

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

PREPARING NOW FOR A POTENTIAL WORLD WAR III

3 Steps For Surviving A Nuclear Attack

By Jason Hanson

Former CIA Officer

Russia possesses the world's largest nuclear arsenal with nearly 6,000 warheads. Some of Russia's weapons are over 50 times more powerful than those dropped on Japan. The bomb dropped on Hiroshima in 1945 weighed around 10,000 pounds and it killed over 100,000 Japanese.

These days, nuclear weapons can weigh less than 1,000 pounds, can be delivered by a variety of means and can kill millions. Russia can launch these weapons using land, air, and sea delivery platforms.

If Russia were to use even a small part of its nuclear arsenal many

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parts of the world would be uninhabitable with devastating long-term consequences. This is especially true for Ukraine and its neighboring countries. The atmospheric overpressure from a nuclear explosion could produce a fireball capable of burning everything for miles.

As of right now, it's more likely that Russia will use chemical weapons before nuclear ones. It would be easier for Putin to deny using chemical weapons because he would blame Ukraine. But if nuclear weapons are launched, there would be no denying who was responsible.

However, as the war in Ukraine continues to drag on and Putin gets

more desperate by the day, anything can happen. This is why it's prudent to take a few steps to be prepared for a nuclear disaster. Here are some simple things you can do.

First, protect your eyes. During a disaster, most people think they will grab their kids from school and hunker down at home. This wouldn't be realistic during a nuclear attack for many people because, depending on which city was targeted, you would have 15 to 30 minutes at the most before the missile hit. There is a high chance you will get caught out in the open and you'll need to protect your eyes. If you wanted to have a set of goggles in your bug out bag, there are several combat goggles you could buy, including the ones the military uses made by ESS Land Ops.

The fact is, the blast from a nuclear explosion could cause blindness in people up to 13 miles away on a clear day and about 50 miles away on a clear night. If you are outside when a strike occurs, you should drop to the ground with your face down and hands under your body. You want to cover your nose and mouth. But keep your mouth open so your eardrums don't burst from the pressure.

Next, you should get indoors within 15 minutes. This timing is key because within about 15 minutes of an attack, there will be sand-like radioactive particles falling from the sky. Exposure to fallout can cause radiation poisoning. Ideally, you want to find shelter as far away as possible from the target site. But you only have about 15 minutes to do so.



SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can get the self-rescue knife based on intelligence operations where spies have found themselves alone and must rescue themselves.

This amazing knife is not available in stores, but you can see pictures and videos at www.VersaKnife.com.

It's best to find buildings with few windows or basements. This could be office buildings or schools. No matter what you find, it's better to be inside than outside.

When you find shelter, avoid the top and bottom floors. Either get to the middle floors or to the basement if there aren't multiple floors. Also, move to the most central room on whatever floor you hunker down on so you're safe from flying debris and have as many barriers between you and radiation as possible. At the very least you should stay indoors for 24 hours after a nuclear explosion depending on how far you are from the blast site.

Finally, take a shower. If you were outside when the nuclear strike hit you want to shower within 24 hours. Use soap and warm water to gently rub your skin. If you rub too hard your skin could break. Never use any conditioner or lotion on your skin because these could trap radioactive particles. Also, while in the shower blow your nose and wipe your ears and eyelids.

In addition, doctors often treat radiation damage with potassium iodide. This is something you should have as part of your survival gear. It can help reduce the amount of radiation your body absorbs. There are lots of places that you can purchase Potassium Iodide tablets and a common brand name is Thyrosafe.

Obviously, you and I pray that we don't have a nuclear war, but it's worth it to take a few simple steps to make sure your family is better prepared.

PepperBall LifeLite

Besides carrying a gun and a knife, it's not a bad idea to have some less-lethal options on you. One of these options is the PepperBall LifeLite, which is a pepper spray device. The device is a CO2 canister-powered launcher that looks like a large flashlight and includes a 350-lumen LED light. There is no pistol grip or trigger, so no one will give it a second look when you are carrying it.

