

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

THE NEXT TERRORIST ATTACK COULD BE BIOLOGICAL

How Science And Technology Have Brought These Deadly Weapons To Your City

By Jason Hanson

Former CIA Officer

When you hear the words biological weapons you likely think of some ruthless dictator in a foreign country. But one of the worst bioweapons attacks actually occurred in Oregon in the 1980s.

You may remember the story of Bhagwan Shree Rajneesh. He was from India and was the leader of a religious group called Rajneeshees. In the 1970s, Bhagwan and his group left India because they were at odds with the Indian government. The group settled on a 60,000-acre ranch in central Oregon with the goal of creating a city.



The problem was that the leaders of the group didn't realize their plans would have to follow building codes and be approved by local officials. However, because the group was at odds with locals they moved to the town of Antelope where they had more members than the town had people. So, they were able to vote for town laws they wanted passed. But they couldn't get enough votes at the county level to make the changes they needed. So, the group committed voter fraud.

They brought in homeless people to live on their ranch. The folks were given food, water, and shelter. In return, they voted the way the

group wanted. The local government caught wind of the voter fraud and made it a requirement that people must live in the area for at least 20 days to be eligible to vote.

Foiled again but undeterred, the Rajneeshees came up with a plan to kill the townspeople. First, they were going to kill beavers, turn them into mulch, and dump the mulch into the local water supply. But instead they came up with another plan to poison people with Salmonella Typhimurium, a strain of bacteria they believed would be hard to trace back to them.

So, the Rajneeshees contaminated salad bars in local restaurants with

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salmonella. People who ate macaroni, potato, or pea salads became ill. Then, they targeted the salad dressings used at salad bars. In all, the mass poisoning sickened over 750 people. Thankfully, no one died from this biological attack.

Officials conducted investigations at the restaurants associated with the illnesses and found they had followed proper hygiene protocols. The Rajneeshees were finally accused of the attack and two Rajneeshee officials were convicted.

Biological weapons have been around for a long time, but the way they are developed and deployed is rapidly changing. So, here are a few ways that biological weapons could change the battlefield – or even the city or town you live in.

Technological and medical advancements have made it possible to create genetically modified biological weapons. This means they could be developed to target people with very specific genetic profiles. These weapons would be more targeted, controllable, and potentially more sinister.

Another advancement in biological weapons is that they are being designed to mimic natural sickness. Which means, it will become difficult for law enforcement to tell whether an outbreak is intentional or accidental.

This will make it easier for bad actors to use biological weapons without it being traced back to them. And it's just one more reason to avoid crowded places during and after a disaster.

Terrorists target places where there are a lot of people, so their attacks will have a larger impact. So, stay away from shelters and other large

gatherings that would be an enticing target for terror attacks.

Modern science and technology have also made developing biological weapons easier and cheaper. This means the chances of someone manufacturing and using biological weapons has increased considerably.

The truth is, I expect we will see more “illness mimicking” biological attacks. This is why you should get and stay in as good of shape as possible. Exercise, eat right, sleep well, and make antibiotics and over-the-counter medicine part of your survival plans. Because as conflict increases around the world, bad actors will likely choose inexpensive and hard-to-detect biological weapons to attack people they see as their enemies.

As I just mentioned, one thing I definitely recommend is to stock up on as much medication as you can. Two places that I recommend and that I have used are Jase Medical and Duration Health. These are companies where you can do a consult over the internet and customize the type of antibiotics you want to order. And yes, this is totally legal. For example, from Duration Health, I ordered their Adult Medical Kit that contains 10 different medications that will help with everything from ear infections to pneumonia to horrible allergic reactions.

Lastly, before I go this month, I just want to wish you a very happy Thanksgiving. I hope it's filled with great food and family. I also want you to know how grateful I am that you read this newsletter and I genuinely appreciate your support. If there's anything you need and anything that I can ever do for you, please shoot me an email at jason@spybriefing.com.

