

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

HOW TO SPOT FAKE BILLS

Don't Get Ripped Off During Cash Transactions

by Jason Hanson

Former CIA Officer

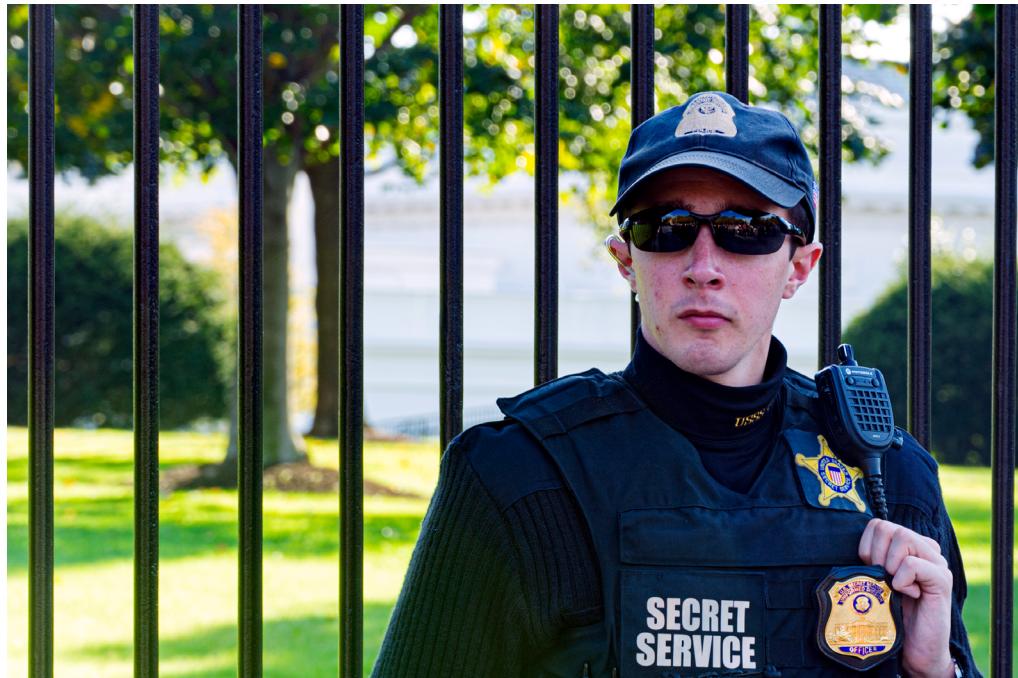
When Albert Talton decided to produce counterfeit money, he had no experience in printing or graphic design. In fact, he didn't even own a computer.

Talton created his first counterfeit bills using a basic HP printer. At first, he realized the fake bills weren't good enough to pass inspection, so he began working on ways to perfect his counterfeiting. Over the course of three years, Talton used standard laser printers, computers and imaging software to circumvent sophisticated anti-forgery technologies built into every bill. He even made weekly trips to his local Staples store to purchase more ink for his printer and to drop off his empty ink cartridges.

Now, most counterfeiters don't make more than a few thousand

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worth of bills before they are caught. But, by the time Talton was caught, he had printed over \$7 million worth of fake \$100 bills. Talton used the fake money to

live a lavish lifestyle including buying a \$140,000 Mercedes Benz. Eventually, he became one of the most wanted men by the Secret Service.

Initially, Talton was spending the bills himself at large chain stores to avoid detection. He later enlisted friends to help him print and sell the bills to intermediaries who then

"Over the course of three years, Talton used standard laser printers, computers and imaging software."

passed the bills to other people. His bills were so good that Talton and his accomplices could not keep up with demand. Talton's operation quickly unraveled when a group of shoppers at an H&M

Store were busted for trying to pass off the bogus bills and they simply pointed authorities to people who were working for Talton. Talton pled guilty to charges of conspiracy and manufacturing counterfeit notes. He was later sentenced to nine years in federal prison.

When it comes to counterfeit bills, the person who pays the price

is always the victim. If you are a business owner and your employee accepts hundreds of dollars in fake bills, you end up eating the cost. Or let's say you sell a car and the person gives you thousands of dollars in fake bills, you end up being the victim and losing the money. With that being said, I want to share with you the best ways to spot a counterfeit bill.

