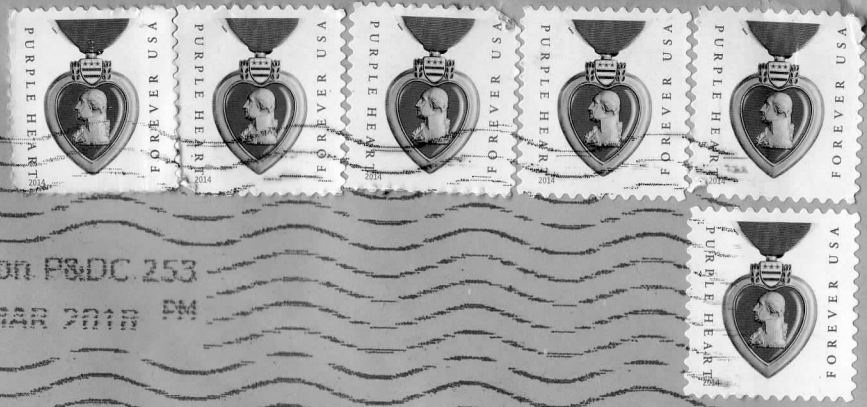
⇔03923-049⇔
Brown Edward Lewis
Po#6000 Federal Co
Sovereign
Glenville, WV 26351
United States



Charleston P&DC 253
FRI 30 MAR 2018 PM

⇔03923-049⇔
Rudy Davis
PO BOX 2088
Forney, TX 75126
United States

march 28, 2018

Dear Rudy and Erin:

I have enclosed a package on nutrition and the dangers of improper diet. I requires some sit-down reading to fully understand but when one does the criminal agenda is clear. The main office of the BOP. makes the nutritional decisions and the facility must do exactly what they are told or go home.

The availablity of what the body need is dramatically lacking of the 90 minerals, amino acids animal protein (essential fatty acids that are needed each day is clearly obvious. When one notes that the menu contains over 50% carbohydrates (starches sugars) you can understand why diabetes, malabsorption, Celiac Disease, High Blood Pressure, irritable Bowel syndrom, and a plethora of other illnesses and diseases, such as blindness, Joint-Bone problems, cardiovascular, asthma, allergies, etc. (Dead Doctors Don't Lie).

Virtually all illness and disease would be non-existant if we would or could just eat right; and if we had proper education in School while growing up. But hey! Look at all the doctors and Corporations that would not exist if we did. They absolutly know what the cure's are. They knew that vanadium-chromium cured Diabetes in 1958 but kept it silent and look

how many people have lost toes, feet, legs and had short lives because of it. Minerals are vacant in the food because they are vacant in the soil. Agricultural corporations know this. So does the B.O.P.: I told them:

I offered to help medical "cure" all the people with diabetes in a three month period starting last June, 2017. They flat out refused to even look at the process. They don't care. The selfish ignorance is everywhere. In the meantime I provide and present whatever I can to whomever needs it. I feel like a medic in a combat zone.

There's so much to comprehend and do. I watch people dying all around me out of ignorance and laziness, which is caused by the Corporation's Agents. I'm in for a penny - in for a dollar. I will never stop!

It would be good if you were able to get individuals to each take on a subject and focus just on that. They would be experts, each to his own. You would then form a nucleus of understanding.

Edward (Ed) Brown.

Father.

Received at ATO 6-11-17
Gilmer F.C.I. By: Edward Lewis Brown
D.O.J. P.O.W. # 03923-049

ERROR
• CORRECT

1-800-264-9300
Atty - Anti-Diabetes
For loss of toes and parts

Nutrition

Tips to a healthy lifestyle

***Balancing Calories to Manage Weight**
The first step is to focus on balancing calories with physical activity and consuming an overall healthy eating pattern. This will put you on the road to achieving or maintaining a healthy weight and reducing the risk of developing diet-related chronic diseases.

The *Dietary Guidelines* recommend shifting eating patterns to eat more of some foods and nutrients and less of others. A healthy eating pattern will allow you to meet the recommendations while staying within your calorie needs.

***Foods and Nutrients to Increase**
The *Dietary Guidelines* encourage Americans to eat more:

prison does not serve whole grain or whole wheat.

- **Whole grains:** Increase whole grains by choosing whole grain breads and cereals, brown rice and whole wheat pasta. Make at least half your grain servings whole grains.

starch; Sugar Gluten

- **Vegetables:** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Most adults need 2 ½ cups of vegetables per day.

G.M.O. vacant of minerals

Fructose is Bad.

- **Fruits:** Add fruit to meals and snacks—fresh, frozen or canned—to get about 2 cups each day.

G.M.O. mishandling old Fruit Sugar

- **Low-fat or fat free milk, yogurt and cheese or fortified soy beverages:** Include 3 cups per day for calcium, vitamin D, protein and potassium. Lactose-free milk is also an option.

vacant

- **Vegetable oils such as canola, corn, olive, peanut and soybean:** These are high in monounsaturated and polyunsaturated fats. Use in moderate amounts in place of solid fats.

Don't use

? - **Seafood:** Include a variety of seafood more often in place of some meat and poultry.

agreed omega 3,6,9

(P.U.F.A.)
Note! 1. See attached: Brief on mono-poly unsaturated Fats.
2. Brief on Soy: Good natto Soy: Japan
v.
Bad G.M.O. Soy: U.S.A.

3

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Department of Justice Federal Bureau of Prisons
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***Foods and Food Components to Reduce**

More than one-third of all calories consumed by Americans are solid fats and added sugars. The 2010 *Dietary Guidelines* recommend eating less:

- Added sugars – eliminate white + substitute
- Solid fats, including trans fats ← Bad
- Refined grains
- Sodium – iodized salt ! Body requires sea salt Best. ! 4 grams a day.

Saturated Solid Fats → Good.

Sodium

The recommendation for sodium remains the same—no more than 2,300 milligrams of sodium—for most people. However, a reduction to 1,500 milligrams per day is recommended for people over age 51, African-Americans and those with a history of high blood pressure, chronic kidney disease and diabetes. wrong! 4. Grams

<u>Suggestions for reducing sodium:</u>

True
- Prepare food using little salt or fewer high-sodium ingredients. For example, skip using salt in cooking pasta, rice, cereals and vegetables.
- Taste food before salting it. Lightly salt food only as needed, not as a habit. : craving Pica
- IF NON-GMO Eat fresh fruits and vegetables which are naturally low in sodium
- Use herbs, spice rubs and fruit juices in cooking in place of salt.
- Check food labels comparing like items and choose lower sodium foods. Also watch for terms like "low sodium" and "no added salt."
- Eat fresh, lean meats, poultry, fish, dry and fresh beans and peas, unsalted nuts and eggs, all of which contain less sodium.

Fats

- For optimal health, most people should reduce their intake of solid fats and trans fat by replacing them with monounsaturated and polyunsaturated fats.

Essential Fatty Acids

- Good Fat: Solid fats are found in fatty animal-based foods such as well-marbled meat, poultry skin, bacon, sausage, butter and whole milk products. Trans fat is found in foods
- Bad Fat: made with vegetable oils that have been partially hydrogenated such as cookies, donuts, pastries and crackers.

Limit these Nutrients

Doublespeak

Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure.

Try to keep these nutrients as low as possible each day.

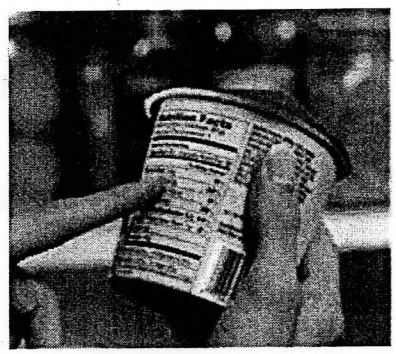
Get Enough of these Nutrients

You need 60 + or minus minerals each day.

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and potassium in their diets. These nutrients are essential for keeping you feeling strong and healthy.

Eating enough of these nutrients may improve your health and help reduce the risk of some diseases.

3 Key Areas of Importance



As you use the Nutrition Facts Label, pay particular attention to Serving Size, Percent Daily Value, and Nutrients.

Serving Size

The top of the Nutrition Facts Label shows the **serving size** and the **servings per container**. Serving size is the key to the rest of the information on the Nutrition Facts Label.

- The nutrition information about the food - like the calories, sodium, and fiber - is based upon **one serving**.
- If you eat **two servings** of the food, you are eating **double** the calories and getting **twice the amount** of nutrients, both good and bad.
- If you eat **three servings**, that means **three times** the calories and nutrients - and so on.

That is why knowing the serving size is important. It's how you know for sure how many calories and nutrients you are getting.

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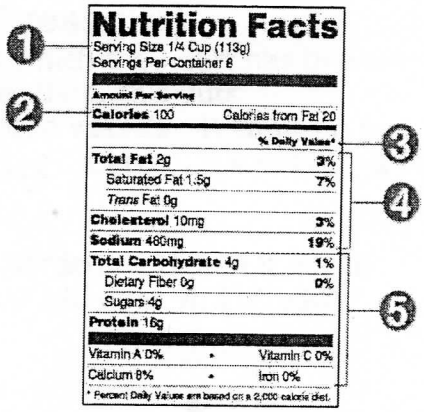
wRong! Processed

Right natural good

- Most fats should be polyunsaturated or monounsaturated such as liquid vegetable oils like canola, olive, corn, peanut and soybean. Plant-based foods like nuts, seeds, olives and avocados also contain these healthy fats.



***Understanding what the Nutrition Facts Label includes can help you make food choices that are best for your health.**

Serving Size

This section shows how many servings are in the package, and how big the serving is. Serving sizes are given in familiar measurements, such as "cups" or "pieces."

Remember: All of the nutrition information on the label is based upon **one serving** of the food.

A package of food often contains more than one serving!

Amount of Calories

The calories listed are for **one serving** of the food. "Calories from fat" shows how many fat calories there are in **one serving**.

Remember -- a product that's fat-free isn't necessarily calorie-free. Read the label!