The LifeLite fires up to 60 feet. You aim the unit with a laser that activates when you disengage the sliding safety. Once the safety is disengaged, press down on the "trigger" with your thumb. It fires five shots as fast as you can press the trigger.

The LifeLite comes with CO2 canisters, inert PepperBalls, live PepperBalls, and batteries for the flashlight and laser.

The PepperBalls are filled with 2.5 percent pharmaceutical-grade PAVA powder. That's a version of capsaicin, which is the natural pepper compound, and the effects last about 15 minutes. Upon impact, the PepperBall bursts to create a 12-foot cloud of pepper irritant.

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435-572-4432

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IS RUSSIA'S INVASION OF UKRAINE ACTUALLY DRIVING INFLATION?

Historical Lessons For Surviving Today's Financial Emergency

By Forest Hamilton
Universal Coin & Bullion

We were so poor in the late 1970's that I didn't realize I was growing up in the worst inflationary time since 1917. But the rest of America in the 1970's was facing the backlash of inflation caused by a multitude of events that many economists call, "The Great Inflation."

As the Federal Reserve Bank of Atlanta writes, "The Great Inflation was the defining macroeconomic period of the second half of the twentieth century. Lasting from 1965 to 1982, it led economists to rethink the policies of the Fed and other central banks. Over the nearly two decades it lasted, the global monetary system established during World War II was abandoned, (The Bretton Woods System) there were four economic recessions, two severe energy shortages, and the unprecedented peacetime implementation of wage and price controls. It was, according to one prominent economist, "the greatest failure of American macroeconomic policy in the postwar period."

Doing deep research on inflation and the Russia/Ukraine effect, I found hundreds of well written articles and stories from the past couple of years, each attempting to explain why inflation got so high in the 1970's, while working to put their finger on why inflation has recently risen to the highest levels in 40 years.

The majority of these articles agreed that today's inflation was largely due to excessive stimulus packages, overly expansive monetary policy, pandemic related consumer buying, global supply shortages and the Russia/Ukraine conflict.

While they seemed to agree on recent inflation, many of them had differing viewpoints on what caused the Great Inflation of the 1970's. So, I dug deeper, and was excited to find an article written by Art Pine on October 25, 1978. I am going to quote a few of the points that Mr. Pine made back in 1978 as to what was causing America's inflation and then show a parallel as to what is happening now.

"The Vietnam War inflation spiral stemmed from an outsized federal budget deficit and an overheated economy." Sounds familiar. In the first four months of fiscal year 2022, the federal government ran a deficit of \$259 billion while stock and real estate prices were at or near all-time highs.

"In the past 13 years, prices have just about doubled, making this the period of highest sustained inflation in the nation's history." The annual inflation rate in America accelerated to 7.9% in February of 2022, the highest since January of 1982, among soaring energy costs, labor shortages and supply disruptions.

"Prices of basic commodities were sent soaring by a round of shortages, arising in part because all the major industrial nations had spurred their economies into boom-periods at precisely the same time. Demand for goods and services rose worldwide, but supplies failed to keep up." We are in the midst of possibly the biggest global supply chain crisis in history with no relief in sight.

From computer chips to gasoline, Americans are seeing much more than an 8% increase in the cost of vehicles, gas and lumber.

"Energy prices have been dramatically lifted by the world's exporting countries since 1973, setting off a string of major price increases in almost every other commodity or service, both here and in other countries." Gas and commodity prices were rising *before* Russia/Ukraine. Since then, the increase has been exponential.

"Gerald R. Ford made the most progress against inflation of recent presidents, slashing it in half, from 11 percent in 1974 to 5.8 percent in 1976. But he did it with the longest and deepest recession since before World War II." I believe we can learn a lot from history. Hopefully we won't have to go into a long and deep recession to get inflation back under control, but at some point, kicking the national debt can

down the proverbial road is going to catch up with us. We can take some historical clues and buy some inflation insurance: gold and silver.

"From computer chips to gasoline, Americans are seeing much more than an 8% increase."

[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.]

