

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

ESPIONAGE EFFORTS HAVE SHIFTED TO YOUR LIVING ROOM

Why and How A Spy Would Target Your Home

By Jason Hanson

Former CIA Officer

Since the pandemic, working from home has become the new normal for many people. As a result, residences have become a big target for spies. No one is immune. In fact, Israel's Shin Bet Security Service recently discovered that spies have been targeting Israeli leaders and the people who work in their homes.

A member of the housekeeping staff for Benny Gantz (Israel's Defense Minister) was recently charged with espionage. Turns out, the man offered to spy on the defense minister on behalf of Iran. According to Israel, the



housekeeper corresponded with an Iranian over social media and provided the Iranian with pictures taken inside the house to show proof. The man also said he could install malware on the Defense Minister's computer.

The suspect was arrested on espionage charges after the investigation. During court, the suspect said he committed the crime because he needed the money. He claimed he didn't intend to risk national security, but instead, planned to get funds from Iran without actually doing anything.

With more people continuing to work from home these days, there is more information at risk and

more chances that you could be targeted for espionage — even if you think you don't have anything of value.

Truth is, even if you aren't a government employee, there is still a risk of your work being compromised. You may know someone, who knows someone, who is the end target. (You may simply be the "access agent.") Or some criminal may just want to steal your personal information.

Considering this, here are a few ways that spies could try to get access to your house. First, the story above highlights why you should always use caution with strangers in your house. From house cleaning to appliance

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repairmen, you need to be careful who gets access to your home.

Unfortunately, no matter how perfect your house is right now, there will come a day when an unknown person has to come over and fix something. When that happens, always ask the company sending the person if they have passed a background check.

When someone is in your house working, you should pay close attention to where they are and what they're doing. Don't be afraid to stay close to them and keep them in your sight the entire time.

Next, it should go without saying that your computer and devices are huge risks. It's a fact that almost any electronic device

can be compromised these days. And even if you don't work from home full-time, chances are you have used a home computer for work at some point. (This could be something as simple as checking your work email).

That means your house computer can contain information about your job. So, even if you think your house computer is safe, you should still take precautions, including having password-protected access to your computer. This way, even if someone was able to get to your computer, they would have difficulty logging in.

Selling your house can be stressful. To make matters worse, you will have an untold number of strangers coming into your house and

opening every closet, inspecting every nook and cranny as they look around.

The thing is that someone with bad intentions could pretend to be interested in your house and convince a realtor to show them your property. So, if you are selling your house be careful with what you have left out for people to see.

The same can be said for landlords. Your landlord might need to come to your house to inspect or fix something. Again, this is a person you should be able to trust, but you

don't know if someone has convinced them to look around or look for specific information.

"You will have an untold number of strangers coming into your house."

The bottom line is this: Working from home has been welcomed by millions of Americans, but when you work from your house you could be making it a target for anyone who wants confidential information about you, your contacts, your job, or any access you may have — even if you don't realize it. This is why you've got to be vigilant about anyone you let in your home. Also, don't be afraid to run your own background checks on people in your house such as the dog sitter, nanny, etc. There are plenty of companies that allow you to easily run a background check including Intelius, Instant Checkmate and PeopleFinders.

Breeo Smokeless Fire Pit

Everyone can enjoy a good fire pit, whether it's for cooking hot dogs in the backyard or staying warm in an emergency situation. One such fire pit to consider is the Breeo X-Series Smokeless Fire Pit. It has a unique multi-layer airflow design that forces the air and smoke back into the fire, burning away the remaining smoke. While there is no way to remove 100% of the smoke, the Breeo eliminates 90% of the smoke from a typical fire.

The Breeo fire pit includes several ways to cook over the pit such as a top plate attachment. You can adjust the height of the grill to get the perfect temperature for the food you are cooking. And it's designed to direct grease from cooking back into the pit.