Percent (%) Daily Value

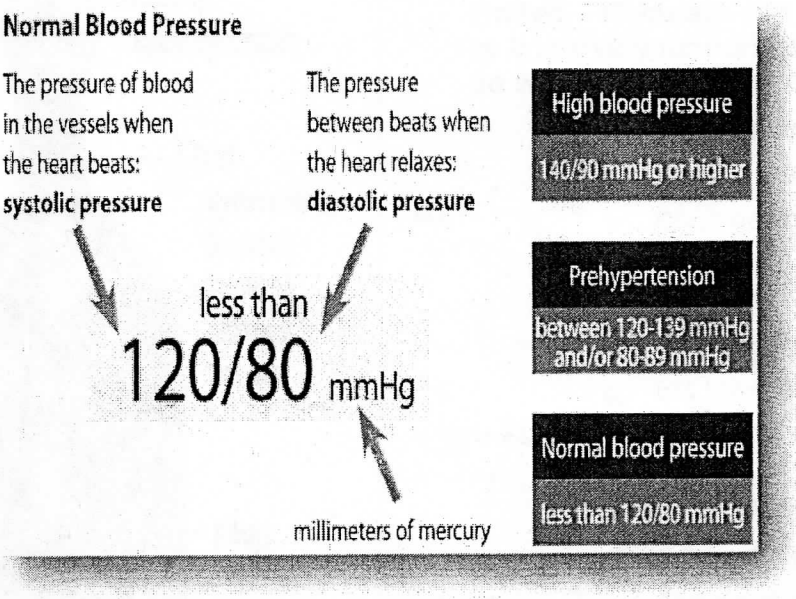
This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of.

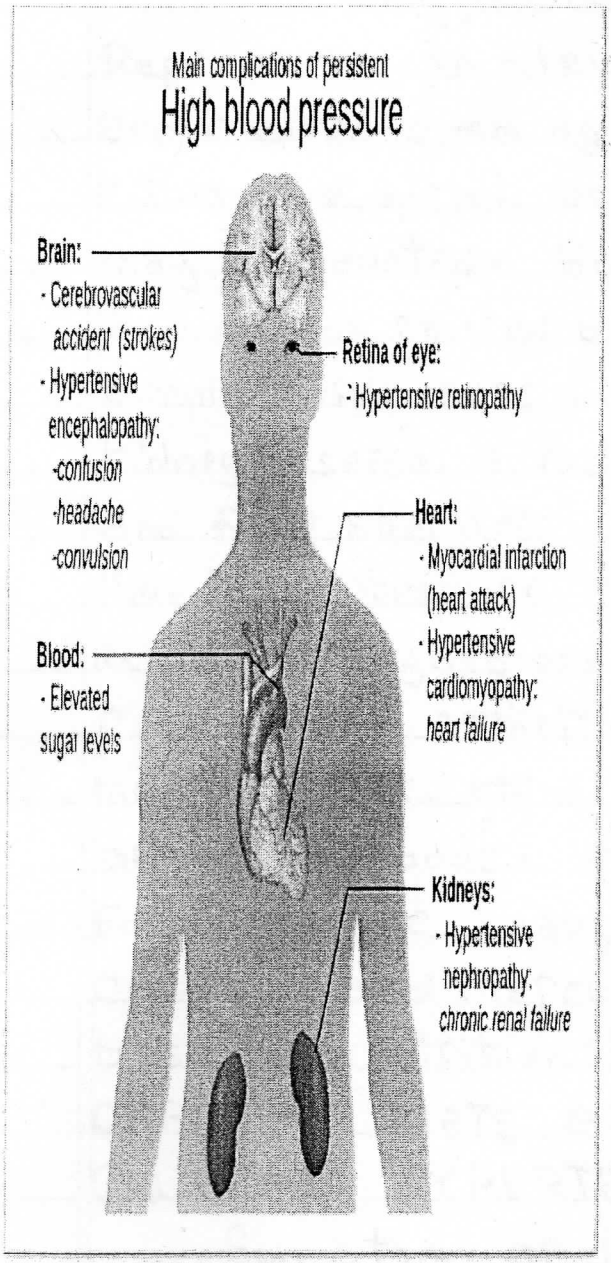
Daily Values are based on a 2,000-calorie diet. However, your nutritional needs will likely depend on how physically active you are. Talk to your healthcare provider to see what calorie level is right for you.

Hypertension (High Blood Pressure)

High Blood Pressure (or Hypertension) is a condition in which the heart has to work extra hard to circulate blood throughout the body. Over time, this puts unnecessary stress on the heart, kidneys, brain, and blood vessels. It can lead to chronic conditions. Stop eating starch/sugars. Like noodles, spaghetti, etc.

- **A Normal Blood Pressure:**
  Is 120 over 80 (120/80).Blood Pressure is considered Borderline High if it is 130 over 85 (130/85). It is called High Blood Pressure if it is 140 over 90 (140/90).





To the left is a diagram of the organs that are affected by high blood pressure that is not within a normal or safe range. This will affect how well you feel and how much you can do on a daily basis.

While Incarcerated:

While incarcerated, your options for improving your blood pressure may be limited. There are still things you can do to improve your numbers. They have to do with lifestyle changes.

- Lose weight
- Watch your waistline
- Don't go shopping while you are hungry
- Read food labels
- Don't be too strict on yourself
- Eat fewer processed foods
- Don't add salt. Substitute other spices and herbs.
- Make these changes gradually
- Cut back on caffeine
- Reduce stress and worry
- Complete projects and take on fewer responsibilities
- Get plenty of rest
- Take frequent breaks
- Try yoga, meditation, and relaxing music especially if strenuous exercise is not an option
- Make a list before going to commissary

always tired from lack of good available nutrition.

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Dr. Joel Wallach : "Dead Doctors Don't Lie"
Dr. Ma Lan

Cause and Treatment For —

'Hypertension': High Blood Pressure

Represents an elevation of the blood pressure above 140/90 mm Hg (the upper limits of normal). Either the systolic or distolic numbers alone or both may be elevated. High blood pressure is complex and may be caused by many diseases ranging from simple nervousness in the examining room, arteriosclerosi kidney disease, a variety of endocrine gland disorders, and food allergies. The most common reason for High blood pressure is a calcium deficiency and as a result high blood pressure is useually found in people with arthritis, osteoporosis, kidney stones, muscle cramps, etc. Do a pulse test to identify offending foods. Do a hair analysis to check for excessive heavy metels (i.e. lead, arsenic, cadmium and mercury). Don't forget the baseline nutritional supplements. CALCIUM DEFICIENT DIETS ARE KNOWN TO BE A MAJOR CAUSE OF HYPERTENSION.

Symptoms of Hypertension including dizziness, red face, head ache, fatigue, nose bleeds, nervousness, memory loss, edema of the optic nerve disc, strokes, etc. While not a symptom, obesity is a serious predisposing factor to hypetension, obesity also indicates mineral deficiencies.

Treatment of hypertension includes calcium (particularly useful is the plant derived colloidial

Hypertension (cont).

minerals which are 98 percent absorbable), high Fiber diets, Rotation/avoidance diets, low fat diet (no fried food or margerine), avoid Sugar and refined flour, avoid more than 400 IU of vitamin D, avoid caffinated Coffee or tea, Chelation with EDTA infusions with hydrogen peroxide, flaxseed oil at 5 gm t.i.d., Garlic, reduce red meat intake, consume 4-6 cup of vegetables per day, Co-Q 10-60 mg/day, eight glasses of water per day, lecithin at 2,500 mg t.i.d., Herbs including European Hawthorn (Crataegus Oxyacantha), rauwolfia (Rauwolfia Serpentina), and olive (olea europaea). Weight loss can drop elevated blood pressure dramatically.

Received at A+O 6-14-17 Gilmer F.C.I.
By Edward Lewis Brown
D.O.J.-BOP # 03923-049
Commander: United States Constitution Rangers

Diabetes

wrong! B.O.P. Advice

What is diabetes?

Diabetes is a chronic disease that has no cure, but can be controlled by a combination of diet, exercise, and medical care. People with diabetes have too much sugar (glucose) in their blood—sugar builds up in the blood instead of going into the cells. B.O.P. mandates a diet that causes many diseases.

What are the symptoms of diabetes?

I have all these symptoms since being held in prison.

Most people with diabetes may not notice any symptoms, at first. However, some symptoms of diabetes are:

- Frequent urination
- Wounds and cuts that heal slowly
- Unexplained weight loss
- Weakness, fatigue, drowsiness
- Increased thirst and increased hunger
- Blurred vision or changes in vision

What puts you at risk for diabetes?

- You are age 45 and older.
- You are a member of a high-risk ethnic group (African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander).
- You are overweight.
- You have high blood pressure (at or above 140/90).
- You have a family history of diabetes.
- You have a history of diabetes during pregnancy.
- You weighed more than nine pounds at birth.

What are the possible complications of diabetes?

- Eye damage – poor vision, retina damage, cataracts, glaucoma, blindness
- Kidney damage – progressive failure, which may require hemodialysis or organ transplantation
- Heart problems – damaged blood vessels, which may lead to heart attacks and strokes
- Nerve damage – problems with nerve sensations and with moving muscles; loss of reflexes
- Decreased ability to fight infections
- Sores and ulcers of the legs and feet

How is diabetes controlled? And why is it important to control it?

Diabetes is controlled by a combination of diet, exercise, and medication. The goals are to **(1)** keep your blood sugar near normal, **(2)** control your blood pressure, **(3)** lower your cholesterol and fat levels, and **(4)** lose weight

BOP Does not allow prisoners a proper diet to be able to control health.

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Department of Justice Federal Bureau of Prisons

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19-Updated 3/2014

or maintain a healthy weight. Research shows that keeping blood sugar as near to normal as possible means fewer complications from the disease. Strict control of blood sugar helps to prevent kidney failure, amputations, blindness, heart attacks, and stroke.

What are the symptoms of blood sugar that is too low (hypoglycemia)?

- Shakiness
- Sweating and clammy feeling
- Extreme fatigue
- Hunger
- Irritation or confusion
- Rapid heart rate
- Blurred vision

Good food needed not available in prison.

The Three Keys to Controlling Your Diabetes

Years ago, the diabetic diet was strict and boring. Today, you do not need special foods. In fact, the foods that are good for you are actually good for everyone. Diabetes cannot be cured, but it can be controlled so that you can lead a normal life. Keeping good control of your diabetes helps to delay or even prevent potential complications.

wrong! →

truth → **There are three keys to controlling diabetes: diet, exercise, and medication.**

this is how huge # are made each day.

All three are equally important. Eating the right foods and limiting how much you eat, along with regular exercise, help you achieve and maintain a healthy weight. Keeping good control of your blood glucose also requires that your food intake and your level of activity balance with the medication you are taking.

— helps to contribute to your slow and often painful death.

Follow these steps to maintain a healthy weight *and* good blood glucose control:

true

missing meat: essential fatty acids.

