

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

AMERICA'S FIVE-TIERED NUCLEAR DEFENSE SYSTEM

The U.S. Preparations For A Potential Nuclear War With Russia

By Jason Hanson

Former CIA Officer

After Russia invaded Ukraine, Putin declared that his nuclear arsenal was entering “special combat readiness.” As you can imagine, this put the U.S. surveillance on Russian on high alert. This included hundreds of U.S. satellites that watch Russia’s bombers, submarines and nuclear silos.

So far, the U.S. hasn’t seen anything that has caused major concern when it comes to Russia’s nuclear arsenal. But we all know the invasion isn’t going as Putin planned. Putin looks like a fool right now, and he likely wants to restore his image as a ruthless



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leader. So, the U.S. is constantly watching for signs of nuclear activity.

The problem for the U.S. is that Russia has one of the largest stockpiles of nuclear weapons in the world. This means there are a lot of weapons to watch. So, the U.S. relies on public and private satellites to monitor Russian movements. The satellites track the maintenance work and training drills of nuclear forces and the U.S. has learned what is normal activity at these sites.

Around the time of Putin’s declaration, it was reported that two Russian nuclear-armed submarines had departed for sea. But this was a scheduled training exercise and likely not related to Putin’s words. Typically, about half of Russia’s submarines are out at sea on scheduled patrols. The other half are in port for maintenance.

If U.S. satellites found all Russian ports empty, this would be a huge warning sign. Finally, near the Volga River is a big nuclear arms storage site. Nearby is a bomber

base. If they were close to launching a nuclear attack there would be increased activity at these sites. The thing is, you never quite know how Russia authorizes the use of nuclear weapons, which is why the U.S. has systems in place to shoot down missiles carrying nukes.

Since 2002, the U.S. has spent over \$132 billion on ballistic missile defense. In the event of a nuclear missile launch, the U.S. has four anti-missile systems in place. The Aegis is a U.S. Navy system that started over 35 years ago as a radar for surveillance of ballistic missiles. In 2005, the system was reconfigured to provide targeting data to anti-missile interceptors.

The U.S. has 31 destroyers and 5 cruisers equipped with the Aegis system. The goal of the system is to be able to knock down an incoming ballistic missile while also tracking an incoming cruise missile. Japan also has Aegis capable destroyers and four other U.S. allies are working toward getting them. The system can track up to 100 missiles simultaneously.

Next, is the Midcourse Defense System. The U.S. mainland has 44 missiles that can hit incoming intercontinental ballistic missiles. The Midcourse system missiles are based in California and Alaska. The military plans to add another 20 in Alaska.

The problem here is that the Midcourse system has the worst

success rate of all the U.S. defense systems. Since 1999, it's only worked in 10 out of 18 tests.

The Patriot System is the most globally used anti-missile defense system. There are 1,280 operational Patriot systems in the world. The U.S. owns 1,100 of them. The rest of the Patriot systems are distributed to about 15 different countries.

Each system has 16 missiles for short and medium-range incoming missiles. The biggest upside to the Patriot system is that it has an exploding warhead, which could throw an incoming missile off

course or cause it to detonate early.

The Terminal High Altitude Area Defense System (THAAD) is a truck-based system that carries at least 8

interceptors. It uses ground-based radar with infrared sensors to destroy its target. Since 2006, the THAAD system has successfully hit its target 15 out of 15 times.

The U.S. has six THAAD batteries, including three in the Pacific. South Korea also has these systems.

There are over 14,000 nuclear weapons in the world today. Russia has about 6,000, China has about 400 and North Korea has about 30. The U.S. military has spent billions to stop nuclear missiles. It's an expensive task and, when combined together, the defense systems work about 4 out of 5 times.

"When combined together, the defense systems work about 4 out of 5 times."