POF's Tombstone 9mm Lever Gun

Patriot Ordnance Factory is a firearms manufacturer based in Arizona and they are known for their line of AR-style rifles and pistols. One of the company's newer guns is called the Tombstone. It's a 9mm lever action rifle with up-to-date features such as M-LOK forearms, modern stocks, and threaded muzzles.

The Tombstone has a smooth and light trigger pull at 3 lbs. 8 oz. The barrel is made from 4150 steel, is 16.5 inches long, and has a 1:10 twist rate. Overall, the rifle is 36 inches long and weighs 7 lbs.

The rifle has a manual safety, ambidextrous AR-style push button mag release, an adjustable length of pull, and a pad to absorb recoil when shooting. It also has a Magpul stock with a sling attachment point on both sides to make it easier for both right and left-handed shooters.

The biggest difference with the Tombstone compared to other lever action rifles is that the rifle feeds from a detachable magazine. A 20-round magazine comes with the rifle, but magazines are available in 10, 20, and 35-round capacity.

The Tombstone is a unique rifle from Patriot Ordnance Factory and sells for about \$2,000 new, so it definitely isn't cheap. However, if you like lever action guns and want a 9mm that's easy to shoot this could be a fun rifle for your collection.

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DESTRUCTION OF THE GOLD STANDARD

What Really Happened, And Why Is The World Turning Back To Gold?

By Forest Hamilton
Universal Coin & Bullion

I was 17 years old on my first day of work at Universal Coin and Bullion way back in 1994. I vividly remember the first coin that I was trained on: the 1986 \$25 Gold American Eagle, certified in a Mint State 69 condition.

The biggest thing that stood out to me was the line about President Franklin D. Roosevelt recalling gold in 1933. This wasn't in the history books I read in high school, so I questioned its validity. There was no Google or AI back in 1994, so I did what everybody did back then and went to the local library.

I was amazed to find many books and articles about Roosevelt's plan to combat the Great Depression. I was shocked people didn't revolt when they were forced to turn their gold in. And I was stunned that it worked.

Executive Order 6102 was signed by President Franklin D. Roosevelt on April 5, 1933, and was designed to stabilize the U.S. economy during the Great Depression by prohibiting the "hoarding" of gold. The order required all individuals and entities to deliver their gold coins, gold bullion, and gold certificates to the Federal Reserve or designated banks by May 1, 1933.

Non-compliance could result in fines of up to \$10,000 (equivalent to about \$210,000 today) or imprisonment for up to ten years, or both. Some exemptions applied, allowing individuals to retain a limited amount of gold. For example, people were allowed to keep gold jewelry and collectible coins, as well as a certain amount of gold coins equal to \$100 (approximately \$13,000 today).

The government offered compensation for the gold surrendered. The price for gold was set at \$20.67 an ounce at the

time of the order, to be paid in U.S. dollars.

So, it wasn't actually a "confiscation" (even though it was) because there was an "equal" exchange of value. For every \$20 gold piece you turned in, you received a \$20 bill in exchange. Because we were on the gold standard, the value of the \$20 bill was the same as the value of the \$20 gold piece.

Once collected, the surrendered gold was held by the U.S. Treasury. This centralized control over the gold supply aimed to increase the money supply and allow for more flexible monetary policies.

With gold holdings now under government control, the U.S. could devalue the dollar by raising the official price of gold to \$35 an ounce through the Gold Reserve Act of 1934. This devaluation aimed to facilitate inflationary measures and stimulate economic growth.

The only problem is that once the gold had all been turned in, the Gold Reserve Act was passed and then the price of gold was set at \$35 an ounce, leading to a new monetary system based on fiat currency rather than gold. This was a pivotal moment in America's economic history, marking a shift away from the stringent constraints of the gold standard.

