



# ALTERNATIVE REMEDIES 2

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[www.sovereigntyinternational.fyi](http://www.sovereigntyinternational.fyi)

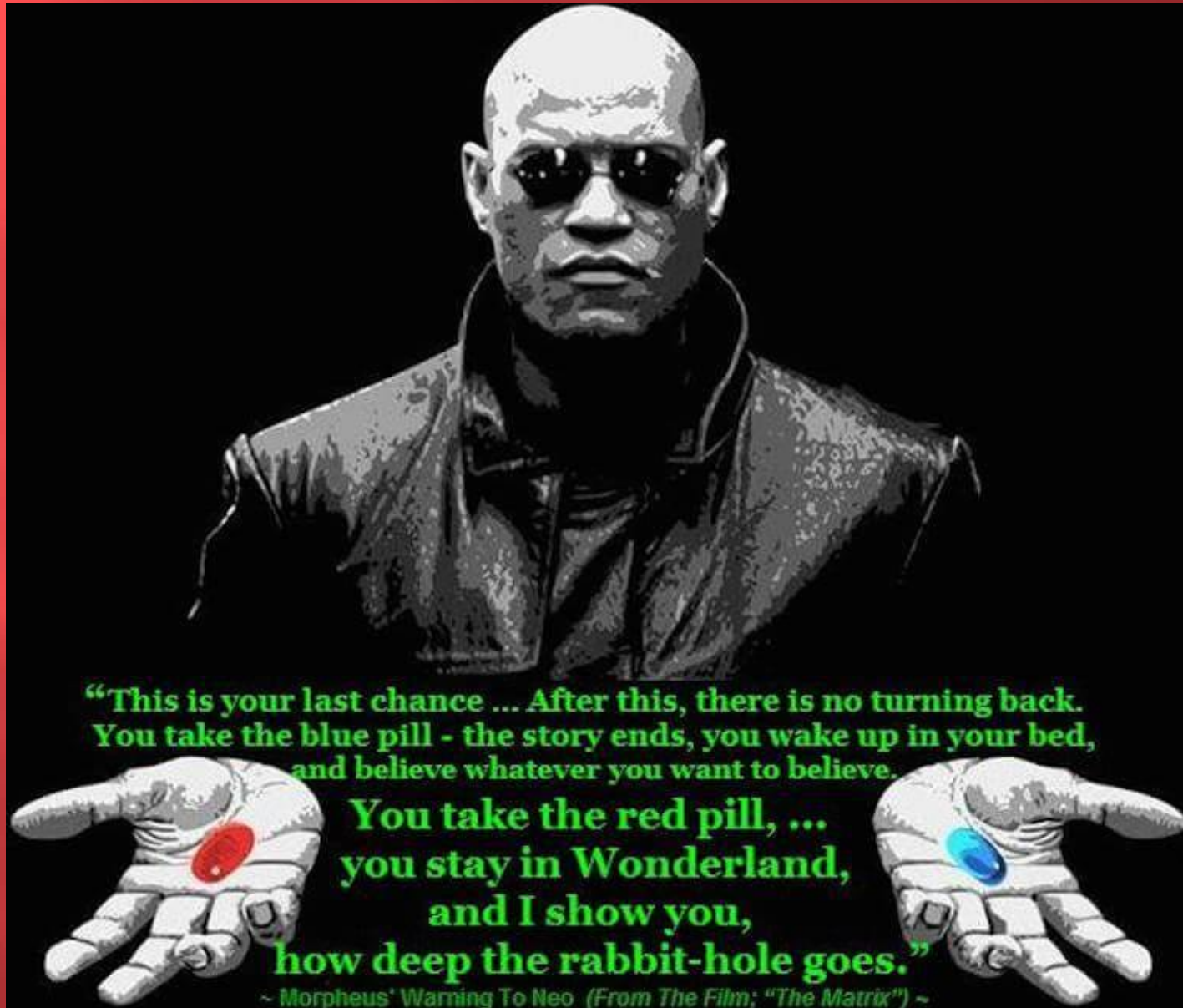
<https://sovereigntyinternational.wordpress.com>

# Overview –

## They are trying to kill you!

- ▣ Arthritis
- ▣ Joint Replacements
- ▣ War on Drugs and Cannabis
- ▣ Alternative Remedies for everything
- ▣ Where is it all coming from? Who is responsible?

# Alternatives?



**“This is your last chance ... After this, there is no turning back.  
You take the blue pill - the story ends, you wake up in your bed,  
and believe whatever you want to believe.**

**You take the red pill, ...  
you stay in Wonderland,  
and I show you,  
how deep the rabbit-hole goes.”**

**~ Morpheus' Warning To Neo (From The Film; "The Matrix") ~**



# Alternatives?





# Alternatives?

**WHAT?  
I BELIEVE IN CONSPIRACY THEORIES?**



**DID YOU KNOW CIA MADE THE WORD  
TO COVER UP THEIR LIES?**

**TO DISCREDIT EVERY CRITICAL THINKER.**

**IF YOU CALL ME A CONSPIRACY THEORIST,  
THEIR PURPOSE HAS SUCCEEDED IN YOU.**

# Alternatives?

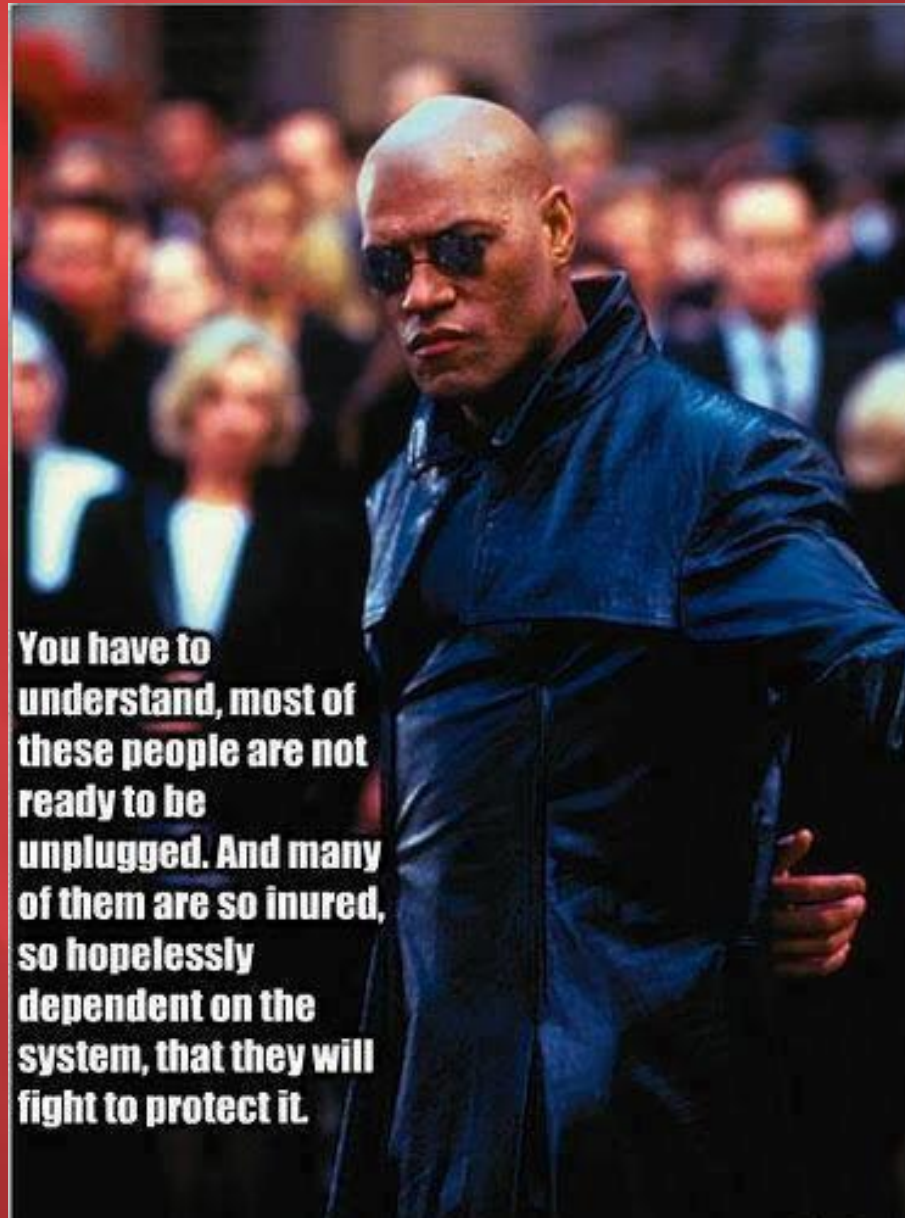
We are at war and have been for thousands and thousands of years.



You must arm yourselves with  
knowledge and Truth.  
Because we do battle with  
ignorance, deception and lies.

Gavin Nascimento

# Alternatives?



**You have to understand, most of these people are not ready to be unplugged. And many of them are so inured, so hopelessly dependent on the system, that they will fight to protect it.**



# Alternatives?

CAREFUL NOT TO SPREAD FAKE NEWS



LEAVE THAT TO THE EXPERTS



**GE**

Notable  
Properties:

COMCAST

NBC

UNIVERSAL  
PICTURES

FOCUS  
FEATURES



**NEWS-  
CORP**

Notable  
Properties:

FOX

WALL STREET  
JOURNAL

NEW YORK  
POST



**DISNEY**

Notable  
Properties:

ABC

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PIXAR

MIRAMAX

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STUDIOS



**VIACOM**

Notable  
Properties:

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NICK JR

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HBO

TIME

WARNER  
BROS



**CBS**

Notable  
Properties:

SHOWTIME

SMITHSONIAN  
CHANNEL

NFL.COM

JEOPARDY

60 MINUTES

# Alternatives?

## **THE NEW WORLD ORDER**

**THE BIGGEST AND MOST DANGEROUS  
TERRORIST GROUP IN THE WORLD  
WANT TO KILL 7.3 BILLION PEOPLE**



**They have stated Their Intentions,  
Very Clearly, Carved in Stone,  
In 12 Different Languages**

# Alternatives?

**BIG PHARMA  
IS JUST A  
BIG CARTEL**



**COCAINE STREET VALUE  
\$20,000/KG**



**OXYCODONE STREET VALUE  
\$1,000,000/KG**

fb.com/MentallyEmancipated



# References

- ▣ Copies of these documents can be found at My private group at Yahoo called Administrating-Your-Public-Servants
- ▣ For a complete set of Youtube videos with Private Information Shares, a DVD with over 50 searchable Law Dictionaries, and other books and forms contact me privately at [engineerwin@yahoo.com](mailto:engineerwin@yahoo.com)
- ▣ Donations to support this work are appreciated. I prefer gold or silver coin, but as an extremely less desirable alternative I can accept IOUs (Federal Reserve Notes, Paypal gifts, checks, money orders, etc) send me an email for particulars

# Alternatives?

## Depopulation Agenda

### Quick Elimination of Life

HAARP induced "natural" calamities, man-made plagues, human caused famines and droughts, abortion

### Slow Elimination of Life

Cancer, Aids, vaccinations, chemtrails, GMO foods

### Prevention of Life

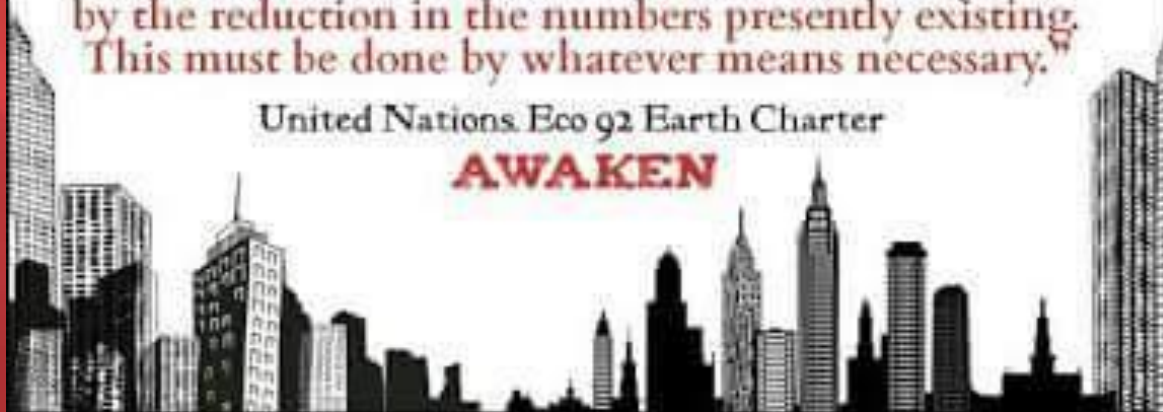
Oestradiol and BPA in water supply, HCG in vaccinations distributed to third world countries, Xenoestrogens in beauty and hygiene products



"The present vast over population, now far beyond the world carrying capacity cannot be answered by future reductions in the birth rate due to contraception, sterilization and abortion, but must be met in the present by the reduction in the numbers presently existing. This must be done by whatever means necessary."