23-1 Wolf Thorn Shovel Tool

The 23-1 Wolf Thorn Shovel Tool is a multifunctional shovel that can be used for digging, cutting, chopping, and hacking. Additionally, the shovel head can be tilted to different angles for easier digging, prying rocks or even to act as a climbing aid.

The backside of the shovel can be used as a ruler and hidden inside the handle is a firestarter. The shovel head is made from martensitic stainless steel by 100% molding and casting. The handle is 6.5" long with a radius of 1" and is made of aircraft-grade aluminum.

A few of the tools the shovel has are a hammer, crowbar, window breaker, magnet, wire cutter, bottle opener and whistle. The Wolf Thorn is on the smaller side at 12.5 inches in length, which makes it easy to carry in your vehicle or bug out bag. The Wolf Thorn comes with a leather carrying case and sells for about \$115 online.

Normally, four out of five isn't terrible. But if even one nuclear missile got through it would have catastrophic consequences. This is why you need to continue to prepare your family for every kind of disaster situation.

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WHY I TURNED DOWN \$1 MILLION IN ORDERS

How To Understand Price Versus Premium In Precious Metals

By Forest Hamilton
Universal Coin & Bullion

In a world of rising inflation that is nearing 10%, a pandemic-stricken economy with employee shortages and supply chain issues, and higher priced materials and services, how can you even tell what a good price is anymore?

Here are 3 simple steps you can follow to give yourself the best chance to not overpay in today's world: First, find someone you can trust in the market where you're looking to make your purchase.

While you may not know and trust someone in every market sector, someone in your network most likely does. Start with those people you trust the most and that have made multiple purchases over many years with the company they are recommending.

Make sure to check out the companies you are buying from.



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

This month, you can get the new Survival Blaze firestarter. This is the firestarter that I now have in all of my bug out bags. It can start over 50 fires and has a total burn time of 4 hours. To see videos and pictures, visit www.SurvivalBlaze.com.

They should have an A or even an A+ rating with the Better Business Bureau and be held accountable by multiple governing bodies in their field. Ideally, they will have 10+ years of good business in the community with a significant number of positive reviews. Pay more attention to how a company handled any problems that arose rather than trying to find a company with zero complaints.

Either take the time to learn about the market you are investing in or be willing to take the risks associated with the purchase. It is impossible to take the time to become an expert in every field in order to make sure you are getting the best value and the best quality when making purchases.

I have invested in the stock market for many years, but I trust a couple of advisors (that have become good friends over the years) to advise me on the majority of my stock movements. In this case, cheaper trades on a discount stock site don't give me the same peace of mind that my advisor friends give me with their years of experience and evident engagement in my portfolio and my financial goals.

While I am not an expert in the stock market, I have been in the gold and silver industry for well over 20 years and have some priceless perspective on how to make sure you are getting good value when acquiring precious metals.

The most popular silver coin in the world is the 1-ounce Silver American Eagle, struck by the U.S. Mint. It is the coin of choice for investors, collectors, and even survival-minded Americans. It is globally recognized, extremely difficult to counterfeit, and trades

very close to the daily (spot) price of silver - until recently.

I have turned away close to a million dollars in orders for Silver Eagles over the past year because the premium is just too high. It is important to know the difference between price and premium. The price of silver is currently reasonable, floating around the \$25 per ounce level. Considering the all-time high for silver is over \$50 per ounce, this seems to be an attractive price point.

Unfortunately, the current premium (the amount you have to pay above actual dealer cost) is absolutely egregious. My average cost for over 20 years has been around \$3 over the spot price. As of this writing, my cost is more than \$12 over the spot price. That is a quadruple premium. I'm not making one cent more, the U.S. Mint and their Authorized Purchasers are making the profit and the investor is paying the ridiculous premium.

This premium is the reason that I have been working overtime to find my clients other silver coins at reasonable premiums. All silver and gold coins are becoming hard to come by, but there are still some good values to be had. Find someone you trust and make sure you aren't paying too much for the premium.

[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.]