But Roosevelt wasn't the one that officially took us off the gold standard. That dubious honor belongs to President Richard Nixon. In 1971, President Richard Nixon officially severed the United States' ties to the gold standard through a series of actions known as



the "Nixon Shock." On August 15, 1971, in a televised address, Nixon announced that the U.S. would suspend the convertibility of the dollar into gold, effectively ending the previous Bretton Woods system. This was an attempt to stabilize the economy in the short term while transitioning to a new monetary policy.

Many countries have tried to make fiat currency work, but it has never succeeded in the long run. But throughout history, gold has remained. Even today, when faced with difficult times, every country turns to gold. It's accepted worldwide and is preferred by many as a means of trade to the current world's reserve currency, the U.S. dollar. Gold is real money and looks to stay that way. So, make sure you have enough of it to get you and your family through the difficult times we'll face in the coming years.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthilton@universalcoin.com or call 409-926-7001. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

COMBAT TRACKING SKILLS THAT CAN SAVE LIVES

5 Things To Know Before Getting Started

By **GLASS FROG**

Former Intelligence Operative

Curtis P, age 53 of Clallam County, Washington, was on a hunting trip when he became lost and didn't return as expected. Initially, Curtis sent a text message saying he was cold and wet and didn't know how to get back. Sheriff's deputies along with the Clallam County Sheriff's Office Search and Rescue Team started the search, cutting brush as they looked for Curtis throughout the night.

As the night dragged on, U.S. Coast Guard helicopters and the civil air patrol prepared to begin grid searches at first light. However, the search and rescue team on the ground continued their search in the dark and were able to locate Curtis due to having a general idea of where he was headed.

Luckily, Curtis was in a heavily wooded area, meaning that looking for signs of his movement was easy to do and aided in his rescue. The reality is, search and rescue teams are trained in many different methods of locating lost people, including tracking their movements without the assistance of helicopters or dogs. As someone who's taught tracking classes, I can tell you this is a useful skill to have and can be used to track anyone from a missing child to a lost hiker. With this in mind, I want to share with you some basic tips for tracking.

Know the person. Before you set out tracking, try to gain as much intelligence as possible on the person you are tracking. For example, is the person young and in good shape? Is it an older person who walks very slowly? The more you know about their specific habits the more you will be able to identify their tracks compared to others tracks you find. Plus, you may be able to identify where they are likely headed.



It's not just footprints. You may be thinking that combat tracking is like something you see in the movies where they show a clearly visible footprint. Clearly, the visibility of the footprint depends on the terrain. Is the person walking in snow? Sand? Gravel? All of these will affect how easily you will find a footprint. Rather than solely focusing on footprints, you need to look for disturbance of the area. For instance, are rocks moved? Or can you see where someone dug their heel into the ground to climb over a rock? Are they using a walking stick and you can see the indent of the stick in the ground? Just remember, look for disturbances, not just footprints.

Disturbances tell a lot. Let's say you do find a footprint or an area where gravel looks like someone walked over it. Obviously, this is a great clue, but you need to examine each disturbance closely. For example, if a footprint is very deep, this is usually a sign the person is running. Also, if you are only seeing the front part of a footprint this is another sign the person is running since the back part of their foot probably isn't hitting the ground. And, if you see one of the feet dragging, that can indicate the person is injured.

Food and bathroom breaks. As humans, when nature calls you have to do what you have to do even if you are out in the woods. Now, I realize this isn't the most pleasant thing to look at, but you should look for signs of someone going to the bathroom outside. For instance, if you find a puddle that simply looks out of place consider that it may have been a bathroom break. In addition, if the person has food with them such as a candy bar or protein bar they may just throw the garbage out if they don't want to carry it. Of course, this could be another sign you are on the right path especially if you know what the person likes to carry with them.

All tracks age. When tracking someone you need to take into consideration that all signs and tracks will age. In other words, if you find a footprint that is barely visible, and looks like it may have dust blown over it, you will know this is an older track. Also, don't forget to look for signs of broken branches or trees, which will also age but can give you a clue as to when someone passed by the area. The bottom line is, tracking is a skill that can be learned by anyone and is critical during many crisis situations.

