

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

HOW CHINA'S SPYING ON YOU IN YOUR OWN HOME

Ditch These "Security" Measures For Something Actually Safe

By Jason Hanson

Former CIA Officer

You know that I'm a huge fan of security cameras when it comes to home defense. But you've got to be careful of which cameras you use around your house. For example, Wyze is an American "smart home" tech company based in Seattle. They are best known for their security products, including cameras. In 2023, Wyze told its customers that the company experienced a cybersecurity incident, a security breach that allowed customers with cameras to see into other people's camera feeds.

But it's not the first time something like this has happened. You see,



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Wyze camera users reported that they were seeing other people's camera feeds about a year before. At least 13,000 customers reported seeing videos that were not of their own house. Some of the videos were of the exteriors of homes. Others were from indoor cameras.

"One of my cameras notified me of an event from inside someone else's home with them in it walking around. No security with Wyze whatsoever," said one user.

Wyze said the issue stemmed from a caching problem within their network. The company removed the "Events" tab from their app. In addition, the company added extra layers of protection between users and videos.

But here's the problem: While Wyze is based in Seattle and their design and development is done in America, their security cameras are manufactured in partnership with a company called Tianjin Hualai Technology in China.

Recently, (and for good reason) there has been a lot of talk about security cameras made in China, and how they present privacy and security concerns. I know it's not easy to avoid them since China makes most cameras, but here are a few reasons you might want to avoid Chinese cameras this year:

Many Chinese companies have been accused of providing the Chinese government with access to user data.



Chinese law requires companies in the country to share data with the government whenever it's requested. So, if a security camera is manufactured in China, it's safe to assume that the footage can be accessed by Chinese officials. And if the camera is in a sensitive location or shares personal details, it could end up in the hands of Chinese hackers.

When cameras are manufactured in China, it opens the doors for malicious actions during production. For instance, the cameras could have built-in vulnerabilities or backdoors with microchips or circuit boards that allow hackers to exploit the cameras.

This could make it easy for hackers to access private footage or even use internet-connected cameras to launch cyber-attacks. Plus, the software installed on the cameras is likely poorly secured and full of vulnerabilities. Chinese-made cameras often lack encryption and other secure configurations that protect the device from hacking.

U.S. officials have expressed concerns that Chinese-made cameras

could be used for espionage, which is why government agencies and critical infrastructure avoid the use of Chinese-made cameras. Most federal and state governments have banned the use of Chinese-made cameras in government facilities and citizens like you and I should do the same.

Even though Chinese-made cameras are affordable, they aren't worth the security risks. They can open your home to more surveillance than you can imagine and make you a target for identity theft, information theft, and being tracked and spied on by the Chinese Government.

Instead, consider camera brands such as Avigilon, Honeywell, or Pelco. These cameras are not manufactured in China, and are less likely to have the vulnerabilities and devious backdoors that the Chinese cameras do.

Another thing I recommend is to not put cameras inside your house. I have multiple security cameras around the exterior of my home, but I don't put cameras in my home just in case of a worst-case scenario and something does get hacked.

The DryFireMag

I believe dry fire practice is a valuable and effective way to improve shooting skills that can be done almost anywhere with a safe and empty firearm. If you have a striker-fired pistol such as a Glock or Sig Sauer, the DryFireMag is an item that can make dry fire practice even more beneficial.

The DryFireMag is a gun magazine that uses your gun to provide the sounds and feel of the trigger pull. It has a built-in mechanism that resets the trigger so you can practice shots without needing to rack the slide.

You can feel the trigger break and an audible click sounds to represent each shot fired, and it makes it feel like you're pulling the trigger and firing an actual round.

The good aspect is that the DryFireMag lets you focus solely on the trigger pull, which is the point of dry firing. Plus, the mag won't damage your firing pin because it doesn't use it.

The mag only interacts with the trigger bar, and the resetting mechanism is contained in the magazine's body. There is no assembly required to use the magazine. The one drawback is that the magazine isn't ideal for practicing reloads because the magazine mechanism can get in the way when doing reloads and it won't be a smooth process.