United Nations Eco 92 Earth Charter

**AWAKEN**



# Alternatives?

**“The world today has  
6.8 BILLION PEOPLE  
That's heading up to about nine billion.  
Now if we do a really great job on new  
vaccines, health care & reproductive  
health services, we could LOWER that  
by perhaps 10 or 15 percent.”**

**-Bill Gates**

**Natural News**



# Alternatives?

**THE N.W.O. PLANS  
TO EXTERMINATE  
90% OF THE  
WORLD'S POPULATION**

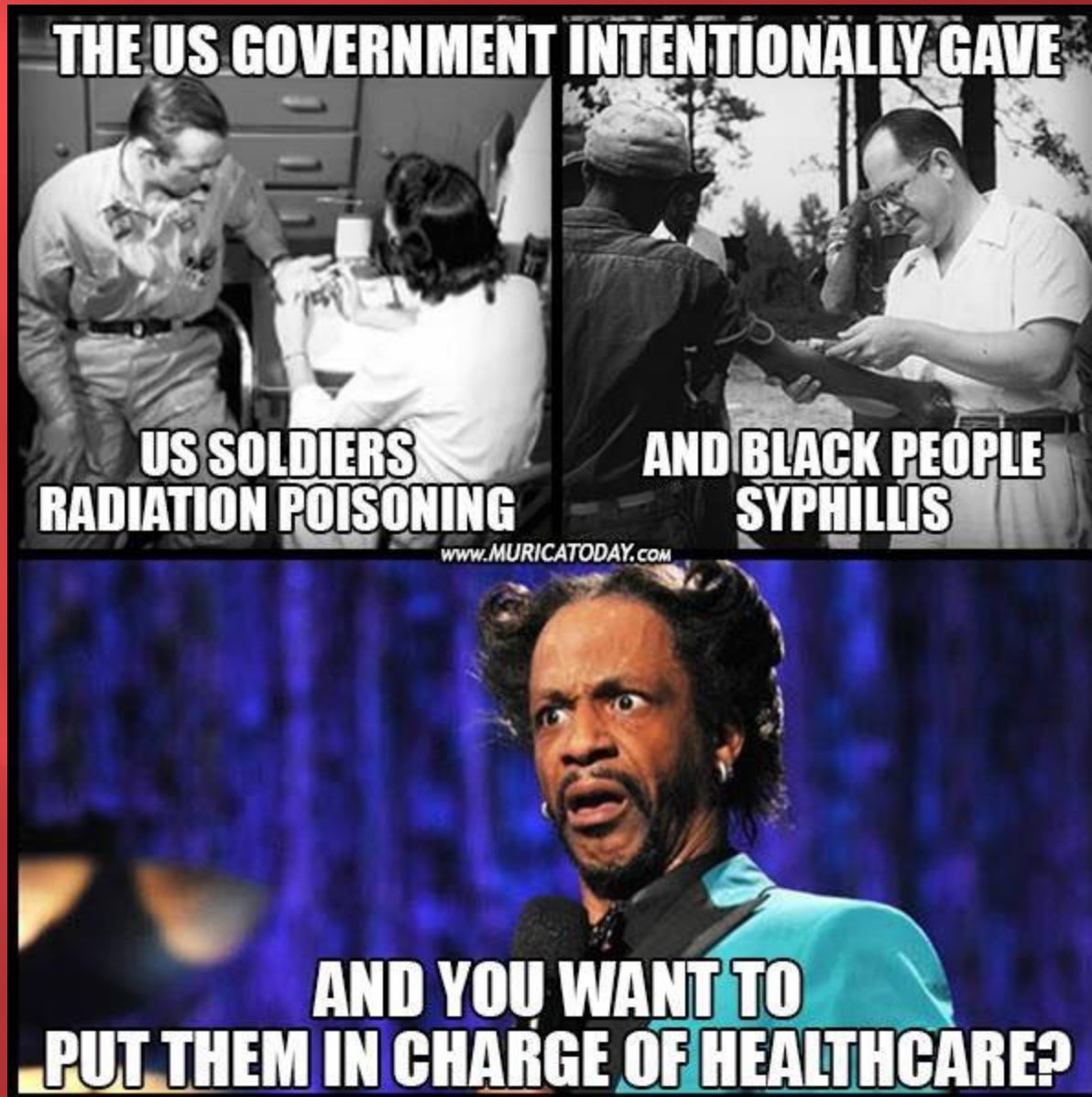


**DO YOU REALLY BELIEVE  
THAT YOU ARE PART OF  
THAT REMAINING 10%?  
EDUCATE YOURSELF**

# Alternatives?



# Alternatives?





# Planned?

25 Amazing Facts You Definitely Didn't Know

#13



Am. J. Ph.]

7

[December, 1901

**BAYER Pharmaceutical Products**

## **HEROIN—HYDROCHLORIDE**

is pre-eminently adapted for the manufacture of cough elixirs, cough balsams, cough drops, cough lozenges, and cough medicines of any kind. Price in 1 oz. packages, \$4.85 per ounce; less in larger quantities. The efficient dose being very small (1-48 to 1-24 gr.), it is

### **The Cheapest Specific for the Relief of Coughs**

(In bronchitis, phthisis, whooping cough, etc., etc.)

WRITE FOR LITERATURE TO

**FARBENFABRIKEN OF ELBERFELD COMPANY**

SELLING AGENTS

P. O. Box 2100

40 Stone Street, NEW YORK

**HEROIN WAS INITIALLY ADVERTISED  
AS A CURE FOR COUGHS.**



2:47 / 5:55



# Planned?

## Estimated autism prevalence in the world

2006-2010



# Conspiracy?

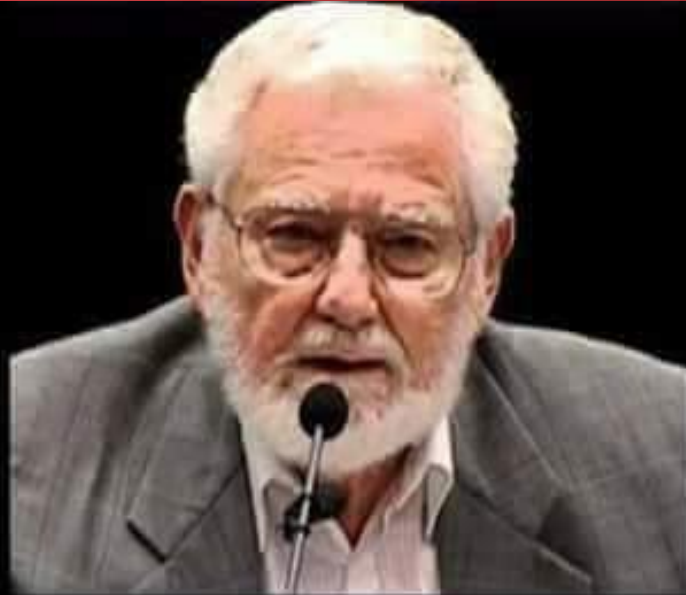


***"The drive of the Rockefellers and their allies is to create a one-world government combining supercapitalism and Communism under the same tent, all under their control.... Do I mean conspiracy? Yes I do. I am convinced there is such a plot, international in scope, generations old in planning, and incredibly evil in intent."***

***- Congressman Larry P. McDonald, 1976, killed in the Korean Airlines 747 that was shot down by the Soviets***



# Alternatives?



**“No matter how paranoid or  
conspiracy-minded you are,  
what the government is  
actually doing is worse  
than you imagine.”**

**— William Blum**  
*(Former U.S. State Department employee)*

# Alternatives?

# PATRIOTS

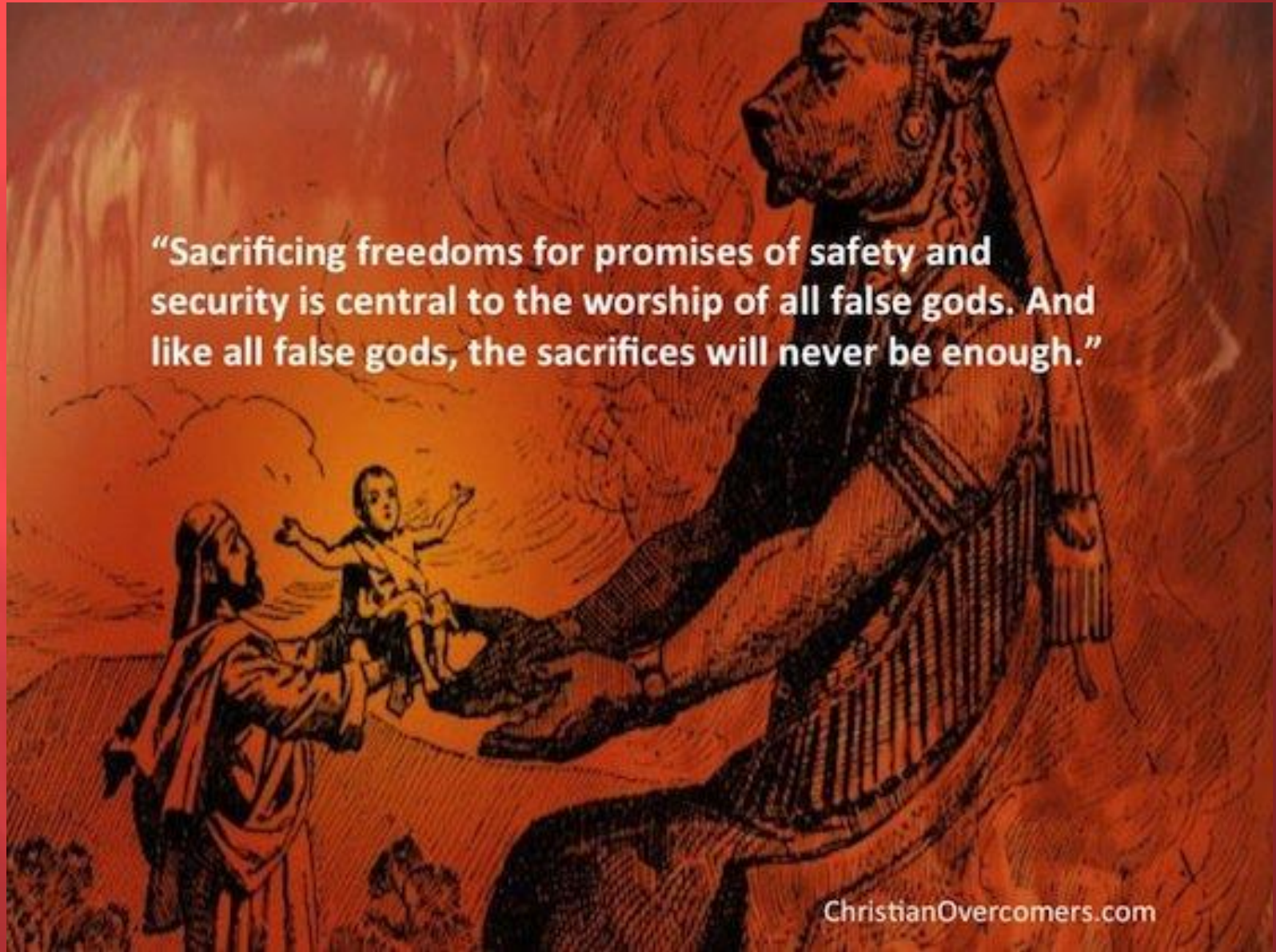


**Protecting  
cowards,  
complainers  
and  
cry-babies  
for over 200  
years.**

**- American Warrior**

# Alternatives?

**“Sacrificing freedoms for promises of safety and security is central to the worship of all false gods. And like all false gods, the sacrifices will never be enough.”**



ChristianOvercomers.com



# ARTHRITIS

# Arthritis

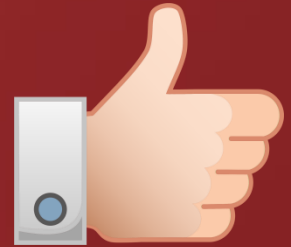
- ▣ Needs an acidic environment
- ▣ All you need to do is change the ph in your body over to alkaline

# Advertisement

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- ▣ Don't forget to follow me on vid.me

<https://vid.me/SovereigntyInternational>

- ▣ Don't forget to follow me on Steemit  
@sovereigntyintl




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sovereignliving

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by sovereignliving

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by sovereignliving

192 views 6 hours ago

**Rights of Children = United**

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Mark Passio

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political history **tutorial** freedom

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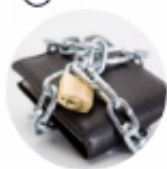
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# What Should Your Crypto Coin Portfolio Look Like?



cryptowallet ▾ 51 in beyondbitcoin

3 hours ago



**Crypto Wallet**

@cryptowallet

UNFOLLOW

MUTE

Weekly Bitcoin/Altcoin News Reports,  
Daily Memes, Current Events,  
Buying/Selling Crypto, Wallet Setup, and  
much more

This post is for the newer individuals out that are getting into crypto-currency. Below are my recommendations on what your crypto-coin portfolio should look like. Keep in mind that this is just my opinion and you research anything before buying it.