- **Eat a wide variety of foods every day.** Increase high-fiber foods such as grains, beans, vegetables, and fruits to fill you up.
- **Limit concentrated sweets** such as sugar, honey, jelly, syrup, cakes, cookies, candy, ice cream, pies, pastries, regular soda, and other sugary drinks. Concentrated sugars do not cause diabetes, and you don't need to avoid them totally. However, they are very high in calories—and the more calories you eat, the higher your blood glucose!

Poly/mono unsaturated Fats →

- **Limit fats** such as butter, margarine, cheese, fried foods, cream soups, gravy, salad dressings, mayonnaise, and breakfast meats (bacon, sausage, etc.).

cook with Real Butter

- **Control portion sizes.** Too much of even the right foods can also cause high blood glucose. If you want to lose weight, cut down on portion sizes.

- **Never skip meals.** Eat all three meals and include snacks as needed. Eat your meals at about the same time every day.
- **Exercise.** Increase your activity level (as permitted by your doctor). This will decrease your blood glucose level.
- **Monitor your weight.** Weigh yourself only once a week to determine if your diet is effective. If you are overweight, a weight loss of 1–2 pounds per week is a good goal.
- **Take medication as directed.** If you take pills or insulin injections for your diabetes, always take your medication as your doctor has recommended. Medical needs to be notified if your blood sugar is >400 and/or you are symptomatic.

every 2-3 days →

Read "Dead Doctors Don't Lie"!

Eating To Manage Your Diabetes in the Bureau of Prisons

(You can't)

The heart-healthy food options that are offered on the BOP National Menu should be "at the heart" of your diabetes management plan. These foods are (1) lower in calories to help with weight management, (2) lower in sodium to help with blood pressure control, and (3) lower in fat to help manage cholesterol levels.

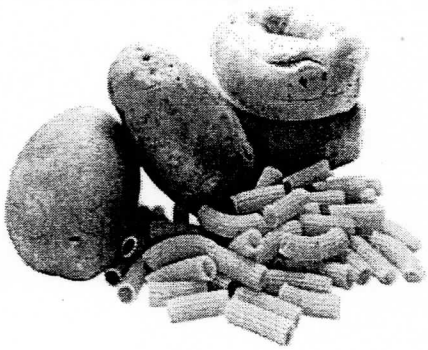
Read "Dead Doctors Don't Lie"!

Do you take diabetes medication? Be consistent with your carbohydrates. If you take diabetes pills that help your body make more insulin, or if you take set doses of insulin every day, eating consistently makes it easier for you to gain control of your blood glucose. Eating similar amounts of carbohydrates at meals and snacks, from one day to the next, can help you keep your blood glucose in a healthy range.

Five Steps for Counting Your Carbohydrates:
Step 1: Know which foods have carbohydrates.
Foods with the most carbohydrates include:

All white Flour, white rice
Gluten, etc

Read: "Dead Doctors Don't Lie"!



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BOP NURSING

Note! You crave these foods because their easy, tasty and satisfies your addiction of hunger caused by your lack of Vitamins, Minerals Fatty (saturated fats) and amino acids.

- Breads, crackers, and cereals
- Pasta, rice, and grains
- Starchy vegetables such as potatoes, corn, and peas
- Beans, lentils, and other legumes
- Milk and yogurt
- Fruits and fruit juice
- Sweets such as cakes, cookies, and pastries
- Regular sodas and other sugary drink

this is ohh! so wrong. Backwards treatment.

Step 2: Know your carbohydrate and blood glucose goals.
Your carbohydrate goals depend on the diabetes medications and/or insulin you use, your body weight, and how active you are.

In diabetes meal planning: 1 serving/choice of a food with carbohydrate = about 15 grams of carbohydrate.

A general rule of thumb:

ok!

Men: 4 to 5 carbohydrate servings/choices (60 to 75 grams) at each meal
Women: 3 to 4 carbohydrate servings/choices (45 to 60 grams) at each meal
If you eat snacks, choose foods that are 1 to 2 carbohydrate servings/choices (15 to 30 grams.)

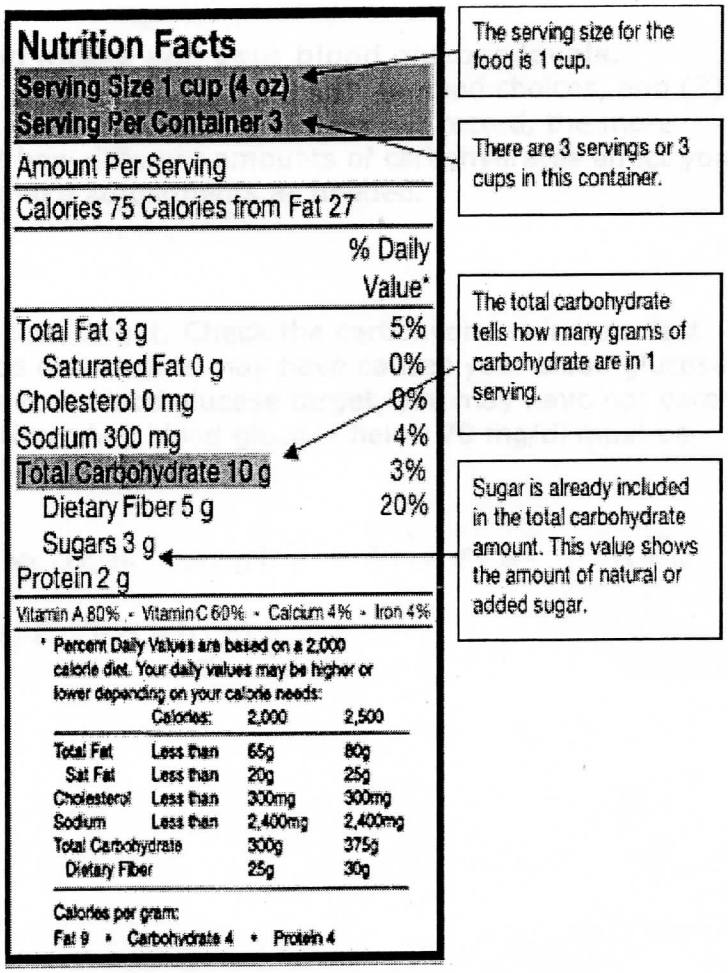
ok!

Step 3: Read and understand the "Nutrition Facts" on food labels.
The "Nutrition Facts" on food packages lists how many grams of carbohydrate are in a standard serving of that particular food. However, you will still need to figure out how many carbohydrate servings (15 grams of carbohydrate) are in that standard serving of food.

1. Look at the label's standard **Serving Size**.
2. Then, check the grams of **Total Carbohydrate** in a standard serving size. *In this example, there are 10 grams of carbohydrate in a standard serving (1 cup) of this food.*

3. Divide the grams of **Total Carbohydrate** by 15. This number equals the number of carbohydrate servings in a standard serving of this food. *In this example, divide 10 by 15 = 2/3. So, if you ate one cup of this food, you would have eaten 2/3 of a carbohydrate serving.* **Note:** You may ignore the grams of **Sugars** on the "Nutrition Facts" panel because they are already included in the grams of Total Carbohydrate.

ok!



Step 4: Write down your food intake and your blood glucose levels.
Keep a food record that lists (1) each time you ate, (2) your food choices, and (3) the amounts of each food. The more days and meals you can record, the more information you will have about how different amounts of carbohydrates affect your blood glucose, allowing you to make adjustments as needed.

ok!

Step 5: Review your records.
If you are above your blood glucose target: Check the carbohydrates in your last meal or snack to see which foods or amounts may have caused your blood glucose to be too high. If you are below your blood glucose target, you may have not eaten enough carbohydrates. ***Remember:*** Any blood glucose below 70 mg/dl must be treated immediately.

ok!

You will get much more mineral info if you do a hair analysis.

Adapted from:
Academy of Nutrition and Dietetics (formerly the American Dietetic Association), Diabetes Care and Education Practice Group. Carbohydrate Counting: Focus on Consistency for People Who Use Diabetes Pills and Basic Insulin Regimens [patient handout]. 2008.
Academy of Nutrition and Dietetics (formerly the American Dietetic Association). Carbohydrate counting for people with diabetes. Nutrition Care Manual.

Medical care in the BOP is based on medical necessity. Information contained within the patient education documents are general guidelines. It does not infer that a particular treatment or care recommendation will be provided. Each medical case will be evaluated by BOP health services staff and appropriate care will be rendered. Please also refer to the Bureau of Prisons Clinical Practice Guidelines.

Correct Treatment For 'Diabetes'.... by Dr. ma. Lan Dr. Joel Wallach

is the number one shame of the "orthodox" doctors in the 20th century. Diabetes is easy to prevent, easy to cure and treat (in Laboratory animals and humans) so you can avoid all the terrible side effects (ie Blindness, hypertension, amputations, early death, etc.). Since 1958 it has been known that supplemental chromium will prevent and treat diabetes as welll as hypoglycemia. Just ask any health food storeowner or N.D.! Walter Mertz (the director of the U.S.D.A. Field Services) published the facts associated with Chromium and diabetes in the Federation Proceeding. Here is the ultimate case of a whole specialty of medicine which could be wiped out by universal chromium supplementation. Nevertheless these facts are kept secret and away from the public for purely economic reasons. Additionally, in 1985, the medical school at the university of Vancouver of B.C. Canada stated that "Vanadium will replace insulin for adult onset diabetes".

Chromium/Vanadium and the diabetes Story should be on the front page of the newspaper in the same bold print as V.E. day instead of announcing things like artificial

heart pumps that will temporarily save one life for $250,000!

The diagnosis of diabetes is very easy to make and it should be considered in any disease where there is a chronic weight loss or weight gain. Frequent urination and chronic thirst are warning signs that should be explored. A six hour G.T.T. will show a steep rise of blood glucose at 30-60 minutes to over 275 mg % and may keep rising to over 350 and stay elevated after 4-6 hours. The urine should be tested for sugar with the "dipstick" test every time the blood is tested for sugar. A positive diabetic will always include a positive urine sugar during the six hour G.T.T. A morning fasting urine sugar test is useless for the initial diagnosis of diabetis. Blood of the diabetic is also typical in that the lipids and cholesterol are elevated as well as the Sugar.

Treatment of diabetes should include Chromium and Vanadium at 250 mcg/day in the initial stages to prevent insulin shock (sudden drapping of blood sugar because of a relative insulin over dose). Keep checking urine blood sugar before and after meals, and as the

blood sugar level drops you can adjust your insulin or pill medication just like you have been taught. You will also need to deal with food allergies that cause celiac-type intestinal lesions (i.e. wheat gluten, cow's milk, soy, etc.) and supplement with betain HCl and digestive enzymes at 75-200 mg t.i.d. before meals. Have patience: the intestinal lesions take 60-90 days to heal.