CATASTROPHIC DANGERS OF UNVERIFIED SOURCES AND METHODS

How To Establish Sources Of Intelligence You Can Trust

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

In the spy world we have an acronym: MICE. It stands for money, ideology, coercion, and ego. They're the prime motivators for someone to perform espionage.

In one instance, our source had been supplying reliable intelligence since weeks before his official recruitment nearly two years prior. But things had changed. He had become greedy and dependent on the income he gained from selling us moderate-value classified information. He figured out he could sell us partial or even "fake news" and we would pay him because we trusted his reports.

That came to an abrupt end once we verified his duplicity. The US government let it leak that he had been selling out his homeland. It had the double advantage to us because we were then able to protect an even more valuable asset who we were concerned had started to come under suspicion because of his travels. In my business and in yours, the source of information must be reliable or it must be replaced.

The fields of foreign intelligence collection and analysis include a wide array of "sources and methods." In their most basic meanings, a "source" is where

the intelligence is collected, i.e., a person, phone call, medical record, sensor, chemical traces, etc. A "method" is how the intelligence is gathered, such as a spy or asset, electronic eavesdropping, document theft, technical measurements, chemistry, etc.

The underlying premise in validated intelligence is that the source of the intelligence and the method used to obtain it are both vetted and proven to be true, reliable, consistent, and factual. Without the assurance that both the source and the method have been thoroughly and repeatedly tested and proven true, the information can only be used to help corroborate or refute intelligence gathered from already-validated sources.

We spend at least as much time verifying and validating intelligence before we analyze it or report it as we spend collecting the raw intelligence. It is a far more demanding, exhaustive and scientific approach and it is far more rigorous and comprehensive than you can expect to get from mainstream media. And therein lies the problem. Most Americans will never get to see or hear truly validated information. Those days are as far behind us as is an honest media.

So, as we look at reporting from the war in Ukraine, we are deprived of the unvarnished truth, fed only the biased stories, sponsored by special interest entities. I recently saw a report with

pictures of a dead child. Clearly this child had been shot and clearly, he was dead. The report claimed "country X" was the cause of this child's death. In reality, we have no idea if that child was killed in the war, in a Chicago drive-by, or on the streets of LA.

I know all about using emotions to cement a story to a cause. Show someone a grotesque picture, tell them it was their worst enemy who did it, and the sickening image is forever associated with their worst enemy. It's simple propaganda, and an attempt to train us to believe lies.

If you are shown sad, grotesque, horrific images, it's normal to be disgusted by them. But it's not reasonable to instantly buy the narrative attached to the pictures unless you know and trust the source. Do a gut-check. See if you have that nagging feeling that you are being played for some purpose. Our ancestors survived and thrived by relying on their instincts. Throughout their lives, they learned to recognize the quick promptings that told them if a story was true or not.

We all have to hone our skills for smelling rose-scented BS. Practice thinking for yourself and learning to validate your choices for sources of information. In my business, once a source has shown themselves to be unreliable, I never use them again. I move on and continue to search for a true source I can rely on. I recommend you do the same when it comes to your source for news. Never trust a source once you have caught them in a lie. Sadly, that leaves us very few sources for dependably true information.



AN OFTEN-OVERLOOKED SURVIVAL TECHNIQUE

Building, Stocking, And Hiding A Hidden Survival Cache

By EJ Snyder

Former Army Ranger and Extreme Survivalist

How can you increase your chances of survival if you find yourself far from your survival supplies? Simple. You should prepare at least one hidden survival cache. A survival cache is a hidden stash of supplies and gear that's ready to access if you need to restock or replace essential survival items.

There are many reasons to prepare survival caches no matter where you live. A few examples are to not have "all your eggs in one basket." Spreading out your supplies means you will always have backup gear. You can carry a lighter bug out bag knowing that you have more supplies available to you. Your survival gear is protected because by hiding your caches and dispersing your supplies it's difficult for them to be stolen or sabotaged.

What you choose to include in your survival cache will be as unique as you, your living situation, and your survival plans and skills require.

Urban preppers may design their survival caches with different gear and supplies than a rural or suburban prepper. You may also choose to create multiple survival caches, each with different supplies, depending on your circumstances.

