**Paper**: Canaries in Coal Mines -Why You Should Listen to Them

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**Topic**: People who are sensitive to environmental toxins, whatever form this may take, lead the way, in revealing these items to general public. When we ignore these early warning signs, the results will vary from minor symptomology to death. (See also the condition known as “Tolerance”.)

[**canary**](https://en.wiktionary.org/wiki/canary#English)**in a**[**coal mine**](https://en.wiktionary.org/wiki/coal_mine#English) (*plural* [**canaries in a coal mine**](https://en.wiktionary.org/wiki/canaries_in_a_coal_mine#English) *or* [**canaries in coal mines**](https://en.wiktionary.org/w/index.php?title=canaries_in_coal_mines&action=edit&redlink=1))

1. ([*idiomatic*](https://en.wiktionary.org/wiki/Appendix:Glossary#idiomatic)) Something whose [sensitivity](https://en.wiktionary.org/wiki/sensitivity) to [adverse](https://en.wiktionary.org/wiki/adverse) conditions makes it a useful early [indicator](https://en.wiktionary.org/wiki/indicator) of such conditions; something which warns of the coming of greater danger or trouble by a [deterioration](https://en.wiktionary.org/wiki/deterioration) in its health or welfare.

Preamble – My Story

In 1984 when my wife and I were on our honeymoon in Florida we went to a large food buffet, which were popular in the United States. I took one of those mega-sized cups (also popular in the United States & Canada) and filled it with the self-serve soda fountain drink. It is not something that I normally do, but hey, I was on my honeymoon! I immediately noticed a foreign taste of some sort, but went ahead and drank it anyway. What followed was a 3-day headache that was not to be relieved by any pain relief drugs on the marketplace. This somewhat alarmed me that I could be subjected to this kind of abuse from merely acquiring food at a public food serving establishment. After returning home I started to investigate the origin of whatever noxious agent may be responsible for the kind of (immediate & unresolvable) condition that I was subjected to.

About this time, I heard of a new artificial sweetener called **aspartame** (aka acesulfame potassium). When I dug further into the origins of this item, I learned that it was an accidentally ‘discovered’ chemical agent from the lab, where the person responsible happened to inadvertently get this substance in their mouth. When they found that it had a sweet taste, they (or someone else) considered the possibility of commercializing it as a “calorie-free artificial sweetener”.

Up to this point there is no harm done (as far as the aspartame story goes). The next step in aspartame’s life (as should be with other newly introduced food substances) is a trip to the FDA, as one would hope for, if one thought that they were protected, within the North American society. A person needs to know what this organization *purportedly* stands for –

**“The FDA is responsible for protecting and promoting public health through the control and supervision of food safety, tobacco products, dietary supplements, prescription and over-the-counter pharmaceutical drugs (medications), vaccines, biopharmaceuticals, blood transfusions, medical devices, electromagnetic radiation emitting devices (ERED), cosmetics, animal foods & feed and veterinary products.”** (Wikipedia) (… unless enough money is paid to produce a different finding than the Truth.)

My discovery, for my own health and that of others, found that this substance was determined as unsafe by the FDA due to the fact that IT CAUSED BRAIN TUMORS IN RATS. This clearly *coincided* with my personal experience (neurological effects). Further, one of the processes within the human body is that it is metabolized into **formaldehyde**. What followed next is that Ronald Reagan, then president of the United States, fired the head of the FDA, pushed the item through, at which point aspartame became part of our daily regime (now in over 13,000 food items). (It can be noted here that I personally know of 2 people that have died from aspartame use & subsequent brain tumors.)

**From pubmed.gov** –

“Aspartame acts as a chemical stressor by elevating plasma cortisol levels and causing the production of excess free radicals.”

“Whether aspartame and its metabolites are safe for general consumption is still debatable due to a lack of consistent data. More research evaluating the neurobehavioral effects of aspartame are required.”

**(Begs the question, “What the heck has it been doing on the market for 36 years & contained in over 13,000 food items!”)**

From this experience, I noted 2 things:

1. The uselessness of the FDA in getting *anywhere* near their mandate of “protecting and promoting human health”, and
2. If money (my assumption) can persuade a person (or person’s) to make decisions to actually cause harm to the mass population, then it would be correct for me to assume that the actual lack of the application of brotherly love on this planet has reached a distressing & malignant level.

It should be noted here that this is merely *one glaring example*, of the default, of the collective bodies that we as the public put our trust into (as I have noticed in the past 47 years or so). Because this general concept has been proven to me, I sometimes get frustrated when I see others put their health, the health of their loved ones & their general common sense on the line when they put trust into these institutions, thinking that they are being looked after while participating as members of our society.

From this, it appears that I am the “canary in the coal mine” for aspartame (see “Tolerance” below).