Treatment of diabetes should also include zinc at 50 mg T.I.d., B-complex at 50 mg T.I.d. (be sure to include niacin which is part of the G.T.F. "Glucose Tolerance Factor"), essential fatty acids at 5 gm t.i.d., B-12 at 1,000 m.c.g./day, bioflavonoids including quercetin at 150 mg/day, copper at 2-3 mg/day, Lecithin at 2,500 mg T.i.d. and glutathione at 100 mg/day.

High fiber, high complex carbohydrate diets are recommended. No natural or processed sugar and carbohydrates should be consumed. Eat meat, eggs, and poultry 3-6 times a day to stabilize blood sugar in the beginning stages of the therapy. Every time you eat processed carbohydrate (i.e. sugar, honey, alcohol, mashed potatoes, etc) you will

'Diabetes' (cont.)

Lose 300 percent more chromium in your urin than when you consume complex carbohydrates! Herbs are useful in treating diabetis and may include licorice (Glycyrrhiza-glabra), jaborandi (Pilocarpus jaborandi), Yarrow (Achillea millefolium), Canadian fleabane (Erigeron canadense), and Jerusalem artichoke. Note! Plant derived colloidal minerals are fantastic for diabetis. end.

Sent copy E-mail on The 11th June

BP-A0148
JUNE 10

INMATE REQUEST TO STAFF CDFRM

U.S. DEPARTMENT OF JUSTICE — FEDERAL BUREAU OF PRISONS

TO: (Name and Title of Staff Member) Ms. Wilson – medical	DATE: June 11, 2017
FROM: Pow Edward Lewis Brown	REGISTER NO.: D.O.J. Pow 03923-049
WORK ASSIGNMENT: unassigned	UNIT: B-2

SUBJECT: (Briefly state your question or concern and the solution you are requesting. Continue on back, if necessary. Your failure to be specific may result in no action being taken. If necessary, you will be interviewed in order to successfully respond to your request.

Dear Ms. Wilson:

Thank you For the Comprehensive input Re my health care. I am looking forward to a Comprehensive analysis and non invasive remedy after ten years of medical drought. We need to Check For Celiac / Diabetis disease using the Pulse test For allergies (wheat – corn – Soy – white rice – cows milk etc). I am preparing ~~of~~ a list of vitamins, minerals, Amino Acids (90 a day we all need. We are missing about 30%. Thank you.

Sovereign Edward Lewis Brown
XHVH

(Do not write below this line)

DISPOSITION:

Signature Staff Member	Date

Record Copy - File; Copy - Inmate

PDF

Prescribed by P5511

This form replaces BP-148.070 dated Oct 86 and BP-S148.070 APR 94

FILE IN SECTION 6 UNLESS APPROPRIATE FOR PRIVACY FOLDER

Prescribed by

SECTION 6

B.O.P. Medical Kilmer W.V. page 19

BP-A0148
JUNE 10

INMATE REQUEST TO STAFF CDFRM

U.S. DEPARTMENT OF JUSTICE — **FEDERAL BUREAU OF PRISONS**

TO: (Name and Title of Staff Member) Mr. Wilson · Food Service	DATE: June 26, 2017
FROM: Sovereign — P.O.W. Edward Lewis Brown	REGISTER NO.: P.O.W. 03923-049
WORK ASSIGNMENT: Request Education; Teach	UNIT: B-2

SUBJECT: (Briefly state your question or concern and the solution you are requesting. Continue on back, if necessary. Your failure to be specific may result in no action being taken. If necessary, you will be interviewed in order to successfully respond to your request.

Sir: I would like to meet with you to discuss the lack of adequate nutrition in our (B.O.P) dailey diet. This is a request for assistance to help provide inmates and prisioners with a well established (known) minimum dailey requirement of the essential vitamins - minerals and amino acids. (90). I understand your quandry re national menu, but we have been watching many people expire (ing) within the B.O.P. and the "Gluten" that is Served on mainline should be totally cut. Processed white flour

cont →

(Do not write below this line)

DISPOSITION:
NO. Response to date
10-19-17

Signature Staff Member	Date

Record Copy - File; Copy - Inmate

PDF — Prescribed by P5511

This form replaces BP-148.070 dated Oct 86 and BP-S148.070 APR 94

FILE IN SECTION 6 UNLESS APPROPRIATE FOR PRIVACY FOLDER

SECTION 6

is a major cause of some 60% of all human illness and human suffering causing death. All the necessary research and testing re this matter is done, years ago. We have the one best diet and knowledge on the planet (and it improves) re health and cures of all people and wildlife. every where.

As a united States Constitution Ranger, ex, U.S. Navy, Rescue Squad: Emt for fire dept and a Boy Scout as a boy I am a life long (75 years) pro (U)nited States Constitution Republic, Sovereign Citizen.

I wish to discuss this all with you at your earliest convience.

Because of Jesou

Sincerly,

without Prejudice UCC-1-20

Sovereign Edward Lewis Brown

Steward and witness

Note! This cop-out was served in-hand to mr. wilson at Noon mainline 6626-17. date. He was kind enough to supply me with a name and addres of the head of D.O.J. Nutrition but would never meet with me formally or address the deficiencies in the food served on all mainline which are a prime cause of Diabetes, irritable Bowel disease, Celiac disease, Hypertension and a plethora of other illnesses and diseases. I must now go to A.W. Greenfield and the warden as Protocol requires

October 3, 2017.

No response to date

RULINCS 03923049 - BROWN, EDWARD - Unit: GIL-B-B

FROM: Health Services
TO: 03923049
SUBJECT: RE:***Inmate to Staff Message***
DATE: 06/27/2017 12:12:02 PM

Mr Brown, I am not sure where to go with this. I have sent it to the Health Services Administrator for guidance.

>>> ~^!"BROWN, ~^!EDWARD" <03923049@inmatemessage.com> 6/27/2017 12:54 PM >>>
To: Ms. Wilson
Inmate Work Assignment: Request Teaching Classes

Dear Ms. Wilson:

I have spoken to Food Services Mr. Wilson re the diet and he and other c.o.s on the mainline are aware of the inadequate diet as well. But as you and all other staff members are compartmentalized and under strict guidelines (Union and B.O.P. policy) you must follow certain parameters. I don't have that restriction as a freeman (Sovereign of the united States of America). Therefore as Mr. Wilson suggested: I set a meeting with medical. So I would like to set up a meeting with you in order to explain and prove to you that we (Medical- Food services- commassary and I) can reverse the illnesses that are caused by the lack of known specific Vitamins, minerals and amino acids. I have most of the information proof in hand for the causes and treatment through proper nutrition with no side effects or danger to the patient(s).

Example: Gout: I have gout as I noted to you on examination. I also have the solution to curing gout. Would'nt it be great if we were to end gout as a medical problem? And that is the least of the cure's.

What a horror to let this information slide past us while those around us are dying (some horroribly) all around us because someone just wants to get rich.

If you could find time to set a meeting with whomever you wish, it would benefit us all.

Sincerly:
Edward Lewis Brown
United States Constitution Rangers
1777 Continental Congress

RULINCS 03923049 - BROWN, EDWARD - Unit: GIL-B-B

FROM: Health Services
TO: 03923049
SUBJECT: RE:***Inmate to Staff Message***
DATE: 07/18/2017 10:22:02 AM

You may report to open house every Wednesday to get a copy of your labs.
Yes, speaking with Mr. Weaver or Ms. Grove at open house or main line would be in the best interest of those issues that you are inquiring about.

>>> ~^!"BROWN, ~^!EDWARD" <03923049@inmatemessage.com> 7/17/2017 9:46 PM >>>
To: Ms. Wilson
Inmate Work Assignment: Attempting to teach

Dear Ms. Wilson:

I am seeking the results of the Blood test medical took from me re the various physical symptoms I have acquired since I have arrived Ten years ago. They virtually all appear to be poor nutrition ailments. This is why I wanted to do a pulse test for allergies. I understand what is wrong but I wanted to compare what the blood test reveals. Since I met with you last month I have a new symptom: My lower spine has acquired a loud click when I am at reast on the ungodly mattress. it appears to be the fourth to the sixth vertebrae from the bottom on the left side and when I get up in the morning it is hard to get started for about ten to fifteen minutes. It is fine all the rest of the day except for the low level ache. Arthritis has slowly been advancing in my hands and some burning in the right hand. The gout is painful by the end of the day but is fine when I get up in the morning. It is all diet related.

I am surprised that I have not heard from Administrator Mr. Weaver by this time. You would think that if anyone offers information from an International U.N. Expert with world knowledge re remedies for healing that surpass what is currently being used would be of great interest to everyone. If you think it will be more appropriate to contact him directly than I will. I have watched many people have horrible medical experiences and death unnecessarily while I have been held in the B.O.P. and it is time to treat these men and women correctly.

I am nothing but a messanger that is obligated to bring truths to the authorities. Thes treatment are not invasive and have no side effects. while the results are incredible. At any rate I am looking forward to working with soliod medical people to effect cures and teach everyone the real truth re health care.

Thank you for your professionalism.
Because of Jesus.
YHVH

medical

FROM: 03923049
TO: Health Services
SUBJECT: ***Request to Staff*** BROWN, EDWARD, Reg# 03923049, GIL-B-B
DATE: 08/03/2017 08:25:52 PM

To: Ms. Wilson
Inmate Work Assignment: Pool

Dear Ms. Wilson:
I have been received the Blood test and they only mention Irritable Bowel Syndrom. O.K.! Where do we go from Here? I understand the treatment for the cure of it but it is all in the healyh dept.'s hands.

We must consider Celiac' disease with I.B.S. I have been doing the pulse tests to determine which foods I am Allergic to and have been able to illiminate milk and white processed flour from my diet. It will take month's to determine all of the things I am allergic to.

I have written up the various symptoms and suspected ailments I have and provide the treatments for each by my mentor Doctor who is world renowned to the united Nations. His 60 plus years of research and remedies provide conclusive relief and cure's for his now millions of extended patient's.

My debilitating condition is due to malabsorption of nutrient's that are not even available in the food we are served. This is the reason for thye epidemic of obesity, Diabetes, cancer and a plethora of other diseases; some 900 illnesses and diseases to be sure. I would be happy to guide you to the solution(s)of them and put you in touch with his team(s).

I understand you have an orthopedic doctor on staff. I would like to meet him. Mr. Weaver is an administrator and I doubt he has any interest in cure's. He has not shown ANY interest in the mention of a remedy for the diabetes patient's. This tell's me volumns aboput an individual.