# Arthritis

- ▣ My mother had arthritis
- ▣ Had hip joint replacement done and knee joint replacement
- ▣ After 15 years they break
- ▣ It broke when she was in her 80's and the doctors refused to operate because it would kill her
- ▣ She spent the last 2 years of her life bed ridden with a broken hip

# Toenail Fungus

- ▣ I used Clove Bud Oil
- ▣ Has to be therapeutic grade
- ▣ Be careful with it – it melts some types of plastic
- ▣ It is good for fungus
- ▣ Keep it away from sensitive areas – don't touch your face near your eyes, or scratch yourself in your groin area or you will feel a new definition of burning (nothing damaged)
- ▣ Jock itch is caused by a fungus
- ▣ Athletes foot is caused by a fungus

# Toenail Fungus


- ▣ Internal attack – build your immune system
- ▣ Shiitake mushrooms
- ▣ Reishi mushrooms
- ▣ Maitake mushrooms
- ▣ A healthy immune system is the cure for almost everything
- ▣ Carnivora



# Carnivora

- ▣ [www.carnivora.com](http://www.carnivora.com)
- ▣ Is made from the Venus Flytrap plant
- ▣ Can also buy VFT tincture
- ▣ Starts by taking 1 tablet 3 times a day for a week, then 2 tablets 3 times a day for a week, then 3 tablets 3 times a day for a week up to 10 tablets 3 times a day 3 for a week

- ▣ Ronald Reagan had colon cancer
- ▣ Prior to that, you could not get Carnivora in the USA
- ▣ Carnivora is made from the Venus Fly Trap plant
- ▣ You can get VFT tincture on E-Bay
- ▣ The procedure for this is to take 1 capsule 3 times a day for a week, then 2 capsules 3 times a day for a week, and then 3 capsules 3 times a day for a week up to 10 capsules 3 tiles a day for a week
- ▣ The procedure says that if you start feeling weak and a lack of energy, you should cut the dosage in half

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**CARNIVORA**  
RESEARCH INTERNATIONAL



CARNIVORA™

Selectively Responds to Abnormal Cells  
No Harm to a Single Normal Cell  
Call 1 866 836 8735 To Order



Get Healthy. Stay Healthy with Nature's Nutritional Powerhouse.™

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Dr. Keller](#)

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President Ronald Reagan used Carnivora successfully in 1985 when he had it sent to the White House  
Source: "German \*\*\*\*\* Therapies", pg. 101  
Author, Dr. Morton Walker - Winner of 27 Journalism awards



# Snowbird Story

- ▣ Cholesterol - the story keeps changing
- ▣ It is all designed to peddle drugs
- ▣ It collects on the inside of arteries because of scarring caused by broken apart fat cells in homogenized milk that go through the wall of your stomach into the blood stream
- ▣ Hawthorn cleans out your arteries
- ▣ Hawthorn is a food herb

# Exclusive Content

- ❖ Announcing a subscription based Youtube channel called Sovereignty International
- ❖ The recommended cost of the subscription is currently US\$1.99 because it avoids the advertising ONLY (if you like my work it can be a donation)
- ❖ The ONLY power that the N.W.O. satanists have over us is through fraud and deception, and my agenda is to expose it for all our benefit – I cannot fight all of the battles
- ❖ Currently publishing 1 video a week
- ❖ [https://www.youtube.com/channel/UCokSQqXw1y2\\_2hAtJxUcoNw](https://www.youtube.com/channel/UCokSQqXw1y2_2hAtJxUcoNw)

# Exclusive Content

- ▣ Arlington Private Information Share
- ▣ Land Deed Training
- ▣ Estoppel Certificates Training
- ▣ Foreclosure Estoppel Certificates Training
- ▣ Corporate Denial Training
- ▣ Toll Roads Notice and Demand Training
- ▣ Invoice Training
- ▣ Notice of Void Judgment training
- ▣ Revocation of Signature training
- ▣ Third Party Witness Training

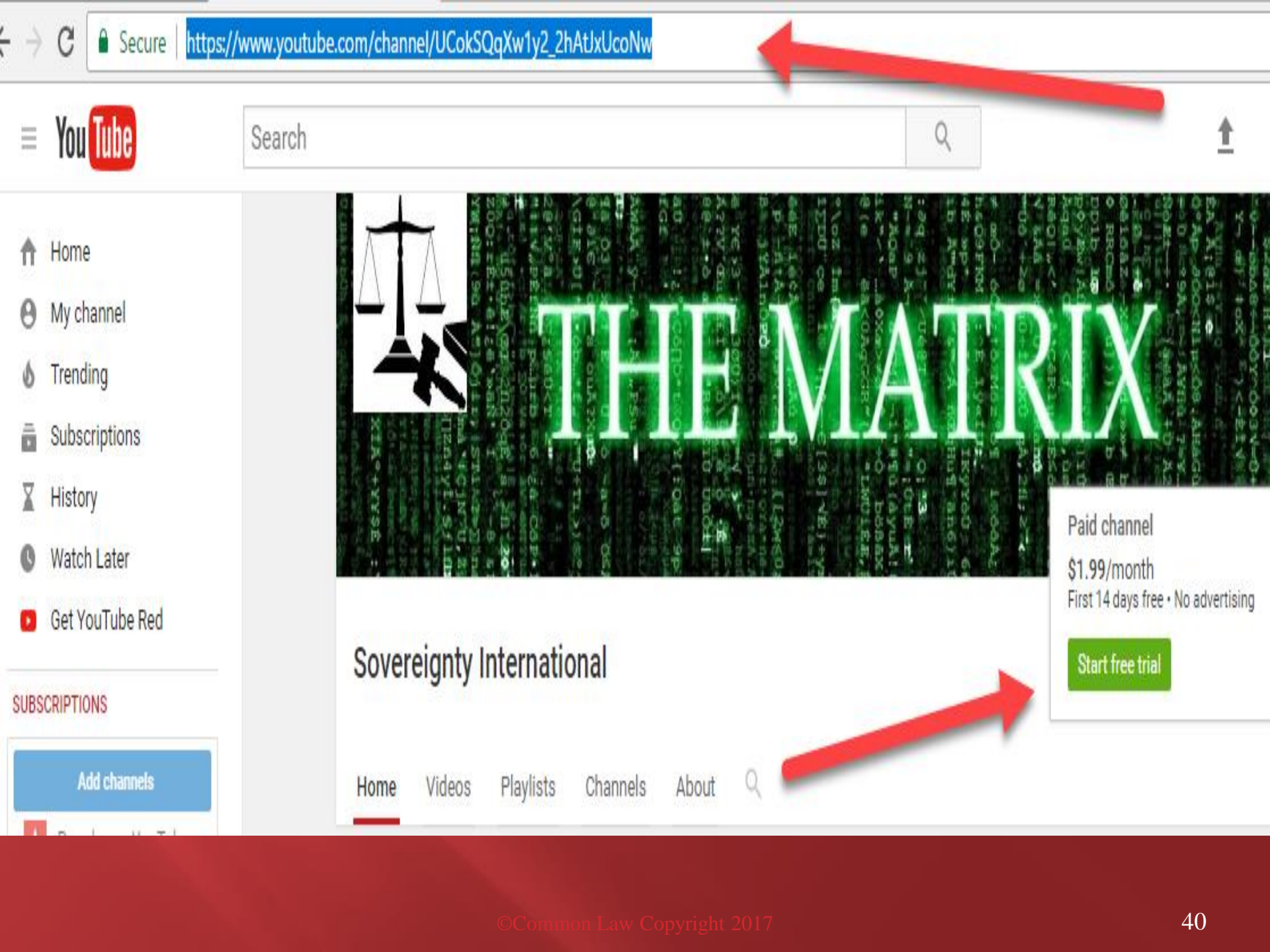


# Exclusive Content

- ▣ Federal Habeas Corpus Training
- ▣ Revocation of Voter Registration
- ▣ Criminal Complaint Training
- ▣ Lawsuit Training
- ▣ Other Training (requests?)

# Exclusive Content

- ▣ Everything that is needed to free yourself is available for free on my free Youtube channel sovereignliving
- ▣ All forms, files and other instructions are available for free on my 2 private groups at YahooGroups and GoogleGroups
- ▣ Youtube has notified me that they will be terminating all paid subscription channels on 1 December
- ▣ All exclusive content will still be on vid.me and you can buy a subscription there



Secure | https://www.youtube.com/channel/UCokSQqXw1y2\_2hAtJxUcoNw



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THE MATRIX

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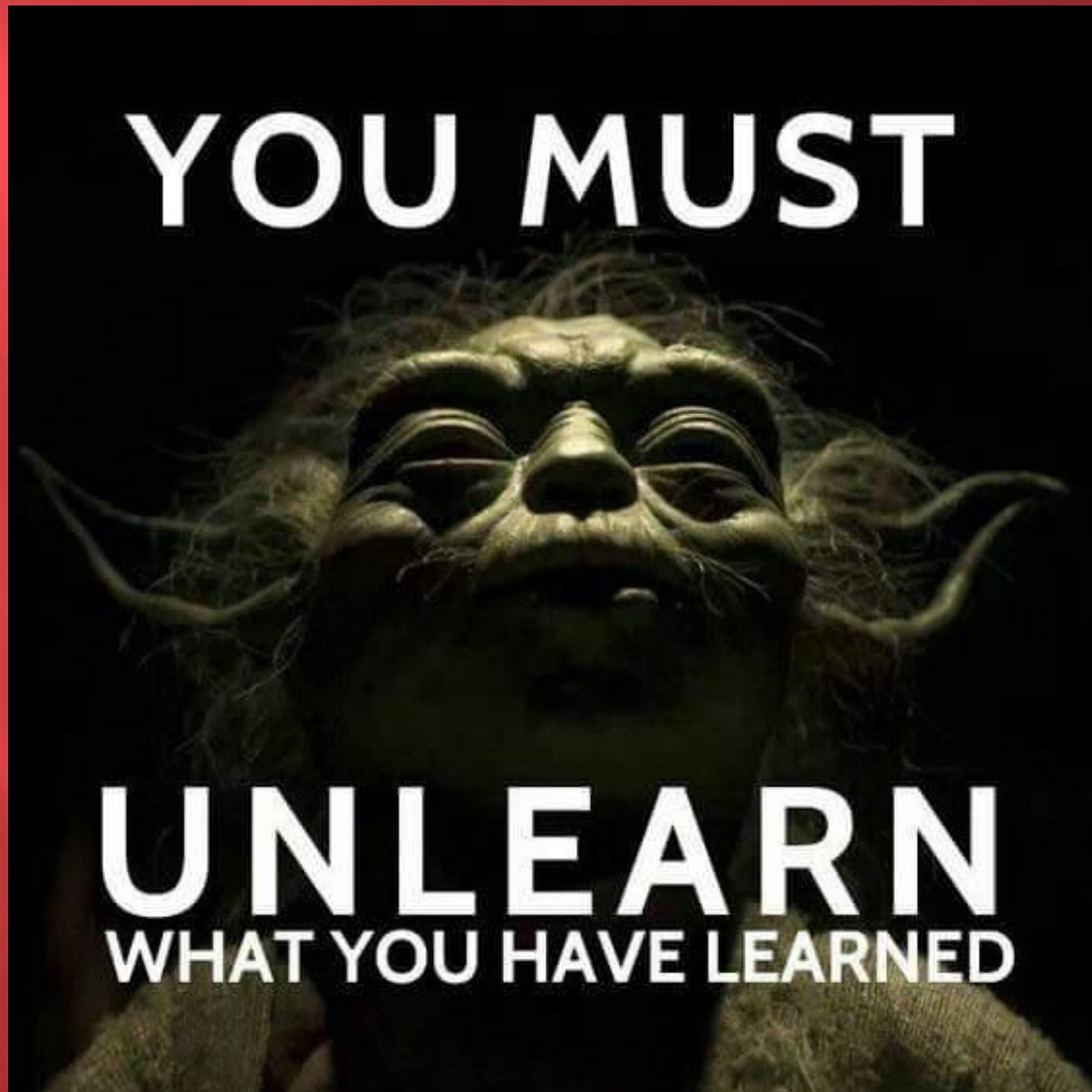


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# ALTERNATIVES

# Alternatives?



# Alternatives?



"YOU ARE ALL INCREDIBLY  
POWERFUL BEINGS AND HAVE  
THE ABILITY TO HEAL YOURSELVES  
BY TRULY BELIEVING IN IT.  
THIS IS NOT WISFUL THINKING.  
THIS IS A DOCUMENTED FACT."