Update: (21 Sep ’20) I recently had a customer come into my Gift Shop/Truth Centre and he mentioned that he had a conversation with someone who actually was at the FDA during the aspartame *scandal*. This person was aghast and he could not believe the process that went on during the ‘pushing’ of this insidious product. While this is a third-party story, it nevertheless lines up solidly, as one considers the occurrences in bringing this ‘food item’ to the marketplace.

Current Day Canaries

A man named Arthur Firstenberg happens to be a current ‘canary in the coal mine’ in that he has discovered first hand what kind of damaging effects are imposed upon the world population (no one is exempt – see “Tolerance” below). Arthur is labelled by the establishment as “electrically sensitive”, or worse yet “electromagnetic hypersensitivity”. It should be noted that this labelling alone should have enough power to put up a **red flag**,… with anyone. This is augmented by the thousands of documents/reports that illustrate all levels of damage that are caused by this environmental toxin.

Arthur has been more diligent than I, in alerting the public, as to the harm that is coming to them (as it turns out, since the early 1900’s and before). While I have done my best to alert people, since 1984, of the dangers of aspartame, Arthur has gone to the trouble of producing a book which is comprised of 564 pages of comprehensive & meticulous research into the phenomenon of EMF radiation ‘poisoning’ to all living things (from plants, to insects, to animals, to people), who reside on this planet.

Mr. Firstenberg has **backed up** his research with no less than:

* 580 footnote references to medical journal articles & independent testing on the particular subject reported, and
* A bibliography of 138 pages – that’s pages, not items (which stands alone as an amazing feat!).

This book is severely important for 2 reasons:

1. It clearly demonstrates that the extent of human suffering, and broad-spectrum damage to the Earth in general, has been imposed upon us for some other purpose than the benefit & welfare of Earth’s inhabitants, and is, being carried out on a massive scale. While we have been active participants of some of the benefits that are contained within widespread EMR, the *time has come* to *evaluate* those deficits & benefits.
2. **More important**: This topic is the spawn of a new understanding for mankind, which smashes a concept that will turn out to be the largest (to date) liberating factor that has ever been witnessed on Earth. (see paper on “Contagion”)

Conclusion

My search for the truth, in my life, began in my teenage years and has been going on for over 45 years. Each new distortion of the truth has sensitized me more and more in finding & assessing these *untruths*. The sum result (finding truth among the lies) has come full circle here in early 2020. The place that I have come to, therefore, includes the following:

1. Most importantly, an intrinsic & permanent level of peace within my being, and
2. An understanding of the elements of this life where virtually no question goes unanswered.

The end result of the title statement is this – WE CAN KEEP IGNORING THE CANARIES IN THE COAL MINE ON THIS PLANET, as long as we understand that by doing so, we are accepting any degree of pain, suffering, grief, misery & discontentment that we may be levelled against us, at any given moment. I KNOW this because my own search for the truth has exempted me from these negative attributes, to a large degree, in my life (which is definitely not limited to research into aspartame). My hope is that everyone also has this benefit in their life.

**Important:** It should be well noted that just because a significant percentage of non-canaries are symptom free, this **does not** mean that there is no damage occurring (see “Tolerance” below). Damage occurs at the cellular level and only pokes it’s head up when a certain threshold is transgressed, resulting in one or more of the 33 symptoms commonly associated with EMF complications. We are all different, and some get the ‘benefit’ of pain and/or symptoms while others will find out later. The rather *insidious* component to this discussion is the increasing incidence of childhood cancers, leukemia leading the way, in the world population. The logic of EMF Radiation affecting the fluid within our bodies, in a major way, is *not hard* to put together.

Here is a list of documented symptoms of EMF exposure,

1) Dizziness 2) Nausea

3) Headaches 4) Nervousness

5) Irritability 6) Mental Confusion

7) Depression 8) Insomnia

9) Drowsiness 10) Fatigue

11) Weakness 12) Numbness & Tingling

13) Muscle & Joint Pains 14) Muscle Spasms & Cramps

15) Backache 16) Heart Palpitations

17) Chest Pain 18) Colic

19) Diarrhea 20) Constipation

21) Nosebleeds, Hemorrhage 22) Itching

23) Tremors 24) Seizures

25) Paralysis 26) Fever

27) Respiratory Infections 28) Shortness of Breath

29) Coughing 30) Wheezing & Asthma Attacks

31) Eye Pain, Weakness & Fatigue 33) Tinnitus

33) Metallic Taste (dysgeusia)

For any further doubts as to the validity of this information, you may refer to articles/Youtubes by Dr. Devra Davis, who, along with a long & accredited career, was responsible for removing cigarette smoking on airlines, back in the 1970’s.