Most people will include the following basic supplies when building their cache: fire starting material, an emergency blanket, food, a change of clothes, emergency flashlight and batteries, rope or paracord, water filter and



bottle, a topographical map of the area, a knife and multi-tool, basic first aid kit, camp stove and fuel, firearms and ammunition, and cash or precious metals.

Another product that you might want to include in your cache is a bottle of liquor. Liquor is multipurpose. It is a useful antiseptic, fire starter, and bartering product. It also tends to get better with age. Make sure to buy a glass bottle for long-term storage.

"I highly recommend a compact backpacking stove such as the Solo Stove Lite."

Consider stocking your emergency survival cache with emergency water pouches. These are conveniently portioned for easy rationing and come in a sealed and sterile pouch. They also have a five-year shelf life. Sealed, unopened bottles of water are also a good option for your DIY survival cache and have a long shelf life. They are a bit inconvenient for packing (they

are not exactly stackable) though the bottle may be useful for refilling.

I highly recommend a compact backpacking stove such as the Solo Stove Lite. This model requires no traditional fuel but rather works by burning twigs and other flammable material that can easily be gathered from most environments. Whatever you decide, be sure your stove and fuel storage container are made out of rust resistant materials.

Remember, your cache is your backup if you become separated from your preferred survival gear. So, be sure to include the most essential pieces of emergency gear you will need just in case. To prevent damage, it's a good idea to pack your survival cache with oxygen absorbers or desiccant humidity absorbing pouches. These will help keep your gear from rusting and prevent any damage from humidity trapped inside your cache container. Even mothballs or a Baking Soda box will help.

Spreading a bit of lime down on the floor will also help keep the pests away.

When it comes to choosing the right survival cache container, the options can seem endless and overwhelming. But the best survival storage container has a lot to do with what you plan on putting in it and where you plan on hiding it. For a large cache, you may choose to use a plastic garbage can with a lid. For a smaller cache, you might find a length of PVC pipe to be sufficient. Just keep in mind that the main requirement for your cache container is that it must be completely waterproof and resistant to bugs and rodents.

No matter which survival cache container you decide to pack your cache in, I recommend you individually package the contents, whatever they may be, in smaller vacuum sealed bags or zip lock baggies. Inside each bag, include an oxygen and/or humidity packet. This will create an extra level of protection for your survival gear and help to guarantee that should any moisture get into your survival cache, your gear will stay dry.

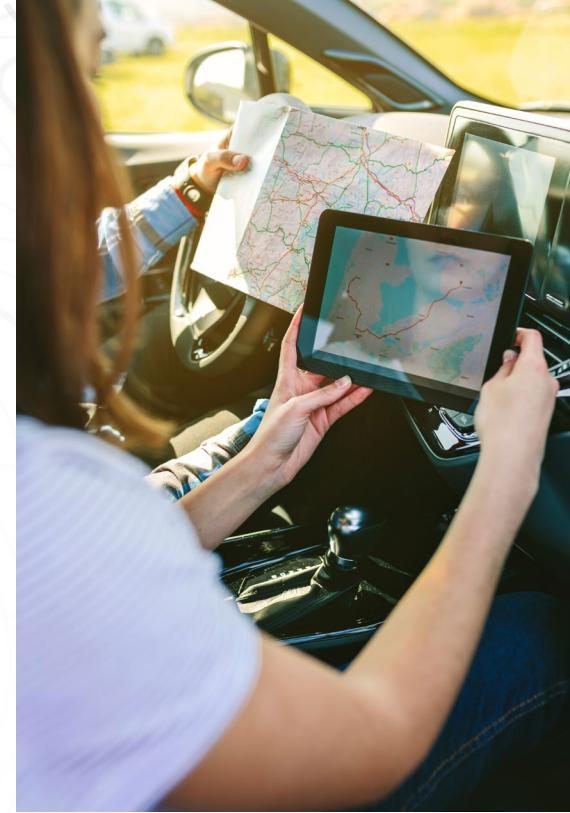
Many people recommend taking exact GPS coordinates to mark the spot of your survival caches

on a detailed map. This can be helpful when the moment comes to recover it. It should not, however, be the only way that you note the location of your cache. Instead, you should have a complete packet that includes written instructions, an area map, a site map, and photos for each survival cache that you prepare and hide. Even if your cache is hidden inside or close to your home, you should document its location in writing. This is the best way to find remote survival caches when disaster strikes and GPS satellite systems have failed.