*- Placebo Effect*

# Alternatives?

**THE SYSTEM INVESTS SO MUCH TIME  
AND ENERGY INTO KEEPING YOU WEAK**



**BECAUSE IT ACTUALLY FEARS YOUR  
POWER AND POTENTIAL**

GAVIN NASCIMENTO



# Alternatives?

## 3 Simple Ways to Normalize Your Body's Production of Stomach Acid



Stop using processed table salt. Instead, use an unprocessed version like Himalayan salt.



Consume more fermented foods, like kimchi and sauerkraut



Ask your healthcare practitioner about taking take a betaine hydrochloric supplement.

© iStock.com

***Mercola.com***

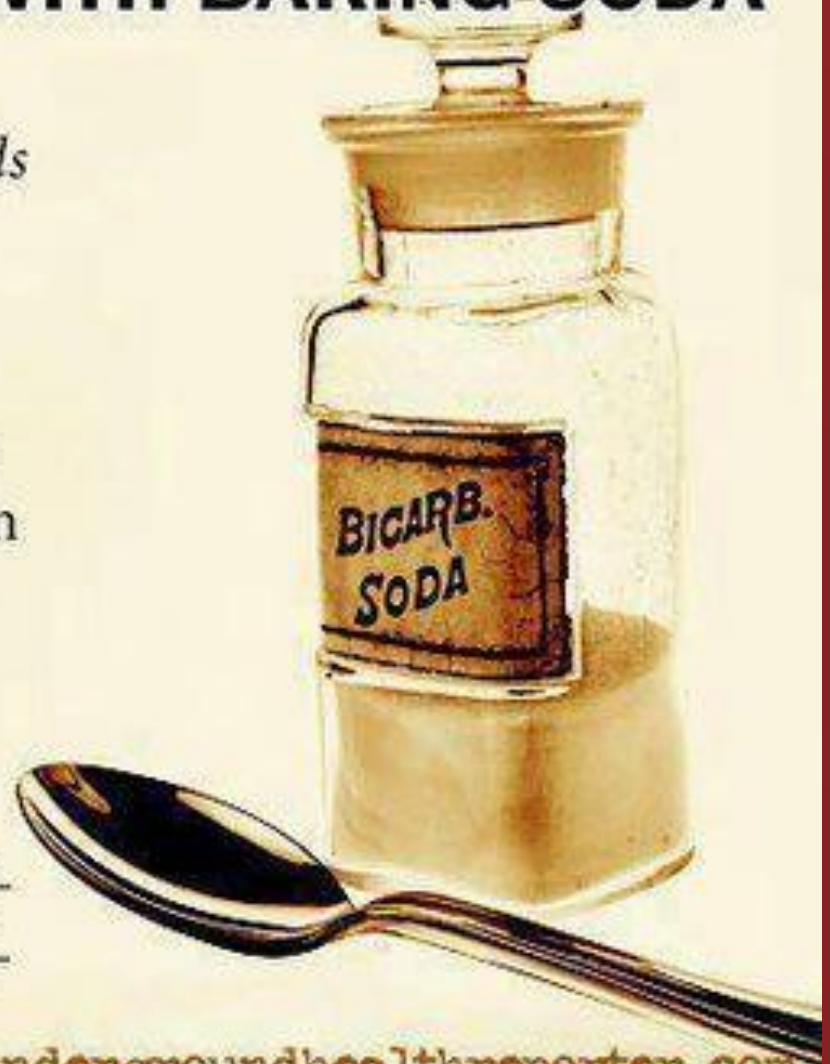
# Alternatives?

## COMBATING CANCER WITH BAKING SODA

*Did you know...that baking soda has been shown to fight cancer, stave off colds and flu, and even treat radiation poisoning...all for just pennies a day?*

Dr. Simonchini an oncologist in Rome originally made the connection between fungal infections and cancer proliferation.

He realized that when a tumor was flushed with baking soda (which is anti-fungal), it shrank and completely disappeared within days.



[www.undergroundhealthreporter.com](http://www.undergroundhealthreporter.com)



# Alternatives?

## THE **AMAZING** HEALING PROPERTIES OF **PAPAYA**

- Revitalizes the human body and helps maintain energy and vitality
- Encourages the renewal of muscle tissue
- Supports cardiovascular system
- Treatment for skin wounds  
(for this you can use papaya peel)
- Prevent the formation of cataracts
- Lower the risk of emphysema in smoker and passive smokers
- Alleviates inflammation
- Helps with nausea and constipation
- Colon cancer and gastrointestinal systems

RawForBeauty.com

# Alternatives?

## CHRONIC INFLAMMATION

stepintomygreenworld.com

### SYMPTOMS ↔ REMEDIES



1. Belching
2. Bloating
3. Burning skin
4. Constipation
5. Cough, sore throat
6. Cramping
7. Dark circles & bags
8. Diarrhea
9. Fatigue
10. Fever, chills
11. Headache
12. Itchy ears & eyes
13. Joint pain
14. Loss of appetite
15. Memory problems
16. Muscle spasms
17. Rash, hives, acne
18. Rough skin
19. Stuffy, runny nose
20. Water retention



1. Ginger, Apple Cider Vinegar
2. Apple Cider Vinegar
3. Vitamin D, fish oil, aloe vera
4. Coconut oil, olive oil, Apple Cider Vinegar
5. Honey, garlic, oregano
6. Apple Cider Vinegar, activated charcoal
7. Probiotics, mint
8. Probiotics
9. Meditation, adequate sleep
10. Cayenne pepper, turmeric, honey
11. No chocolate, no refined sugars
12. Cucumber, chamomile tea bags
13. Exercise regularly, krill oil
14. Ginger, rosemary, fenugreek
15. Hot beverages, super foods, no alcohol
16. Water yoga, meditation
17. Lemon, honey
18. Vitamin D, fish oil
19. Eucalyptus, elderberry
20. Asparagus, parsley, watercress

© Artistic Euronano



# Alternatives?

## TOP NATURAL PAINKILLERS



**GARLIC** made  
into a special oil  
for earache



**CLOVES**  
toothache / gum  
inflammation



**APPLE CIDER  
VINEGAR**  
heartburn



**GINGER**  
muscle pain



**CHERRIES**  
joint pain,  
headaches



**TURMERIC**  
chronic pain



**PEPPERMINT**  
sore muscles



**PINEAPPLE**  
stomach  
bloating, gas



**WATER**  
general injury  
pain



**HORSERADISH**  
sinus pain



**BLUEBERRIES**  
bladder / urinary  
tract infections

[rawforbeauty.com](http://rawforbeauty.com)

# Alternatives?

## 22 "Non-GMO" COMPANIES:



## "PUT YOUR MONEY WHERE YOUR MOUTH IS"

These 22 companies shelled out over \$3 MILLION in support of California's Prop 37, which would have required GMO foods to be labeled.

Special "kudos" to **Dr. Joseph Mercola** who contributed **\$1.1 MILLION**.

Other top contributors are **Nature's Path** (\$600K), **Dr. Bronner's** (\$290K), **Lundberg** (\$250K), **Amy's** (\$100K), and **Clif Bar** (\$100K).

**Actions speak louder than words.** Please support these companies that are dedicated to providing organic, natural, Non-GMO foods.



# Alternatives?

**\*Lemon a day  
keeps Cancer away\***



# Alternatives?

## MAKE YOUR OWN NATURAL FLUORIDE-FREE TOOTHPASTE

To make your own toothpaste, just use a fifty/fifty ratio of coconut oil to baking soda. Start with a small batch and use a few tablespoons of each. If you like, add a few drops of an essential oil, like peppermint or spearmint, for flavour and a bit of stevia for sugar-free sweetness. After mixing your toothpaste, keep it in a glass container with a lid. Then, just spoon some out for use or just dip your dry toothbrush into it. The mixture doesn't need to be refrigerated.



**Peppermint**



**Stevia**



**Spearmint**



**Baking soda**



**Coconut oil**



# Alternatives?



**Let food be thy medicine  
and medicine be thy food.**

*—Hippocrates*

# Alternatives?





# Alternatives?

## AVOCADO SEED GREEN GODDESS SMOOTHIE

### DID YOU KNOW

the seed of the  
avocado is one of  
the most nutritious  
parts of this  
superfood?

### INGREDIENTS

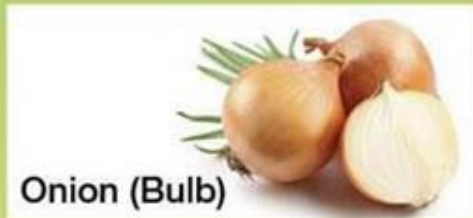
1 cup nut milk or water  
1 ripe pear  
2 handfuls of fresh spinach  
½ of Hass avocado  
½ of avocado seed  
Small piece ginger grated  
½ apple

*Blend well and enjoy!*

DAILY  
SUPERFOOD  
LOVE.COM

# Alternatives?

## Remove Heavy Metals Naturally



Onion (Bulb)



Blue green algae



Garlic (Clove)



Bentonite (Clay)



Burdock (Root)



Cilantro (Leaf and stem)

[rawforbeauty.com](http://rawforbeauty.com)

[rawforbeauty.com](http://rawforbeauty.com)



# Alternatives?

80% of your immune system is located in your digestive tract, making a healthy gut a major focal point if you want to achieve optimal health.




paid forward by **ThyroidNation.com**

# Alternatives?

## Uses of Garlic

Forget apples..... a clove of garlic a day keeps the doctor away!

- 
- A photograph of three garlic bulbs resting on a piece of burlap fabric. The bulbs are white with some purple tinges on the papery skin. The background is a dark, textured surface.
- HIGH CHOLESTEROL
  - ATHLETE'S FOOT
  - POOR DIGESTION
  - LOW ENERGY
  - BLOOD SUGAR
  - BLOOD CHOLESTEROL
  - COLON CANCER
  - CHRONIC BRONCHITIS
  - YEAST INFECTIONS
  - RESPIRATORY PROBLEM
  - ANTIOXIDANT
  - BREAST CANCER
  - BOOSTS THE IMMUNE SYSTEM
  - INCREASE ABSORPTION OF IRON AND ZINC
  - COUGHING
  - COLD AND FLU
  - LEUKEMIA
  - ANTI-FUNGAL
  - VAGINITIS
  - TOOTHACHES
  - WARTS
  - STOMACH
  - DIABETES
  - PARASITES
  - ALLERGIES

RawForBeauty.com

# Alternatives?

8



## INCREDIBLE HEALTH BENEFITS OF TURMERIC



### **Boosts Cognitive Function**

Curcumin protects brain cells by binding to and dissolving abnormal proteins.



### **Fights Body-Wide Inflammation**

Curcumin has been proven to significantly lower levels of inflammatory markers.



### **Supports Cardiovascular Function**

Curcumin supports heart health by promoting a healthy inflammatory response.



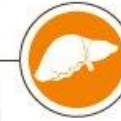
### **Promotes Youthful Radiant Skin**

Curcumin promotes soft, smooth, glowing skin and fights fine lines and wrinkles.



### **Supports Joint & Muscle Health**

Curcumin promotes a healthy inflammatory response and eases aches and pains.



### **Boosts Detoxification**

Curcumin optimizes function of the liver, the body's primary organ of detoxification.



### **Promotes Healthy Mood Balance**

Curcumin has been shown to be an extremely effective natural mood enhancer.



### **Supports Natural Weight Loss**

Curcumin can enhance weight loss when combined with healthy diet and exercise.