We can bring the diabetic patient's well back to normal health in 30 to 90 days under good guidence and tutoring. Let's do it.

I have reviewed the BOP national nutrition statement and spotted quite a few errors in its pages on nutrition that I would like to help correct. As well I have an excellent understanding of what happened within the medical Industry at large.

I will have the medical report to you on monday re my condition.
Thank you
Edward Lewis Brown YHVH

FROM: 03923049
TO: Health Services
SUBJECT: ***Request to Staff*** BROWN, EDWARD, Reg# 03923049, GIL-B-B
DATE: 08/09/2017 03:14:50 PM

To: Ms. Wilson
Inmate Work Assignment: Pool

Thank you Ms. Wilson:
August 9th, 2017
That's who I really wanted to see. I heard we have on "osteo" Dr. but did not know their name. I pray he will give me a little time.
On the same matter re my health care: Could you please provide me with a complete chronological copy of my medical chart/file history that you have in the computer.

Thank you for your efficient and understanding professionalism. It is very rare within the Bureau of prison infrastructure, medical or otherwise.
Because of Jesus
P.O.W.
Commander Edward Lewis Brown
United States Constitution Rangers
-----Health Services on 8/9/2017 1:17 PM wrote:

>
Mr Brown, I have received your written cop out and will pass it on to Dr. Anderson, the OSTEOpathic physician, not an orthopedic physician. You met him the day saw me. You will see him again during your chronic care appts.

PA Wilson

>>> ~^!"BROWN, ~^!EDWARD" <03923049@inmatemessage.com> 8/3/2017 9:25 PM >>>
To: Ms. Wilson
Inmate Work Assignment: Pool

Dear Ms. Wilson:
I have been received the Blood test and they only mention Irritable Bowel Syndrom. O.K.! Where do we go from Here? I understand the treatment for the cure of it but it is all in the healyh dept.'s hands.
We must consider Celiac' disease with I.B.S. I have been doing the pulse tests to determine which foods I am Allergic to and have been able to illiminate milk and white processed flour from my diet. It will take month's to determine all of the things I am allergic to.
I have written up the various symptoms and suspected ailments I have and provide the treatments for each by my mentor Doctor who is world renowned to the united Nations. His 60 plus years of research and remedies provide conclusive relief and cure's for his now millions of extended patient's.
My debilitating condition is due to malabsorption of nutrient's that are not even available in the food we are served. This is the reason for thye epidemic of obesity, Diabetes, cancer and a plethora of other diseases; some 900 illnesses and diseases to be sure. I would be

happy to guide you to the solution(s)of them and put you in touch with his team(s).

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ns aboput an individual

normal health

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YHVH

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I have reviewed the BOP national nutrition statement and spotted quite a few errors in its pages on nutrition that I would like to help correct. As well I have an excellent understanding of what happened within the medical Industry at large.

I will have the medical report to you on monday re my condition.

Thank you
Edward Lewis Brown

YHVH

BP-A0148
JUNE 10

INMATE REQUEST TO STAFF CDFRM

U.S. DEPARTMENT OF JUSTICE **FEDERAL BUREAU OF PRISONS**

TO: (Name and Title of Staff Member)	DATE:
Mr. Weaver / Medical Admin.	August 10, 2017
FROM:	REGISTER NO.:
Edward Lewis Brown	D.O.J./B.O.W. #03923-049
WORK ASSIGNMENT:	UNIT:
Pool (Rec.)	B-2

SUBJECT: (Briefly state your question or concern and the solution you are requesting. Continue on back, if necessary. Your failure to be specific may result in no action being taken. If necessary, you will be interviewed in order to successfully respond to your request.

Dear Mr. Weaver, I submitted a request to your staff member Ms Wilson re an offer to assist medical with information and cost effective remedy / resolution of diabetes and a plethora of other associated illnesses and diseases, (which she sent to you in June): Bowel Syndrom, Hypertension, Celiac, muscular (Cramps) to name a few. I am a research-resolution Steward with an offer to dramatically assist you in a 90 day Currant working treatment to resolve / cure the above noted illnesses and diseases. Clearly it is time to cure these men, when the remedy has been available since the 1950s. Do You agree? thank You.

(Do not write below this line)

DISPOSITION:

No Response
10-19-17

Signature Staff Member	Date

Record Copy - File; Copy - Inmate

PDF Prescribed by P5511

This form replaces BP-148.070 dated Oct 86
and BP-S148.070 APR 94

FILE IN SECTION 6 UNLESS APPROPRIATE FOR PRIVACY FOLDER

SECTION 6

RULINCS 03923049 - BROWN, EDWARD - Unit: GIL-B-B

FROM: 03923049
TO: Health Services
SUBJECT: ***Request to Staff*** BROWN, EDWARD, Reg# 03923049, GIL-B-B
DATE: 08/14/2017 09:52:16 AM

NO RESPONSE 10-19-17

To: Dr. Anderson:
Inmate Work Assignment: Pool

Dear Dr./ Anderson:
I have been advised that you have received my Offer to help cure diabetes and a plethora of other illnesses and diseases without any side effects, using a long time tested method(s) of cure and maintenance of the human body. This is not a frivolous offer and I(am not a frivolous man. I am however a good researcher when I have the available equipment at hand to produce the facts of any global issues at hand, such as Health care.

There are very few secrets anymore on any subject or project.

Within the government agencies we find there is little accomplishment anymore. Their hayday seems to have ended. Ordo Ab Chaos is the rule of the day rather than Ordo ab Veritas. As a united States Constitution Ranger it is my pleasant task to protect the constitution common law, Republics: the lawful form of government and for 240 years we have maintained a "Clean Hands" history for the sake of ALL americans of these united states.

Health care is just one part of our interest in the regards to the well being of the people and of the organic laws that gurantee the Rights that only our beloved God, Yahuweh gave us at our conseption.

My offer to help is clean and sincere and we (United States Constitution Rangers) conduct our Stewardship and resolution in absolute candidness.

I am very alarmed at what I have been observing in each of the BOP facilities of each department. As americans we help whenever we can or can't. I am not seeing this happening within the BOP.

The ship is off course and the crew states that they don't know what to do. One hand does not know what the other hand is doing. Where's the captain? I fear the ship will run aground. At any rate we can begin to help those that need help in a very cost effective and conclusive manner through education and PROPER guidence. will you sit with me for awhile and discuss the way we can do this together??
I am sincere and
Because of Jesus
*-12-17
Commander Edward Lewis Brown
United States Constitution Rangers
1777 Continental Congress
filed in The Library of Congress
under Reg. # TXu 42-453 YHVH

RULINCS 03923049 - BROWN, EDWARD - Unit: GIL-B-B

FROM: 03923049
TO: Health Services
SUBJECT: ***Request to Staff*** BROWN, EDWARD, Reg# 03923049, GIL-B-B
DATE: 08/23/2017 06:36:55 PM

To: Dr. Anderson:
Inmate Work Assignment: Pool

Thank you Mrs.Wilson.
-----Health Services on 8/23/2017 2:47 PM wrote:

>
Mr Brown, that email was from me, telling you that I forwarded your email to Dr. Anderson for him to review. He isn't here today, though. If he responds, I will let you know.
PA Wilson

>>> ~^!"BROWN, ~^!EDWARD" <03923049@inmatemessage.com> 8/23/2017 3:08 PM >>>
To: Dr. Anderson:
Inmate Work Assignment: Pool

No response 10-19-17

Dear Dr.Anderson:
August 23,2017,
I received your empty return message to me. I'm not sure I understand. Are you stating that you do not wish to discuss how we can gain remedy for these many inmate patients and effect a healthy solution, or you are just ignoring my offer to assist you with the knowledge of remedy??
I have never understood silence to an offer to help when help is clearly needed. If you do not wish the knowledge or strategy please simply state so.
Thank you for your time.
Edward Lewis Brown
Steward and Witness
YHVH
-----Health Services on 8/23/2017 10:02 AM wrote:

>
Forwarded this to Dr. Anderson.

>>> ~^!"BROWN, ~^!EDWARD" <03923049@inmatemessage.com> 8/14/2017 10:52 AM >>>
To: Dr. Anderson:
Inmate Work Assignment: Pool

Dear Dr./ Anderson:
I have been advised that you have received my Offer to help cure diabetes and a plethora of other illnesses and diseases without any side effects, using a long time tested method(s) of cure and maintenance of the human body. This is not a frivolous offer and I(am not a frivolous man.
I am however a good researcher when I have the available equipment at hand to produce the facts of any global issues at hand, such as Health care.
There are very few secrets anymore on any subject or project.
Within the government agencies we find there is little accomplishment anymore. Their hayday seems to have ended. Ordo Ab Chaos is the rule of the day rather than Ordo ab Veritas. As a united

States Constitution Ranger it is my pleasant task to protect the constitution common law, Republics: the lawful form of government and for 240 years we have maintained a "Clean Hands" history for the sake of ALL americans of these united states.

Health care is just one part of our interest in the regards to the well being of the people and of the organic laws that gurantee the Rights that only our beloved God, Yahuweh gave us at our conseption.

My offer to help is clean and sincere and we (United States Constitution Rangers) conduct our Stewardship and resolution in absolute candidness.

I am very alarmed at what I have been observing in each of the BOP facilities of each department. As americans we help whenever we can or can't. I am not seeing this happening within the BOP.

The ship is off course and the crew states that they don't know what to do. One hand does not know what the other hand is doing. Where's the captain? I fear the ship will run aground. At any rate we can begin to help those that need help in a very cost effective and conclusive manner through education and PROPER guidence. will you sit with me for awhile and discuss the way we can do this together??

I am sincere and
Because of Jesus
*-12-17
Commander Edward Lewis Brown
United States Constitution Rangers
1777 Continental Congress
filed in The Library of Congress
under Reg. # TXu 42-453

YHVH

TRULINCS 03923049 - BROWN, EDWARD - Unit: GIL-B-B

FROM: 03923049
TO: Health Services
SUBJECT: ***Request to Staff*** BROWN, EDWARD, Reg# 03923049, GIL-B-B
DATE: 10/07/2017 08:00:41 AM

To: Dr. Anderson
Inmate Work Assignment: Pool

NO RESPONSE 10-19-17

Dear Dr. Anderson:

As I have been waiting for your invitation to sit and work together to resolve the poor nutrition and growing health problem within the BOP, I have also been losing weight and due to hunger from lack of proper food.

