

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## THE BARE MINIMUM YOU NEED FOR HOME SECURITY

### CES 2024 Displays Lifesaving Doorbell

By Jason Hanson

*Former CIA Officer*

You know how seriously I take home security. It's definitely one area where you should never let your guard down and be complacent. A good example of this is a fellow named Mike H. who lives in Corona, California. His family's home has a video doorbell that saved their lives — but probably not for the reason you think.

One morning, around 3:30 a.m. the motion sensor on Mike's video doorbell alerted him to activity. His phone kept sending him alerts from the doorbell. Turns out, the motion sensor was being set off because of a fire outside the home.



"I finally opened my eyes and looked to my right and outside my bedroom window [saw] what looked to be flames," Mike recalled. The fire started on the front lawn of the home and spread to the porch in front of the door. Luckily, Mike and his family were able to escape before the flames got worse, and Mike attempted to fight the fire with an extinguisher.

"It was horrifying. You just don't know what to expect," Mike said. Smoke detectors inside the house had recently been removed because the inside was being repainted.

A local fire official said, "Nothing will beat traditional methods of smoke detectors and carbon monoxide detectors in the home." But the official added that technology can help to know "what's going on in the house when you aren't at home."

Video doorbells are more popular than ever, and, as Mike's story proves, there is no question that these devices can save lives.

**"His phone kept sending him alerts from the doorbell."**

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Each year, the Consumer Electronics Show takes place in Las Vegas. At the show, the latest security devices (like new and improved video doorbells) are introduced. Thousands of companies from numerous countries

attended CES in 2024 to reveal the latest tech products. As for these security products, here are a few to keep an eye on in the future.

First, whether you are hiking or bugging out, the Milo Action Communicator can be a lifesaver. It's similar to a walkie talkie, but easier to use. The device is the size of a palm and attaches to clothing or a backpack using a clip. Then, you can use the device to communicate with others without worrying about clicking a button or being on the same frequency. It's hands-free and phone-free.

The Milo can talk with people who have the device and are up to 5,000 feet away in clear terrain. The battery lasts all day and works with Bluetooth if you want to use a headset.

**"It's similar to a walkie talkie, but easier to use."**

The next item is the Adobe Edge Camera, which works at a distance of up to a mile. So, if you live on a large piece of property or want to set up a camera on a long driveway this could be an excellent option. To operate it, you connect the camera's base station to your Wi-Fi network. Then, put the camera anywhere you want within a mile.

The camera also has a six-month battery life, so you don't need a power source. There's an object detection feature to notify you of people or animals on the camera. And it has facial recognition features to identify visitors.

Third, is the Lockly Visage Deadbolt. It sets itself apart from other smart doorbells because it uses facial

recognition to unlock the deadbolt. So, if you are walking into the house with armloads of groceries, the facial recognition unlock could be helpful. And, if you trust facial recognition on your smartphone, it could be useful for your door as well. The lock also comes with a fingerprint reader if you prefer to use that instead of facial recognition.

Truth be told, I do not have any smart locks on my house and still use a regular key. But I know a lot of folks want smart locks, so the Lockly might be worth looking into.

Finally, there's Reolink, which is a well-known manufacturer of security cameras. The Duo 3 Security Camera is the company's latest camera and provides more features and durability than earlier models. The camera has color night vision and two big lenses that provide 16 megapixels of detailed images. It also has a panoramic 180-degree field of view. Plus, it has two-way audio, motion detection, and smart alerts.

Now, if you don't have a security system with an alarm and video surveillance, I recommend getting something up as soon as you can. At the very least, have a driveway alarm so that you are alerted anytime someone pulls into your driveway. The two driveway alarms I like are the eMacros alarm and the Dakota Alert alarm.

## The INVRT Bandolier

Who doesn't want to feel like Rambo with a bandolier slung over their chest? Well, now you can with the INVRT Bandolier. It's made by a company called IC13. The Bandolier is a smaller wearable option than a load bearing vest, but still gives you up to three pouches and extra slots on the top and bottom. It's relatively simple and designed to be put on quickly in an emergency.