"Ensure no one is waiting to ambush you or waiting for you to uncover your cache."

Properly documenting your cache will also allow you to share its location with family members or others in your survival group if necessary. In general, we should take every precaution to keep our survival caches an absolute secret. But what happens if an emergency hits and you have a shattered leg. There's no way you are going to be bugging out. Instead, you send your family without you. Not a single person has seen the survival cache site that you had prepared, but they are going to need those supplies. You pass off the packet with the maps and photos to the most capable person in the group and they're off.

Retrieving your emergency survival



gear starts with being able to locate it long after you place it. You need to be able to recover it without anyone seeing you. When you go to retrieve your hidden cache, you may want to have a location nearby it with a broad vantage point and just sit hidden and observe the area for a bit. You want to make sure that your cache location is not being watched and ensure no one is waiting to ambush you or waiting for you to uncover your cache so they can steal your stash. A good pair of lightweight binoculars will help with this task.

As you can see, a decent amount of work goes into a survival cache, but when you need it, you will be glad you put in all the effort. Hopefully you now have a better understanding of what to take into consideration when finding a cache spot, what gear to include in your survival cache, and how to retrieve it safely and stealthily. It's up to you now to study your surroundings and find the best spot to store your cache. So, what are you waiting for? Get to work so you can survive.



SEEK IMMEDIATE MEDICAL HELP FOR THIS TYPE OF HEADACHE

Identifying Types, Causes And Treatments Of Your Head Pain

By Dr. Omar Hamada
Special Operations Physician

Most everyone I know seems to have occasional headaches and some, unfortunately, have them fairly frequently. Many seem to believe that theirs is a "migraine." That's because a lot of people think migraines are the most common. But that simply isn't true. In fact, most headaches aren't migraines. So, let's dig in a bit.

Ninety percent of people will have a headache at some point in their lives. Tension headaches affect over 40% of those, while migraines affect just over 10%, though migraines are the most disabling over all.

Many things, such as tension headaches or muscular spasms of the scalp, vascular headaches or migraines, intracranial infections such as meningitis, bleeding inside the head, intracranial tumors or masses, vision problems, or sinus pressure and infections, can cause headaches.

But most headaches can be relieved with NSAIDS like ibuprofen or naproxen or even acetaminophen or aspirin. Sometimes caffeine helps. Other times steroids help reduce the intensity or frequency and recurrence of a headache. Rarely should a headache be managed with opiates or other controlled substances.

Few headaches require imaging. But, if you have a new headache unlike any you've ever had, a "thunderclap" headache out of nowhere, "the worst headache of your life," or a headache that causes or is accompanied by mental status changes, confusion, or neurological

deficits or problems, then certainly get a CT scan of your head.

I'd also say that if you have a headache after hitting your head or falling or if you have a headache while on blood thinners, it's always a good idea to have a physician check you out and consider CT scan imaging.

Migraine headaches are what we call vascular headaches and can be worsened by different foods, wines, smells, stress, sleep deprivation, etc. If you have them frequently, you should probably be on a preventative medication. If they are less frequent, you may want to have what we call "abortive medication" around to stop it before it gets really bad.

Migraines can cause auras, neurological symptoms, nausea, and vomiting. People who have migraines often cannot tolerate smells, noises or lights. NSAIDS, antihistamines, and triptans can help these headaches go away.

Tension headaches may often be just as bad and can be triggered by similar things such as stress, sleep deprivation and the like.

You can usually tell a tension headache because it involves the muscles external to your skull and massaging these muscles can either worsen or improve your symptoms. The standard of care for tension headaches are NSAIDS, rest and relaxation.