I understand the catch-22 situation you are in due to the mandated BOP "POLICY" that you are obligated to follow due to the so-called national menu. However if you would look closely at the national menu you would find that it is actually dangerous to the health of "any" Human anywhere. I have no interest in pointing fingers or filing charges with anyone. My obligation is to steward, witness and find resolution to those under the weight of any problem. This is what I am attempting to do. If you are truly a Dr. of conscience you will work with me to get to the bottom of the problem and resolve it.

I do not believe that you are not aware of exactly what is happening with all the illness that never go away. you are beginning to find that the allopathic medical those will soon be labeled as they have become: void of compassion or knowledge of any real healing. Pushing out Rx when it is not beneficial or needed and causing further harm to the patient is criminal and has many deadly side effects. This must stop.

I ask you one last time to sit with me and let me present you with the cure's in regards to helping these patients to effect a cure rather than have to remain on unecessary meds for the rest of their lives.
If I do not hear from you within a week I will send you any more requests to do the right thing.
Thank you for your valuable time.
Because of God and the stripes of Jesus...

Commander Edward Lewis Brown
United States Constitution Rangers
1777 Continental Congress YHVH

RULINCS 03923049 - BROWN, EDWARD - Unit: GIL-B-B

Brief on Soy 2 Pages
Bad - SOY - G.M.O.
Good Vitemin K-12 Natto soy
G.M.O. Products Kills OFF the good bacteria in your gut-intestines.

FROM: [redacted]
TO: 03923049
SUBJECT: Most (95%) Soy in U.S. is bad: [Vitamin K12* soy in Japan is good]
DATE: 09/25/2017 01:36:04 AM

The "bottom line" on top here; details below:
Most (95%) Soy in U.S. is bad: [Vitamin K12* soy in Japan is good]
instead, eat: " chia seeds and flaxseeds. " &
* other source K12 = " spinach and kale "
Ed, at: = https://draxe.com/is-soy-bad-for-you/

"A common question I get is, "Is soy bad for you, or is soy good for you?" And the answer is, the majority of the time, soy is bad for you, but sometimes it can be good for you. It depends on the form you re buying it in, and I m going to go over the benefits and the side effects of consuming the right and the wrong type of soy.

What Soy to Avoid in Your Diet

Regarding that first, "Is soy good for you, or is soy bad for you?" the answer is that it s mostly bad because 95 percent of the soy out there today that people consume is bad for you.

Now, soy was popularized because we found in Okinawa, Japan considered by some people to be the healthiest place on earth they consumed a lot of soy. The problem is, it was a different type of soy than we consume today. In other words, it was the soy to eat rather than soy to avoid.

The issue with soy is most soy today contains something called phytoestrogens, and these phytoestrogens are estrogen mimickers in the body. And so, if you re a male consuming extra estrogen, it s going to give you more feminine characteristics.

If you re a woman consuming foods that increase estrogen levels, it s going to increase your risk of breast cancer, cervical cancer, PCOS (polycystic ovary syndrome) and other hormone imbalance-related disorders.

That s the main issue with most soy products today avoiding excess estrogen when you re consuming a general processed soy. It s a big issue.

Another big deal is that 90 percent (!) of soy today is also genetically modified. Genetically modified foods are linked to many health problems because they kill off good bacteria in your gut, known as probiotics benefits, and also damage the working of your digestive system.

Therefore, most soy products today because of the phytoestrogens and being genetically modified are terrible for your health. This includes soy protein (it s why soy is inferior to whey protein), soy milk (if you drink soy milk because of allergies, you re much better served by trying goat milk or coconut milk) and almost any type of soy out there today, aside from something like a soy lecithin (which isn t unhealthy to consume).

Is Some Soy Healthy?

Now on the flip side, soy can be good for you if it s an organic, fermented soy. And organic means that it s not GMO. There s no chemicals or fertilizers or pesticides. Fermented means it s similar to turning a milk into probiotic yogurt or cabbage into sauerkraut.

Fermenting a food actually increases its probiotics. For example, natto is the type of soy they consume in Okinawa, Japan, where people have lived to be well over 100 years old all the time. It s one of the healthiest fermented foods, is loaded with probiotics, is non-GMO and also is very high in a vitamin called vitamin K2.

Vitamin K2 is even more beneficial in therapeutic benefits than vitamin K1, which is found in things like nutritious spinach and kale. Vitamin K2 has been shown to help build strong bones, support brain health and naturally heal your body.

So again, if it s an organic fermented soy product, it actually is terrific for your health.

Final Thoughts on Soy

But let me throw this out there again. While I said earlier answering the question, "is soy bad for you?" that 95 percent of it is bad for you, the case in point is that 99 percent of the soy products we re consuming today are conventional, GMO and toxic to your system. For that reason, soy is bad for you.

-But if you re looking to improve your heart health and bone health plus increase your life span, consuming natto, also known as vitamin K2, on a regular basis can actually be terrific for your health.

So if you want to reap the benefits of soy, go and find a fermented soy product like natto or search for a supplement that s vitamin K2, also known as MK-7. Either can actually be very, very beneficial for your health.

-Years ago, soy used to be labeled a superfood. But besides natto, real superfoods are things like chia seeds and flaxseeds. Beneficial for vegans and vegetarians alike, flaxseeds and chia seed benefits include having the same amount of plant-based protein but high levels of omega-3 fatty acids as well. These are a much, much better option than regular soy products

" - - Joe cc: Dick.

TRULINCS 03923049 - BROWN, EDWARD - Unit: GIL-B-B

Brief on Poly-mono unsaturated Fats 6. pager

FROM: [redacted]
TO: 03923049
SUBJECT: Poly - #1 of 2
DATE: 08/09/2017 12:06:17 PM

"From: [redacted]
Sent: Sunday, August 6, 2017 3:34 PM
To: questions@butterbeliever.com
Subject: Try coconut cooking oil? for less "omega-6 PUFA " of even better than butter, . . .

.. . . and, of course: cold-pressed rather than heated. See this article by Emily here, with my summary (future comment?) at the bottom of this e-mail.

Thanks Valery, [bcc to you] This on the direct with a Thank You in capital letters to Emily.

RE: http://butterbeliever.com/what-is-pufa/

PUFA: What is it and Why Should it Be Avoided? - Butter ...
butterbeliever.com
Much, much more prevalent however, are PUFA s in the form of omega-6 polyunsaturated fatty acids. Omega-6 PUFA occurs naturally in small quantities in natural foods ...

"
PUFA: What is it and Why Should it Be Avoided?
By Emily Benfit 126 Comments
Thank you for supporting this site with purchases made through links in this post

What s worse for your health than processed white flour, refined sugar, or high fructose corn syrup? [*] [see below.]

You might be surprised.

Let s have a little look at our food supply in recent history, shall we? At the turn of the last century, corn and soybeans were fast becoming the largest crop grown in the US. When they started becoming by far the cheapest crops we were growing, thanks to government subsidies, marketing geniuses in the booming ag industry thought of a great plan.

. . .

Genius, right?!

This whole movement toward the use of polyunsaturated fats, instead of saturated fats, culminated a few decades later with the advent of the lipid hypothesis the fraudulent claim made by one really terrible scientist that told everyone saturated fat and cholesterol were the cause of heart disease. [2:34-minute video with: " 631,121 views" at: https://www.youtube.com/watch?v=v8WA5wcaHp4]

Big Fat Lies
www.youtube.com
Clip from the documentary "Fat Head." Guess what? Fat and cholesterol don't cause heart disease. The theory was based on bogus science from the very beginning ...
We all know how that s played out.

Saturated fat is still demonized to this day, while consumption of unsaturated fats, especially PUFA s, are encouraged by practitioners of mainstream medicine. And of course, we have more heart disease than ever.

What are PUFA s?

P. 1 OF 6

PUFA stands for Poly-Unsaturated Fatty Acid. In chemical terms, that means that the fatty acid has more than one (poly) double bond in the carbon chain. They re unsaturated because they re missing out on what saturated fatty acid has hydrogen atoms. That makes the bonds sort of incomplete, in a sense. So, imagine a chain of links that are sort of missing a joint or two, on each and every link it wouldn t be very strong or stable. Because of this instability, polyunsaturated fatty acids are very much prone to oxidation, which is basically getting their chain all kinds of messed up and broken, and causes problems with how your body reacts to the acid.

Um. Enough chemistry.

It s really pretty simple. Because of their instability, and the negative effects on the body s systems these oils have in excess, PUFA is bad. Saturated is rad! [http://www.dictionary.com/browse/rad = "Slang. fine; wonderful. "]

Omega-3 and Omega-6

There are two main types of PUFA s omega-3 and omega 6 polyunsaturated fatty acids. Omega-3essential fatty acids are found in fatty fish, shellfish, liver, and in some seeds like flax. They re good for us in moderate amounts. [I dis-agree on shellfish as maybe Red Tide contaminated, since they can't swim AWAY from it!]

Much, much more prevalent however, are PUFA s in the form of omega-6 polyunsaturated fatty acids. Omega-6 PUFA occurs naturally in small quantities in natural foods like seeds, nuts, legumes, and also in properly-raised animal products. . . .

The biggest problem with this omega-6 stuff is that our bodies just aren t meant to handle much of it. Our fat cells are comprised of very, very little omega-6 polyunsaturated fatty acids, and are instead are made up of mostly saturated and monounsaturated fat. So when we start consuming the oils from these foods in concentrated form, instead of eating moderate amounts of the actual foods they came from, we wind up with a serious imbalance, and the various health problems that result.

Let me put it this way. When was the last time you sat down and ate a big bowlful of cotton seeds? What s that?? Never!? Well, thanks to modern technologies of the food processing industry, cottonseed oil has become a common food, that you ve more than likely consumed in disgusting quantities, right along with soybean oil, canola (rapeseed) oil, corn oil, safflower seed oil, sunflower seed oil, and aaaall kinds of these concentrated forms of polyunsaturated fatty acids.

Why is Polyunsaturated Fat So Bad?

If you google "polyunsaturated fat," you re soon bombarded with the "facts" from mainstream medical sites advocating the use of PUFA over that dastardly artery-clogging saturated fat we re all told to shun from our diet. But, those of us who ve been educated from sources other than those profiting off of the food and medical industries understand that s a big load of Metamucil ed crap. They are onto something, though. Not all fats are healthy. So what makes polyunsaturated fat so inferior to saturated? There s more to it than you might think.

