



## Newsletter - Monday July 25 2022

Welcome to our **Monday Edition** with curated news of the day.

**Today's 1pm Zoom: FDA is again trying to End Vitamins and Supplements.** Becky Montrone will share the latest efforts of Big Pharma to trample on our health rights, and discuss actions we can take. Read [this Mercola article](#) for the latest.

[Click for 1PM Zoom](#)

**Peggy is back!** Come to Country Life Restaurant Wednesday to welcome Peggy back. She'll be happy to see you, literally.

To Victory!

John-Michael and the RiseUpNH team

*Rise Up NH and VCAL and projects of the Collaborative Communities Coalition, a 501(c)(3) nonprofit. We are a diverse non-partisan group focused on education & community resilience.*

**PLEASE DONATE TODAY** to support our efforts. Thank you!

**SOVEREIGNTY NOTICE:** no one is telling you what to think or believe, or even what is true. Articles and videos offered here do NOT imply any kind of imprimatur of truth or finality on the part of anyone in Rise Up NH, but are offered for consideration as partial perspectives for public sense-making. Do your own research, suspend final conclusions in favor of continuing research, ignore what doesn't ring true for you, and always make up your own mind. Collective sense-making is a path, not a destination.

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### Learn Organic Farming in Barter Exchange

Fertile Fields Farm in Westmoreland continues to offer a barter exchange opportunity for anyone interested in coming to participate in farm activities (planting, hoeing, cultivating, setting up fencing, harvesting, etc) and to learn the ins and outs of a small organic farm. Join us for a home made lunch and go home with a bag of fresh produce. Contact Lori at [schreierlori@aol.com](mailto:schreierlori@aol.com).

#### Meet Audra Wilson

Holistic Nurse and Health Practitioner



**RESTORING EDEN**  
— HOLISTIC HEALTH AND WELLNESS —

Restoring Eden is a Community Wellness Center for Holistic Health located in the heart of Gilsum New Hampshire. Founded by Audra Wilson, Restoring Eden focuses on whole body healing with services for all age groups.

Audra is Double Board Certified in Holistic Health, BC-Holistic Nurse Baccalaureate, and BC-Holistic Health Practitioner. She is a Member of the American Holistic Nursing Association, Sigma Theta Tau International Honor Society of Nursing (STTI), American Academy of Drugless Practitioners (AADP), Salt Therapy Association and Ozone Without Borders.

#### Certifications:

- Halotherapy
- Holistic and Integrative Health
- Meridian Stress Analysis (Bioenergetic Testing)
- NASM Personal Trainer
- Spirituality, Health and Healing
- Aromatouch Practitioner
- Healing, Wholeness and Prayer
- Limited Obstetric Ultrasound
- Teaching Nurse Self-Care and Sleep Hygiene
- Red Cross Certified Trainer for CPR/AED/FA

626 Route 10 Gilsum NH - 603-338-8797  
[RestoringEden4NaturalHealth@gmail.com](mailto:RestoringEden4NaturalHealth@gmail.com)



*Have a business or item you'd like to share here? Contact [admin@riseupnh.org](mailto:admin@riseupnh.org).*

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## Events

### **Sat July 30 10-11:30AM Nonviolent Communication Study Group, Keene**

Asking for What You Want. There are ways to ask people to change or give you something that will likely create or escalate conflict. You've probably experienced that already.

We'll go over ways to ask that might get you what you want or at the very least, not make things worse. *Note: Each class stands on its own, you do not need to have attended prior classes to understand NVC or to receive value from the class.*

\$5 - \$10 sliding scale or barter

*Please RSVP to Kristen Reynolds, kreynolds3000 at gmail dot com*

### **Aug 4-7 Homesteading Skills Workshop, Farmington, Maine**

Info: <http://countrylivingworkshop.com/>

Registration link:

<http://countrylivingworkshop.com/registration/>

Schedule:

<http://countrylivingworkshop.com/program/>

What to bring:

<http://countrylivingworkshop.com/what-to-bring>

### **August 13-21, Sheep Camp: 8 Days of Everything Sheep!**

**Greensboro VT**

**\$950**

Live, in-person workshop working with milk, wool, meat, and hides.

Full info and registration: <https://catehillorchard.com/sheep-camp/>

### **SAVE THE DATE! Sept 24, 2022, 1-5PM: A Gathering of Monadnock Freedom Groups**

*Who are we? What are we seeing and wanting? How can we best work together? A grand networking opportunity.*

To be held in Swanzey NH at the Village Church. Further details coming soon.