While it won't hold all the gear that a loaded down vest will, it allows you to carry extra magazines and other small items. The Bandolier is made from multilayer high-strength construction with breathable mesh backing pads. It has a MOLLE panel that goes across your body at the chest and a third strap goes under your arm.

The rig is meant for magazines to be worn facing down. It includes a pistol mag pouch, an admin pouch, and two rifle magazine pouches.

The INVRT Bandolier is designed for quick deployment. It will provide you with emergency ammo and gear when you need to grab and go and might be worth it for home defense.

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# IDENTIFYING THE BEST TIME TO INVEST IN PRECIOUS METALS

## Why "Timing The Market" Rarely Works

By Forest Hamilton  
*Universal Coin & Bullion*

I am often asked, "is now the right time to buy gold and silver or should I wait?" My answer is generally, "wait for what?" People think that if they can time the market just right, they will make or save significant money. In most cases, the people that wait are disappointed and wish they had pulled the trigger on investing sooner.

Humans tend to have an innate desire to "buy low and sell high," but that rarely happens in any market with regularity. So, unless you plan on becoming a day trader, here are just a few of the reasons that I recommend you go ahead and invest in physical gold and silver right now.

Even though most financial advisors do not get paid when their clients buy physical gold and silver, many of them still recommend diversifying 5-25% in physical gold and silver. History has consistently shown that portfolios with gold and silver have far outperformed and out preserved portfolios without it.

And just like I won't let my clients have all their eggs in my gold basket, I don't recommend having all or most of your assets in the stock market. Spreading things out among multiple asset classes gives you the best chance to build wealth over time while minimizing risk.

With the stock market in its currently inflated state, many investors are concerned about a major correction or even a crash in the coming months or years. Physical gold and silver can act as insurance for your portfolio. In technical terms, gold and silver and certified coins have

acted as a negative beta to the stock market, meaning that when stocks have fallen hard, gold and silver have often risen to a similar degree.

I believe everyone should diversify into physical precious metals as a solid long-term strategy without worrying about the day-to-day price fluctuations. Whether the price of car, health, or life insurance is up or down, it is still a good idea to have some.

After all, physical gold and silver are the last true form of private, portable wealth. Not many people carry around their stock certificates in their pockets, and many people are concerned that the dollar isn't going to be worth the paper it is printed on for very long. Having physical gold and silver in your safe or safety deposit box can go a long way toward your peace of mind.

There are very few investments that I can carry with me that have the ability to universally acquire goods. But, I can put a 20-coin roll of 1-ounce Gold American Eagles in my pocket and, as of the writing of this newsletter, have over \$40,000 in buying power anywhere in the world.

For reference, I wrote an article back in 2018 about surviving hurricane aftermaths by carrying a 20-coin roll of 1 ounce Gold American Eagles. Back then, the figure was \$20,000 in buying power. It's not hard to do that math.



The goods and services you use are costing more each year. The money you have in the bank is losing value to the true inflation rate as you read this. The best way that I have found to keep up with this slow deterioration of your wealth is to own physical gold and silver. This historically consistent inflationary protection is truly valuable in a world filled with inconsistencies.

I have heard it said that the best time to plant a tree was 20 years ago, but the second-best time is today. Don't wish you would have intelligently invested some of your at-risk or low performing assets into something that has always had, and will always have, value. Invest in gold and silver, the last true form of private, portable wealth.

**[Publisher's Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at [foresthilton@universalcoin.com](mailto: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.]

# SURVIVING WINTER STORMS

## Essential Tips For Prolonged Power Outages

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

Winter Storm Uri (which happened in February 2021) serves as a poignant example of the widespread power outages that can result from severe winter weather conditions. This storm knocked out power to millions in eastern North America.