There are plenty of additional accessories for the fire pit so you can customize it to your needs and use. The Breeo X-Series is made in the USA, is available in stainless or corten steel, and comes in three different sizes.

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HOW TO PROTECT YOUR GOLD AND SILVER FROM THEFT AND DISASTER

The Top Storage Options Today For Precious Metals

By Forest Hamilton
Universal Coin & Bullion

A common question I'm asked by both collectors and investors is, "Where should I store my gold and silver?" Well, for 20 years, I've had the privilege of working with a gentleman named Mike Fuljenz. Mike is known as "America's Gold Expert." Mike and I have discussed the pros and cons of coin storage and have both written articles discussing our recommended best practices. While we agree on many things, one thing we disagree on is safety deposit boxes vs. home storage.

Mr. Fuljenz advises coin collectors and investors to store their most valuable rare coins in a safe deposit box at a bank or storage facility and then "don't be predictable when going there." Bear in mind that professional coin dealers do this as a regular business practice with their more valuable rare coins or with gold and platinum bullion coins.

While I see some benefits to safety deposit boxes and storage

facilities in certain circumstances, I generally prefer home storage. Whether a large safe or a hidden room, I advise my clients to keep their gold and silver where they can get their hands on it if needed. I draw on my own experience for this recommendation.

You see, in 2005, hurricane Rita hit my hometown of Beaumont, Texas. I tried to get \$5,000 cash out of my bank three days before the hurricane hit and was told I could only get \$1,500. After Rita hit, Beaumont was without power and water for over a month. Had I kept my coins in the bank, I would have been unable to get to my safety deposit boxes because the banks were closed.

Fortunately, I could grab a roll of gold American Eagles and a roll of silver American Eagles from my safe, giving me 10k in liquid assets I could sell almost anywhere for quick cash.

So, while Mike and I don't agree on everything, here are some things we both feel strongly about.

Buy a fireproof safe that is too heavy for thieves to easily carry off. If possible, secure it to the floor in an out-of-the-way location and not in your bedroom or bathroom.

Be careful about who you tell about your safe, your coins, and your other valuables. Don't leave your coins out so children, guests, or workers can see them or access them. Valuable coins tend to "walk off" when left out and unattended.

Check your coin insurance coverage with your homeowner's policy. Make sure it covers the collectable value. List and photograph your most valuable coins for insurance purposes and store that list in a secure place. Additionally, you should take steps to keep your home secure, so definitely have an alarm system.

Have the Post Office hold your mail while you are out of town and have coin-related material sent to a post office box. Make it look like you are always home. Don't let newspapers pile up, snow remain undisturbed in winter, your yard un-mowed in summer, or leave advertisement hangers on doorknobs.

Always keep your doors and windows locked and routinely check them. Turn on the lights using timers. Well-lit grounds are less likely to be random targets and motion-activated lights leave few, undetected hiding places.

I hope this information answers some of the questions you may have about storing and protecting your gold and silver. If you have any questions about your specific situation, feel free to call or email me for some guidance.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@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.]



PROTECTING YOUR FOOD IN AN EMERGENCY

Tips And Tricks For Living Out Of A "Survival Cooler"

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I remember when Hurricane Opal (a massive Super CAT 3 hurricane) hit the Florida panhandle in the mid-'90s. I was living on Eglin AFB at the time, serving as a Ranger Instructor. My quarters were on Auxiliary Field 6, which was 26 miles off the main road to Fort Walton Beach, smack in the middle of the base, surrounded by thick woodlands and swamp, and only a small PX with limited supplies.

There were two refrigerators in the quarters and so we'd stock up on food for a month at a time. We'd just done the monthly shopping and filled up both fridges just a few days before the hurricane hit. After the storm, the power went out for weeks, so we tried to quickly eat everything in the fridge before it spoiled.