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## **The UpBeat**

### **How did Marcy's Family Beat COVID? By Being Prepared!**

*Marcy Bliss' whole family went down with COVID. Fortunately, she had the I-CARE protocol tool kit on hand.*

1 minute: [https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/MyStory\\_MarcyBliss:1](https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/MyStory_MarcyBliss:1)

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## **Free/Cool/Fun/Noteworthy Resources**

### **James Lyons-Weiler: We Are Soused in Toxins, and It's Going to Get Worse (Video Presentation)**

*My presentation at the United For Healthcare Summit 2022*

<https://popularrationalism.substack.com/p/we-are-soused-in-toxins-and-its-going>

### **Autophagy with Intermittent Fasting, Spermidine and Resveratrol - Dr Been**

*In this lecture we explore autophagy - what it is and how it works to clear pathogens (virus, bacteria, fungus, other offending agents) from the cell. The presence of spike protein within a cell can make autophagy impossible as SARS-COV-2 and spike protein inhibits the process. To overcome this, intermittent fasting, resveratrol, spermidine and some other therapeutics that can be used for potentially great effect.*

20 minutes: <https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/Autophagy-IntermittentFasting-Spermidine-Resveratrol:f>

### **Frontline Covid-19 Critical Care Alliance: Dandelion Leaf Extract Reduces Spike Binding (Dr. Been)**

<https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/Dandelion-Leaf-Extract-Reduces-Spike-Binding:2>

**Shattering cancer with resonant frequencies: Anthony Holland at TEDxSkidmoreCollege**

[https://youtu.be/1w0\\_kazbb\\_U](https://youtu.be/1w0_kazbb_U)

**New images of Webb Telescope captured the hidden ring around Jupiter**

<https://www.youtube.com/watch?v=Xhv4f9lF3lQ>

**Free Resilient Prepping Guide (PDF and audio) - by Mike Adams**

*Requires email signup.*

<https://www.resilientprepping.com>

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## Politics, Bills, Elections, Voting & Natural Law

**Nearly 1 in 3 Granite Staters and 52% of NH Republicans Support Independence in First-Ever Poll!**

<https://nhexit.us/2022/07/23/nearly-1-in-3-granite-staters-and-52-of-nh-republicans-support-independence-in-first-ever-poll/>

**Tulsi Gabbard Exposes DoJ Hypocrisy Over Bannon Contempt Conviction**

*"...while Brennan, Clapper & others who lied to Congress have never been charged or prosecuted..."*

<https://www.zerohedge.com/political/tulsi-gabbard-exposes-doj-hypocrisy-over-bannon-contempt-conviction>

**Training Day: Gov Sununu, This is What Interrupting a "Meeting" Looks Like...**

<https://granitegrok.com/blog/2022/07/training-day-gov-sununu-this-is-what-interrupting-a-meeting-looks-like>

**Dr. Meryl Nass: I have an idea about stopping this mess**

*We create a pledge, and ask everyone who agrees to sign it. We have a nearly identical pledge that citizens then ask ALL candidates for elected office to sign, or we note that they refused*

<https://merylness.substack.com/p/i-have-an-idea-about-stopping-this>

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## Relocalization, Sustainability & Prepping

**Edible Landscaping with Loren Luyendyk**

<https://youtu.be/KEczJkbrHY0>

**25 Powdered Foods That LAST FOREVER! (30 Year Shelf Life)**



[https://youtu.be/GfFiNT3t\\_q4](https://youtu.be/GfFiNT3t_q4)

### **How to Harvest, Cure, and Store Potatoes**

<https://youtu.be/6RCVcMSENY8>

### **Can We Make an Affordable Easy DIY Hydroponic Grow Tower?**

<https://youtu.be/67BEG70XdBE>

### **Starting an Aquaponics System | How to Start & What You Need**

[https://youtu.be/1q\\_MN4kZRIY](https://youtu.be/1q_MN4kZRIY)

### **Cheap Geo Thermal Air Conditioning**

*\$1,000 to install and only uses about 100 watts to operate 24/7*

<https://youtu.be/nV7XJXETr0Q>

### **Fastest Way To Get Water - NEW METHOD - How to Jet Drill a Well using a Mud Pump and Pressure Washer**

<https://youtu.be/vWfflgRg58>

### **Rain Roof - Rainwater Harvesting Project - How To**

<https://youtu.be/l5Y2vCGz2k4>

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## **Rebuilding Society & Culture**

### **Charles Eisenstein: Pandemia, Part 4**

*How to become incorrigible (and stop Bill Gates)*

<https://charleseisenstein.substack.com/p/pandemia-part-4>

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## **EMFs**

**Monday, July 25, 6 p.m. Eastern:**

### **Free July Sessions with NH for Safe Technology: Wireless Technology Risks and Safer Solutions**

*NH & MA for Safe Technology introductory level forum for citizens, public servants and health care practitioners everywhere! It's a Zoom event and all are welcome, you needn't be from MA or NH to attend.*