DNA-Disrupting Inflammation and Free Radical Damage

The most widely-recognized danger of PUFA oils is the inflammation in the body caused by consuming it in excess. Lots of foods are somewhat inflammatory. And, that s okay. A little inflammation actually keeps things like your immune system running smoothly. But when taken to the extreme, inflammation isn t so helpful. High levels of inflammation have been linked to all sorts of serious issues, like heart disease, diabetes, and even cancer.

Excessive inflammation in the body from PUFAs happens because of the presence of free radicals formed in the processing of the industrial oils (like vegetable and canola), which renders them rancid. Free radicals are atoms with an unpaired electron floating around, which causes them to basically go nuts. These compounds attack cell membranes and red blood cells, and they even cause damage to DNA and RNA strands, leading to cellular mutations in the body s tissues. In skin, it causes wrinkles and premature aging. In blood vessels, the buildup of plaque. In tissues and organs, it can set the stage for tumors to form. I think you get the picture. Free radicals are bad, bad news, and they re ever-present in industrial PUFA oils.

Processing PUFA Oils from Corn, Seeds, and Soy

Free-radical forming oxidation of the PUFA happens when it is exposed to heat, light, or oxygen. Kinda hard to avoid that when you re cooking with these fragile oils.

t before they ever touch a frying pan or a Frito-Lay factory, the PUFA oils are oxidized to oblivion just by the process used to anufacture them. As you might imagine, it s pretty difficult to make oil out of things like seeds. People have been making oil om olives for thousands upon thousands of years, because it s pretty easy you squeeze it. Oil comes out. Squeeze a enetically-modified rapeseed and, well, you re still pretty oil-less.

Factory-processed PUFA oils are created through measures of high heat and extreme pressure, exposing the oil to all sorts of xidative damage, polished off with a good dumping of chemical solvents to get every last bit of that profit-producing oil out of he seeds, or corn, or soy. Some of the chemical (usually hexane) remains, and yet another chemical is added to deodorize the ancid PUFA oil s stench. In that process, the small amount of omega-3 present in oils like canola, actually transforms into trans atty acid. And finally, carcinogenic BHT and BTA are added as chemical preservatives, since any naturally-occurring preservative substances, such as antioxidant vitamin E which were once naturally found in the food, have been thoroughly killed off in processing. Yummy!

PUFA and Your Metabolism

PUFA oils have an absolutely devastating effect on the body s metabolism. That s because PUFA s directly interfere with the functioning of the thyroid gland, and also how well the thyroid hormones are able to be utilized, or metabolized, by the body. This type of interference with thyroid functioning is a major cause for a sluggish metabolism in the body.

Oh and remember that pesky inflammation PUFAs tend to cause? Well, that leads to a big rise in the counter-inflammatory stress hormones of cortisol (the "belly fat" hormone) and a weird thing called Suppressor of Cytokine Signaling (SOCS-3). That s because those hormones come out to play when they start seeing things like Interleukin-6, which although it sounds more like the name of a sci-fi starship commander, is an example of an inflammatory molecule which are known to rise in direct proportion to the presence of omega-6 PUFAs in the diet. The stress hormones released as a result are a big, big deal. Why? Matt Stone of 180DegreeHealth explains:

It s significant because of all the factors that have been studied when trying to determine what causes leptin resistance (the hormonal state that makes your body think it s starving, keeping your metabolism subdued and continuing to try to store fat even if you have way more than enough already), the closest ties are to these counter-inflammatory substances.

So fat IS making us fat after all! Polyunsaturated fat, that is! You can learn a whoooole lot more about all this, and how to get your metabolism to a nice, healthy, fat-burning state in the book, Diet Recovery, which I highly recommend.

Modern PUFA, Modern Diseases

I m fast becoming an avid collector of vintage and antique cookbooks. I have a couple that date back as far as the late 1800s. You know how everyone is constantly pointing to processed white flour and refined sugar as the be-all-end-all reason to why we re all so fat and unhealthy in our modern age?

That s a little weird to me, because cookbooks from the 1800 s still have white flour and white sugar in their recipes. Plenty of it. [*] [See above.]

People in the 1800 s did not have diabetes and heart disease like we do today. And they were eating white flour and sugar!

But you know what they weren t consuming?

PUFA OILS.

You won t find any vegetable oil, shortening, or any major sources of polyunsaturated fatty acids in any of the recipes in those antique cookbooks. They were still using lard, butter, and other animal fats back then that came from farms, not factories.

The advent of industrial polyunsaturated fats in our diet is, without question, the single most prevalent change to our diet in recent history. We re eating about the same amount of carbohydrates, about the same amount of protein, about the same amount of saturated fat, but over two-and-a-half times the amountof polyunsaturated fat, and climbing.

Oh and, wanna know another fun little factoid about how badly the consumption of these PUFA oils have affected us? Polyunsaturated fats actually accumulate in your cells and can be passed on from generation to generation. So, for over a century now, we ve been experiencing the cumulative effects of all that excess PUFA on every cell of our bodies inflammation, thyroid disfunction, leptin resistance and all. Thanks so much for switching to Crisco, Grandma! It takes years and years to flush

PUFA from your system, even if you cut your consumption of it right away.

ources of PUFA: The Worst Offenders

Where they are, and what you need to avoid.

Hydrogenated PUFA in Processed Food Products

PUFA oils in their absolute worst form are those which have been fully or partially hydrogenated. This is a chemical process the factories use to make the oil solidify at room temperature, and make it much more shelf-stable. They start by adding tiny particles of toxic heavy metals which bond to the fat before it s subjected to a highly pressurized hydrogen gas reactor. Soap-like emulsifiers and starches are squirted in there to give it the right consistency, before the solidified oil is steamed at extreme temperatures to clean out some of the weird taste. Then, the hydrogenated fat is bleached, dyed, and artificially flavored to make it resemble something edible. Oh, and they can still legally call this stuff, "All Natural!"

Another name for hydrogenated polyunsaturated fatty acids is trans fats. Bet you ve heard of that one. The rumors are true trans fats do contribute to heart disease and other major chronic health problems.

You ll find hydrogenated polyunsaturated trans fats in just about any processed food, from cake mixes to granola bars, breakfast cereals"

P.4 of

Poly-Mono-unsaturated FATS
P.U.F.A.

OM: [redacted]
O: 03923049
SUBJECT: Poly- #2 of 2
DATE: 08/09/2017 12:06:17 PM

" from cake mixes to granola bars, breakfast cereals to fast food fries, crackers, cookies, popcorn, you name it. If you haven t already, I d encourage you to make a habit of looking for hydrogenated PUFA fats on the label, before you indulge on your favorite processed goodies from time to time.

Industrial PUFA Oils in Processed Foods

Look for these industrial oils on the label of just about any processed food, and you re sure to find them.

Here s their omega-6 content by percentage of total calories. Keep in mind that we re aiming for no more than about 4% of total calories in our diet to come from PUFAs.

Corn oil: 54.5% Omega-6 PUFA
Sunflower oil: 68%
Vegetable oil (Look at the ingredients, there s only one: soybean oil.): 51.4%
Cottonseed oil: 52.4%
Canola: 19.0% (and the omega-3 s present are transformed to trans fats from the factory processing)
Fake Versions of Animal Fats

Would you like some hydrogenated trans fat with your PUFA? Sign me up!

Tub margarine (yes, that would be your favorite "heart-healthy" buttery spread): 33% PUFA, 4.3% trans fat
Stick margarine: 21.4% PUFA, 26.7% trans fat
Vegetable shortening: 23.7% PUFA, 12.2% trans fat
PUFA in "Healthy" Cooking Oils You re Being Told to Use at Home

Also found in processed foods, but these are the oils that are praised as being so much "healthier" than saturated-based fats. Yeah, not so.

Grapeseed oil: 70.6% Omega-6 PUFA (can I get a "holy-freaking-CRAP!?")
Walnut oil: 53.9%
Sesame oil: 42%
Peanut oil: 33.4%
Canola: 19% (never mind the fact that it s GMO)
Olive: 9.9% (totally fine in moderate amounts, but the PUFA content is why it s not the best choice for cooking due to oxidation)
PUFA in Actually Healthy Cooking Fats You Should Use at Home

Fats that are mostly saturated are what we really want to be using. Here s how low these traditional fats are in omega-6 PUFAs:

Butter: 3.4% omega-6 (find grass-fed clarified butter here)
Beef Tallow: 3.1% omega-6
Coconut oil: 1.9% omega-6 (find quality coconut oil here)
See how those are all in line with what our total percentage (less than 4%) of dietary PUFA should be?
Factory-farmed Meat, Eggs, and Animal Products

You re eating a nice burger for dinner, but what did the cow that your burger came from eat? Probably, a whole lot of nasty PUFAs in the form of soy, corn, and seed-based animal feed.

Factory-farmed, or CAFO meat and animal products are loaded with omega-6 PUFA.

. . .
What Should We Eat Instead?

To put it simply, we should be eating mostly real, natural food. By only using those actually healthy cooking fats which are mostly saturated, instead of liquid cooking oils, minimizing processed foods, and eating grass-fed animal products instead of

P.5 OF 6

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tory-farmed, you re pretty much covered in cutting out toxic levels of PUFA in your diet.

oes the ratio matter?

Some say that it s not so much that PUFAs are the problem, but more the ratio of the different kinds, omega-6 and omega-3, in the foods you eat. You want to maintain a ratio of from 1:1 to 3:1. So, eating foods and supplements rich in omega-3 s can help boost that ratio in your diet.

But, for the purposes of sustaining a healthy metabolism, you should ideally be keeping your consumption of all PUFA to the minimum that you actually need. If you re eating plenty of grass-fed animal products, decent amounts of seafood, and ideally some organ meats thrown in there, you probably don t need to go out of your way trying to incorporate extra omega-3 s into your diet. You only need a little, and those foods will provide it, with a healthy ratio of omega-6 to omega-3. I don t believe in supplementing with fish oils for omega-3. Sure, it ll improve your ratio of omega-3 to omega-6 PUFA, but it s a much better idea to just cut out the foods which are high in omega-6 PUFA, eat natural foods which have an appropriate ratio, and leave it at that.

Do you avoid polyunsaturated fat in your diet?

Why do you think it s important? Share in the comments below!