To keep the frozen goods edible for as long as possible, we came up with some crafty ways of using coolers. The coolers gave us several extra days of keeping the food from spoiling, until we finally had to have one huge BBQ for everyone in our camp.

So, if you find yourself in the aftermath of a natural disaster and either must evacuate or remain at home and suffer with long-term power outages, your new best friend could be a cooler.

Now, despite the name, a cooler doesn't cool anything. It simply helps maintain the temperature of the items in it. But to ratchet up the effectiveness of your cooler as a survival tool, I've got some tips and tricks for you I learned through experience and research.

First, the type of cooler matters. If you buy a cheap cooler, expect cheap results. I remember the pain at the cash register when I paid over \$200 for a quality cooler. But after my first use of that baby, I discovered firsthand that a truly well-built cooler keeps things colder longer and saves you time and money on extra ice.

There are many brands to choose from so don't get too caught up in names. Coolers vary in holding capacity, ice longevity, and transportability in whether they're carried, strapped or wheeled.

The size and color are important factors. A bigger cooler means more

cubic inches to cool, but you can carry more. A smaller cooler has less area to cool but carries fewer items. The lighter the color the better as darker colors attract heat from the sun.

Try pre-chilling the cooler. This will help keep the contents cooler

longer than grabbing one that has been sitting in a warm place or the sun. Try to limit how often you open it and keep the lid closed tightly.

Packing the cooler right is also very important. You want it organized smartly to eliminate the number of times you are in and out of it and cut down on losing the cold temps inside. Pack items inside very tightly to eliminate air space, because the less airflow the longer your items will stay cooler.

Remove all excess packaging material as it just gets wet and soggy and takes up needed space for more items. Your food should take up no more than 60% of the cooler's storage space, especially if you wish to keep your food cold for more than three days. Fill the rest of the space with ice.

Keep coolers out of the heat and direct sun, especially when the weather is hot. The temperature difference between the shade and direct sunlight can be significant and can help keep your food and drinks cool longer.

Now, following these "cooler survival tips" can truly extend your food storage after a natural disaster. Remember, when it comes to coolers, you get what you pay for and there is a huge difference in quality. I have found a well-built cooler goes a long way to help you survive. Many resources exist to help determine which cooler is best for you, and adding the tips above can be a game changer. If you want a quick start on some coolers to check out, look at the ones made by Yeti and also Cabela's Polar Cap Equalizer.



A TRAITOR AMONGST US

How Betrayal Can Muddle Your Thinking — If You Let It

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I worked very closely with several elite senior foreign intelligence officers while I was assigned to the Director's Staff at NSA. I am blessed to enjoy life-long, continuing relationships with some of them. However, one of them turned out to be a Judas.

I was actively working with some folks in the public sector who were helping us (The Americans) infiltrate nearly impenetrable social groups of world-class mathematicians and scientists. This group was smart enough to find ways to connect and stay in contact while avoiding the scrutiny of governments, private intelligence, and industrial spies. Their network was only susceptible to incursion by an insider willing to reach out to a professional spy for contact.

That professional spy was not me. It was my predecessor, mentor, and dear friend to this day, Ray L. Ray used his charm as well as his incredible intellect to spread the word that he was looking for someone who could introduce him into the sacrosanct network of super-brains, and he had the credentials and notoriety to open those doors. He was a career intelligence officer, but his cover allowed him to appear as a private industry brain for hire.

He handed the case over to me as he moved on to develop a new line of inquiry. I was honored (and excited) to jump in with both feet. The case required me to travel to several foreign countries to meet with this asset in secret. The asset was remarkably



valuable and provided the US national security apparatus with a treasure trove of insights into the emerging communications, banking, networking, and other security protocols being developed by foreign powers. This asset was labeled a National Treasure because of the high quality and proven validity and reliability of his intelligence production.

Another officer that worked with me on the Director's Staff was a good friend. The officer had a proud heritage and was of foreign descent, but was a very loyal American citizen and highly effective foreign intelligence officer.