Currently, the DryFireMag is offered for many full-size and compact-size pistols and sells for around \$100. If you do dry fire practice like I do, it's a solid training tool that can make it more realistic.

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HOW A SINGLE DOGE AUDIT COULD OBLITERATE ALL FINANCIAL MARKETS

Is Fort Knox Empty?

By Forest Hamilton

Universal Coin & Bullion

Established in 1936 in the midst of the Great Depression, Fort Knox was constructed to safeguard the nation's gold as part of the U.S. commitment to the gold standard. The site was strategically selected for its natural defenses, distance from major urban centers, and accessibility to transport routes—an ideal combination for protecting what would come to be regarded as a national treasure.

Over the years, Fort Knox became a fortress not only for gold but for the idea of financial security itself. At its peak, it stored nearly 650 million troy ounces of gold with the current estimate of around 147 million ounces valued at approximately \$435 billion. However, the exact composition and security status of the gold reserves have sparked a myriad of conspiracy theories, particularly in light of infrequent public audits.

Many individuals wonder if the gold remains intact or if the mysterious silence surrounding the depository suggests something more unsettling. In fact, the last official visit inside the vault was in 2017, but the pictures that were released only stoked the conspiracy fires as they were all published in black and white.

The recent spotlight on Fort Knox has intensified with commentary and involvement from Elon Musk and Donald Trump and their Department of Government Efficiency. Both figures have raised pertinent questions about the government's transparency regarding the nation's assets.

Donald Trump has consistently suggested that government bodies, including financial institutions, need

auditing to instill public trust. In a similar vein, Elon Musk, having made headlines for his ventures in technology and cryptocurrency, has also championed the cause of transparency within government dealings.

The intersection of their interests centers around proposed audits by the Department of Government Efficiency (DOGE), an initiative meant to streamline government operations and promote openness about financial operations, and they have already uncovered billions of dollars of government waste.

The combination of Musk's reach into the tech-savvy youth and Trump's populism provides a potent platform for calling for an investigation into the gold reserves at Fort Knox. Their voices resonate within a growing chorus demanding answers regarding the validity of the gold stored there and its relevance in today's economy.

A potential audit revealing that Fort Knox contains minimal to no gold could send seismic shockwaves through the financial and investment sectors. If DOGE finds evidence that the storied vaults hold nothing, trust in the broader financial structure of the U.S. could decay overnight, reminiscent of the political and economic upheaval seen in times past.

Gold has long been viewed as a stable store of value, particularly during economic downturns. Should the public discover that the gold reserves do not exist, some people might sell their gold, and the immediate effects may drive the

price of gold lower, as panic-selling ensues and demand wanes.

However, there's a twist. Market psychology plays a significant role in valuation. If rumors or evidence of nonexistent reserves at Fort Knox spread, experienced investors—the same who typically flock to gold in uncertain times—are likely to flock to not only more gold, but specifically, certified gold coins and other tangible gold assets.

This could create a paradoxical spike in demand for gold coins, driven by the fear of losing access to what has traditionally been a reliable

investment. Investors, collectors, and speculators alike would rush to secure certified coins, significantly increasing their market value.

"At its peak, it stored nearly 650 million troy ounces of gold."

My personal prediction is that if an audit by DOGE happens, it will find that the gold is still there. Any other result would rip away at the foundation of America as a financial superpower and call into question what else has been lied about. No matter what happens, the current spotlight on gold is bringing more investors into the Certified Gold Coin Market than I have ever seen and there are significant values to be had.

[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.]

THE CONSEQUENCES OF FAILING TO PLAN

A Contrast In Survival Preparations

By EJ Snyder

Former Army Ranger and Extreme Survivalist

It was the last few days of September of last year in the Swannanoa River Valley. John picked up his 6-year-old daughter Beth from school and went to pick out Halloween decorations for the upcoming holiday and grab some ice cream.

When they got home, they ate dinner, and the TV was talking about Hurricane Helene. Beth asked her father, “Daddy... is that coming here?” and John replied, “No darling, it’s going to hit Atlanta and head towards Nashville, TN. We will be fine.”