HOW TO EASILY TRAIN YOUR ENTIRE FAMILY IN E&E

This One Drill Ensures Your Loved Ones Are Protected

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Imagine this: Our nation is in turmoil and civil unrest is spilling over into formerly safe communities. A group of armed illegal aliens tries to force their way into your home while you are having dinner or putting the kids to bed. This gang breaks down your door and storms into your house. They are fine with killing you and your family to get what they want. Your only option is to use lethal force to defend your family.

Calling to report the incident to the police during widespread chaos would prove futile. Hanging around and waiting for the rest of the armed gang to come after you would be unconscionable. The only tool available to save yourself and your family from torture and murder would be a well-rehearsed emergency egress or what we in the spy business call Exigent Escape and Evade.

Will you and your family stare in disbelief as the gang takes over your home? Or have you prepared your family to respond in an instant to evacuate if necessary?

You already understand the need for situational awareness. However, being aware is only valuable if you can break the stranglehold of cognitive dissonance and take action to protect yourself and your loved ones. I recommend that you and your family develop a codeword or signal that will propel you into actively defying your tendency for normalcy bias in the event you ever have to do an emergency evacuation.



"Everyone goes into robot mode and performs the pre-planned actions with uniformity."

Start small. Do your first drills in a comfortable, safe environment. Try it at home while you are watching a family movie or having dinner. Explain to everyone what they will be doing and why. Let them pick the word, action, or signal so that it feels natural to them. You need to be serious about this exercise and rehearse it with them several times in advance. Treat it like a family fire drill and leave no doubt about how serious and important this exercise is to the entire family. No goofing around. Use this drill as an opportunity to teach discipline and self-reliance.

When you (or someone designated) initiate the signal, everyone should have an assigned action. For example, dad says, "Buckskin!" (or whatever your code word or signal is) then walks out of the room, gets his bag, and heads to the car without saying anything to anyone or turn-

ing off any lights. Everyone goes into robot mode and performs the pre-planned actions with uniformity, no talk, and a sense of controlled urgency.

The objective of this exercise is to radically break from tradition, routine, and normalcy. You are using your cognitive mind to overrule your instincts. You have to use your active thinking skills to interrupt your brain stem's desire to remain stable and calm.

Your cerebrum is the largest part of your brain. It is responsible for movement, speech, judgment, thinking and reasoning, problem-solving, emotions, learning, and handles all of your sensory input. But our cerebrum is often semi-dormant, and we rely on the brain stem (the lizard brain, Medulla Oblongata) and our subconscious to get us through the day. But you have the power to awaken your mind and force it to do miraculous things at a moment's notice.



Your brain is a tool. Learn how to use it, control it, and make it work for you. Do something great with it. Train your mind to obey your instructions, and do not allow complacency to creep into your life patterns. Avoid casually dismissing sensory input.

Now, let's finish the role-play example. Everyone meets at the door for a head count while dad checks to make sure everyone in the family has what they are supposed to have. No delays. No going back to get what was left behind. No talking, no asking questions, no complaints. Then, you all go out to the vehicle without saying a word. There are no discussions, arguments, or questions.

You drive to your destination. The purpose of remaining quiet during the exodus is to prepare for the possibility that you will have to remain silent during an actual event that requires immediate, silent, organized departure. You may know the military term "Noise and Light Discipline." If not, look it up and learn how to apply it to your training.

Practicing moving, working, traveling, and cooperating without speaking or in complete silence is a very valuable skill. That is another skill that has helped keep me and my fellow operatives alive through decades of special operations.

Then, once the drill is over, you discuss how it went. Talk about what everyone felt, what they thought about, and what may have given them trouble getting to the rendezvous promptly and with everything they were responsible for gathering and bringing.

You should repeat this exercise until you achieve three consecutive drills that are about as perfect as you can expect for your individual circumstances. By concluding with three successful drills, you will have taught muscle and mental memory. This simple procedure will make it much easier to succeed when you really need it. Practice makes perfect and perfect practice makes you professional.