FUNDAMENTALS THAT EVERYONE SHOULD MASTER

How To Keep Your Knife Ready For Any Emergency

By EJ Snyder

Former Army Ranger and Extreme Survivalist

You just purchased that beautiful knife you have always wanted and can't wait to get out and use it. So, you head out right after the mailman delivers it. You "chop" down the forest as Smokey the Bear looks over at you in horror, clean fresh caught fish for a nice campfire lunch and carve yourself a fancy decorative walking stick. You have seen what your knife can do, but what do you do with your knife now that it's all mucked up?

Right now, you will find some easy-care tips for each facet of the knife that requires your attention. These are the fundamentals that anyone who carries a knife ought to know. Use them to keep your knife ready for the next adventure or emergency.

Many knives have a coating of an Epoxy Hybrid Base with Polyester, which is electrostatically applied and baked on in an oven. It is industrial strength and the toughest material you could find. From time to time, the saw teeth on the top of some blades may lose small pieces of the coating. This is not

a problem, as the sharp abrasive angles of the teeth are made to cut hard and the coating will in fact come off the edge eventually.

All that is needed for this part is a good clean rag with some mild soapy water to wash it. I personally use Mean Green Cleaner. If you have been skinning animals, I recommend soaking it or at least wiping it done with some bleach to kill the germs.

Now, simply dry it with a rag and apply some knife oil. Any good knife oil will do. I like to use some of my Gun CLP from "Liberal Tears" with Bacon scent (I just love the smell of Bacon) but have also used regular Vegetable Oil before, especially if I am using my knife to butcher game to consume.

Most knives are pre-treated with high quality oil before shipping to you to prevent rusting. But in the normal course of use in the field, it is wise to wipe off your cutting edges when you're finished using the knife.

With all knife steels (including stainless), there may be a tendency for small rust spots to appear, particularly if not wiped dry or maintained well with oil. So, when

you return home, to camp, or when putting your knife away for a while, another coating of oil keeps it ready for your next field trip.

There are many forms and styles of sheaths including Kydex, nylon, and leather, depending on the model of knife you choose and/or preference for type of sheath and style you like.

If during use your Kydex sheath becomes dirty inside or out, I suggest removing the knife and running warm water through the open end of the sheath, most at the bottom have a drainage hole, and the water will go through.

If the outside is dirty, soap and warm water usually does the trick. For stubborn dirt or mud, you may use a hard bristle brush. After washing, allow the sheath to dry completely prior to replacing the knife.

For nylon, do not fill the sheath with water. Do the best you can to get the dirt and grit out of the inside with towels using a thin straight object like a ruler. Again, a stiff hard bristle brush can help too. Leather should be maintained with some good saddle soap to clean it and some leather oil.

Heavy field knives do not necessarily require a razor edge. Most manufacturers put a good working edge on the knives. For a new factory edge in the future, many larger companies are happy to do it for you, just contact them. To sharpen your knife yourself, you could use stones, diamond sharpeners, files, all-in-one sharpeners, etc. Pick whatever method works for you and get good at it. The bottom line is, knife care is very important to give your blade a long and proper life. If you take care of your knife, it will take care of you.



RESISTANCE LESSONS FROM THE REVOLUTION

At Home Behind Enemy Lines

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

As airborne recon, we trained and prepared for the eventuality of being shot down behind enemy lines. Two of my airborne teammates survived being discovered behind enemy lines during the Vietnam conflict. Bob was one of those men who lived through the horrors of being captured and facing the real possibility of torture and execution.

Bob was leading a small team to establish an LP (Listening Post) along the Ho Chi Minh trail. He and three other operators were captured by local villagers loyal to the North Vietnamese, the Viet Cong.

Despite the images of small teams of American hero fighting men taking on entire enclaves of armed villagers, that was not how it played out for Bob and his team. They selected a site and were laying out perimeter detection alerts and defenses. Before they could set the claymores, dozens of armed men were staring them down with AK-47s, sharp sticks, and even farm tools.