Soon after, it started raining and the wind picked up. As John put his daughter to bed she asked again, “Daddy? Are you sure that storm isn’t coming to our house?” John replied, “Honey, we don’t get Hurricanes up here in the mountains, so don’t worry about it. I love you, goodnight.”

John went to bed and hours later was abruptly awakened in a cold wetness. As he stirred himself awake, he was shocked to find his room filled with quickly rising water. The reality that his home was being flooded hit like a ton of bricks when he heard his daughter’s screams. He slogged his way down the hall to her room as rising water rushed through the windows and doors.

He grabbed Beth, and with the water rising up over his chest, the only thing he could think to do was head up to the attic. Some 30 minutes later, the water was rising into the attic and rushing in.

John had his daughter on his shoulders to keep her out of the water, but they were running out of options. It seemed that they were

going to be trapped in the attic and drowned.

Then, John saw a flash of lightning shine in from the attic vent window in the side wall. He rushed over with his daughter clinging to his neck and kicked it out. He saw his neighbor’s house fifty yards downstream from the flooding waters. He had one shot or he and his daughter would be lost forever. So, he told his daughter to hang on tight and they entered the fast-moving current.

He struggled to swim but guided them towards the roof of the neighbor’s house. The current pushed them right to the chimney stack and John got them to safety by climbing onto the roof. They spent the night shivering, huddled close together to stay warm until morning came. Thankfully, the water never rose any higher and a rescue boat came and took John and Beth to safety.

For the Everyday Joe or Joan, they never expect to find themselves in such a dire situation. But there is always a remote chance that disaster could find its way to your doorstep, so you should always have a plan.

You never want to head into a flooding river or flash flood if you can help it. The best plan is to obviously evacuate the area ahead of time. But if you can’t or are too late getting out, here’s what you can do.

Shut off all utilities before you start heading up to the next level in your home. You don’t want to also deal with electric or gas danger in a flood. Keep heading up as the water rises until you reach the last level of safety.



Your next move is to get to the final safe zone: the roof. To do this you’ll need to have a box with several tools waiting (hammers, axes, crowbars, chainsaws, etc.) to make an escape hole out of the attic to the roof. You may also want a small ladder and ropes too. Be sure you have signaling devices like orange flags, mirrors, and even large flashlights or lanterns to draw the attention of rescuers.

If possible, have a large self-inflating or pump rubber raft and a life jacket for each household member. It’s never ideal to enter flooding waters, but if you have to, do it as safely as you can.

Basic survival is about preserving life with minimal risk. Choose your approach based on your skills, experience, and situation – but remember, the key to any survival situation is keeping a level head and never giving up.

At the very least, even if you think you’ll never be in a flood and don’t need a bunch of gear, you still need signaling devices for your bug out bag. So, pick up some of the signaling devices I mentioned above. If you go on Amazon and do a quick search for “signal mirror military,” you’ll find plenty of options to choose from.

SIEGE WARFARE COMING TO AMERICA?

Terrorists Are Taking Aim At This Local Resource

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Sabotage and devastation are inescapable elements of espionage. To that end, we trained to do some pretty nasty things to fight our enemies and save American lives and innocent people. But be warned, our federal law enforcement agencies and intelligence communities are filled with disgruntled anti-Americans with the most advanced clandestine warfare skills and tools known to mankind.

Many have recently left government service with a big axe to grind and the training and gear to grind that axe. Frankly, we have trained and equipped our enemy, and I expect a handful of clandestine attack methods will soon be used against us. There are also many individuals, governments, gangs, and terrorist groups who are driven to harm or kill Americans.

However, I believe the first waves of these attacks will not be at the national level. There are too many challenges and obstacles for small covert teams to expect success in that venue. It's the individual American and their family that these hateful and malicious savages want to watch suffer and writhe in pain and sorrow.

So, my first and most significant concern is an attack on our local water systems. You see, we trained on necessary skills and techniques to inject harmful contaminants into local water distribution and delivery systems. I was shocked at how easy it is to gain access to a public water distribution system and inject things that can either make consumers ill or kill them.

