

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

SURVIVING A ROUGH ECONOMY

Stay the Course

By Jason Hanson

Former CIA Officer

At the end of last month, we held our 2-day Spy Course in Las Vegas (www.SpySafety.com). We hold it every year and every year it sells out. This year was no different and once the date opened, we sold out in just a couple of days. However, as we got closer to the date, which was April 25-26, 2025, my customer service team got emails from several people saying that they weren't going to be able to attend.

Why? Because they weren't able to afford the plane ticket because of the bad economy. Keep in mind, I've been teaching this 2-day Spy Course for over a decade now and I've never had people email me that they couldn't come because they couldn't afford the plane ticket to an event they've already signed up for.



I share this with you because this is an unfortunate sign of the times of how truly bad the economy is and how much people really are struggling. The fact is, I know of people who are now living off of their food storage because they've lost jobs and money is so tight.

It's always important to remember that the reason we prepare might not be for some "end of the world scenario," but instead it might be a personal crisis. And right now, many people are going through a personal financial crisis.

So, what am I personally doing at this moment during these tough times? Well, I'm very conservative with my money and I always live below my means. I live in a modest house and drive modest vehicles. I always have

a significant amount of emergency funds for when times get tough (because they almost always do.)

I am buying precious metals such as gold and silver since those have been shooting to the moon lately and will continue to increase in value during the difficult times ahead. To be clear, I am a buy and hold investor. I don't plan to ever sell my gold and silver. I'll only sell it if I need to feed my family, and I pray that I never find myself in such a situation.

I am continuing to prepare and stock up on survival supplies. This is something I always do no matter what is going on in the world. The economy could be great, or it could be struggling like it is currently, and I will still be chugging along with my preparations. This includes

WHAT'S INSIDE

- 3** Protecting Your Wealth From The Volatile Markets
- 4** Twister
- 5** Out Of The Frying Pan, Into The Philippines
- 7** The Building Blocks Of Healthy Living
- 8** "Stealing" The Most Effective Techniques From MMA

US Debt Crisis



my food storage (food pouches and canned meat) and making sure I've got my generators and fuel and other important items at the ready.

If you have the means to, I encourage you to "stay the course" and continue getting your family prepared for an even more serious crisis. It's bound to happen and these days it looks like a freight train might be coming right at us.

What am I not doing? Well, I'm not doing anything frivolous. I'm not taking any fancy vacations or anything like that. For instance, my wife wanted to build a pool. The dream pool she wants is going to cost \$100,000 and so we are certainly not doing anything like that in this economy. We are also not buying any new cars, not that I buy fancy new cars regularly anyway.

I personally do think it's going to be rough for a while, but I am confident in the future. In the long term, I am confident in America and confident in the resilience of the American people. Right now, we are going through the "refiners fire" and everyone who survives will come out stronger in the long run.

Just don't give up, don't let your guard down and be sure to continue to take the necessary steps to make sure that your family can weather a nasty storm. Make a list right now of the items you need to stock in the coming days since now is not the time to procrastinate. For example, a few of the items I'm buying in the coming days are more ammunition, more canned meat, extra propane, and extra miscellaneous work tools.

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Nextorch Electronic Distraction Device

While I believe you should have a gun for self-defense, you should also consider other, less lethal tools as well. One that you may wish to check out is the Nextorch ND30B Electronic Distraction Device.

The device uses high-output LEDs and a speaker to create an electronic stun grenade. It's made of aluminum with rubber bumpers to protect it when thrown. The device has an impact drop rating of about three meters and is water resistant at IPX7. This means that it can be submerged in water for about 30 minutes.

There is a dial that sets the number of bangs. You can also set it to continuous modes. In addition, there is a bottom dial that sets the time delay before the device goes off. You can choose the activation delay of 0.5, 1, 1.5, and 3 seconds.

There are six columns of LED lights on the device that output 11,000 lumens and 1,225 candela of strobe lights. The lights go in every direction and the speaker outputs 130 decibels. For reference, a true flash bang like the ones used by law enforcement has millions of candela.

The Nextorch is activated by pulling the ring and releasing the safety lever, and a single charge will provide over 4,000 uses. The device has a carry pouch with a belt clip as well as additional pull rings. It's operated by a built-in battery that charges with a USB-C cable.

While it's not a true flash bang, in a home defense situation, you could throw it toward an intruder and give them the surprise of a lifetime. Or you could toss it from your car if a mob was surrounding your vehicle.