The officer's assignment was to compile the most critical intelligence collected, processed, and analyzed by every NSA activity during the preceding hours and prepare the Director's Daily Briefing by 0400 each morning. (I was allowed to read each one since I

was one of the four authorized staff proofreaders.) That same document was shared with the CIA's Director of Central Intelligence and whoever else the existing protocols for each class and level of sensitivity allowed. Of course, as critical and time-sensitive events discovered by any NSA activity developed, the officer would prepare an emergency brief for the Director.

By the very nature of the work to which I was assigned (covert intelligence operations answering SNUTR - Signals Intelligence (SIGINT) Numerical Tasking Register for Congressionally mandated and funded High-Value Intelligence Targets), I had frequent and recurring interactions with the Director's briefer.

It occurred to me that this officer (the Director's briefer) seemed extremely interested in minute details about my asset. However, it was their job to answer all

questions the Director had about any special intelligence operations. Nothing gets held back from the Director, for obvious reasons. So, if the Director's briefer asked me when my next meeting with my asset "Thunder Canyon" was, I was going to tell them when, where, and what I expected to get from him.

Soon after, I was invited in to see the Deputy Director. It was not uncommon to get a call from his assistant and I often met with him once or twice a week. But that visit was very different from any other I had ever had with him.

He laid it out quickly and succinctly. Someone close to the Director was providing highly classified, TSC (Top Secret Codeword) NO-FORN (Not for Foreign Dissemination) material to a foreign government. It was similar to Jonathan Pollard's spying case in the late '80s, but this case never made it into the press. The Director's briefer had been implicated and I was asked to help unravel the escapade by noting the officer's inquiries and providing false information.

Now, being betrayed is a daily risk in the world of international espionage. You expect it and plan for it when you are working with assets. But when your own teammate sells you out, someone who is supposed to be your friend and co-worker, it is an entirely different feeling.

My former friend and colleague was arrested a few weeks later. Two civilian-clothed security officers from NSA's Federal Protective Service (FPS) politely greeted the officer at their desk. I was sitting nearby and had been expecting it for a few days at that point. They asked the officer to gather their

personal belongings and come with them. The officer looked at me with terror and shame in their eyes, then started soundlessly crying. The officer didn't say goodbye, just turned and walked out with them.

I had very mixed feelings. I was proud to be part of the activity that helped to remove a (suspected) spy from within our own walls but was sad to see someone I enjoyed working with being escorted away by armed security. I trusted them

and seeing them taken away meant that I had misplaced my personal trust.

That is a foundation-shaking realization for someone who gambles their life on discerning the trustworthiness of people. I had not experienced that kind of sickening feeling of betrayal again until the recent mid-term elections that happened last month. I am still dizzy at the realization that so many of my fellow Americans have chosen to betray our traditions, culture, and God-centric values.

When my fellow intelligence officer betrayed me and my trust, I had a difficult time adjusting to the notion that I might not be able to trust other fellow officers. Now, I am feeling that with a large number, perhaps 50%, of my fellow Americans.

Being betrayed by someone close to you changes your interactions with everyone. You create new defenses around your thoughts, views, information, and attitudes. I am now concerned that someone I know may turn me in for something that they find "offensive" or that might put me in contention with the current thought police.

Here is what I have learned: Much like the senseless game of removing

our shoes and belts to board a commercial aircraft, fearing our neighbors ratting us out to the government is non-productive, self-damaging, and a form of insidious capitulation.

So, I am going to continue to be a man who trusts people, lives by my instincts, and chooses the right, regardless of the consequences. I hope you will join me on this journey of confrontation with evil and stake your claims. What values are important enough to fight and die for? What level of risk are you willing to take to stand up and speak the truth and do the right thing despite knowing you may be betrayed by someone in your own camp?