Color-shifting ink. One of the first things to check to see if a bill is authentic is if the bill denomination on the bottom right-hand corner has color-shifting ink. Since 1996, all bills of \$5 or more have this security feature. Basically, if you hold a new series bill and tilt it back and forth, you can see that the number in the lower right-hand corner shifts from green to black or from gold to green.

Watermark. New bills use a watermark that is actually a replica of the face on the bill. On older bills, it is just an oval spot. The watermark should only be visible when you hold the bill up to the light and it should be on the right side of the bill. If the watermark is a face, it should exactly match the face on the bill. If the faces don't match, it means the bill has been "washed".

Blurry text. Authentic bills are made using die-cut printing plates that create perfectly fine lines, so they look extremely detailed. Counterfeit printers are usually not capable of the same level of detail.

"Authentic bills have microprinting in the security thread as another layer of security."

Take a close look, especially at the borders, to see if there are any blurred parts in the bill.

Security thread with microprinting. The security thread is a thin imbedded strip running from top to bottom on the face of a bill. In the \$10 and \$50 bills the security strip is located to the right of the portrait and in the \$5, \$20, and \$100 bills, it is located just to the left. Authentic bills have microprinting in the security thread as another layer of security. Here is a list of the microprinted phrases on authentic bills:

- \$5 bill says "USA FIVE"
- \$10 bill says "USA TEN"
- \$20 bill says "USA TWENTY"
- \$50 bill says "USA 50"
- \$100 bill says "USA 100"

If you ever suspect a bill is counterfeit, it's best to err on the side of caution and refuse to

accept the bill. As I mentioned, you are the one who ends up paying the cost for accepting a fake bill. For instance, if you are accepting a large sum of cash for the sale of a vehicle, you should consider conducting the transaction at a bank who can immediately take possession of the bills and verify the legitimacy and provide you a check or put the money in your account.

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Sherpa Blanket by Rumpl

Rumpl is a company known for making quality, cold-weather gear that can be used while camping in the mountains or for staying warm on a cold, snowy day inside your home. The Sherpa Blanket is one of the newest products from Rumpl with a super soft polyester sherpa fleece on the back side of the blanket and soft microsuede material on the front of the blanket. The Sherpa Blanket is offered in three neutral colors, and is only available in the 50" X 70" throw size, weighing about 3 pounds, so it's a one-person blanket.

For convenience, the blanket comes with roll-up straps for easy carry, corner loops for securing the blanket and includes a special finish for added water-resistance. The Sherpa is machine washable and dryer safe and includes antimicrobial properties.

Although the Sherpa Blanket lacks an insulation layer, the fleece material does a great job of trapping your body heat under the blanket. In addition, while the blanket does a solid job of keeping you warm, it's not very small, so it wouldn't be ideal for a bug out bag or for hiking long distances. This is something to keep at home or in the trunk of your car or at a cabin. Regardless of where you live, it never hurts to have a couple of warm blankets in the winter, especially during a cold snap. The Sherpa Blanket is available at many different retailers, including Amazon and REI.

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Spy & Survival Briefing is published monthly by Spy Briefing LLC, 124 S. Main Street #4090, Cedar City, UT 84720. www.SpyBriefing.com

Spy Briefing President: Jason Hanson; Managing Editor: Theresa Dean; Graphic Design: Mena Sugg

DON'T KILL OFF YOUR HELPFUL BACTERIA

4 Things You Might Think Are Good For You That Really Aren't

by Dr. Omar Hamada
Special Operations Physician

A couple of weeks ago, I was at a medical conference in Las Vegas. We were discussing longevity and reversing disease. As part of that, we began to discuss high blood pressure and its prevention/cure. Many diseases we once thought were organic processes by diseased organs, are actually heavily influenced by the bacteria in our body — our biome. One of the problems is that so many of the toxins, antibiotics, and other things we consume or are exposed to kill off helpful bacteria and then consequently cause disease.

Certain bacterial strains produce nitric oxide which helps relax smooth muscle in our blood vessels. Without this nitric oxide, we can get hypertension. This process of nitric oxide production actually begins in the mouth. Various studies have repeatedly proven that the daily use of mouthwash kills these important bacteria, reduces nitric oxide levels and induces high blood pressure. That's right! The regular use of bactericidal mouthwash can cause high blood pressure by reducing the nitric oxide available for use in our bodies.

