

# Health in the cross hairs

Protect yourself. First week free.



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Let us start off with this question, *“What is the difference between health and wellness?”*

Optimal Health is the absence of physical, mental, social and spiritual disease. It is a state of being in holistic balance. Wellness, on the other hand, is striving for holistic balance by constantly making the right choices. Wellness is the state of living a lifestyle that moves one towards holistic balance. Optimal health is the goal one strives towards while wellness is the active process of achieving it.

It is intriguing that despite a decent level of health, even optimal health being possible, the world’s population is getting sicker as confirmed by the Global Burden of Disease study.

# Global, regional, and national incidence, prevalence, and years lived with disability for 301 acute and chronic diseases and injuries in 188 countries, 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013



*Global Burden of Disease Study 2013 Collaborators\**

## Summary

**Background** Up-to-date evidence about levels and trends in disease and injury incidence, prevalence, and years lived with disability (YLDs) is an essential input into global, regional, and national health policies. In the Global Burden of Disease Study 2013 (GBD 2013), we estimated these quantities for acute and chronic diseases and injuries for 188 countries between 1990 and 2013.

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According to this study, people lose more 'years of healthy life' to illness now than they did in the 1990s. It states that over 95 percent of the world's population has health problems, with over a third (2.3 billion) having more than 5 ailments!

The crisis is of course just an effect. What is the root cause? What contributes to it? There are many myths which contribute to the global health crisis. These many false beliefs are also widely held and include the beliefs that conventional medicine is advanced medicine, that synthetic pharmaceutical drugs prevent or cure disease, that vaccines are necessary and protect against disease caused by germs, that building new hospitals and clinics or upgrading run-down ones will solve a country's health problems, that spending more money on allopathic healthcare will solve a country's health problems, that increasing the number of allopathic doctors will solve a country's health problems and that disease is largely due to genetic factors. The root cause is the source from whence these myths arise.

Each year the global health crisis grows worse and with the roll out of covid injections it is set to explode exponentially in the coming months and years. In fact, these toxic injections have already killed tens of millions and injured billions. If we continue along this trajectory of continually injecting people with poison, together with continually exposing them to a myriad of toxins, including synthetic drugs and electromagnetic radiation, it is only logical to conclude that in the coming years there will be no viable and functional people left on the planet. In fact, many decades ago English writer and philosopher, Aldous Huxley said, "Medical science has made such tremendous progress that there is hardly a healthy human left", alluding to this

diabolical goal of those running the world. Aldous was the grandson of T.H. Huxley, who was called Darwin's bulldog. Charles Darwin's book, *The Origin of the Species*, was published in 1859 and gave rise to the philosophy of Darwinism. Although the father of Transhumanism is French philosopher Henri de Saint-Simon, it was the irrational belief in Darwin's Theory of Evolution that spawned the theories of eugenics and social change. Eugenics was a social (and pseudoscientific) movement of the early part of the last century spawned from the belief that the genetic quality of the human race could be improved by the use of selective breeding, as well as other often morally unacceptable means, to eliminate groups of people considered genetically inferior, while encouraging the growth of groups judged to be genetically superior. Eugenicist, evolutionary biologist and founder of UNESCO, Julian Huxley, brother of Aldous Huxley, changed the term "Eugenics" to "Transhumanism" in the 1950s to make this movement and its philosophy acceptable in a post-World War II world. In the founding document of UNESCO, he wrote about the goal of making Eugenics a socially acceptable ideal once again.

Of course, the diabolical globalists who are unfolding this disempowerment and depopulation agenda plan to be the only functional human beings around. In fact, they plan to transform themselves into superhumans thanks to their transhumanist agenda, and the rest of the population into enslaved sub-humans, i.e. those who survive the culling which is currently underway. Indeed, humanity seems to be facing an extinction-level event. I have covered the subject of transhumanism extensively over the years and had a [discussion with Dr. Ana Mihalcea](#) on the subject a few weeks ago and she recently also [spoke to Maria Zee](#) about the extinction-level event.

So, what is the solution? This is a big subject and beyond the scope of this piece. We have, though, already covered this subject in other works. A big part of the solution is to protect one's health. In this regard, the Greek physician, Herophilus, said it well:

**"When health is absent, wisdom cannot reveal itself,  
art cannot manifest, strength cannot fight,  
wealth becomes useless, and  
intelligence cannot be applied."**

*Herophilus, (335 BC – 280 BC), Greek Physician – The Father of Anatomy*

Of course, the entire healthcare paradigm, at least in the western world, is one of disease-causation and disempowerment masquerading as healthcare provision. The Health Wellness Performance Institute was established to assist in counteracting the holistic onslaught against humanity i.e., the total onslaught against mind, body, interdependence, and spirituality through the provision of edupowerment programs and related products and services. One of these programs is Optimal Health and Wellness Academy, a milestone-structured and results-focused on-line program designed to help you achieve and maintain the best health possible. It is designed so that each week participant's knowledge of a specific aspect of optimal health is advanced as they travel on their wellness journey towards this goal. The program is conducted over 10-weeks. During this time, ten dimensions of optimal health and wellness are covered, one per week. The first week of participation in the program is free. For pricing details and to sign up, send an email to [hwpi7@protonmail.com](mailto:hwpi7@protonmail.com) Further details of the program can be found [here](#).



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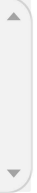


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