In the coming months and years, we all must answer those questions in our own way. The neutral ground has disappeared. The fight is at our doorstep. We must choose who we can trust, stand by them, and fight the good fight — together.

"My former friend and colleague was arrested a few weeks later."



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HOW TO SCIENTIFICALLY PROLONG YOUR LIFE

Doing This One Thing Can Add Years Of Health And Vigor

By Dr. Omar Hamada
Special Operations Physician

Recently, I was taking care of what looked like a broken, weak, mildly responsive 84-year-old man. After getting a medical history and examining him, I asked him how old he felt inside. He immediately lit up, smiled, looked me dead in the eye, and said, "I feel like I'm 27!" He told me that no one had ever asked him that question.

Many of us beat our bodies up when we are young, and as we age, we feel it! Our joints ache, our gut grows, we slow our activity (but maintain the same caloric intake), and sometimes pick up bad habits (smoking, dipping, drinking, etc.) that hasten death and disease.

In general, our bodies wear out before our spirits. We try to stay vigorous and active but are limited by what we can physically do. It can be frustrating, but it is for this reason that the anti-aging movement is rapidly growing. Much of it may be a fad, but there is solid

science driving it and some of it will radically change how we approach healthcare.

Most of us want to live longer and healthier and stay vibrant and strong as long as we can. No one wants to live ill and broken. While many factors influence aging, one of the most important is telomere length. But many people still don't really understand what telomeres are, what they do, and why they're important.

We know that cells cannot continue to divide indefinitely. Generally, cells die off after about 60 doublings. The molecular clock that controls this process is the telomere. These are the end caps on our chromosomes that prevent genetic instability, fusion, and fraying, like the plastic caps on the ends of shoelaces.

Telomeres shorten as we age. Every time a cell splits and doubles, the telomeres lose a little length. The faster they shorten, the faster we age. Interestingly, this also leaves

us more susceptible to disease. Determinants of telomere length and how quickly they shorten are things like race, gender, lifestyle, activity level, and, of course, genetics.

As telomeres shorten, people get more ill and weaker, and begin to decline in health. Some illnesses that worsen with telomere shortening are hypertension, cancer, Alzheimer's, cardiovascular disease, stroke, diabetes, and infectious diseases.

However, we now know that we can reverse this

a bit and either slow telomere shortening or even lengthen telomeres by altering certain enzymes like telomerase. With telomere lengthening, we see aging reversal, increased lifespans, brain and organ regeneration, and the like. Of course, there are limits to what we can do.

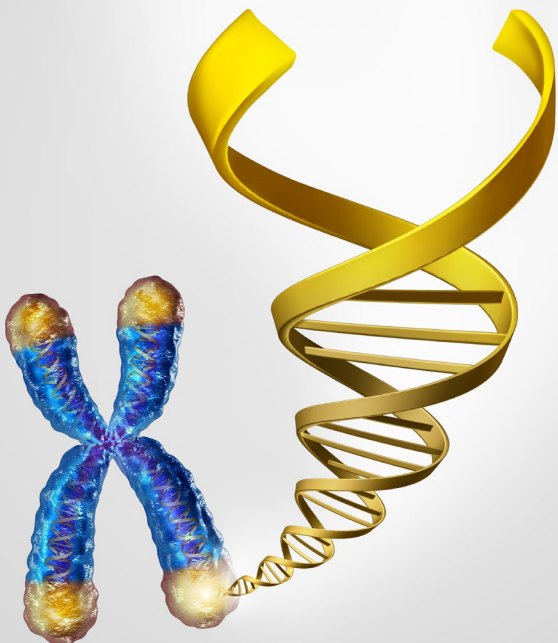
We can measure our telomere length through specific genetic tests that enable us to then graph our lengths against age-adjusted graphs to see how we compare with others our age. These tests are usually repeated every 6 to 12 months.