**COLD** →

Carrot, Pineapple,  
Ginger, Garlic



**DEPRESSION** →

Carrot, Apple,  
Spinach, Beet



**HEADACHE** →

Apple, Cucumber,  
kale, Ginger, Celery



**DIABETES** →

Carrot, Spinach,  
Celery



**ULCER** →

Cabbage, Carrot,  
Celery



**ASTHMA** →

Carrot, Spinach,  
Apple, garlic, Lemon



**HIGH B.P** →

Beet, Apple, Celery,  
Cucumber, Ginger



**ARTHRITIS** →

Carrot, Celery,  
Pineapple, lemon



**KIDNEY DETOX** →

Carrot, Watermelon,  
Cucumber, Cilantro



**KIDNEY STONE** →

Orange, Apple,  
Watermelon, Lemon



**EYES** →



**STRESS** →





Beet, Apple, Celery,  
Cucumber, Ginger

Carrot, Celery,  
Pineapple, lemon

**KIDNEY DETOX** →

Carrot, Watermelon,  
Cucumber, Cilantro



**KIDNEY STONE** →

Orange, Apple,  
Watermelon, Lemon



**EYES** →

Carrot, Celery



**STRESS** →

Banana, Strawberry,  
Pear



**CONSTIPATION** →

Carrot, Apple,  
Fresh Cabbage



**FATIGUE** →

Carrots, Beets,  
Green Apple, Lemon,  
Spinach



**HANGOVER** →

Apple, Carrot,  
Beet, Lemon



**MEMORY LOSS** →

Pomogranate, Beets,  
Grapes



**NERVOUSNESS** →

Carrot, Celery,  
Pomogranate



**INDIGESTION** →

Pineapple, Carrot,  
Lemon, Mint



# Alternatives?

## NATURE'S PAIN RELIEVERS



*Ginger*



*Capsaicin*



*Neem*



*Apple cider  
vinegar*



*Cloves*



*Garlic*



*Tea tree  
oil*



*Cinnamon*



*Aloe vera*



*Turmeric*

RawForBeauty.com



# Alternatives?

## The Amazing Hemp Seed

*The Farmacy*



- A good source of Gamma Linoleic Acid (GLA)
- Rich in disease-fighting, plant-based phytonutrients and anti-aging antioxidants such as Vitamin E
- Provides an array of minerals including zinc, calcium, phosphorous, magnesium, and iron.



# Alternatives?



You can't fix your health  
until you fix your  
diet.



# Alternatives?

## The Original Flu Shot

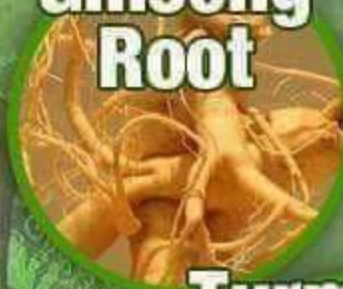
**Garlic**



**Onion**



**Ginseng  
Root**



**Cayenne  
Pepper**



**Green  
Onion**



**Turmeric**



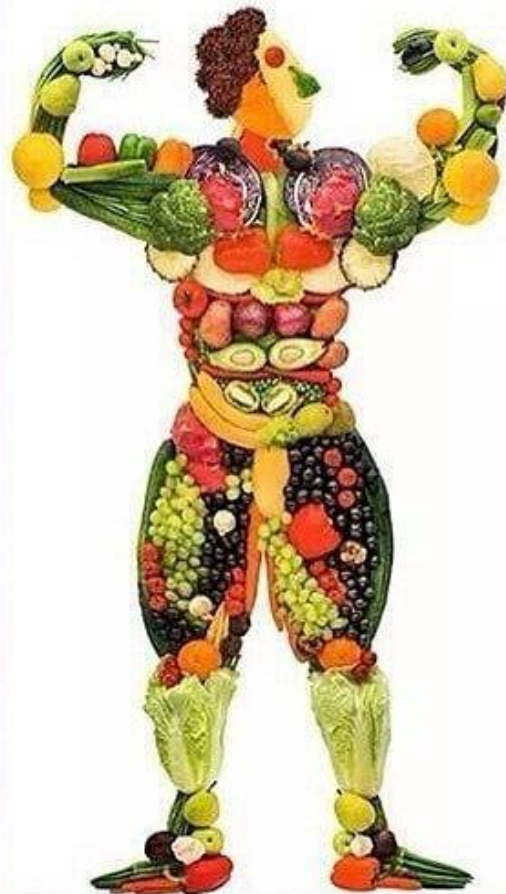
**Ginger**



Raw Bee



# Alternatives?



You don't  
have to  
eat less.  
You just  
have to  
eat right.

Simple Organic Life   
**ifunny.co** 



# Alternatives?

## UNUSUAL USES FOR RAW HONEY



- Skin Moisturizer
- Antiseptic
- Acne Remover
- Energy Booster
- Immune System Booster
- Treatment for Sore Throat
- lip balm
- Remedy for Burns
- natural bee sting treatments
- Hair Gel
- natural sweetener
- a preservative
- honey facial
- hair treatment

**ifunny.co** 😊

# Alternatives?

## DRINKING WATER

at the correct time  
maximizes its effectiveness  
on the human body

2 GLASSES AFTER WAKING UP  
helps activate internal organs

1 GLASS 30 MINS BEFORE A MEAL  
helps digestion

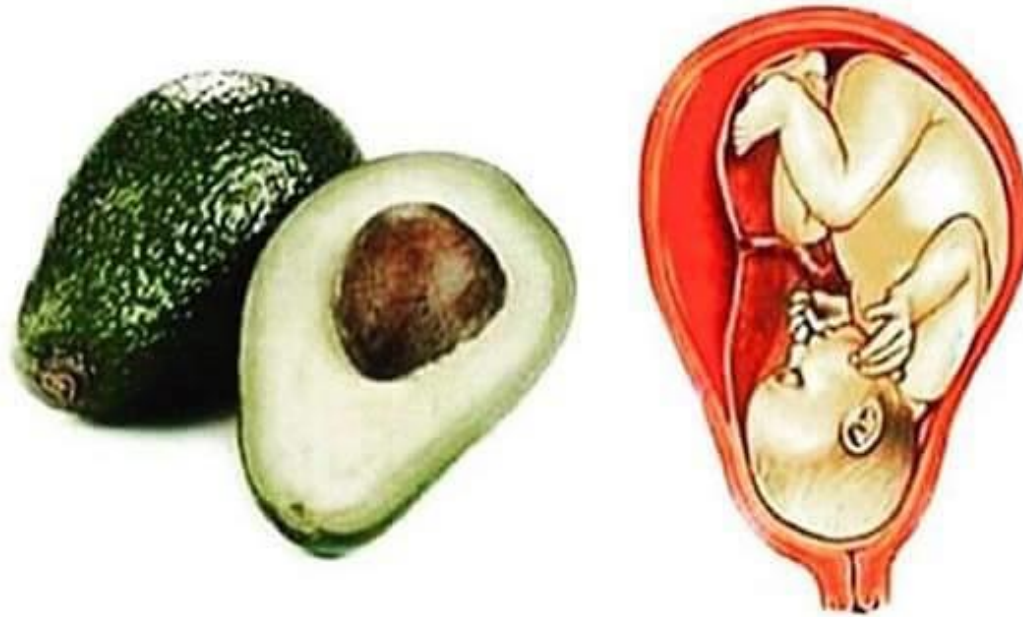


1 GLASS BEFORE TAKING A BATH  
helps lower blood pressure

1 GLASS BEFORE GOING TO BED  
avoid stroke & heart attack

Live life, Love life  
- Yunny Versace

# Alternatives?



**Avocados** are shaped like the uterus and cervix, and avocados have been shown to balance hormones and prevent cervical cancer! And guess what? Just as it takes exactly 9 months for a baby to fully develop in the womb, it takes an avocado exactly 9 months to grow from a blossom into a ripened fruit!



# Alternatives?

## Health Benefits of Strawberries

- Fights Bad Cholesterol
- Acts as an Antioxidant
- Helpful in Pregnancy
- Boost Immunity
- Promote Eye Health
- Cures Allergies and Asthma
- Maintain Diabetes
- Arthritis and Gout
- Help to Lower Depression
- Fight Cancer
- Constipation
- Reduces Risk of Stroke
- Reduce Inflammation
- Regulate Blood Pressure
- Helps Burn Stored Fat
- Anti-aging Properties
- Boost Fibre
- Aid in Weight Management
- Promote Prenatal Health



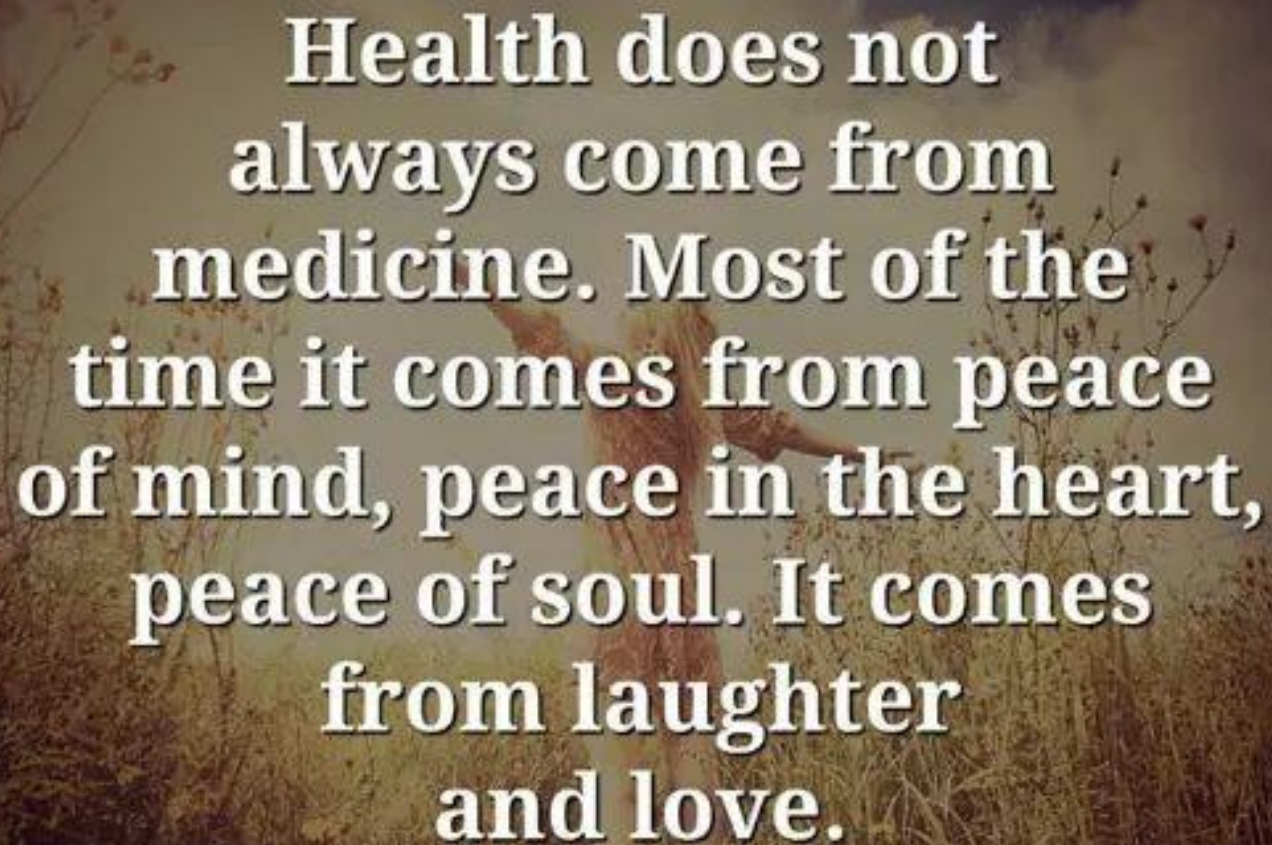
@HealingMB

# Contact Information

- ❖ My Blog is; <http://sovereigntyinternational.wordpress.com>
- ❖ Website - [www.sovereigntyinternational.fyi](http://www.sovereigntyinternational.fyi)
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- ❖ Youtube profile – sovereignliving & Sovereignty International
- ❖ Facebook - Community Page - Deleted
  - ❖ Private Group – Sovereignty International – Being deleted
- ❖ Yahoo Private Group – Administrating-Your-Public-Servants
- ❖ Google Private Group – Administrating-Your-Public-Servants
- ❖ Follow me on twitter [@engineerwin](https://twitter.com/engineerwin)
- ❖ Follow me on vid.me  
<https://vid.me/SovereigntyInternational>
- ❖ Follow me on Steemit <https://steemit.com/@sovereigntyintl>
- ❖ <https://www.bitchute.com/channel/sovereigntyinternational1/>