If you have a headache accompanied with a fever, nausea and vomiting, neck pain and stiffness or worsening with changes of position or movement, you should be evaluated

immediately to rule out meningitis. A CT scan and a spinal tap may be needed for proper diagnosis. If you have a rash that accompanies fever and a headache, you should see a physician immediately.

Some headaches come about from bleeding or tumors inside the skull and brain that can compress the brain and cause loss of consciousness or stroke-like neurological deficits. If you are on blood thinners and feel an abrupt headache come on, particularly one that you describe as the worst headache of your life, make sure you go to an Emergency Room for further evaluation. Bleeding in the skull can take a bad turn very quickly and many do not survive these incidents.

Sinus headaches result from pressure in the sinuses scattered throughout the skull — either in the forehead, on either side of the nose or in the middle of the head. Pressure builds up and headaches develop. The way to deal with these is to relieve the pressure and minimize the pain with decongestants, NSAIDS, antihistamines, a Neti pot, nasal inhaled steroids and sometimes even antibiotics.

Headaches can make you feel miserable. However, it is important to try to identify what type of headache you have so you can choose the best treatment and course of action. Remember, if it is a thunderclap headache or the worst headache of your life, the result of an injury, you're on blood thinners, or it's accompanied by a fever and/or a change in mental status, see your doctor immediately.

LESS LETHAL WEAPONS FOR SELF-DEFENSE

How To Quickly Master Fighting With A Tactical Pen

By Matt Numrich

Head Instructor Of Spy Black Belt

Having any weapon is an advantage when you're truly looking to defend your life. An advantage is a necessity when defending against an armed attack, or fighting off multiple opponents. A "tool" which is concealable and inflicts "pin point" damage will give you an advantage.

The tactical pen is different than your "regular" pen. A tactical pen is sturdy and has a sharp end used for defense. Some have added amenities such as screwdrivers, flashlights and, of course, the ability to actually write.

When using a tactical pen, there are two main grips you can hold it in. One is called the "positive grip" and the other called the "negative grip." Both can be used offensively or defensively, but I prefer the negative grip given the power it can provide. I've created a quick video demonstrating what I'm talking about regarding the grip so you can easily follow along and use it for training. The video is at www.QuickViolentAction.com.

It is important to note four critical target points: eyes, neck, ribs and groin. Obviously, there are other areas which can be hit in order to bring pain, but having these top four targets in mind will help you focus on effective striking areas that give you a chance to counter attack or escape.

The first position you need to prepare for is a frontal attack where the attacker is right in front of you. Please note they can be striking you or simply grabbing you, but they are doing it from a position in front of you. To combat these kinds of attacks, strike the pen in their



eye or throat. It doesn't matter how tough the attacker thinks he is, everyone will recoil from a tactical pen jabbed in the eye or throat.

Whether you are practicing defenses against grabs or strikes, repetition is the key. I would suggest using a blunt or non-pointed pen in training, so you can make at least light contact to the attacker and fend off attacks they are simulating. Don't forget to practice different angles, positions and scenarios in order to give yourself a wide variety of situations to deal with.

The second position is any attack that happens from behind. It may be a push, grab or strike, but when the attack comes from behind it is best to use the pen in a negative grip and mainly focus on the low line of an attacker, striking them in the ribs and groin. As always, your goal is to get away, but in this case, you may need to face the assailant and starting your turn around with a vicious strike to these vulnerable areas is key.

The last position I want to cover is an attack on the ground, specifically being "under" someone on the ground. It is scary and overwhelming, so keeping your cool is necessary. Assuming someone is in the "mounted" position, make sure you continuously buck your hips up and down to destabilize their base. Then use the tactical pen to focus on all of the four targets to help you turn the tables and start offensively striking so you can get this person off you and get up.

The tactical pen is great and my advice is to get one and train with it so you can get comfortable with it. I personally suggest this "tool" to anyone and everyone I come across because you can bring it anywhere. Therefore, if you usually have a side arm or blade on you, but walk into a courthouse, other government building, onto an airplane or even into a school or university, you might have to ditch your traditional weapons, but you can still have the tactical pen so you can be prepared and safe.