women who are pregnant have the medically estimated weight removed from their calculated weight
- g. Women who have borne children have 3" removed from their belly measurement
- h. Women who are pregnant have the medically estimated measurement removed from their belly measurement

#### 13. MEASUREMENTS

- a. Head
- b. Neck
- c. Chest (arm pits for men)
- d. Biceps
- e. Belly
- f. Waist
- g. Forearms
- h. Wrists
- i. Hips
- j. Thighs
- k. Calves
- l. Ankles

**Remember that just because a person has the appearance of body fat there are medical reasons that are causing it. If those issues have not been addressed and resolved then calling them OBESE is like calling a disabled person a MALINGERER. Using a person's body fat by weight scale and height is Fauci science.**