Overhead power lines, in particular, are susceptible to damage from falling trees and heavy snow, while ice storms can coat power lines and tree branches with a thick layer of ice, adding significant weight that can lead to breakage and outages that can affect large areas.

Stocking up on non-perishable food items and bottled water is essential. Beyond canned goods and dried foods, include items that require little or no preparation, such as protein bars, nuts, and ready-to-eat meals. Additionally, having a manual can opener on hand is a practical addition to ensure access to canned food items in the absence of electrical power.

Access to clean drinking water is a must during a winter power outage. You want one gallon of water per person per day, and any additional water for pets stockpiled. Consider alternative water sources, such as ice from the freezer, to supplement your water supply.

Using an ice chest and freezer packs to store perishable items and medications can help preserve them. And you should consume perishable items first, such as dairy products and fresh produce, before turning to non-perishable food options.

Unplugging your appliances and devices is a fundamental step to avoid potential damage from power surges when the electricity is restored.

Consider using surge protectors for an additional layer of protection against power fluctuations and surges.

Also, consider alternative lighting sources such as solar-powered lights or LED lanterns in addition to flashlights and candles. These alternatives can help provide visibility for essential tasks and activities.

Maintaining warmth during a winter power outage is essential for comfort and safety. If possible, use a fireplace or even kerosene heater for warmth. Just be sure to follow all safety guidelines to prevent potential hazards. You can also use your vehicles to stay warm. Running the car's engine intermittently can provide heat and charge essential electronic devices.

Additionally, you can use thermal blankets, heat packs, and layered clothing to conserve body heat and minimize heat loss. One of the primary concerns during a winter power outage is the risk of frozen and bursting pipes leading to massive water damage.

To help prevent this, insulate water pipes with pipe sleeves or heat tape. And keeping a trickle of water flowing through the faucets can help relieve pressure in the pipes and reduce the likelihood of freezing.

You need to be aware of the potential for carbon monoxide poisoning when using alternate heating sources during a power outage. Be sure to have carbon monoxide detectors in key areas of your home, and always maintain proper ventilation when using gas stoves or kerosene heaters to prevent the buildup of carbon monoxide.

Know the location of circuit break-



ers in your home and how to check them. Keep emergency numbers for natural gas and electric companies on hand, along with an emergency plan for your household, to ensure safety during a power outage.

One of the most important safety considerations is to be vigilant about downed power lines. Always assume any downed power line is live and dangerous. Maintain a safe distance from these lines and immediately report them to 9-1-1 or the local utility provider.

When power is restored, don't turn on all appliances at once. This will help prevent overloading circuits and avoid potential electrical hazards. Turn on essential appliances one at a time to help stabilize the electrical system and prevent sudden power surges.

Preparation is key to surviving a winter power outage. Being well-equipped with essential supplies, ensuring safety measures, and staying informed about potential risks are crucial.

Understanding the importance of essential supplies, managing electronic devices and appliances, staying warm, protecting the home, and prioritizing safety measures, can help you develop comprehensive plans and enhance your overall readiness for a winter power outage.

# THE 7<sup>TH</sup> COLUMN'S ATTACK ON YOUR LIBERTY

## How To Stay Out Of America's Coming Internment Camps

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

With venomous contempt, American history records the atrocities of our WWII internment camps where we unconstitutionally imprisoned Japanese citizens. What is no longer taught about that episode of our past is the role the press – the “media” – played in the establishment and forced population of those camps.

Soon after the surprise attack by Japanese Air Forces on Pearl Harbor, the American Press began running reports of the increased immigration of Japanese and other Asians into America just prior to the attack. They linked the masses of recent Asian immigrants into America with 5th Column activities such as espionage, terrorism, sabotage, disinformation, and disruption.

The media's goal was to create fear and panic in America that the enemy had invaded well in advance and were undermining America. America

still trusted the “news” in that era, and the media got rich because everyone wanted to know about the sneaky Japanese who sold out America. The media portrayed them as busy setting up 5th Columns for an eventual Japanese invasion of our homeland.