"

Here's my comment:(to maybe post later, ___ after I read the 126 others).
Thank you Emily. I had read and heard years ago of to use cold-pressed cooking oil rather than that of whatever* heated and read now of chemically treated too eh? to cool-down at room temperature what was heated up by the " hydrogenated " process of: " by adding tiny particles of toxic heavy metals " a/k/a (also known as) " trans fat" ing. Yuck! And thanks for the info on fish and "some seeds like flax" of with that Omega-3 "essential fatty acids " needed in our bodies, and at a ratio of about 3:1 in that of for the Omega-6 " polyunsaturated fatty acids " as you explained of: "means that the fatty acid has more than one (poly) double bond in the carbon chain. They re unsaturated because they re missing out on what saturated fatty acid has hydrogen atoms. " / " Omega-6 PUFA occurs naturally in small quantities in natural foods like seeds, nuts, legumes, " / wiki: " Well-known legumes include alfalfa, clover, peas, beans, chickpeas, lentils, lupin bean, mesquite, carob, soybeans, peanuts and tamarind. " You: " Keep in mind that we re aiming for no more than about 4% of total calories in our diet to come from PUFAs. " So with the high # of these oils even when cold-pressed, of thus to: "Butter " 3.4% omega-6 (find grass-fed clarified butter here) " or Coconut " oil: 1.9% omega-6 " . The oat and wheat boxes of cereal recently purchased have Trans Fat 0% each, and the Poly-at 1g for the oats and 0.5 g for the wheat, and saturated fat at 0.5 g and 0 g respectfully, so what? needing at least some sat. fat. to offset the 0 g for the wheat?, that BTW has the "BHT ADDED TO PACKAGING MATERIAL TO HELP PRESERVE FRESHNESS" https://en.wikipedia.org/wiki/Butylated_hydroxytoluene (and see: http://thegoodhuman.com/what-is-bht-butylated-hydroxytoluene-and-why-you-should-avoid-it/ for both the good and the bad, in two different studies) whereas the oat one has: "TOCOPHEROLS TO PRESERVE FRESHNESS" https://en.wikipedia.org/wiki/Tocopherol reference more of the corn here in the U.S. v.s. " olive and sunflower oils " in the European diet.

- - Yours truly, - - Joe
P.S. Thank you "very" much for me to spend my "$money on better and healthier food. " "

P. 6056

S 03923049 - BROWN, EDWARD - Unit: GIL-B-B Omega Ratio

M: [redacted]
03923049
BJECT: " The Omega ratio: "
ATE: 08/09/2017 12:06:17 PM

d, Here it is:
rom: [redacted]
ent: Sunday, August 6, 2017 3:46 PM
o: mail@constitutionclub.ning.com
ubject: The Omega ratio:

eith:

lere's the forward, as promised: The condensed version. I did do a copy & paste of the best from this article if you'd like that oo, as sent to Emily at her e-mail address of: questions at butterbeliever dot com

From: [redacted]
Sent: Sunday, August 6, 2017 3:37 PM
To: [redacted]
Subject: My butterbeliever comment:

Yet to post:
RE: http://butterbeliever.com/what-is-pufa/

"
Here's my comment:(to maybe post later, ___ after I read the 126 others).
Thank you Emily. I had read and heard years ago of to use cold-pressed cooking oil rather than that of whatever* heated and read now of chemically treated too eh? to cool-down at room temperature what was heated up by the " hydrogenated " process of: " by adding tiny particles of toxic heavy metals " a/k/a (also known as) " trans fat" ing. Yuck! And thanks for the info on fish and "some seeds like flax" of with that Omega-3 "essential fatty acids " needed in our bodies, and at a ratio of about 3:1 in that of for the Omega-6 " polyunsaturated fatty acids " as you explained of: "means that the fatty acid has more than one (poly) double bond in the carbon chain. They re unsaturated because they re missing out on what saturated fatty acid has hydrogen atoms. " / " Omega-6 PUFA occurs naturally in small quantities in natural foods like seeds, nuts, legumes, " / wiki: " Well-known legumes include alfalfa, clover, peas, beans, chickpeas, lentils, lupin bean, mesquite, carob, soybeans, peanuts and tamarind. " You: " Keep in mind that we re aiming for no more than about 4% of total calories in our diet to come from PUFAs. " So with the high # of these oils even when cold-pressed, of thus to: "Butter " 3.4% omega-6 (find grass-fed clarified butter here) " or Coconut " oil: 1.9% omega-6 " . The oat and wheat boxes of cereal recently purchased have Trans Fat 0% each, and the Poly- at 1g for the oats and 0..5 g for the wheat, and saturated fat at 0.5 g and 0 g respectfully, so what? needing at least some sat. fat. to offset the 0 g for the wheat?, that BTW has the "BHT ADDED TO PACKAGING MATERIAL TO HELP PRESERVE FRESHNESS" https://en.wikipedia.org/wiki/Butylated_hydroxytoluene (and see: http://thegoodhuman.com/what-is-bht-butylated-hydroxytoluene-and-why-you-should-avoid-it/ for both the good and the bad, in two different studies) whereas the oat one has: "TOCOPHEROLS TO PRESERVE FRESHNESS" https://en.wikipedia.org/wiki/Tocopherol reference more of the corn here in the U..S. v.s. " olive and sunflower oils " in the European diet.

- - Yours truly, - - [redacted]
P.S. Thank you "very" much for me to spend my "$money on better and healthier food. ""

Best wishes, - - [redacted] "- - Joe P.S. Plus more to follow. ___ end this page. &.

⇔03923-049⇔
Sovereign Edward Lewis Brown
P.O. Box 6000
Federal Correctional Institution
FCI Gilmer
Glenville, WV 26351
United States

Non-Belligerant Report/Affidavit

and presentment to assist BOP staff in resolving growing nutritional and health crisis at Gilmer F.C.I.. medical treatment is vacant and barbaric with no resolution for cure of disease without, proper education tool

Dear mr. Greenfield, A.W. / Warden Saad

upon your instructions I am submitting this report/requ to you in-hand, during mainline. As stated I started this remedy process on June, 2017 shortly after I arrived here at Gilmer F.C.I. when I was alarmed to discover that a combination of BOP policies was/is causing the staff here at Gilmer and natio wide to follow a course the procedure (s) that is causing great harm to inmates/prisoners and staff alike.

As a research, intelligence and resolution(s) officer with The United States Constitution Rangers of the 1777 Continental Congress we are obligated to protect the dejure form of United States government and the people thereof (we actually try to protect everyone). - Associating with law-enforcement and military personal most of my life I have a pretty good understanding of most people in a para-military frame of mind. As well, I'm a higher degree empath. I understand people re what they feel and why they do or don't do a thing. I meet well with most people, but shun theives and liars. I almost always know when I'm lied to.

Therefore with clean hands and clear heart to protect all parties under the watchful eyes of God I pen this non belligerent report and present it to you with the intent to save lives and heal those that have the right and need to be told and instructed on the truth, history and the ramifacations of eating good foods v. bad Foods. - Alopathic v. Holistic health care. Alopathic with Holistic Health cure's, etc, infinitum.

I present the Following Affidavit with attached Bureau of Prisons instruction Documents v. private Scientific

research; Therefore; I present this:

Affidavit of Notice To All Parties, Agents, Officers, Both Public and Private, et alii, et alia, of both of The Dejure and Defacto for The united State of America and of THE UNITED STATES OF AMERICA (corp.) respctively Claims the nutrition progran and quality of food is sub-standard, which is served to inmates and prisone under the guidance, policy, orders of the Department of Justice/ Bureau of Prisons /defacto UNITED STATES OF AMERICA (corp); and which is a major contributor/cause of diabetes, Celiac Disease, malabsorbtion, Hypertension and leads to other major illnesses and diseases. Therefore;

Comes now Sovereign Edward Lewis Brown (Further affiant) a life commander with the Clean hands organization Known as the United States Constitution Rangers for the United States of the 1777 Continental Congress; (See attached):

Affiant is a living, sentient, free-will, natural man, of Sound mind and principled, under the guidence and tutelage of th almighty God. I Am..... who is attempting (with hateful staff resistan to present information of an ongoing, failing, antiquated practic of minimalizing of proper nutrition, education, medical/health care and remedy without any visable BOP/DOJ oversight that the inmate's health is deteriorating to the point of death through staffs condescending Silence, passing the fault to B.O.P. central, denying to review medical/nutritional conclusive remedy, providing proper body chemistry, untrained in healin to a now growing crisis within the prisoner population.

We can provide a better healt care model than the B.O.P. currently operates on, unless B.O.P. has another agend

Will you assist in improving the current growing failure of the healtcare and medical within the BOP Gilmer Facility?

AFFIDAVIT / REPORT

Department of Justice / Bureau of Prisons

1. (U.S.P.H.S. Chief Dietician / Acting National Food Service Administrator): Michael K. Holliday, MS, M.S.E.D., RDN, CDE, FAN Who has provided Gilmer, F.C.I. with a United States nutrition and Diabetes brief(s) on the do's and don'ts Titled: "Tips to A healthy lifestyle": Balancing Custody and Ca by BOP Nursing:

"The Diet that Kills" Evidence (see attached)

Page 1-4 of 37: B.O.P. Nutrition: Tips to a healthy Lifestyle
Page 5-6 of 37: B.O.P. Hypertension: (High Blood Pressure)
Page 7-8 of 37: Holistic Remedy (Cure)
Page 9-14 of 37: BoP Tutorial / Diabetis: Allopathic advice
Page 15-18 of 37: Holistic Remedy/(Cure)
Page 19-20 of 37: Cop-out request to staff to meet.
Page 21-22 of 37: E-mails to P.A. Ms. Wilson
Page 23-25 of 37: N/A.
Page 26-27 of 37: E-mail(s) to Dr. Anderson requesting to meet.
Page 28-29 of 37: Research Brief re Good Soy v. Bad Soy
Page 30-35 of 37: Research Brief re Saturated v. unsatured fats
Page 36 of 37: Research note re "the Omega ratio"
Page 37 of 37: B.O.P. weekly menu with notes showing

very poor nutritional value which causes a slow breakdown of ones immune system, causing Diabetes, Hypertension and many other diseases, which is easy to reverse and resolve through proper Education and national policy.

I request a meeting with policy-makers who have the ability to assist us in reversing Diabetes and many other diseases. Most disease will dramatically begin to Fade witin a few weeks to a Few months. No side effects and the results are amazing. Will you assist?

by the grace of God and the stripes of Jesus I am at your Service:

By,
Commander Brown: Edward Lewis
United States Constitution Rangers
1777 Continental Congress.

VIII / 11

FCI Gilmer, P.O. Box 5000, Glenville, WV 26351

Date 3-3-21

"The enclosed letter was processed through special mailing procedures for forwarding to you. The letter has been neither opened nor inspected. If the writer raises a question over which this facility has jurisdiction, you may wish to return the material for further information or clarification. If the writer encloses correspondence for forwarding to another addressee, please return the enclosure to the above address."