The Solution

It is not so helpful that I may point out a greater problem to you and not offer some kind of solution. To have a solution you must be able to correctly identify the specifics of the problem. In this case, the canary article above is merely the tip of the iceberg. It gives you a taste of the problem by pointing out the damage (as by Arthur Firstenberg) to the planet during the past 110 years. Without this information, there would be NO hope of being able to address the larger problem, and ultimately come to a solution for it.

The solution, while simple (removing 4G/5G from our lives), is better understood, if a person can understand the motives and long-term planning that has gone into our willing participation to these events. Without going into these details at this time, suffice it to say that addicting 2- and 3-year-olds to these technologies, when they have the most to lose, while at the same time the least decision-making power on the topic, is an extremely notorious concept.

**Given the lack of supportive evidence on the safety of 4G/5G along with the mountain of evidence proving the ill effects, people must raise their awareness, if not for themselves, but for the sake of all the children and animals on the planet!**

**The difference between 4G and 5G radiation, and the inherent dangers contained within, if allowed on this planet, is a move, that will be unconditionally the largest mistake that mankind could make so far in its history. EMF ‘poisoning’ will follow the same historic trajectory as cigarettes.**

Tolerance

Tolerance is a standard body response which may be likened to *adaptation to a situation*. Dr. Andrew Tressider explains tolerance as when your body has an alarm symptom to a stimulus. If the stimulus is continued it downgrades the symptoms so you don’t notice it’s there, but the damage is still being done.

He compares it to smoking, ‘*many people feel quite ill with their first cigarette. But as they continue to smoke, they get used to it.*’ Alcohol works this way as well (enzymatic response).

This matter becomes more important when the stimulus is not perceived by any one of our senses, as in the case of EMF overload. Those of us, as mentioned, lucky enough to have one or more of the 33 symptoms, will be able to link to the cause. Those of us with no symptoms will have to wait for a more serious problem to emerge. It is utterly important for these unsuspecting victims to understand that their elevated level of sickness is still just a *symptom response* and can be cured with the proper removal of the underlying **toxin**.

A Note on Authenticity

When assessing truths there is usually 2 sides to the argument. Aside from solid foundational evidence (as presented by Mr. Firstenberg), I have always found it useful to look into what each side **has to benefit** from the presentation of their perspective. It has also been my experience that a massive disparity emerges when assessing both sides, with this in mind.

Note: I removed a persistent cardiac arrhythmia (heart palpitation) within one week, and insomnia within 3 months, subsequent to the removal of EMF Radiation from our property (REMOVED: 2x4G cell phones, cordless phones, smart meter radiation and WiFi).

Update: (21 Sep 2020) A research document from the Georgia Institute of Technology titled, THE LARGEST UNETHICAL MEDICAL EXPERIMENT IN HUMAN HISTORY. This document is 1086 pages long and was detailed by Ronald N. Kostoff, Ph.D.. Following is an excerpt from the introduction –

“While research over the past seventy+ years has shown hard evidence of severe adverse effects from wireless radiation, the full extent of the damage from existing wireless radiation infrastructure is not known, much less the damage expected from 4G/5G infrastructure being implemented rapidly today. Attempting to identify the full extent of these adverse effects is the global medical experiment being conducted today. The fact that this experiment is being conducted with **mis-informed consent** makes it an **unethical medical experiment**. Because of the magnitude of this experiment, it is the largest ***unethical medical experiment in human history*!**”

References:

1. What Really Makes You Ill? - Why Everything You Thought You Knew About Disease is Wrong

Lester, Dawn/Parker David

1. Goodbye Germ Theory

Trebing, Will Dr.

1. Bechamp or Pasteur? – A Lost Chapter in the History of Biology

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1. The Invisible Rainbow – A History of Electricity & Life

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1. CROOKED – A History of Man-Made Disease

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1. Pasteur: Plagiarist, Imposter – The Germ Theory Exploded

Pearson, R.B.

1. The Contagion Myth

Morell, Sally Fallon MA/Cowan, Thomas MD

1. Power vs. Force

Hawkins, David PhD, MD

1. Love Your Disease – It’s Keeping You Healthy

Harrison, John, MD

1. The Urantia Book

Various Authors

1. A Course in Miracles

Christ Michael

Note: If you read these 4 books, then you will never use the word “disease” again. Actually, book 1) will do the job alone!

This document can be printed here: [www.oneeyedbudgie.com/the-truth-centre](http://www.oneeyedbudgie.com/the-truth-centre) (5 tabs)

Videos related to this Paper & the Truth Centre, Keremeos, B.C. – BitChute, search name “davesheers”

For those who know that something is not right, and do not know where to turn, they can find community & Truth on our Saturday evening Zoom sessions @ 6pm PST – email [ds7715990@gmail.com](mailto:ds7715990@gmail.com) for invite/link.