A 5th Column is a notional organization. It refers to a group of loosely or even unorganized supporters of a country's enemies that can move unrecognized through the populace.

The US government shut down TV broadcasts during the war and imposed total censorship of news coverage. The stated purpose of these measures was to protect Americans from propaganda, entertain people, provide information about America's war efforts, and to keep Americans motivated.

This was the hidden power of the press — to change America through manipulation of information. The newspapers got richer just as their new competitor, television, was not

just suspended but blocked from being manufactured.

Does that sound familiar to what they are doing to news and information outlets today? Do Tucker Carlson, Mike Lindell, Donald Trump, Rumble, Twitter/"X", Elon Musk, come to mind? If they don't want you to know about it, they will ban it, cancel it, or lie about it. Soon, internet will no longer allow you to access what they do not want you to know.

Mainstream media, supported by big tech and corrupt government officials, will again stop the open circulation of the truth. It will be vastly worse than what we saw during their trial run with Covid. Many of our citizens today are shocked to learn that the US government enforced a suspension of the production of new televisions, radios and other civilian broadcasting equipment until August of 1945, the end of the war.

Can you imagine what they (the media and government) will do this time?

In the business of international espionage, we use 5th Column tactics, but indirectly. In most cases, we do not perform the majority of sabotage, terrorism, and other hostile acts ourselves, but instead, we raise up a 6th Column first.

A 6th column is a logistical, financial, informational, and networking structure that supports the activities of a combatant 5th Column. The 6th Column helps find and prepare targets for 5th Column actions and provides support for 5th Column activities before, during, and after actions. For reference, the only differentiator between the 5th Column and Sleeper Cells is that the Sleeper Cells remain hidden from public awareness



until they are remotely activated by their higher authority through covert initiation communications.

A foreign spy will build a 6th Column, which will in turn develop its own 5th Column or Sleeper Cell by motivating and enraging the most passionate members or those who want something big in exchange for destroying their own homeland.

Those on the front lines of the 5th Column actions are actually the useful idiots that we see stealing shoes and TVs all while claiming to be protesting for their rights.

With minds and spirits as weak as theirs, it is easy to sow the seeds of discontentment by offering unfulfillable promises of a better future in exchange for some small benefit — like free tennis shoes.

It is not difficult for the 6th Column to find and cultivate individuals and grow them into little groups of angry, ignorant people willing to commit violent crimes and proclaim their acts as their expression of disenfranchisement. They lead them with ideas and exploit their current dissatisfactions and make them believe their personal sorrows are because of their country's policies.

Next comes the illicit funding, secret sabotage training, networking, covert communications, and the rest of the gamut of espionage intrigues. At this stage, subjects of the 6th Column leadership graduate into terrorists who possess the logistical support of a superstructure, the funding of an international banking system, the access to intelligence and targeting equal to a national level apparatus, and, worst of all, the tools, weapons, and training to destroy their targets.

Every time I was involved in these activities in foreign countries,

this was all true — they had been deceived by their own news and governments. Their governments were lying to them, abusing them, and performing evil and hostile activities. All we had to do was show them the truth and they took it from there.

Consider the actions of BLM and Antifa — they are 5th Column combatants. Examples of 6th Column forces are the protestors on university campuses, at the White House, and in blue cities all across the country.

6th Column forces' membership includes those who donate to BLM, Antifa, and similar Anti-American forces and to those who provide written or oral statements in support of or defense of such sedition.

The 6th Column gives rise to the 5th Column. The 6th Column attracts like-minded people willing to encourage and support an active element — the 5th Column. But what those outside of special intelligence activities do not know is that there is a 7th Column. And it's this 7th Column that surreptitiously nurtures, provides cover, and protects the 6th and 5th Columns.

Shockingly, the 7th Column is comprised of the most powerful elements in America. Many corporations, Hollywood, politicians, high-tech industry, and perhaps the most damaging of all, professional educators in colleges and our public education system, are the true root enemies of America and threats to our Constitution.