About 25 years ago, proton pump inhibitors hit the market. They are also known as PPIs (medications like Prevacid, Protonix or Nexium). Those medications are available either over the counter or by prescription in higher doses, to treat gastrointestinal reflux. They are stronger than the H2 blockers (like Zantac, Axid, Tagamet, or Pepcid) and are used when those H2 blockers fail. When PPIs first came out, there were strict rules surrounding their use. In fact, we could not use them for longer



than 8 weeks without doing upper endoscopy (EGD) to confirm our diagnosis and see if there was any other curable reason for the reflux like H pylori infection that was easily treated with antibiotics.

The problem with PPIs is that they significantly alter our biome (bacteria) particularly in our GI tract. One of the primary issues is that the GI system provides a great deal of immune protection to us and when we alter our biome with chronic use of PPIs, we weaken and hamper our immune system function. Sometimes this is unavoidable, but usually reflux can be fairly simply controlled with other methods. The fact that these meds are OTC makes this a much bigger issue since they are so easy to get and use without proper education. Most people are completely oblivious to this threat to their health.

We see hand sanitizer dispensers everywhere from our doctor's offices to hospitals to grocery stores and the mall. In fact, many moms carry hand sanitizer in their purses for use on their children's hands before they eat. The immune system is strengthened when it is used - again within reason. Like muscle or bone, you must exercise

and challenge it for strengthening. If you protect it and don't challenge it, it weakens. That is why overusing hand sanitizer is actually bad for us. It kills good protective bacteria on our skin and is so much worse than simply washing our hands, which doesn't sterilize our hands but cleans our hands of excess bacteria.

Similarly, antibacterial soaps smell good and help control body odor, but with the tradeoff of sterilizing our skin instead of cleansing it. Again, do not sterilize, but do clean with soap and water. When we sterilize our skin, we lose an important barrier to infection. Skin should have bacteria on it! Just not disease-producing bacteria. When you sterilize the skin, you are more likely to get a harmful infection than if you leave the skin barrier intact but clean (not sterile).

Obviously, don't always assume that what you hear on a commercial is true. The best way to treat disease is to avoid it. Keep your immune system strong, wash your hands with soap and water and in general, avoid frequent use of mouthwash, hand sanitizer, antibacterial soaps, PPIs, and antibiotics for non-bacterial infections.

HOW TO KEEP AN EDGE WHEN THERE ARE NO ROCKS

Discover the Ancient "Sand Stick" Method

by EJ Snyder

Former Army Ranger and Extreme Survivalist

My partner I and were deep in the Amazon Jungle in Peru. My knife blade had become dull from lots of cutting and chopping and I needed to sharpen it. But, I wasn't allowed to bring a sharpener since I was in a training situation. So, I looked for a rock to do the job. I was amazed to notice there were simply no rocks around the jungle floor or in the river. I was astonished that everywhere I looked, I could not find a single one.

Now, what does one do in this case? Well, you must improvise. Trying to hack your way through triple canopy jungle with a dull blade is exhausting and a dull knife just doesn't lend itself well to any task. So, I used an ancient technique that the indigenous people of the Amazon used for thousands of years, using a piece of wood, sand,

and some water to keep the blade sharp. It was a game changer for me out in the jungle.

Here's exactly what I did: The way locals sharpen their blades is the "Sand Stick" Method used by the jungle tribesman. When you think about this concept it is actually very simple and makes complete sense. If you do not have rocks, you need to create a similar effect. The technique takes a bit of patience to get it down, but after going through a dense jungle with a dull blade and your arms smoked, what better way to take a break and try to ease your pain?

These are the steps to the "Sand Stick" method. First, locate an area with water. Preferably, a small creek or tributary that has some coarse sand in it. Now find a piece of large branch that you will cut down into a board. You need to make one side flat.

Second, on the flat side of the branch, bore small holes randomly placed and spaced all over the board. What this does is give the sand paste you are about to make a way of sticking to the board.

Third, place some coarse sand onto the board and add a bit of water until the consistency is paste-like. This creates the effect of sand paper and the moisture aids the same way it would for a rock or whet stone.

Fourth, you are ready to start and you need to set up your "Sand Stick" board for sharpening. Simply lay it flat on the ground and kneel down firmly grasping the end closest to you. Then, simply drag



your blade across the "Sand Stick" Board and sharpen away. You may find applying some downward pressure to get the blade to bite into the board a bit may help, but you will need to develop a feel for what is right and works for you.

"I was amazed to notice there were simply no rocks around the jungle floor or in the river."