I also learned that it is more effective



to gradually poison those who use the water than it is to use chemicals or biologics that would immediately kill anyone who consumes the water. It is far more deleterious on a population if they become so ill they cannot care for themselves and require aid and assistance from several family, friends, or medical specialists. You can deplete a society's human resources by selectively distributing waterborne illnesses.

The first consideration was how large of an area we wanted or needed to debilitate. Scale and scope are the primary factors that determine the attack protocols when using this level of non-specific mass attack. Calibrating the attack to the ratio of the population to be targeted requires planning and calculations.

Targeting a single home or neighborhood is possible and not overly challenging. To you, that means that if hostiles consider you or someone along your water delivery system a target, you will not know that you have been poisoned

or contaminated with biological toxins until people in your home (or neighbors) start becoming ill. No systems exist to detect, monitor, or block the intentional introduction or intrusion of viruses, pathogens, toxins, or biological contaminants after the water has left the municipal water processing facility.

For those out there who feel that they are “not on the radar” of hostile forces, let me assure you that, like us, they train their operatives on targets of opportunity, not just on critical targets. That means the lower you are on a “Target Tier,” the higher you are on the “TOO Tier” (Target Of Opportunity). Put bluntly, the less likely you are to be the target of a sophisticated enemy covert action, the more likely you are to be a target of opportunity for training and practice. You are a soft target, perfect for training new operatives and great practice for planning upcoming, more significant attacks on higher-value targets. Please trust me on this, it's what we

did and how we did it.

I cannot discuss the many methods and countless contaminants, but I can tell you what we knew we would not be likely to overcome. A few inhibitors make waterborne pathogen attacks nearly impossible to successfully complete without the risks involved in a deep intrusion (breaking into a facility to tamper, sabotage, steal, or plant items).

But one of the most significant risks in clandestine operations is a failed operation that reveals the intended attack. If we cannot be very sure of success, it's best that we select a different target or a different attack.

This means that deterrence is always the best and first defense. In layman's terms, deterrence can best be exemplified as transforming a soft target into a hard target. The success of special operations hinges on the target being unprepared, unwarned, and unexpectant of the attack. That is the only way a handful of special operators can succeed against a larger force, well-protected facility, or entrenched defenses.

So, this is how you can protect yourself and your family from being the target of any waterborne contamination attack. Separate yourself from the exposed and vulnerable water distribution and delivery network. If a home is not part of a municipal water distribution system, accomplishing a water contamination attack is much more complicated and almost improbable. If you are on well or cistern water, you are well-insulated from a waterborne pathogen attack.

But even if you are on municipal water, using a Berkey, reverse osmosis, ultraviolet, or other whole-home advanced water filtration system will achieve the highest and best protection against a hostile

waterborne contaminant attack.

One of the most dangerous and unpredictable aspects of waterborne attacks is that they are insidious, undetectable, silent, and there are no precursor warnings. To prevent the surreptitious contamination of your consumable water, you must have a system in place that works 24/7 to prevent contaminants from entering your home.

"If you are on well or cistern water, you are well-insulated."

You cannot expect to suddenly discover contamination, hear about it on the news, or in any other way become notified that you might be a victim. Prevention is the only defense.

If you are concerned about the safety of your drinking and cooking water, having a well or cistern and in-home water filtration system will protect you from external water attacks. With that level of water security, your home will not be targeted. It would be a risk without a reasonable expectation of reward for an operative. And if it were to be targeted as part of a larger area attack, you will already have defenses in place that will defeat the attack.

The excellent news is that you can prevent an attack on your water very affordably and effectively. In my home, we have a private well for all of our water, an ultraviolet water treatment and decontamination filtration system, and we even filter our drinking water through a Big Berkey next to the kitchen sink. We even have lots of treated water stored in our garage.

It may sound like overkill, but after what I learned and did, water security is at the top of my "must-do" list for our family. Think of the sieges of the Middle Ages. The attacking party only had to barricade those ensconced in the citadel from getting fresh, potable water. Not much has changed. A very small enemy force

can bring an entire community to its knees by the simple act of conscripting control over the quality, quantity, and access to water.