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PROTECTING YOUR WEALTH FROM THE VOLATILE MARKETS

Gold's Sprint Toward 5k

By Forest Hamilton

Universal Coin & Bullion

In my nearly 30-year career, I can't remember a time where gold closed up over \$100 per ounce in a single day. But it recently closed up over \$100 an ounce 3 times in a 2-week period. Twice in a 3-day period touching \$3,350 an ounce. This has electrified markets, drawing attention from institutional and retail investors alike.

Gold historically thrives in uncertainty, and the current environment—marked by fears of recession, inflationary pressures, and trade disruptions—has massively propelled demand. For investors, this rally underscores gold's role as a portfolio diversifier and hedge against volatility. Unlike equities or bonds, gold's value is not tied to corporate earnings or government debt, making it a critical asset in turbulent times.

Fueled by a weakening U.S. dollar, escalating trade tariffs, and an intensifying U.S.-China trade war, gold's allure as a safe-haven asset is undeniable. Goldman Sachs' bold forecast of gold possibly reaching \$4,500 per ounce by the end of 2025, signals a pivotal moment for investors.

This ambitious outlook hinges on three key drivers: robust central bank demand, surging exchange-traded fund (ETF) inflows, and heightened U.S. policy uncertainty, potentially causing a U.S. and even a global recession.

A weakening U.S. dollar is a cornerstone of gold's rally. The U.S. Dollar Index (DXY) fell nearly 3.8% by mid-April 2025, hitting its lowest level since April 2022. A

weaker dollar makes gold, which is priced in dollars, more affordable for foreign buyers, boosting demand and driving prices higher. This inverse relationship is a fundamental driver of gold's value.

As investors and central banks diversify away from dollar-based assets, gold emerges as a natural alternative. For portfolio managers, this dynamic suggests increasing gold exposure to hedge against further dollar depreciation. Physical gold, gold ETFs, or gold mining stocks offer viable avenues, depending on risk tolerance and liquidity needs.

The escalating U.S.-China trade war is a major catalyst for gold's surge. Last month, on April 2, 2025, President Donald Trump's "Liberation Day" tariff announcement imposed a 10% universal tariff on most U.S. trading partners and a 145% tariff on Chinese imports. China retaliated with tariffs of up to 125% on U.S. goods, sending shockwaves through global markets. Equities and bonds faltered, while gold soared as investors sought safety.

Tariffs are inflationary, as higher import costs raise consumer prices, fueling fears of stagflation. In fact, Goldman Sachs now estimates a 45% probability of a U.S. recession within 12 months, driven by trade-induced economic strain.

Gold, untethered from corporate or sovereign risks, thrives in such environments. Investors should note that prolonged trade conflicts could further elevate gold prices, particularly if global supply chains fracture (again) or confidence in fiat currencies wanes.

China, the world's largest gold buyer, is amplifying demand. As U.S. Treasuries lose appeal amid trade tensions, Chinese central banks and consumers are turning to gold, with spot purchase premiums reaching \$39 per ounce, the highest since December 2016. This trend suggests sustained upward pressure on prices, making gold an attractive allocation for long-term investors.

While many investors are concerned about buying gold at an all-time high, the data in this article shows that there is plenty of upside to the shiny yellow metal. That being said, one of my favorite recommendations currently is United States Minted Certified Gold Investment coins. Many of those coins are still trading at around half of their previous market highs and trending up.

Gold's recent record-setting three-day rise of over \$100 per ounce, combined with Goldman Sachs' \$4,500 bullish forecast, signals a transformative period for investors. While risks like volatility and opportunity costs persist, the macroeconomic backdrop—recession fears, inflationary tariffs, and central bank buying—makes gold a compelling portfolio anchor at this current time.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at 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.]

TWISTER

How To Survive A Deadly Tornado

By EJ Snyder

Former Army Ranger and Extreme Survivalist

It's true that survival is about preparation, but sometimes fast thinking, quick action, prayers, and luck play an enormous role. Folks that live in areas where tornadoes are common know this truth well.

Tornadoes can form seemingly out of nowhere and cause massive damage in seconds. Even with modern weather technology and warning systems, this survival situation can be hard to predict. To survive you will need all the prep and luck you can get. So, I'm going to share a couple of tornado survival stories, then show you how to prepare and survive a deadly tornado since several of them have been in the news the past few weeks.

First up is Lee, who lives in Louisiana. He saw on TV that his area was under a tornado watch, so he looked out the window of his mobile home and saw the wind picking up. Moments later, he heard what sounded like a train barreling toward him.