Like I said, this technique does take a bit of practice, but it works. It goes back to the old adage, "If there's a will, there's a way!" I have always loved and admired what indigenous people of the world do to adapt to their environments. In survival, sometimes all you need to do is see what the people of an area have been doing to find the solutions to your problems. So, remember this amazing technique if you ever get in a pinch with your trusty blade and don't have access to a sharpener or rocks.



ACCURATE INTELLIGENCE AND THE MEDIA

How Spies Really Gather Facts

by Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Several years ago, just after I separated from active military duty and started at NSA's Directorate of Operations, I was in the front row when it hit the fan. I was a linguist in the USAF and was assigned to flight duty on reconnaissance missions for several years, so my language skills were pretty well honed at the time. I received an extremely urgent message from one of our covert military sites overseas that stated that "People are wildly running from the embassy as it is burning". The linguist and analyst at the field site had translated the intelligence, used open source materials to fill in the gaps and analyzed what they came up with.

I reviewed it in the few seconds that I had it in my hands as it was being delivered to the Director of NSA. I had the original, raw, untranslated intelligence and I noticed a mistranslation of a word, which by extension, changed the entire context of the collected intelligence. They were not running away from a burning embassy, they were running like a burning wind past the embassy. There was no fire, no attack. Just someone commenting on a couple of people running full speed down the street in front of the [Classified] Embassy. I was able to stop the delivery to the Director until it could be reviewed by some of my fellow senior intelligence officers and I made a quick secure-call to the covert facility that issued the report and alarm.

"I received an extremely urgent message from one of our covert military sites overseas."



Yes, we make mistakes in the world of international espionage. Everyone does. But, that is far different than intentionally manipulating information to support or advance a personally held view. We are all aware of the shameless bias in the media. Most of us know that we are smart enough and wise enough to draw our own conclusions if someone would just be honest and present us with the facts without embellishment or minimalization.

What's even worse is when they dare present us their conclusions and dress it up to make it look like they are reporting factual, untailored news. We find ourselves searching for any news outlet that we can turn to that we do not have to parse every statement and doubt the genuine veracity of the information they pump out. If the media reports inaccurately, then does that mean that the Intelligence Community does as well?

Although media malfeasance is not by any means new, what is new is how blatant it is and how the media has divided our nation and effectively forced us to take sides based on our source of news or choose our source of news based on our chosen side. There is another extension of the damage that this rogue, partisan media has perpetrated on America. They have trained us to doubt every news report, not just the political reports.

So, why is a former spook rattling on about modern media misbehavior? Because it has a direct and fatal impact on my chosen profession. It does this by conditioning the American public to expect deceit, duplicity and divisiveness in news reports and by extension, the public presumes that Intelligence Reports are of as low of a caliber as are our news reports. Furthermore, they presume that Intelligence Reports are as biased as news broadcasts or as ill-informed and misguided as social news outlets.

Much like a reporter has to sniff out and do a deep-dive to gather the facts

on a topic and then compile those findings into a cohesive, cogent article, spies have to do nearly the same things. We need a valid target (be it a person, device, scheme, or other) that we can hone in on. Then we need to study that target and get to know everything about it. Everything that we possibly can. Then we have to sort through the vast quantity of raw information and cull everything that is not useful.

Our next step is to verify and corroborate the intelligence we have collected. Then we assemble that intelligence into a kind of mosaic that lets us make sense of the disparate fragments. But here is the defining difference between our intelligence collecting, analyzing and reporting and that of the modern media “news cycle”. We actively ensure that we are not allowing our feelings, fears, biases or any other contaminates to get into the process. Not when identifying the target, collecting against the target, compiling and analyzing our collections and especially not when we are preparing and producing an Intelligence Report on that target.

We are much closer to our “audience” and our “readers” and almost all of us with anytime in the business understand that lives are literally at stake and can be preserved or lost based on our commitment to accuracy. Lives of people that we know and love. Lives that deserve to be protected by the unmolested truth of the reality. That is one of the dominant reasons that nothing but uncorrupted and unbiased intelligence reports are sent forward. We achieve this condition of altruistic reporting by employing special mechanisms and with teams of the highest order of integrity, wisdom and intellect.

One of the safeguards that we use to protect the veracity and chastity

of our intelligence reports is that they are all reviewed by several SME's (Subject Matter Experts). The SME's are more scientists than they are intelligence officers. They can discern manipulation and bias because they are driven by empirical reasoning. They demand the purity of the naked truth and really do not give one hoot about how anyone will feel about their observations or conclusions.