*Register here:*

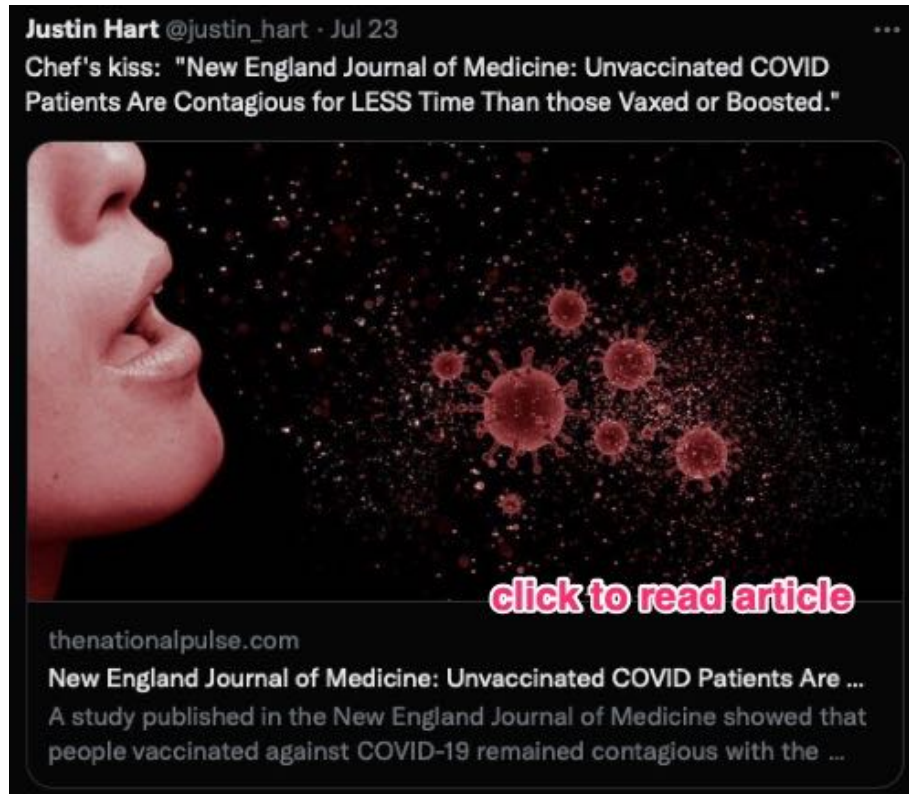
<https://us02web.zoom.us/join/register/tZYvfuiqT4qGtS9RMCmcOuMDWBqEXhQro9e>

**Best Air Tube Headset EMF Protection Anti Radiation Headphone**

<https://techwellness.com/products/anti-radiation-emf-protection-headphone-headset>

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## **Jab, Health & Plandemic News**



**Air Force ignores Federal Judge's ruling and presses forward with discharges**

*We are no longer a nation of laws, or one of checks and balances*

<https://trmlx.com/air-force-ignores-federal-judges-ruling-and-presses-forward-with-discharges/>

**So many people are now "dying suddenly" that "our free press" can barely hide it any more**

<https://markcrispinmiller.substack.com/p/so-many-people-are-now-dying-suddenly>

**mRNA Injections: Evidence of DNA Damage, Neurodegenerative Disease, and More - Dr. Stephanie Seneff**

<https://lionessofjudah.substack.com/p/mrna-injections-evidence-of-dna-damage>

**CV19 Vax Lies – Greatest Trust Destroyer in Human History – Steve Kirsch**

Article, video: <https://usawatchdog.com/cv19-vax-lies-greatest-trust-destroyer-in-human->

[history-steve-kirsch/](https://history-steve-kirsch/)

### **‘Stunning’: 1 in 5,000 COVID Shots Caused ‘Serious Side Effects,’ German Health Officials Admit**

*The German Federal Ministry of Health on Wednesday posted a “stunning tweet” admitting 1 of every 5,000 COVID-19 vaccinations caused “serious side effects.” The data included 5,862 reports of suspected adverse reactions in children and adolescents.*

<https://childrenshealthdefense.org/defender/germany-covid-vaccine-side-effects/>

### **#CanWeTalkAboutIt: Global Campaign Aims to Break Silence Around COVID Vaccine Injuries**

*In interviews with The Defender, the founders #CanWeTalkAboutIt said they hope to break the culture of silence around COVID-19 vaccine injuries by encouraging people to share their personal vaccine injury stories.*

<https://childrenshealthdefense.org/defender/covid-vaccine-injuries-global-campaign-canwetalkaboutit/>

### **ICAN Files Challenge to Authorization of Covid Injections in 5 to 11 Year Old Children**

[https://www.icandecide.org/ican\\_press/ican-files-challenge-to-authorization-of-covid-injections-in-5-to-11-year-old-children/](https://www.icandecide.org/ican_press/ican-files-challenge-to-authorization-of-covid-injections-in-5-to-11-year-old-children/)

### **“Monkeypox” is only circulating in countries where the Pfizer Vaccine has been distributed & is being used to advance a Technocratic Great Reset**

*On 7/23/22, Tedros overruled the WHO to single-handedly declare the alleged monkeypox outbreak a Public Health Emergency of International Concern.*