Once you have accomplished this and worked out all of the bugs, raise it up a level. Initiate the code word and leave church a few minutes early as a family. Everyone just gets up and leaves, walks to the car without talking, gets in, and you get on your way.

You owe no one an explanation, apology, or discussion about the matter. This is your family and your business. Teach your family not to overvalue the opinions, views, disapproval, concerns, or objections of others. Do what is right and let the consequences follow.

Or you can start the drill as soon as you pick the kids or grandkids up from school. Additionally, you can call your spouse in the middle of the day and have them initiate an emergency departure drill from work, home, the grocery store, the hair salon, the golf course, or wherever and whenever.

After you have done this a time or two, you will feel the exhilaration of knowing that you are in complete control of your time, actions, choices, and decisions. You will have freed yourself and your family from normalcy bias and taught them to be self-reliant, action-oriented, and decisive.

I can promise you this: Successfully completing this training will bond your family far more effectively and with much greater value than a vacation to Disneyland. Remember, it is far better to disappear than to "be disappeared."



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can get first crack at the Ultimate Spy Week 2025. It's not officially open yet, but since you're a VIP, you can take advantage of the early bird pricing. The Ultimate Spy Week is an incredible week of escape and evasion, pistol, rifle, evasive driving, hand to hand defense, and a whole lot more. For full details on Spy Week, visit www.SpyWeek.com for your early bird pricing.

HIDDEN HEALTH DANGERS

This Could Be Slowly Killing You While You Sleep

By Dr. Omar Hamada
Special Operations Physician

I know none of us like to admit it, but many of us snore. But what is snoring exactly? When we sleep, our jaw relaxes and moves backwards abutting the base of our tongue against the back of our throat (pharynx). Our pharyngeal tissues also relax and fall into our throat.

This narrows our airway, and particularly if we mouth breathe, those tissues vibrate as air moves through the area into our trachea and lungs. We call the resulting sounds snoring, and there are many dangers associated with it.

First, snoring is most often a result of mouth breathing. Mouth breathing dries our mouth out, resulting in receding gums and tooth damage. Left unchecked, we end up with exposed roots, and other oral hygiene issues.

Second, snoring is also a result of being overweight or obese. Fat collects nearly everywhere in our bodies – including in our neck and throat causing tissues to expand and collapse. So, this is a sign of poor health that trends towards metabolic syndrome, and predisposes to diabetes, high blood pressure, heart disease, stroke, kidney disease and heart failure over time.

Snoring can be a sign of OSA or obstructive sleep apnea. This causes us to stop breathing for longer than normal periods as we sleep and can lower our blood oxygen saturations. This can cause heart failure, excessive daytime sleepiness, further obesity, and a worsening of our baseline health. Constant fatigue also leads to relational stress and dissatisfaction.

So, if you think you snore, there are a couple of things you can do. Getting a sleep study is the most accurate way to discover the severity of your snoring and OSA. From there, your physician may prescribe various remedies. Some dentists are now doing modified sleep studies on their patients.

You can also download a “Snore-Score” app to your phone that records you sleeping and gives you a snore score. There are also many various sleep monitors and trackers you can use with different devices like Garmin, Oura ring, Whoop, ResMed, that give you a sleep score broken down by different phases of sleep, breathing rate, heart rate, awakenings, etc. This info is very useful in assessing and improving your sleep.

If you do snore or have OSA, there are some things you can do. First, make sure you are at a proper weight. For most people, that means losing weight so your body composition is no more than 15-20% fat. Once that’s done, or if you are happy where you are, here are a few other remedies you can try.

One is to change your sleeping position. If you sleep on your back, you are probably going to snore more and louder. Try sleeping on your side or change your head position with an anti-snoring pillow.