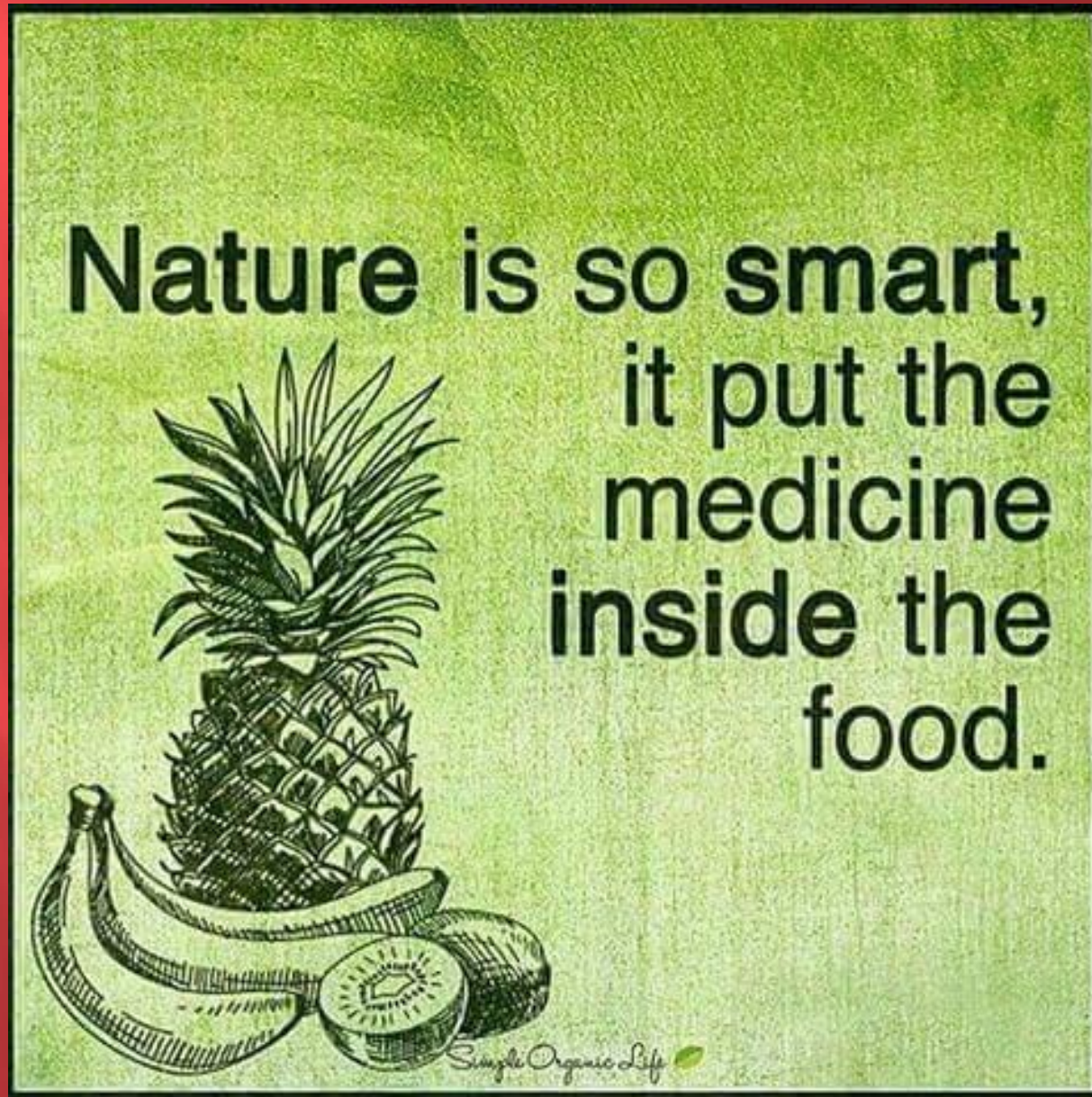
# Alternatives?

A person is standing in a field of tall, dry grass, with their arms raised in a gesture of joy or peace. The background shows a cloudy sky. The text is overlaid on this image.

Health does not  
always come from  
medicine. Most of the  
time it comes from peace  
of mind, peace in the heart,  
peace of soul. It comes  
from laughter  
and love.



# Alternatives?



# Alternatives?

*Benefits of*


## LIME WATER

- 
- A clear glass filled with water, garnished with several slices of lemons and limes. The background is white, and the glass is set against a dark red gradient background.
- **Boost Immune System**
  - **Prevent Cancer**
  - **Increase Energy**
  - **Improve Digestion**
  - **Balance pH**
  - **Lower Blood Pressure**
  - **Improve Liver Function**
  - **Reduce Oxidative Stress**
  - **Detoxification**
  - **Regulate Bowel Movements**



# Alternatives?

## **Benefits of** *Bananas!*

- 
1. Reduce depression
  2. Regulate the bowel system
  3. Reduce blood pressure & risk of heart disease
  4. Help our bones grow stronger
  5. Help individuals to quit smoking
  6. Help prevent anemia
  7. Provide us with energy
  8. Reduce menstrual pains
  9. Power our brains
  10. Help prevent ulcers



# Alternatives?

## Cherries

An Authentically  
Nourishing Food

- 
- ❖ Help promote relaxation and sleep
  - ❖ Useful in preventing gout
  - ❖ Rich in antioxidants to help fight inflammation
  - ❖ Contain anthocyanins to help regulate blood sugar levels
  - ❖ Dark cherries contain perillyl alcohol that can prevent certain cancers
  - ❖ Helpful for those with arthritis
  - ❖ Can boost brain function and improve memory

# Alternatives?

## 20 Tips for Healthier Skin



1. Don't smoke
2. Don't drink alcohol
3. Get plenty of sleep
4. Avoid sun during peak times
5. Use broad spectrum sunscreen with both UVA and UVB protection
6. Wear protective clothing
7. Get eyes checked regularly to eliminate squinting wrinkles
8. Clean skin thoroughly daily
9. Use moisturizer if skin is dry
10. Remove makeup before sleeping
11. Rinse well to remove dead skin soap, and lotions
12. Use water-based products
13. Eat organic, non-GMO foods
14. Eliminate trans fats and sugars
15. Exercise regularly
16. Shave with a sharp, clean razor
17. Dispose of old makeup and applicators every 6-12 months, every 3 months for eye makeup
18. Do facial exercises regularly
19. Drink plenty of water
20. Meditate or practice relaxation techniques



# Alternatives?

## Foods to Prevent ANEMIA



*Spinach*



*Garlic*



*Apricots*



*Beet Juice*



*Watercress*



*Broccoli*



# Alternatives?

## Red Fruits and Vegetables

RawForBeauty.com



**Strawberries**  
anti-inflammatory



**Watermelon**  
92 percent water



**Cherries**  
brain food



**Tomatoes**  
build strong bones



**Rhubarb**  
high in calcium



**Cranberries**  
beneficial to the eyes



**Red Apples**  
antioxidant



**Red Grapes**  
anti-aging



**Pomegranates**  
heart health



**Radishes**  
rich in folic acid



**Red Cabbage**  
rich in vitamin C



**Beets**  
guard against cancer



**Red Peppers**  
support healthy night vision



**Raspberries**  
rich in minerals like potassium, manganese, copper, iron and magnesium

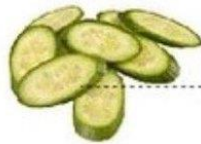
# Alternatives?

## TOP 10 ALKALINE FOODS



AVOCADO

SPINACH



CUCUMBER

SEAWEED



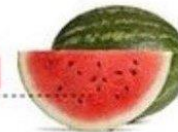
CAYENNE PEPPER

KALE



CHIA SEEDS

WATERMELON



LEMON

GARLIC





# Alternatives?

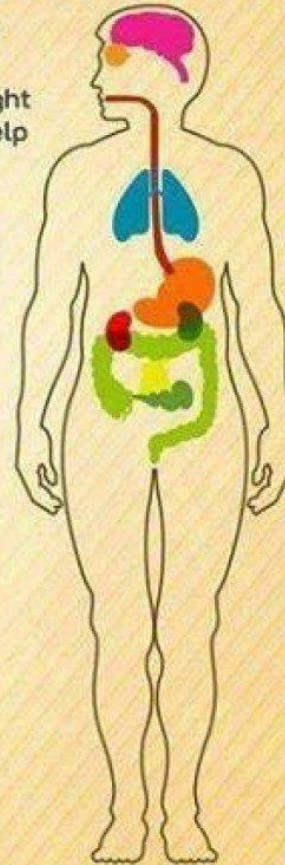
NATURE'S

FitLife.tv

## 11 MOST POWERFUL ANTIBIOTICS

Your first line of defense against any illness or infection is your own immune system! These foods will super-boost your body's ability to fight any nasty bugs that come your way and will help keep you on top of your game all year long.

- APPLE CIDER VINEGAR
- GARLIC
- GINGER
- HORSERADISH ROOT
- ONION
- HABANERO PEPPERS
- OREGANO OIL
- TURMERIC
- ECHINACEA (HERB)
- RAW HONEY
- COLLOIDAL SILVER





# Alternatives?

## Natural Remedies For Colds and Flu

[www.GreenTidings.org](http://www.GreenTidings.org)

[www.facebook.com/GreenTidings](http://www.facebook.com/GreenTidings)

- **Vitamin C:** 1,000 mg, 3 times daily
  - **Probiotics:** Daily
- **Oregano Oil:** 1-2 drops sublingually 1-5 times daily
  - **Vitamin D:** 2,000 iu, 3 times daily
- **Elderberry Syrup:** 1-2 teaspoons, 1-2 times daily
- **Garlic, Ginger and Peppermint:** Fresh or encapsulated daily
- **Apple Cider Vinegar:** 1 tsp-2 tbsp, 1-3 times daily with water
- **Hydrogen Peroxide in Ears:** Capful in each ear until the bubbling stops, up to 3 times daily
- **Eucalyptus Oil:** External (bath, massage, steam inhalation)
- **Echinacea and Goldenseal Supplement:** Follow directions on bottle
  - **Homeopathy:** Ask therapist for specific remedy
    - **Nasal Rinse:** 2 times, daily
    - **Chiropractic adjustment**
      - **Extra Fluids**
      - **Extra Rest**
      - **Eliminate Sugar**
      - **Eliminate Dairy**



This list is for education only, and is not medical advice.  
Ask your health practitioner before taking, or combining, any remedies.  
Some remedies can be harmful to some people, especially if taken with medication.



# Alternatives?

## HEALTH BENEFITS OF ALOE VERA

In ancient times, aloe vera and its extracts were used for medicinal purposes. Today, researchers are discovering more advantages of this versatile plant.

- \*Strengthens gums and promotes strong and healthy teeth
- \*Heals the intestines and lubricates the digestive tract
- \*Detoxifies the body
- \*Lowers high cholesterol
- \*Supports immune system
- \*Soothes arthritis pain
- \*Protects the body from stress
- \*Prevents kidney stones
- \*Cools and repairs sunburn skin
- \*Cures ulcers
- \*Reduces high blood pressure
- \*Stabilizes blood sugar
- \*Prevents and treats Candida infections
- \*Boosts cardiovascular performance and physical endurance
- \*Hydrates the skin
- \*Helpful in curing blisters, insect bites and any allergic reactions, eczema, burns,
- \*Inflammations, wounds and psoriasis



[rawforbeauty.com](http://rawforbeauty.com)

# Alternatives?

## 10 Health Benefits of...

# Beetroot

1. Builds Blood
2. Cleanses Intestines
3. Maintains Healthy New Cells
4. Heal Wounds (The Leaves)
5. Prevent & Treat Cancer
6. Rids Sugar Cravings
7. Provides Instant Energy
8. Prevents Heart Disease
9. Detoxifies Liver & Gall Bladder
10. Contains Many Vitamins & Minerals!





# Alternatives?



## Not just your image.

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love.

Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible – all which can be achieved by learning some nutrition basics and incorporating them in a way that works for you.

Expand your range of healthy choices to include a wide variety of delicious foods. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet.