<https://expose-news.com/2022/07/24/monkeypox-pfizer-connection-great-reset/>

### **Birx Admits She Knew COVID-19 Vaccines Were Never "Going To Protect Against Infection"**

<https://www.zerohedge.com/covid-19/birx-admits-covid-19-vaccines-were-never-going-protect-against-infection>

### **We Know Why The Public Health Industrial Complex Had to Discredit Hydroxychloroquine and Ivermectin**

<https://granitegrok.com/blog/2022/07/we-know-why-the-public-health-industrial-complex-had-to-discredit-hydroxychloroquine-and-ivermectin>

### **80K New Pfizer Docs: Why Did So Many Participants With ‘Minor’ Adverse Events Withdraw From Trial? (Roman Balmakov)**

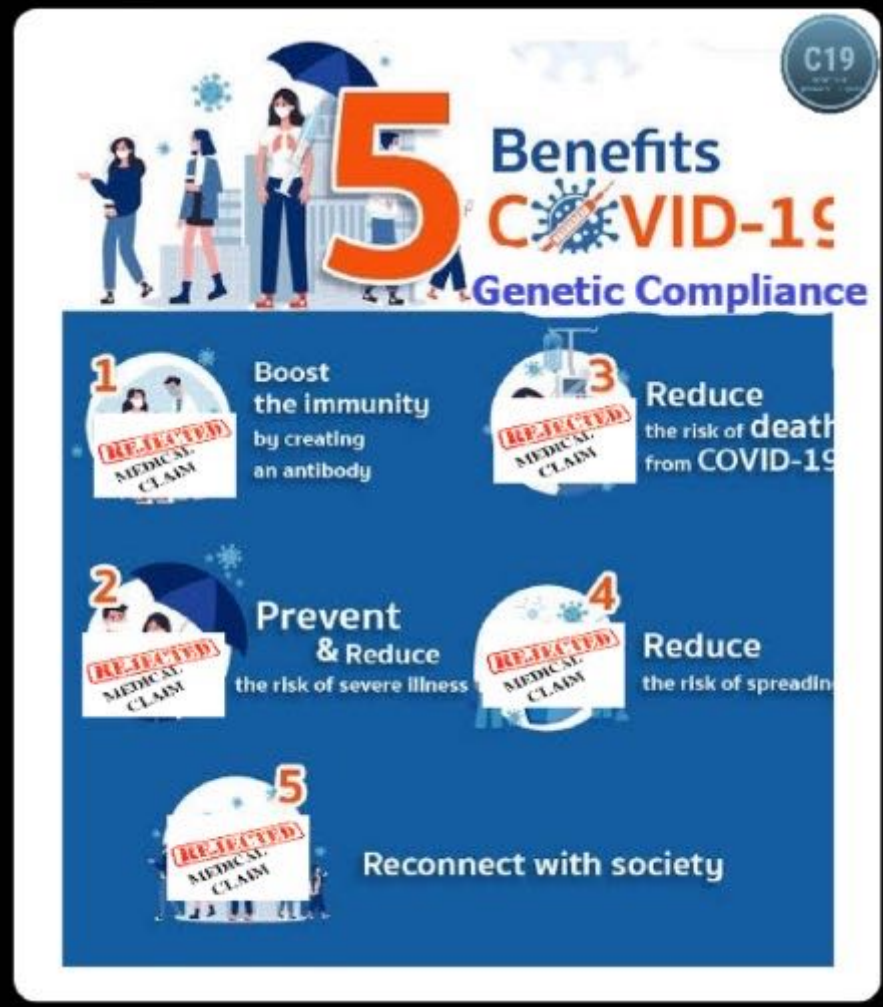
17 minutes: <https://youtu.be/UW3lx5R4Xc0>