Another mechanism that helps us ensure that we only produce unbiased Intelligence Reports is that the review process always includes everyone who has a different view, interpretation or conclusion. And if no comfortable consensus can be achieved, the divergent views and conclusions are included as counterpoints in the report. We understand that we do not make the news. We do not fight for ratings, we do not care about “trending” and we know that we are the only reliable source of unbiased intelligence that our national leadership is ever going to get. We do not guess, infuse hypothetical substructures or presume/purport to “know facts” that we do not actually have in our hands.

I am old enough to remember being taught over and over again about the crucial need for me to know how to think for myself, to develop my ability to successfully perform critical thinking, and how to use my sense of smell (not literal olfactory senses, but the BS Meter) to weed out mis/disinformation.

The best chance that we have as a nation to restore truth and integrity to our media is to ensure that we develop and exercise those critical thinking skills for ourselves and teach our children how vital it is to be able to discern truth from falsehood.

Sadly, our modern media places far more value in sound bites, percentage of viewing audiences, Neilson Ratings and re-Tweets than it affords

to journalistic integrity (whatever that might mean nowadays). But, I don't blame the reporter or commentators. They are only responding to the warped economic model of the modern media. Salaries, raises, awards, bonuses and high-value time slots are only given to those talking heads that are able to use hyper-partisanship, exaggerated drama, and emotional frenzy to whip up the largest trove of viewers so that the channel can sell its advertising slots at a supreme premium.

Like I mentioned earlier, my fellow intelligence officers that are involved in the collection, analysis and reporting of foreign intelligence sometimes make mistakes. But, we don't massage any intelligence reporting to advocate any agenda.

So, the next time you hear a news report or see a talking head on TV or a post on a social media platform, ask yourself if their statements might be more about ratings than about delivering you accurate information.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

Make sure you grab your free copy of our latest book called, *How to Build an Off the Grid Safe House Away From the Prying Eyes of the Government*. Inside this book, you'll get the exact blueprint and peace of mind on how to shelter your loved ones from disaster should the unthinkable strike within our borders. To claim your complimentary book today, simply visit www.FreeCoverHouse.com.

A GOOD WAY TO STOP BIGGER AND STRONGER ATTACKERS

This Simple and Versatile Move Everyone Can Do

by Matt Numrich

Head Instructor of Spy Black Belt

When considering all of the different self-defense moves and techniques out there, only a few come to mind that truly yield what I call leveraged power. This means we assume the attacker is bigger and stronger (which you should always assume) and find and use moves that pack the most bang for your buck.

The unfortunate thing is that the technique I'm going to talk about here is shown in countless movie fight scenes and after the actor is hit with it, most keep on fighting like they barely stubbed their toe. When, in reality, when done properly, if you hit with this tool, the energy versus result ratio is very much in your favor for taking out whoever is attacking you.

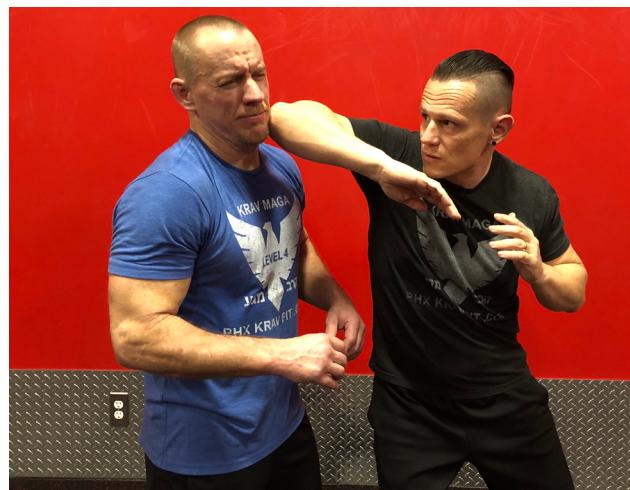
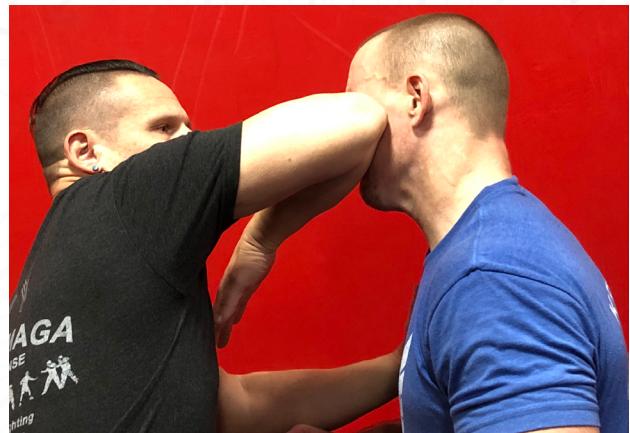
Furthermore, this move is quite versatile, as you can use it to strike adversaries who are in front of you, on your side, in back of you, and you can even use it on the ground. This high "bang for your buck" move is also encouraged when