It would have been foolish to try to fight their way out. Instead, Bob and the team produced Blood Chits. Blood Chits, alternatively known as Escape Flags, Rescue Cards, or Ransom Promises, are made of cloth, leather, silk, or printed and laminated. Issued to American combat aircrew flying over enemy territory, they have an American flag and special phrases written in local languages.

"He and three other operators were captured by local villagers loyal to the North Vietnamese."



Blood Chits, in one form or another, date back to at least the 1700's. During the Vietnam War, the phrases printed in Vietnamese, Lao, Hmong, and other languages called upon the reader to provide aid and comfort to the downed aircrew member in exchange for significant rewards from the US Government.

Along with the Chits, some of us carried small amounts of gold as a token of the intended generosity of the US Government if the villager rendered aid.

The Blood Chits worked to save Bob and the team. Each team member handed their personal Blood Chit over to the leader of the band of local villagers. The team members were held, uncomfortably, in bamboo huts for over two weeks while the villagers decided what to do. But, as soon as the village leaders returned to the village, Bob

and his team were loaded onto a truck and driven into Thailand.

The village leaders contacted the U.S. forces as instructed on the Chit, and with Bob's personal Search and Rescue (SAR) recovery code phrases, initiated negotiations for their safe return. When U.S. forces confirmed the SAR Codes, the village chieftain received assurances of the rewards for good treatment and rescue of the ops team.

One of the things that I have learned in my many years of operating behind enemy lines is that you need to have something to offer to those who might not appreciate you being in their "yard." You really need to carry your own ransom.

The strange thing is, our own government has now begun describing people like me as enemies of the state. I almost feel like I am behind enemy lines whenever I decline a medical

treatment, try to withdraw cash from my bank, say the wrong thing in a YouTube comment, include information in a LinkedIn reply that is not approved by the current regime, or even express my knowledge that boys and girls and men and women are different and not interchangeable.

When I am in a foreign country under deep cover, I do not (cannot) carry any form of Blood Chit. I have to rely on building instant rapport and on the good will of everyone I come into contact with. For me, congeniality has served as my Blood Chit on several occasions.

But what do we do in the current climate here in our own country? What kind of Blood Chit can we have with us? What can we rely on to get us rescued?

Our operating environment is radically different from a uniformed soldier behind enemy lines during declared conflicts, but we can learn from them and incorporate transferable strategies and logical tools to develop our own “Get Out of Jail Free” card.

I believe one of the best models of self-rescue that we can apply to our current situation is found in the actions of the first American patriots — the Founding Fathers and their cohorts.

Remember, our Founding Fathers and their liberty-loving fellow citizens were good and faithful residents that found that their country turned against them. They became enemies of the state that they had loved and served for generations.

For instance, Paul Revere formed a covert network — reportedly the very first espionage cell in America — called the “Mechanics.” Prior to the Revolution, he and

men like him, gathered in private and formed active resistance movements, action units like the “Sons of Liberty.” Each of our Founding Fathers belonged to at least one such clandestine network, which served to provide discreet aid and assistance to every member who suffered oppression at the hands of their government.

When the Red Coats began squeezing any member of these secret networks, the other members would rise up and use imaginative and sometimes forceful means to dislodge their cohort from British entanglements. The Brits would close the businesses of those they suspected of being involved with units such as the Mechanics. They would have people follow suspects and lure them into unlawful deeds to try and get them into situations that would warrant their arrest (one of the reasons our Constitution was amended and our laws prohibit government authorities from entrapment).

The British authorities used vicious harassment and scandalous tactics to try and break up the burgeoning rebellion. They would punish

suspected “dissenters” by frequently searching their homes, farms, and businesses, levying heavy, unjustified fines, and continually disrupting their travels.

They did everything they could to deprive those they felt were threats by interfering with their ability to earn money, feed their families, socialize with other suspects, and in general, make their day-to-day lives as miserable as possible.