No foreign enemies could ever damage us as severely as our own institutions have. Foreign bombs might have destroyed some of our buildings and highways, but these infiltrators have corrupted the heart and soul of America.

That is the true power and effect of

the 5th, 6th, and 7th Columns. That is the depth and magnitude of the evil that currently holds positions of power in America, including the White House and Congress.

While the 5th Column could be described as the biting head of the snake of Anti-Americanism, the 7th Column is the actual venom. The poison being spread throughout America today is far more lethal than the toxins that led to the WWII camps for Japanese. Because this time, it will be you and me in those camps.

Fight for your rights and freedoms like your life depends on it. Because this time it actually does. Stop funding the 5th Column by (legally) withholding financial support from the 6th and 7th Columns. Starve the snake to death and its venom ceases to flow.

**"What those outside of special intelligence activities do not know is that there is a 7<sup>th</sup> Column."**



## **SAVINT** **YOUR MONTHLY SAVINGS INTELLIGENCE**

I've had a lot of people email me about our highly popular Spy Dangerous class asking when the next dates are. The 2024 dates are all sold out and we just opened the 2025 dates.

So, if you wish to check out the details about this unique self-defense training (and hear what others have to say about it), go to [www.SpyDangerous.com](http://www.SpyDangerous.com) now. I suspect that the 2025 dates will also sell out soon like they do every year.

# UNDERSTANDING YOUR BODY'S IMMUNE SYSTEM

## How To Stay Healthy By Leveraging Each Of The 3 Parts

By Dr. Omar Hamada

*Special Operations Physician*

The immune system is a complex network of cells, tissues, and organs that work together to defend the body against harmful pathogens, such as bacteria, viruses, parasites, and fungi, as well as abnormal cells like cancer cells. It plays a crucial role in maintaining the body's overall health and wellbeing by recognizing and neutralizing threats while also promoting tissue repair and homeostasis.

There are 3 parts of the immune system: physical, innate, and adaptive. Physical barriers like the skin and mucous membranes act as the body's first line of defense, preventing pathogens from entering and establishing infections.

The innate immune system provides immediate, nonspecific defense mechanisms. It includes various cellular and molecular components that identify and remove foreign materials and dead cells through phagocytosis and other mechanisms and activate the adaptive immune system by presenting antigens to lymphocytes.

The adaptive immune system, also known as acquired immunity, is highly specific and develops over time in response to exposure to pathogens or vaccines. Immune cells recognize and target specific pathogens or antigens, allowing for a more rapid and robust response upon re-exposure to the same pathogen and recognition of self from non-self to avoid attacking the body's own cells.

There are many dedicated immune system tissues throughout the body that serve as maturation factories



and storage facilities — kind of like Army barracks. The lymphoid tissues and organs are lymph nodes, spleen, thymus, tonsils, adenoids, and bone marrow. They are primary lymphoid organs where immune cells develop and mature. Then there are mucosa-associated lymphoid tissue including Peyer's patches and other lymphoid aggregates in mucosal surfaces that play a crucial role in immune surveillance at mucosal barriers.

Our immune system performs several functions. It recognizes and fights disease-causing germs (pathogens) by identifying and neutralizing them before they can cause harm. It recognizes and removes harmful foreign substances, such as toxins and allergens from the body. It also recognizes and destroys pathological changes in the body, including cancer cells and infected or damaged cells.

The immune system does all this in a staged response. First, it encounters pathogens or antigens and triggers an immune response. Second, immune cells become activated, proliferate, and differentiate to eliminate the threat. Third, immune cells mount

an attack on pathogens or abnormal cells through various mechanisms, including phagocytosis, cytokine release, and antibody-mediated responses. Finally, memory cells are generated to provide long-term immunity, enabling a faster and more effective response upon re-exposure to the same pathogen.