Other options for slowing telomere degeneration or lengthening our telomeres include sirtuins, NAD+, mitochondrial optimization, and a healthy lifestyle (proper sleep, cessation of smoking, limiting or avoiding alcohol, regular exercise, and a healthy diet).

NAD+ has become popular and companies are producing supplements that are actual precursors of NAD+. You see, NAD+ is what our bodies use to make energy. It's what our mitochondria run on. The hope is that by providing precursors, we will increase our NAD+ levels that naturally decrease as we age.

An even more powerful way of increasing NAD+ is through IV infusions of NAD+. IV infusion therapy is a quickly growing field being used to treat aging, depression, PTSD, and many other conditions.

Though most US physicians don't yet significantly consider telomeres, it is a rapidly expanding field and one that is well worth paying attention to. It could add years to your life and keep you vigorous.



HOW TO AVOID A BRUTAL KIDNAPPING

Answering These 4 Questions Could Save Your Life

By Matt Numrich

Head Instructor Of Spy Black Belt

Eliza F. was a kindergarten teacher and mother of two who went out for her morning jog and never came home. Her body was found with a gunshot wound to the head and several injuries to her jaw and right leg from blunt force trauma.

She was kidnapped by Cleotha Abston in Memphis, Tennessee, who is a repeat offender. He hunted her down on her jog, removed her from a public environment and eventually murdered her.

If you think this is just something only women need to pay attention to, think again. Outside the United States, especially in Mexico or Central America, kidnappings are common and men are routinely kidnapped to gain access to their financial resources. The fact is, kidnapping is a very real threat worldwide for both genders.

Although these predators are usually stalking their victims for weeks, it can also be random (as was the case with Eliza). In either situation, whether it's a single kidnapper or multiple attackers, the objective is to get you into a car or move you to a remote location. This is why I want to share some quick tips on how to not only fight off a mass attack kidnapping, but also how to keep yourself clear of one in the first place.

First, “where” you go is clearly important. Whether you are in a familiar or unfamiliar place, there are locations where kidnappers can hide and observe potential targets. So, if possible, know your environment before going there. You can gain intel on the area by driving around there first to scout

areas you may need to pay extra attention to or avoid, before you go out on foot.

Secondly, “who” is around you is important. In a crowded venue such as a mall, concert, or airport, you should stay vigilant. Don't keep your head down or buried in a cell phone. Look people in the eye as you pass them, and be sure to scan your surroundings occasionally, including who is behind you.

Next, knowing “when” to move could save your life. Don't disregard the churning in your stomach if you feel something isn't right. If you feel like someone is following you, go to a more public area, locate the closest improvised weapon, or change up your pace or destination to see if this person mirrors your movement. The point is to do it immediately. Hesitation could get you killed.

Lastly, knowing “how” to fight off multiple people when they are looking to remove you from a location as quickly as possible is similar to mass attack defense.

You never want to get in the middle of two or more people, which is why you must “zone.” You can use zoning to escape and not physically fight back if it is more economical to simply get away.

If by chance you are grabbed by more than one person, you want to become the hardest piece of mass to hold on to, carry, move, etc. That means you are kicking, punching, biting, and clawing any vital organ



near you. (Biting is a tremendous equalizer and if you don't believe me, do an internet search for “Kina Mutai.”)

If you get thrown into the backseat of a car, try to go out the other door, or even escape to the front seat while you lay on the horn. If you are pushed into a trunk, kick the door up every time there is an attempt to shut it. Worse things happen when predators take victims to secondary locations, so you do whatever it takes to never give them the chance to do that.

My advice is to practice this. Have one or two people try to put you into a car and practice not letting them. If a weapon is used, it is better to make a stand right then, as opposed to having to make a stand in a more remote area on their terms.

Now, let's hope you're never in this situation. But if the worst happens, using these countermeasures together will help give you the best shot at escaping or surviving. Practice all of them the next time you are at the mall, in a parking lot, a social setting, or taking your dog for a walk. Preparation and practice are vital.