# Parasites – Everybody has them!

- ▣ Sister-in-law's neighbor
- ▣ Parasite remedies
- ▣ Healthfood store parasite herbal combinations
- ▣ Pumpkin seeds
- ▣ Grape Seed Extract (GSE)
- ▣ Others – see Youtube videos

# Dr. Schultz

- ▣ [www.herbdoc.com](http://www.herbdoc.com)
- ▣ Had a heart condition in his teens
- ▣ Had a 4th degree burn
- ▣ Does NOT add fillers
- ▣ Has Youtube videos
- ▣ Has some great cleansing routines and education
- ▣ Digestive Formula



# Herbal Alternatives

- ▣ sciatica story
- ▣ Brain injury story
- ▣ Hair falling out story
- ▣ Daughter's burn story
- ▣ Snowbird chest pains

# Others

- ▣ Dr. Jerry Tennant – has discovered that voltage is important
- ▣ Your voltage is also related to alkalinity
- ▣ Has Youtube videos
- ▣ Is located in Colleyville, Texas

# Others

- ▣ Stem Cell injections - Health regeneration
- ▣ Treat some of your own blood and then re-inject back it into you - has regenerative health effects for multiple ailments
- ▣ Treatment for multiple sclerosis, alzheimers, heart disease, arthritis, diabetes, parkinsons disease, blindness, lou gehrig's disease, spinal cord injuries, aids, and numerous others



# Others

- ▣ C60 – Carbon 60 – bucky balls
- ▣ Rats study
- ▣ <https://www.youtube.com/watch?v=xMJ-gSKP-wM>
- ▣ <https://www.youtube.com/watch?v=-E1xDkMxMv8>
- ▣ <https://www.youtube.com/watch?v=5xLrYL3rpIo>

# Advertisement – Other Videos

- ▣ Bankster Thieves playlist
- ▣ Roman Cult playlist
- ▣ Bankrupt Corporate (so-called) Governments
- ▣ BAR Members 1 - 3
- ▣ D.I.Y. How NOT to Volunteer for the Selective Service and the Draft
- ▣ Martial Law is here!
- ▣ D.I.Y. No Income Tax
- ▣ D.I.Y. Free Mail 1 & 2
- ▣ D.I.Y. Kangaroo Courts 1 – 9
- ▣ Canada Border PIGs playlist
- ▣ BAR Members and their Satanic Connections playlist

# ROMAN CULT

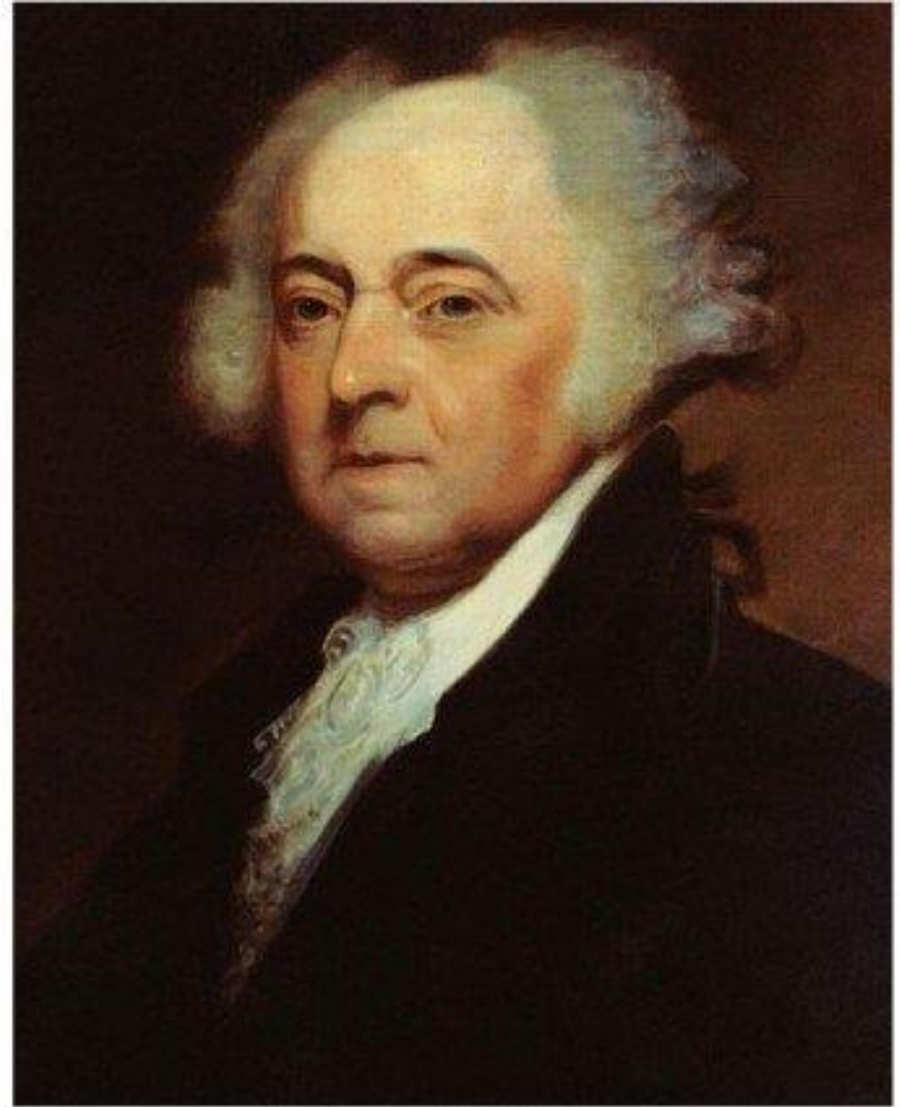
This is all coming from  
the Roman Cult



# Alternatives?

"My history of the **Jesuits** is not eloquently written, but it is supported by unquestionable authorities, [and] is very particular and very horrible. Their [the **Jesuit Order**' s] restoration [in 1814 by Pope Pius VII] is indeed a step toward darkness, cruelty, despotism, [and] death. ... I do not like the appearance of the **Jesuits**. If ever there was a body of men who merited eternal damnation on earth and in hell, it is this **Society of [Ignatius de] Loyola**."

John Adams (1735-1826; 2nd President of the United States)



John Adams

# Alternatives?

*"Within twenty years this country is going to rule the world. Kings and Emperors will soon pass away and the democracy of the United States will take their place... When the United States rules the world, the **Catholic Church will rule the world**...Nothing can stand against the Church. I'd like to see the politician who would try to rule against the Church in Chicago. His reign would be short indeed." -- Roman Catholic Archbishop James E. Quigley (October 15, 1854 - July 10, 1915) Chicago Daily Tribune, May 5, 1903*



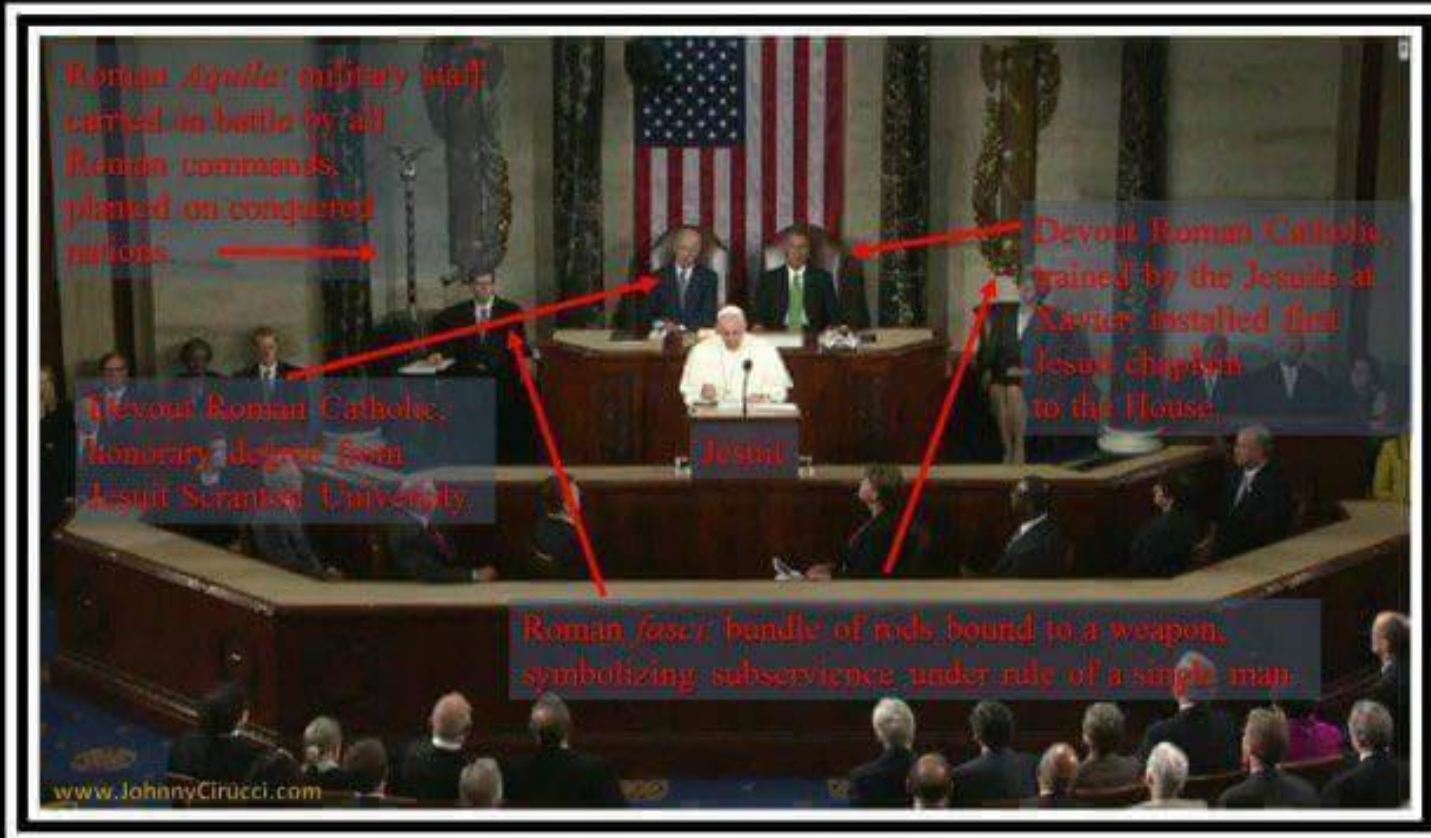
# Which United States are you in?

- ▣ “Two national governments exist, one to be maintained under the Constitution, with all its restrictions, the other to be maintained by Congress outside and independently of that instrument” Dissenting opinion of Justice Marshall Harlan. *Downes v. Bidwell*, 182 U.S. 244 1901.



# Alternatives?

## ROMAN CONQUEST



24 SEPTEMBER 2015

# Roman Cult = Murder & Slavery

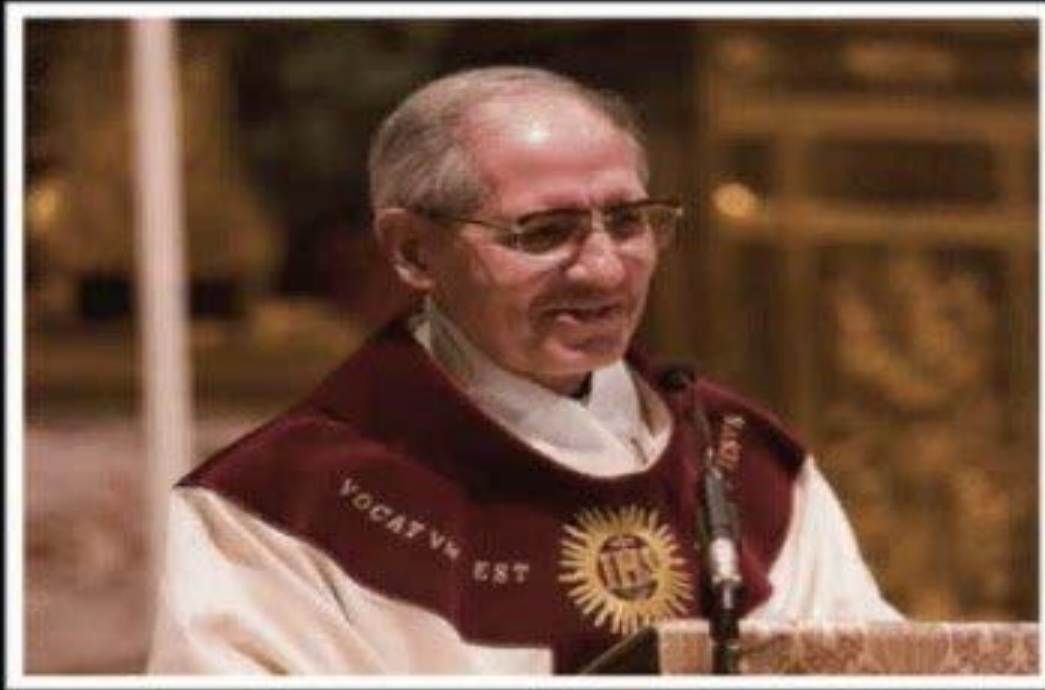
- ▣ Roman aquila military staff carried in battle by all Roman commands. Planted on all conquered nations.
- ▣ Devout Roman catholic, honorary degree from Jesuit Scranton University
- ▣ Roman bundle of rods bound to a weapon symbolizing subservient under the rule of a single man
- ▣ Devout Roman Catholic trained by the Jesuits installed first Jesuit chaplain to the House

# Roman Cult = Murder & Slavery

- ▣ Why do you think Donald Trump's first international trip includes the Roman Cult on the itinerary?
- ▣ Why do you think the Pope Inc., looked so angry in his pictures with Donald Trump?