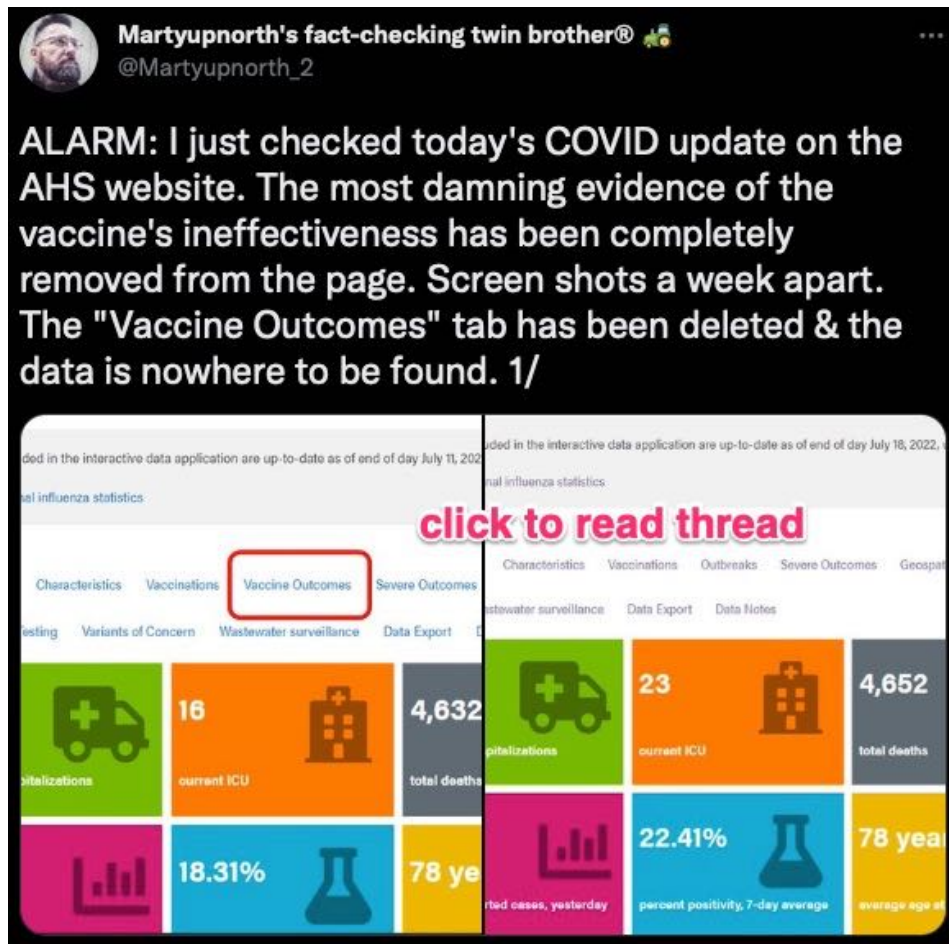




**Peter McCullough, MD MPH**  
@P\_McCulloughMD

Here is a handy guide to propagandized false claims. All disproved in peer-reviewed publications and from datasets worldwide. Can find them cited on my feed. Here are the give 5 false claims used to try to push the few remaining into there potentially fatal administration.





## Technocracy, AI, Transhumanism, Eugenics & The Surveillance State

### US officials voice DNA biowarfare fears

*A House Intelligence Committee member warns Americans against using DNA testing kits*

<https://www.rt.com/news/559580-dna-samples-targeted-bioweapons/>

### Something Big Is Coming...And They Will Blame You For It!

*The agenda behind "climate change"*

<https://www.youtube.com/watch?v=xqBkikNI3BM>



### 'Paving a Digital Road to Hell': Digital ID Systems Could Lead to Severe, Irreversible Human Rights Violations

*The authors of a New York University's Center for Human Rights and Global Justice report on digital identity systems warned of "severe and potentially irreversible" human rights violations and argued for open debate "with full transparency and involving all relevant stakeholders."*

<https://childrenshealthdefense.org/defender/digital-road-digital-id-systems-human-rights->

[violations/](#)

## ESG Is A Globalist 'Scam' Meant To Usher In 'One World Government': James Lindsay

<https://www.zerohedge.com/geopolitical/esg-globalist-scam-meant-usher-one-world-government-james-lindsay>

## Real Talk with Relendra 006

*Relendra (Raelle Kaia) gets real about Klaus Schwab, Jeff Bezos, Yuval Noah Harari, and the rest of her "crew," singing the praises of these great men - the noble leaders who will lead us into a glorious future of biodigital convergence and relieve us of the burden of our embarrassing, inconvenient humanity.*

<https://relendra.substack.com/p/real-talk-with-relendra-1-episode>

*in case you missed it:*



## The Sovereign accounts of the rich and powerful exposed

*IT programmers (aka white hat hackers) hired to stress-test the Financial Reset CSRQ-SM software have exposed the exclusionary class system being implemented within it. They do not agree with it, and they have blown the whistle.*

<https://oculumlabs.com/the-sovereign-accounts-of-the-rich-and-powerful-exposed/>

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## Money, Food, Energy & Resources



### **40 Million in US West Without Water in 2023 – Dane Wigington (Greg Hunter)**

Article, video; <https://usawatchdog.com/40-million-in-us-west-without-water-in-2023-dane-wigington/>

### **What’s Going On? Ireland Joins Canada and Netherlands and Targets Farmers with Carbon Emissions Cuts — Further Endangering Global Food Shortages**

<https://www.thegatewaypundit.com/2022/07/going-ireland-joins-canada-netherlands-targets-farmers-carbon-emissions-cuts-endangering-global-food-shortages/>