There are things we can do to keep our immune system strong. Get plenty of good sleep, eat nutritious whole foods, and stay well hydrated. Also, exercise and get outside to breathe clean air, and avoid sterility that neuter the immune system. That's right! Get dirty and don't be afraid of a few germs that prime our immune system and keep it functioning at high levels.

In conclusion, the immune system is a sophisticated defense mechanism that protects the body from infections, removes harmful substances, and maintains overall health. Understanding its components, functions, and response mechanisms is crucial for developing strategies to prevent and treat immune-related disorders and diseases. But it is fallible — especially if you don't care for it.

**"Finally, memory cells are generated to provide long-term immunity."**

# DEFENDING YOURSELF WHEN YOU'VE FALLEN DOWN IN A FIGHT

## Warning: This Delivers Catastrophic Damage To An Opponent

By **Matt Numrich**

*Head Instructor Of Spy Black Belt*

You don't want to go to the ground in a street fight. Too many things can go wrong. The guy could be a better grappler than you, his friends could jump in and stomp you, you could crack your head on the pavement, etc.

Unfortunately, many fights end up on the ground for one reason or another. And especially during winter, with slick and icy conditions still in many places, it's easy to trip, stumble, or fall down while engaged in a confrontation.

When that happens, you must be able to defend yourself until you can get back up. So, I want to give you two techniques to do just that. One from a prone position (lying on your back) and one from a seated position.

Let's start with the prone position with you lying flat on your back. First, make sure your feet are facing your attacker. You want as much distance between his fists and your face as possible, and your legs provide a good barrier. Next, keep your hands up to defend your face in case something gets thrown.

To perform a devastating kick from this position, you're going to bring one heel to your butt, with your knee facing the sky. That's your "drive leg." The other knee you're going to bring toward your chest. That's your "kicking leg."

You'll push through the heel of your "drive leg" to create momentum and force, and you'll strike your target with the heel of your "kicking leg." You're aiming for the chin, groin, shin, or knee of your attacker.

If you have any doubt as to the effectiveness of this strike, you can search

online for UFC knockouts from "upkicks." Many professional fighters have crumpled to the ground unconscious from an opponent kicking them in the jaw from their back. Their head snaps back like a Pez dispenser, eyes roll up, legs go rubbery, and they hit the deck.

But even if you don't hit your attacker in the jaw, and you decide to take pity on his groin, you can snap the bones of the shin causing a compound fracture when they guy tries to take a step. Nothing will stop a fight faster than your attacker staring at a jagged white shard of his own shinbone sticking out of his skin.

Or you can mangle the ACL, LCL, MCL, or Meniscus of the knee if you drive your heel into it and hyperextend it backwards or sideways. The guy may never walk without a cane again, and you'll have plenty of time to stand up, dust yourself off, and (if you're feeling charitable) call the ambulance for him while he's writhing on the ground. Yes, this kick is simple. But it's like a battering ram that obliterates what it hits. And that's what you're looking for when you're in a vulnerable position.

The second kick is similar, but you're doing it from a seated position. You still want to bring one heel to your butt and point that knee at the sky. This will be your "drive leg" again. The other leg is kept bent and in front of you, ready to lash out. Obviously, this is your "kicking



leg." You'll keep one hand behind you for balance and to help you stay propped up in the seated position. The other hand should be in front of your face, protecting it.

The targets are a little different for this kick. You'll just be aiming for the knee and shin. That's because it's harder to generate the hip height required to kick the groin and chin in a seated position. But as stated above, the shin and knee are highly vulnerable, easily destroyed, and thus, make great targets to attack.

To kick, you push through the heel of your "drive leg" to create force and aim to strike with the heel of your "kicking leg," extending it and kicking through the target on impact.

These are two easy, but devastatingly effective kicks you can perform if you find yourself on the ground during a violent encounter. They target highly vulnerable areas of the body and can end fights in an instant. Finally, to help ensure you can practice and use these kicks, I've made a video demonstrating them both that you can watch here: <https://fearlessstreetfighter.com/riseup2/>