# Alternatives?



Adolfo Nicolás Pachón, 2008 AD

30<sup>th</sup> Superior General, **Society of Jesus**

**“The Black Pope;”** January, 2008–Present

Master and Overseer of **“the White Pope,”** Benedict XVI

**Satan’s Present Ruler of the World**

# Alternatives?

“Go ye, then, into all the world and **take possession of all lands** in the name of the Pope. He who will not accept him as the Vicar of Jesus and his Vice-Regent on earth, let him be **accursed and exterminated.**”

~Jesuit Extreme Oath of Induction





# Alternatives?

## The Jesuit Oath

*The Counter-Reformation War*

**I furthermore promise and declare that I will, when opportunity present, make and wage relentless war, secretly or openly, against all heretics, Protestants and Liberals, as I am directed to do, to extirpate and exterminate them from the face of the whole earth; and that I will spare neither age, sex or condition; and that I will hang, waste, boll, flay, strangle and bury alive these infamous heretics, rip up the stomachs and wombs of their women and crush their Infants' heads against the walls, in order to annihilate forever their execrable race. That when the same cannot be done openly, I will secretly use the poisoned cup, the strangulating cord, the steel of the poniard or the leaden bullet, regardless of the honor, rank dignity, or authority of the person or persons, whatever may be their condition in life, either public or private, as I at any time may be directed so to do by any agent of the Pope or Superior of the Brotherhood of the Holy Faith, of the Society of Jesus.**

*<http://uncontrolledopposition.com> - Find us on Facebook*



# Alternatives?

**Ever Wonder Why The World is so Diabolically Evil? Meet the Man That Plans it That Way. The Black Pope Adolfo Nicolas, the Most Powerful Man in the World and Behind the Plan for a New World Order.**



- 1. The Superior General of the Jesuits The Black Pope, Adolfo Nicolas and his 6 generals control the "White Pope" and the Vatican and the entire list below.**
- 2. The Illuminati, Zionists, globalist Elites, the Council on Foreign Relations (CFR), Bilderberg group, Freemasons, Council of 300, the United Nations and the Council of Trent.**
- 3. The Jesuits control the Knights Templar, Knights of Columbus and the Knights of Malta.**
- 4. The CIA, FBI, NSA, ASIO, MI5, MI6, NCIS, FSB, DGSE, Mossad and every intelligence agency in the world are masonic and controlled by the Jesuits.**
- 5. The Jesuits have infiltrated most governments & Leaders including Obama, making them puppets that carry out Jesuit orders.**

# Alternatives?

## Vatican 'New World Order'

Herman van Rompuy, the President of the European Council stated recently 'We are all Jesuits'. He was referring to those prominent European leaders with whom he is developing the 'Roman Catholic' architecture for the future Europe. 'It creates unbreakable ties. So there is a *Jesuits International*'

<http://www.djeppink.eu/en/blog/we-are-all-jesuits>





# Alternatives?





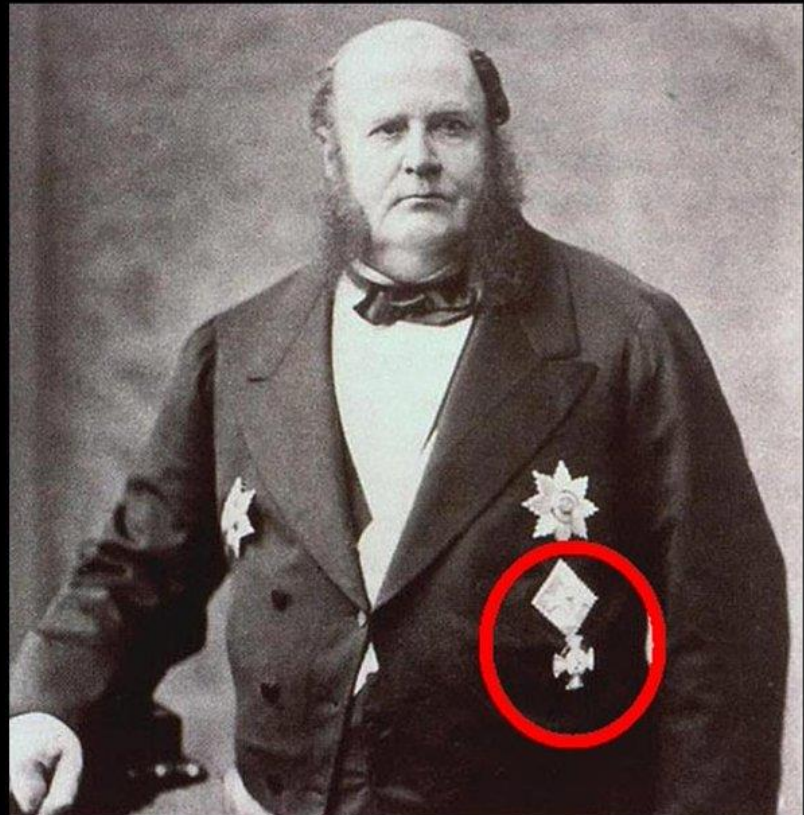
# Alternatives?

**From 1203 to 1805  
50 million Christian died  
suffering at the hands of Rome  
'cause they believed in Christ alone  
they died through Europe especially Spain  
for they saw all but Christ as vain  
He who suffered by His death for men  
to save them from their awful sin  
600 years of martyred saints  
that history can not erase  
with iron heel and iron hand  
the Roman Popes rule the land**



# Conspiracy?

The **Rothschild** have been part of the **Jesuit Order** since way before 1776. **Maltese Cross** indicates membership and allegiance to the **Sovereign Military Order of Malta**, a MASONIC order created in 1,099 AD by direct descendants of Roman Emperors, of which the **Jesuit Order** is a brand.



# Alternatives?

**Isn't It Interesting That The Pope Calls  
Fake News A Sin**



**Yet The Catholic Church Has Been Selling  
False Saviors And Implicated In Child  
Pedophilia For Centuries**

**POLITICAL JUNKIE**

**NEWS MEDIA**



# Alternatives?

- ▣ “And I will come near to you to judgment ; and I will be a swift witness against the sorcerers, and against the adulterers , and against false swearers, and against those that oppress the hireling in his wages, the widow, and the fatherless, and that turn aside the stranger from his right, and fear not me, saith the LORD of hosts” Malachi 3:5

# The Vatican's Holocaust

---

**The sensational account of the most horrifying religious  
massacre of the 20th century**

By Avro Manhattan – Knight of Malta



Avro Manhattan (1914-1990)

## [About the Author:](#)

Avro Manhattan was the world's foremost authority on Roman Catholicism in politics. A resident of London, during WW II he operated a radio station called "Radio Freedom" broadcasting to occupied Europe. He was the author of over 20 books including the best-seller *The Vatican in World Politics*, twice Book-of-the-Month and going through 57 editions.

He was a *Great Briton* who risked his life daily to expose some of the darkest secrets of the Papacy.

His books were #1 on the *Forbidden Index* for the past 50 years!!

Ed Note: This issue from 1986 - in 2006 the record is now 70 Years on the forbidden book list.

---

## PREFACE TO THE AMERICAN EDITIONS:

**THE VATICAN'S HOLOCAUST** is not a misnomer, an accusation, and even less a speculation. It is an historical fact.

---

Rabid nationalism and religious dogmatism were its two main ingredients.

During the existence of Croatia as an independent Catholic State, over 700,000 men, women and children perished.

Many were executed, tortured, died of starvation, buried alive, or were burned to death.

Hundreds were forced to become Catholic.

---

Catholic padres ran concentration camps; Catholic priests were officers of the military corps which committed such atrocities. 700,000 in a total population of a few million, proportionally, would be as if one-third of the USA population had been exterminated by a Catholic militia.

What has been gathered in this book will vindicate the veracity of these facts. Dates, names, and places, as well as photos are there to prove them.

They should become known to the American public, not to foster vindictiveness, but to warn them of the danger, which racialism and sectarianism, when allied with religious intolerance can bring to any contemporary nation, whether in Europe or in the New World.

This work should be assessed without prejudice and as a lesson; but even more vital, as a warning for the future of the Americans, beginning with that of the USA.

Avro Manhattan,  
1986

---

### Editor's Note

#### An armed Serbia could have easily prevented this Holocaust.

Thank God for the [2nd Amendment to the Constitution](#) which guarantees the right to bear arms.

---

Freedom of religion and an armed citizenry go hand in hand and is the *only* guarantee that this won't happen in the U.S.

---

Ed Note: It is the Vatican One World Government that doesn't want you to have the right to own arms or to use any means to defend yourself.

---



# New World Order

**READ THE MIDDLE PARAGRAPH**

THE REAL TRUTH MOVEMENT

## THE NEW WORLD ORDER



by A. Ralph Epperson

### INTRODUCTION

So, the people of the world can now determine what the changes are that those in the positions of implementing changes have in store for them. In summary, then, the changes are:

The old world is coming to an end. It will be replaced with a new way of doing things.

The new world will be called the "New World Order."

This new structuring will re-distribute property from the "have" nations and will give it to the "have not" nations.

The New World Order will include changes in:

the family:

homosexual marriages will be legalized; parents will not be allowed to raise their children (the state will); all women will be employed by the state and not allowed to be "homemakers"; divorce will become exceedingly easy and monogynous marriage will be slowly phased out;

the workplace:

the government will become the owner of all of the factors of production; the private ownership of property will be outlawed;

religion:

religion will be outlawed and believers will be either eliminated or imprisoned; there will be a new religion: the worship of man and his mind; all will believe in the new religion;

The United States will play a major role in bringing it to world.

World wars have been fought to further its aims.

Adolf Hitler, the NAZI Socialist, supported the goal of the

majority of the people will not

**THIS WAS WRITTEN IN 1989**



£100,000; and in 1884 they loaned the Egyptian government £1,000,000.

Meanwhile the Nationalist and Reactionary parties in France desired to counterbalance the "Semitic" influence of the Rothschilds by establishing a banking concern which should be essentially Catholic. Accordingly in 1876 the Union Générale was founded with a capital of 4,000,000 francs, increased to 25,-

#### The Union Générale.

000,000 francs in 1878 under the direction of a certain Bontoux. After various vicissitudes, graphically described by Zola in his novel "L'Argent," the Union failed, and brought many of the Catholic nobility of France to ruin, leaving the Rothschilds still more absolutely the undisputed leaders of French finance, but leaving also a legacy of hatred which had much influence on the growth of the anti-Semitic movement in France. Something analogous occurred in England when the century-long competition of the Barings and the Rothschilds culminated in the failure of the former in 1893; but in this case the Rothschilds came to the rescue of their rivals and prevented a universal financial catastrophe. It is a somewhat curious sequel to the attempt to set up a Catholic competitor to the Rothschilds that at the present time the latter are the guardians of the papal treasure.

Of recent years the Rothschilds have consistently refused to have anything to do with loans to Russia, owing to the anti-Jewish legislation of that empire, though on one occasion the members of the Paris house joined in a loan to demonstrate their patriotism

whose chief customers they have been (Duveen, C. Davis, Spitzer, and Wertheimer).

The services of the Rothschilds in the cause of philanthropy have been equally marked. Special hospitals have been founded by them for all creeds at Jerusalem, Vienna, Paris, and London; the Jews' Free School of the last-named city is supported almost entirely by Lord Rothschild at an estimated annual cost of £15,000. In London and Paris they have established workmen's dwellings on a large scale and on an economic and commercial basis; and their private charities are very large. The founder of the house, Mayer Amschel Rothschild, held the curious theory that if a beggar thanked him, the charitable transaction was concluded, whereas if he received no thanks, Heaven owed him some recompense for his charity. Consequently, it was his custom to thrust a coin into the hand of a beggar, and to hurry away before the latter could express his gratitude.

In addition, some of the members of the family have evinced an interest in Jewish literature. Baron James in Paris was the founder of the Société des Etudes Juives; Baron Wilhelm of Frankfort was a zealous collector of Hebrew incunabula, which are now in the Frankfort town library; and almost all great Jewish literary undertakings have been subventioned by one or other branch of the firm.

Hitherto the pedigree of the Rothschild family has been traced only as far as Amschel, the father of Mayer Amschel Rothschild; but, owing to the recent publication of the tombstone inscriptions of



# The End

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I didn't say it would be easy.  
I said it would be the truth.

-Morpheus