defending against weapons and needing to take someone out of commission very quickly.

So, what is this move? It's the elbow strike. Basic? Yes. Effective? More than you think. Versatile? Very much so. To maximize your power, you want to use the front, flat part of your elbow which you can see easily by bending your arm. Note, this is not the part of your elbow associated with your funny bone. Look at the picture to see exactly where this area is. This is the part you want to strike with. It is called the medial epicondyle.

As I stated earlier, bend your arm. The more we bend it, the more your "elbow bone" or medial epicondyle will protrude

and be exposed for a very hard striking surface. I see too many people barely bending their arm and more or less simply "butting" their tricep or forearm area into the target as opposed to using the much harder tip of the medial epicondyle bone. And although the elbow strike is very versatile, as it can be used to strike upward vertically and even horizontally, my suggestion is to use



gravity on your side and strike in a downward diagonal motion for the most power and damage to your attacker.

If you take these tips and combine it with the following three step process of "Bend, Raise, Strike", it will help you throw the best and strongest elbow strike. So, bend your arm, raise your elbow above your head and strike it down diagonally, ideally going through the temple and bridge of the nose of your attacker. Having this tool in your arsenal takes little practice and yields great power, especially against bigger and stronger opponents, so make sure you remember it!



WORLD WAR III: WHAT WOULD GOLD DO?

Your Guide to What to Do to Prepare

by Forest Hamilton
Universal Coin & Bullion

The New Year has really started off with a bang. (Pardon the pun.) Between Donald Trump killing terrorists, Iran firing missiles at U.S. troops, and Iran denying and then finally admitting to “accidentally” shooting down a commercial airliner, it has already been a busy year. Nobody knows exactly what will happen if we end up in WWIII or Gulf War III in the future, but I spoke at length with my good friend, Mike Fuljenz, “America’s Gold Expert”, and he had a lot to say.

Mike and I discussed the fact that during the opening week of 2020, gold and the U.S. stock market staged a “dress rehearsal” for how those two markets might respond to a more extended Middle East war in the Persian Gulf. This time around, the world seemed to “get lucky” in the sense that the U.S. missile strike was perfectly accurate in killing the intended target, Qasam Soleimani, with no civilian collateral damage. Then, the Iranian missile response did not result in any U.S. military or civilian deaths and Iran indicated that there would be no further response. Both sides were cautious and measured in their military moves this time around.

In the first week of 2020, gold rose from \$1,515 to \$1,573 (+3.8%) during this military action, while the Dow Jones Industrial Average dropped 234 points on the killing of Soleimani and another 120 points on the evening of the



Iranian response before learning how ineffective that response was. Had this conflict escalated, there is no telling how much further gold would have risen or the Dow would have fallen.

A Wall Street Journal report highlighted the connection of gold to the Mideast in a January report: “Gold jumped to its highest level in almost seven years with tensions between the U.S. and Iran escalating, as investors favor the safe metal to protect against a market downturn. The

advance extends a rally that began last year, when uncertainty about global trade policy and fears about an economic slowdown propelled gold to its best annual performance since 2010.”

“It pays to stock up on gold in advance of any such conflict because the markets can move very rapidly.”

This is something I have been warning readers about for several

months. It pays to stock up on gold in advance of any such conflict because the markets can move very rapidly when such conflicts begin. Whether you are concerned about an imminent war or just want a little portfolio insurance in case the stock markets take a turn, gold and silver can help diversify and protect you and your family. You are more than welcome to give me a call if I can help you or answer any of your questions to find out what gold and silver options might make sense for you.

[Publisher’s Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@universalcoin.com or call 800-822-4653. 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.]