The First Americans found themselves unexpectedly behind enemy lines with no Blood Chits to use for escape. However, they learned they could rely on their



network of fellow Libertarians. These networks sprang from existing organizations such as churches, market places, and especially within the ranks of colonial era union groups. These secret resistance cells emerged as unplanned necessities invented by their new status as “enemies of the homeland.”

Today, there are tens of millions of others like me. Men and women who love this country, support our Constitution, pay our taxes, and have been branded “enemies of the state” because of our religion and our refusal to accept domination by elected officials, media, global corporations, or Hollywood.

Should we find ourselves subjugated to the unconstitutional abuses by any elements of our government, our only Blood Chit will be our families, friends, and fellow patriots. It was those very relationships and groups that applied their dedication, intellect, ingenuity, and prayers to free an entire country from the captive claws of oppression. And we can, and will, do it again.

"When I am in a foreign country under deep cover, I do not (cannot) carry any form of Blood Chit."

A REVOLUTION IN BRAIN HEALTH

Preventing Or Reversing The Ravages Of Alzheimer's Disease

By Dr. Omar Hamada
Special Operations Physician

Of the leading causes of death, Alzheimer's disease is one of the most terrifying. It ranks as the 3rd leading cause of death in the United States behind cardiovascular disease and cancer.

As we age, we expect to suffer some forms of physical degradation. However, what we fear most and look for ways to avoid is mental degradation. Though we can't accurately predict who will or won't suffer from dementia or when, we've nearly all watched someone we know fall prey to it along with the resulting devastation of all involved in their lives.

Celebrity isn't even protective as we all remember watching President Ronald Reagan sliding off into the abyss of dementia in his later years and even now in a much more public way, the world watches our current President doing the same.

Not only does dementia affect cognitive ability, it also interferes with the ability to complete simple tasks, process memories, recognize familiar people or places, and often effects significant personality changes.

Though the terms dementia and Alzheimer's disease are used interchangeably, they are not the same (Alzheimer's is a type of dementia). Dementia is the overall, usually irreversible, process of a person losing the ability to function independently because of cognitive decline and presents as a syndrome with symptoms related to memory and cognitive ability.

Alzheimer's is a specific neurodegenerative disease that

accounts for approximately two-thirds of all dementia and can be present even without significant initial impairment. When first discovered, Alzheimer's specifically referred to "pre-senile" dementias as apposed to the more widely accepted "senile" or aging-related dementias after 65.

Although we still don't know what causes Alzheimer's disease or Alzheimer's-type dementia, we do know that proteins are deposited around neurons that cause them to stop functioning or talking to each other. This happens because the proteins essentially create plaques or a type of scarring around neurons and separate neurons from each other, causing them to stop communicating with one another.

Recently, it's come to light that Alzheimer's may also be a result of what is now termed "Type 3 diabetes" caused by insulin resistance in the brain. The brain's primary fuel is glucose. In fact, though it can also run on ketones, the brain is the primary consumer of glucose in our bodies. You would be shocked at how many calories an active brain burns on a daily basis.

When we develop insulin resistance, the brain suffers as its ability to use glucose as a fuel is diminished. Insulin resistance can be caused a few ways, including genetics, but it primarily develops because of poor lifestyle choices that cause us to maintain high insulin levels over a long period of time (years and decades) and because of diets that are high in simple carbohydrates that lead to high baseline insulin levels.

This insulin resistance of the brain

is thought to lead to the protein deposits over time, which result in the neurodegenerative disease we call Alzheimer's (named after the German psychiatrist and neuropathologist who discovered it in 1906).

"Insulin resistance can be caused a few ways, including genetics."

So, how do we prevent and possibly even reverse Alzheimer's disease? Dr. Dale Bredesen, a neurologist at UCLA

has developed a protocol by the same name that has been proven to benefit Alzheimer's patients. In fact, over the past 2 decades in studies like the MEND trial, 90% of patients saw significant cognitive improvements and reversal of their Alzheimer's disease in as little as 3 to 6 months.