### **2023 Will Be Year from Hell – Martin Armstrong (Greg Hunter)**

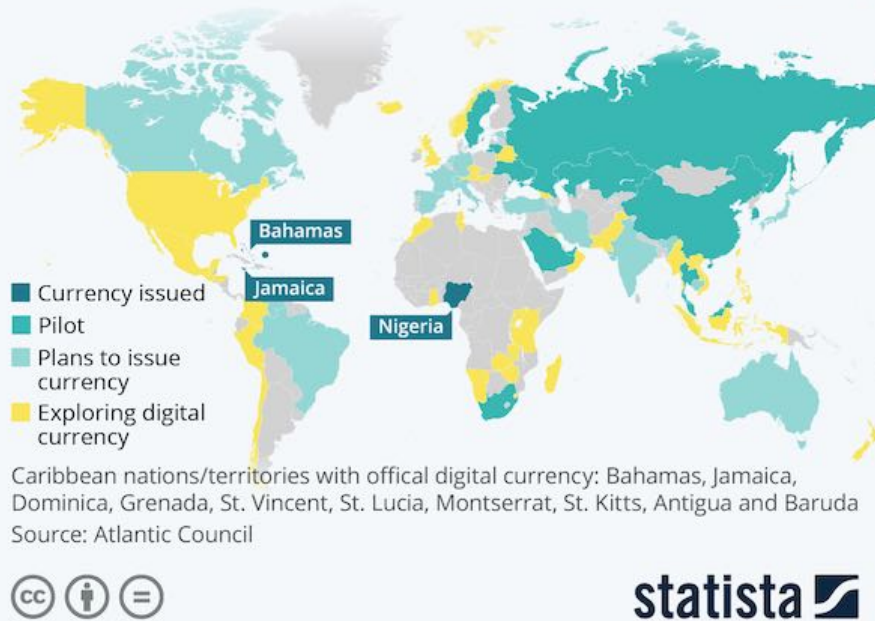
*Socrates computer is predicting a ‘war cycle’ that hits in 2023, and also civil unrest.*

Article, video: <https://usawatchdog.com/2023-will-be-year-from-hell-martin-armstrong/>



# Where Central Banks Have Issued Digital Currencies

Central Bank digital currencies launched, under development or considered around the world



## Where Central Banks Have Issued Digital Currencies

<https://www.zerohedge.com/crypto/where-central-banks-have-issued-digital-currencies>

## World's Largest Fund (Blackrock) has Trillion Dollar Losses

2 minutes: <https://youtu.be/rqzxSWbiyeA>

## Gold Price Manipulation Is Part of Banking Culture, JPMorgan 'Difficult' to Displace Says Expert (Stansberry Research)

17 minutes: <https://youtu.be/3r9utyek8X4?t=62>

## The Solution to this Insanity

The "simple Reset" is to do a debt-to-equity swap.

<https://www.armstrongeconomics.com/qa/the-solution-to-this-insanity/>

## Parallel Economy for the New Paradigm! Dr. Christiane Northrup

*Discussion of a silver-gold strategy*

<https://youtu.be/RZMuh1iZoXI>

## Free Energy with Foster Gamble, producer of *Thrive* and *Thrive II*

79-minute video (interview starts at 6:00): <https://samtripoli.com/tfh-437-free-energy-with-foster-gamble/>





## Ukraine, False Flags, & other Globalist-Inspired BS

Trainloads of additional Russian Armor Arriving against Ukraine - Giant Escalation Coming - Zelensky Assassination???

<https://haltunnerradioshow.com/index.php/en/news-page/world/trainloads-of-additional-russian-armor-arriving-against-ukraine-giant-escalation-coming>

### **Rickards: Needless Death And Misery**

*Almost everything you heard about the war in Ukraine from U.S. media over the course of March, April and May was a lie.*

<https://www.zerohedge.com/geopolitical/rickards-needless-death-and-misery>

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## **Free Speech, Censorship, Propaganda, PsyOps, Critical Thinking, & 2nd Amendment**

### **We've Been Lied To Our Whole Lives About Everything That Matters**

*This civilization is the set of the Truman Show, and we are all Truman.*

<https://caitlinjohnstone.substack.com/p/weve-been-lied-to-our-whole-lives>

### **Special Solari Report: Mass Formation: A Decoy for Digital Concentration Camps? with Dr. Peter Breggin**

<https://home.solari.com/special-solari-report-mass-formation-a-decoy-for-digital-concentration-camps-with-dr-peter-breggin/>

### **ATF Agents Unexpectedly Visit Man's Home and Demand to See his Newly Purchased Firearms Without Search Warrant**

Article, video: <https://www.thegatewaypundit.com/2022/07/atf-agents-unexpectedly-visit-mans-home-demand-see-newly-purchased-firearms-without-search-warrant-video/>