You can protect yourself and your home from becoming a victim of a waterborne intrusion by transforming your home from a soft target to a hard target. You will need to protect your health and well-being because there will be many, some of your own friends and family, that become the victims of an attack, and they will need your help.

Now, if you do not have a system in place to protect your family from waterborne attacks, I encourage you not to delay another day. Our enemies will not wait until you are ready to defend yourself and your family. They need the element of surprise, and you need to protect yourself in advance. By protecting yourself from a waterborne attack, you will remain safe and among our next wave of patriots fighting for our liberties, safety, and self-determination.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

There is still time to stock up on canned meat. This is absolutely one of the best survival foods that you can store for your family. Our canned meat is 100% from American farms and inspected by the USDA. No foreign meats and no lab-grown meat nonsense. To see the only canned meat I trust for my own family, visit www.AmazingCannedMeat.com.

NASA TECHNOLOGY FOR BOOSTING ASTRONAUT HEALTH?

Easily Incorporate This “At Home” Therapy

By Dr. Omar Hamada

Special Operations Physician

If you don't nail down the three core foundations of your health: sleep, nutrition, and exercise, there is no silver bullet to ensure even good health. However, certain supplementation can provide great benefit once those three issues are nailed down. One of those is red light therapy. Red light therapy (RLT) is a powerful, scientifically backed treatment for a variety of conditions.

It's a non-invasive treatment that utilizes low-level wavelengths of red and near-infrared (NIR) light to penetrate the skin and stimulate cellular processes. Unlike ultraviolet (UV) light, which can damage skin cells, red light is absorbed by the mitochondria, the energy-producing centers of cells. This interaction enhances mitochondrial function, leading to increased energy production (ATP), reduced inflammation, and faster cellular repair.

Originally developed for NASA to help astronauts heal wounds in space, RLT has since gained popularity for its ability to enhance skin health, reduce pain, accelerate recovery, and improve overall well-being.

True story, and why I recommend RLT: I had to have surgery a few years back and the wound got infected and had to be opened up again and allowed to heal from the inside out. It was a slow process until a friend told me about red light therapy. As a surgeon myself, I was very skeptical, but I thought I'd give it a shot. Within 5 days, the wound was completely healed. I couldn't believe it.

Red light therapy can be administered through various methods, including in-home devices, LED panels, and professional treatments at clinics and spas. The key to effective treatment lies in consistency and proper usage.

Sessions typically last between 10 to 20 minutes, with recommended frequency ranging from three to five times per week, depending on the condition being treated.

If you're trying red light therapy at home, first consult a healthcare professional and be sure to get the right at-home devices. It is essential to choose a device with the correct wavelength range (typically between 600-900 nanometers) for maximum effectiveness. Many high-quality RLT devices are available on the market, making it very accessible.

Now, here are seven ways red light therapy helps improve your health if you decide to give this a try: Red light stimulates collagen and elastin production, two essential proteins responsible for maintaining youthful and firm skin. This can help reduce the appearance of wrinkles, fine lines, and sagging.

Additionally, RLT has been found to promote wound healing, reduce scarring, and improve conditions like acne, rosacea, and eczema by reducing inflammation and increasing blood circulation to the skin.

Studies show that RLT reduces muscle fatigue and soreness by promoting better circulation, decreasing oxidative stress, and enhancing the repair of damaged muscle fibers. This helps you recover faster from intense workouts, reducing the risk of injury and improving overall performance.

Red light therapy has been widely studied for its analgesic (pain-relieving) effects. It is particularly effective for conditions such as arthritis, joint pain, and fibromyalgia. By reducing inflammation and increasing blood flow to affected areas, RLT helps alleviate pain naturally, without the side effects of medications.

Research indicates that RLT can reduce symptoms of depression and anxiety by enhancing neurotransmitter function and promoting a healthy brain environment. Additionally, its ability to increase blood flow and oxygenation to the brain may help improve memory, focus, and overall cognitive performance. Some researchers are even exploring its potential in treating neurodegenerative diseases like Alzheimer's and Parkinson's.