Dr. Bredesen uses dynamic lifestyle changes including a strict diet, supplements, sleep, and exercise to achieve amazing results. Not everyone can sustain the lifestyle changes, but if they do, the results are incredible. In fact, the magnitude of reproducible changes seen with this protocol are unprecedented.

The Bredesen Protocol includes the use of a fat burning diet that includes intermittent fasting, a low carbohydrate anti-inflammatory diet, ketosis, improved gut health, narrow insulin windows, stress reduction, regular brain stimulation, optimized sleep hygiene, maintaining an optimal oral biome, and regular aerobic exercise.

If you're interested in learning more for yourself or a loved one, check out his book, *The End of Alzheimer's Program: The First Program to Enhance Cognition and Reverse Decline at Any Age*. You can find it wherever books are sold.

AN OFTEN OVERLOOKED LESS-LETHAL OPTION

Self-Defense Weapon Of Choice For 9/11 Terrorists And Law Enforcement?

By Matt Numrich

Head Instructor Of Spy Black Belt

Did you know that the hijackers on 9/11 used pepper spray to coat the first class cabin of the planes, so it would make it harder for brave U.S. travelers to breach the cockpit?

Also, law enforcement knows that pepper spray is a mean weapon, as they use it often whether it is against mobs or individual criminals they need to subdue.

Civilians like you and me should also think about carrying it. I'll admit, for years there was a stigma that only women carry it. When I talked to male civilians, I always reminded them that most law enforcement are males, who carry guns, and that they carry pepper spray. It's a non-lethal projectile weapon, which can equalize the playing field against a bigger and stronger opponent.

I searched for years for the perfect sprayer and finally found what I believe is the "one." (I use Sabre Pepper Spray.) Your criteria may differ, but here's why I chose mine and why I think you should look for the same things in your pepper spray.

First, it's ergonomically designed, so it shoots where you naturally point, cutting down your training time and improving your natural accuracy. It is small enough to fit on your keychain, and hence, in your pocket. No bulky or awkward sizes to haul around, so it's perfect to carry anywhere.

Finally, it allows you to insert "inert" (spray without the pepper agent) cartridges, so you can practice spraying it. If you have to "spray" real pepper spray, you are



wasting it, and you have to find a safe place to train. You don't want to be anywhere in the vicinity once you fire real pepper spray. But you can practice anywhere, including your small office or even your house, by using the inert cartridge.

Ask most people who carry pepper spray and they will tell you they have no clue how far, how wide, or what type of liquid their sprayer shoots. By practicing with the inert sprayer, you can see exactly what your range is, while also training on withdrawing your sprayer from wherever you carry it (pocket, keychain, purse), and firing it.

So, here's an easy way to train with your pepper spray: Practice three positions with three "scenarios." The three positions are: in front, from behind, and on the ground. The three "scenarios" would be where you are pulling the sprayer from.

The first is simple, assuming the sprayer is already in your hand. Raise with a bent arm and fire at the target. (I find that hanging a piece of paper from the ceiling or

taped to a tall piece of furniture is the best).

The second "pulling" scenario is pulling from your pocket or purse. Have someone "attack" you by pushing or pulling on you, and pull from your pocket or purse, then spray. Do this a couple times. Lastly, have the sprayer on the ground and, after getting attacked, pick it up and spray away. You do this last scenario for two reasons. One, you may drop your sprayer under the stress and need to practice going from picking it up to spraying. And two, the sprayer may not exactly be in your possession. Maybe it is on a table or in your glove compartment or on your nightstand. My point is, it's not on your person, so you need to get it and go right to using it.

Being able to work with different positions and scenarios, while also being able to actually "spray" gives you the kind of training you need. As you go through these you'll think of other situations to practice. Use your creativity to train and have fun.