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## **Culture Wars**

### **Monty Python Legend CRUSHES Woke Mob For What They Did to Comedy**

<https://youtu.be/3iY-nz-yTB0>

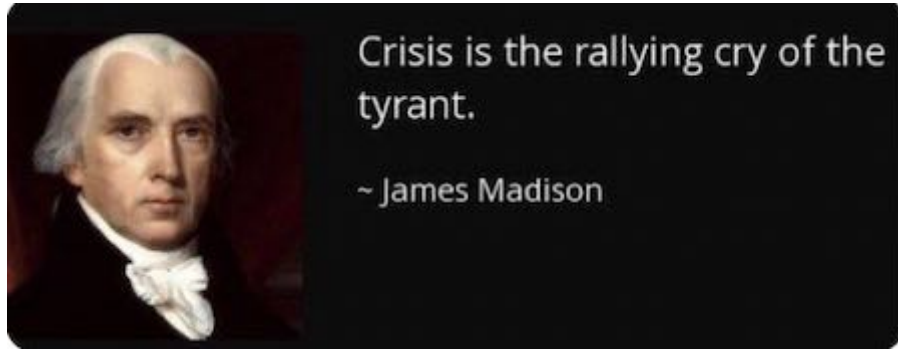


## Paradigm Expanding

Advantages of Learning Remote Viewing to Apply it in Life | Lori Williams

[https://youtu.be/Elg3-7\\_BYj8](https://youtu.be/Elg3-7_BYj8)

## Monday Memes







## How being sarcastic could kill you: Scientists reveal heart attack survivors with 'hostile traits' are more likely to die from a repeat event

By Ben Spencer Medical Correspondent For The Daily Mail  
00:01 15 Sep 2020, updated 00:03 15 Sep 2020



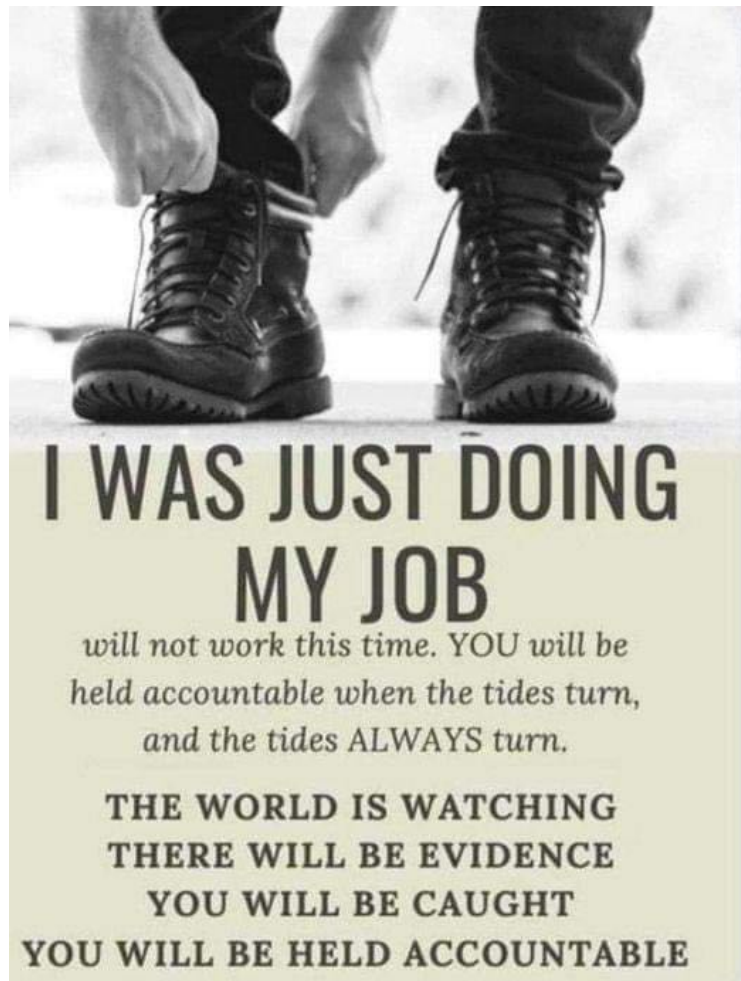




While you peasants eat bugs, we'll be feasting on lobster and filet mignon.

And when you're banned from owning cars, we'll keep flying around in our private jets.

See? I TOLD you it was a big club and you ain't in it!



# I WAS JUST DOING MY JOB

*will not work this time. YOU will be held accountable when the tides turn, and the tides ALWAYS turn.*

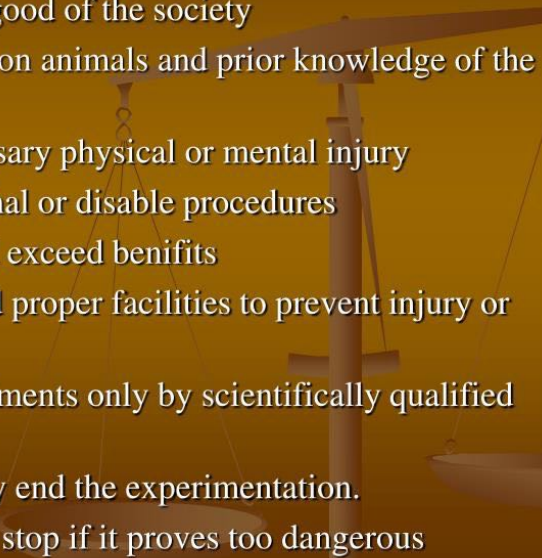
**THE WORLD IS WATCHING  
THERE WILL BE EVIDENCE  
YOU WILL BE CAUGHT  
YOU WILL BE HELD ACCOUNTABLE**