Next, anti-snoring devices can help minimize snoring. One gently vibrates your pillow when it senses snoring to temporarily stimulate you to a lighter stage of sleep, so you change position or open your

airway. Another actually moves your pillow to produce a similar effect.

You may try an oral device or mouthpiece that holds your lower jaw in a forward position so it can’t relax and fall back towards your throat. These can be over the counter or your dentist can custom make one for you.

Mouth taping is another effective technique that many people now use. By forcing you to breathe through your nose, 90% of your snoring stops.

At first, this takes a little getting used to as some may feel short of

breath and want to mouth breath. However, if you relax and focus on nasal breathing, you will usually get used to it and realize amazing health benefits. If you must take a mouth breath, simply peeling off the mouth tape slightly from one side, taking a deep breath, and then reapplying it, should suffice.

CPAP is another solution that many people use. While CPAPs are getting less intrusive and quieter and provide excellent airway support with positive pressure, it can be a lot in terms of equipment, noise, and maintenance, though most people adapt to it well.

Finally, surgery is also an option, from inserting a device into the neck that stimulates muscular contractions during sleep, to debulking tissues to allow a wider opening of the airway.

Snoring and sleep apnea are problems many people face, but as you can see, there are many options for improvement these days.

"One gently vibrates your pillow when it senses snoring to temporarily stimulate you."

USING EVERY WEAPON AT YOUR DISPOSAL

The Role Of Your Head In Self-Defense

By Matt Numrich

Head Instructor Of Spy Black Belt

Headbutts are a quick, easy, and powerful move for self-defense. However, many people make a critical mistake when trying to execute them properly. That's because a lot of people base their headbutting technique on what they see in movies or on TV.

The most common method you see on TV involves using the forehead, mimicking what I call the "Hollywood headbutt." While it seems natural, this method is the wrong way to do it, and actually creates a situation where both you and your attacker suffer from the impact.

It's like two rams clashing heads – an even exchange that won't give you the advantage that you need in a self-defense scenario. The downside of this approach is that it puts your own safety at risk, potentially leaving you just as injured as your attacker.

Instead, the correct and better method is to use the crown of your head for striking, which is the strongest part of your skull. By pulling your attacker's face down onto the top of your head, you can deliver a more powerful strike while minimizing the impact you feel. This technique takes advantage of the strength of the skull while targeting the weaker areas of your attacker's face such as the nose or jaw. It's a high leverage move that shifts the dynamics in your favor.

Leverage plays a huge role in this technique.

Instead of focusing on brute force by ramming forward, pull the attacker's face down onto the top of your head. This way, you use the force of their movement to add to the impact. The benefit here is that you don't need



excessive strength. There's just one trade-off: If you fail to control your attacker's head, you could miss the opportunity to deliver an effective blow.

But don't worry, I've made a quick video for you that covers the details of a safe and effective headbutt, and I walk you through the details that make this move a lifesaver. Go here to watch the video: www.FearlessStreetFighter.com/headbutt

While using the top of your head is ideal, self-defense is all about adaptability. So, if you're in a situation where you're restrained, like in a bear hug, you might

not have the space to use the top of your head. In such cases, any part of your head can be useful for striking. While this isn't the most optimal choice, it's still better than being passive and ending up dead.

The key takeaway here is to remain flexible with your techniques, depending on what the situation demands. Adaptability is a strength, but relying too much on suboptimal strikes like the forehead could leave you vulnerable in the long run. The main point I want to drive home is that self-defense is about fighting smarter, not harder.

By using the strongest parts of your body and targeting your attacker's weaker areas, you create an unfair advantage for yourself. It's a reminder that the goal in self-defense is not to engage in a fair fight, but to protect yourself and end the threat as efficiently as possible.

This strategy, while highly effective, also requires practice and a strong understanding of how to apply techniques in real-world situations. By rethinking how you approach the headbutt, you can transform it from a risky exchange into a powerful, controlled strike that tilts the odds in your favor.

"The goal in self-defense is not to engage in a fair fight, but to protect yourself."