By stimulating blood circulation in the scalp and increasing the activity of hair follicles, RLT has been shown to promote hair growth and reduce thinning, particularly beneficial for conditions like androgenic alopecia (male and female pattern baldness) and other forms of hair loss.

Red light therapy also helps regulate circadian rhythms by promoting melatonin production—the hormone responsible for sleep. Many people report improved sleep quality and reduced symptoms of insomnia after incorporating RLT into their evening routine.

It's also believed that RLT can enhance cellular respiration and fat breakdown while reducing inflammation, which can contribute to metabolic disorders. While not a substitute for diet and exercise, it can complement a healthy lifestyle by improving the body's ability to burn fat more efficiently.

As more research continues to emerge, RLT's applications are expected to expand even further. Whether used for beauty, fitness, or overall wellness, RLT offers a natural, non-invasive way to support a healthier and more vibrant life. With consistent use, RLT could become an essential tool for optimizing health and well-being in the modern world.

TENSION PUNCH?

Stay Safe With A Simple Set Of "First Strikes"

By **Matt Numrich**

Head Instructor Of Spy Black Belt

When it comes to self-defense, sometimes the best strategy is to strike first. Being proactive can give you the upper hand in a dangerous situation, so having a set of effective "first strike" techniques at your disposal can make a huge difference. So, here are four powerful self-defense moves that enable you to act quickly and decisively when the need arises.

First, the eye jab is a deceptively simple yet incredibly effective technique that can help you neutralize a threat before it escalates. This move involves quickly flicking your fingers towards an opponent's eyes, creating a distraction that can buy you precious seconds to escape or prepare for further action such as a combination of additional strikes.

The beauty of the eye jab lies in its subtlety. You don't need to adopt an aggressive stance to execute it. Instead, you can remain relaxed, keeping your hands down while you close the distance.

The quick motion of your fingers catching an attacker off guard can lead to immediate disorientation, making it an ideal choice for an initial strike. Then, once you've executed the eye jab, you can either follow up with strikes or create distance to deploy one of your EDC tools or simply flee the situation.

Another highly effective move is the front foot groin kick, which targets a particularly vulnerable area of the body. This kick is quick and low, allowing you to deliver an impactful strike that often goes unnoticed until it connects.

By lifting your foot and flicking it upwards towards the groin, you can execute this technique with minimal



movement, making it the perfect "longer range tool" even for tight situations. The front foot groin kick not only causes significant pain but also disrupts your opponent's focus and stability. Practicing this kick can help ensure that it becomes an instinctual response when faced with a threat.

Next, the shin kick is a practical and straightforward move that can effectively disable an attacker. This technique can be executed with either the front or back foot, allowing you to target the opponent's shin. The kick can be delivered swiftly and with precision, using the side of your foot for maximum effect.

By aiming for the shin, you exploit an area that can cause immediate discomfort and destabilize your assailant. This technique is especially valuable because it can be performed without significant commitment, allowing you to follow up with further actions if necessary. With practice, the shin kick can become a reliable tool in your self-defense arsenal.

The final technique is the tension punch, a lesser known, yet highly

effective move. This strike involves chambering one hand behind your leg while keeping the other hand low, creating tension in your body. When the moment is right, you release that tension and flick your hand out for a quick, low-line punch aimed at the opponent's groin. This unexpected movement can catch an attacker off guard, as they may not anticipate such a strike coming from a relaxed position. The tension punch is an excellent addition to your self-defense repertoire, enabling you to deliver a powerful blow with minimal warning.

I've made a quick video for you showing these moves and the details on how to execute them, which you can watch at this website here: <https://fearlessstreetfighter.com/pre/>

Having a set of preemptive or "first strike" moves like these four techniques can significantly enhance your self-defense capabilities. Each of these moves provides a unique way to respond to a threat, allowing you to act swiftly and effectively. By practicing these techniques regularly, you can build confidence in your ability to protect yourself when the situation demands it.