Trying to help out with the power grid today so I'm walking around town unplugging all the EV's. Gotta do my part! 🙌

**You are being told to lower  
your AC usage on hot days to  
prevent overwhelming the  
existing electric grid while  
simultaneously being told to  
trade in your gas cars for  
electric vehicles 🤪**



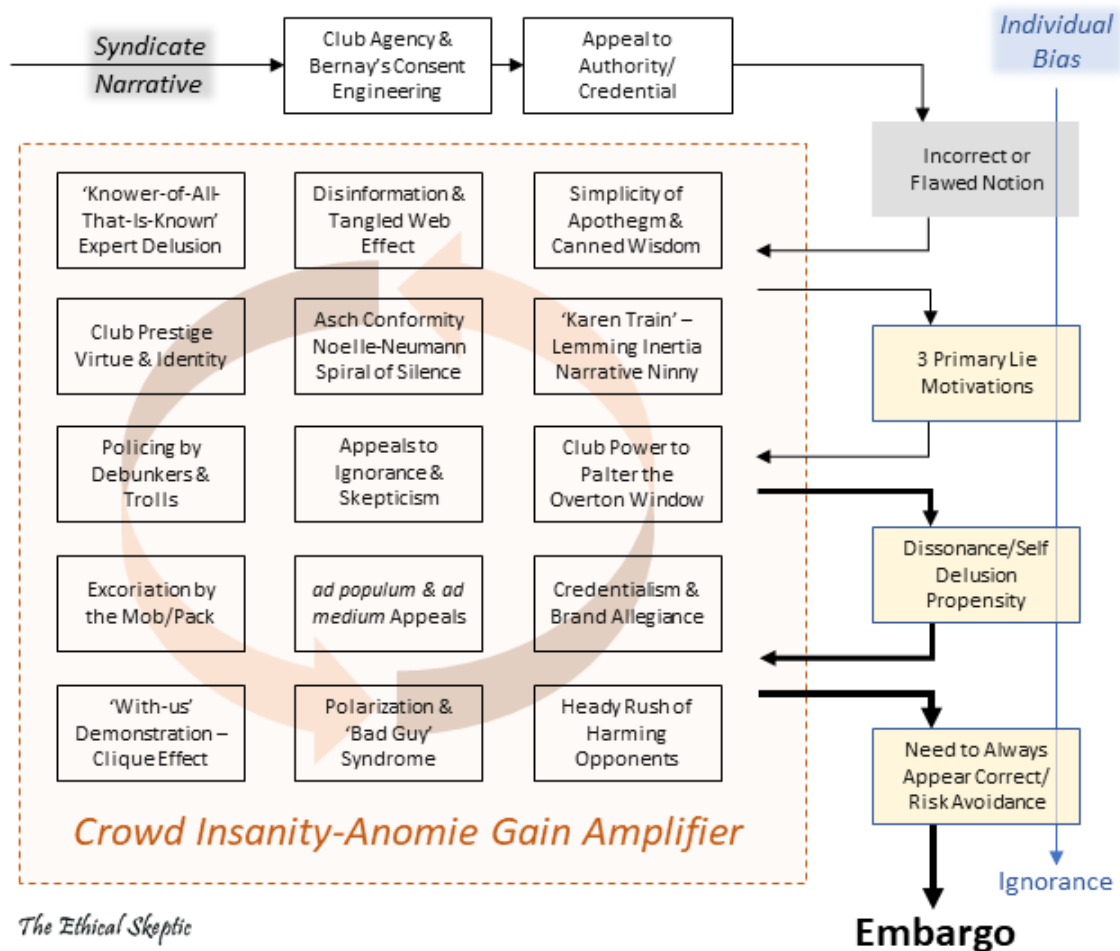
# Nuremberg Code

1. Voluntary informed consent
  2. Fruitful result for the good of the society
  3. Prior experimentation on animals and prior knowledge of the problems
  4. Avoidance of unnecessary physical or mental injury
  5. Banning of known lethal or disable procedures
  6. Degree of risks should exceed benefits
  7. Proper preparation and proper facilities to prevent injury or death
  8. Performance of experiments only by scientifically qualified persons
  9. Participants may freely end the experimentation.
  10. The experiments must stop if it proves too dangerous
- 



# Syndicate Antiwisdom - Club Gain Amplification

*Just as individual habits serve to produce ignorance in the individual -  
in the same manner a club will produce an embargo of truth – but to an even greater degree*



More at <https://theethicalskeptic.com/>