That's when a tornado hit Lee's trailer park. He dove behind a couch when things got dark, and soon realized his home was floating and the trailer was tearing apart. As the roof sheared off, he could see up into the tornado with cars floating and spinning around.

He said he had never called out to God before, but he said, "Lord, if this is my time to go, please forgive me and make it fast!" At that moment, he saw his dryer coming right for him. Instead of crushing and killing him, the dryer knocked him out of the tornado's grip and onto the ground, knocking him out cold.

Lee woke up some time later and saw that his entire trailer park was gone. His home was wrecked, but thankfully, he was alive.

Next, there's Bobby, a ten-year-old boy from Oklahoma. He was home alone watching TV when the power went out. Suddenly, it got very dark, and he heard a loud noise, again sounding like a train.

Bobby was scared but remembered a teacher telling him that if a tornado was coming, to get to an interior room. Bobby sprinted to the bathroom and slammed the door shut.

He wedged himself between the bathtub and toilet and clung to the base of the toilet. The tornado tore through the house, ripping off the roof and blasting down walls.

Bobby's home was disintegrating around him, but he held on for dear life. As fast as it came, the tornado was gone. Bobby stood up in amazement, crying scared tears, but miraculously alive and well.

Having been through several myself, I can tell you that tornadoes are no joke. They are very unpredictable, show up quickly, and can sweep away your survival plans in one blow. Knowing the area where you live or where you're at is critical to your tornado survival planning.

In all cases, your planning should focus on where you will be sheltering. Most schools have kids huddle up in the hallways. Some people have tornado bunkers or safe rooms, usually in a basement



or cellar. Your next safest place to shelter is an interior room with four walls and no windows, preferably a bathroom, where you can get inside the bathtub. For more protection, drag a mattress or pillows into the bathroom and throw it over you for extra layers of padding.

If you are out or away from your home, head to an interior room or kitchen area, or even a walk-in freezer. If you are driving, try to get your vehicle under the cover of an underpass. If that's not possible, find a drainage ditch or large sewer pipe to crawl in. The concrete pipe will help protect you.

Now, as the stories I shared showed, getting caught in a tornado is scary, fast, and devastating. It's one of the worst natural disasters to be in, and my close calls have stuck with me my entire life. But with prior thought and planning (and some rehearsals if possible), a prayer, and fast thinking and action, you can survive a tornado. It's also not a bad idea at all to have one of your bug out bags in your tornado shelter area. At the very least, have one of the hand-crank emergency weather radios nearby. If you do an internet search for "hand crank emergency radio", you will see plenty of options to choose from.

OUT OF THE FRYING PAN, INTO THE PHILIPPINES

How To Truly Be "Ready For Anything"

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

We were in the Philippines Islands, Luzon to be precise. It was hot, humid, and the air was filled with the odors of unwashed bodies and raw sewage. We'd taken off from Okinawa, Japan, expecting to return there, not land in the Philippines.

Our mission was to conduct reconnaissance of Southern China's Hainan Island and Northern Vietnam. Intelligence showed an unusual military buildup of Chinese infantry on Hainan Island and new Russian bases being constructed in Northern Vietnam.

We had advance knowledge that both the Chinese and the Russians were anticipating our arrival and had predetermined to prevent us from gaining access to these sensitive sites. So, our pre-mission briefing had all of the standard warnings and threat reviews. But it also warned that there was a strong chance of either Russian or Chinese fighters intercepting us with the goal of shooting us down and claiming we entered their airspace with hostile intentions.

They had tried it many times before, but each time, we escaped before they could launch an air-to-air or ground-to-air missile. But there is always that lingering thought, "Will they get lucky today?"

Our aircraft was approaching the area between Northern Vietnam and Hainan Island. Our #3 Operator or Tactical Air Threat operator placed a radio call to our AMS (Airborne Mission Supervisor), AKA Operator #1. AMS is a designation given to the senior intelligence authority during airborne combat missions. As



the back-up to the AMS or Op #2/ Airborne Analyst, I stay "plugged" into him at all times. He is in command, and his #2 Op makes sure things get done as he directs.

Op #3 reported positive confirmation that the Chinese were coordinating with the Russians in Vietnam. Their plan was to flank us from both sides, use the airpower of their advanced fighters to force our mission aircraft into either Vietnamese or Chinese airspace, then shoot us down.

The AMS looked at me with a, "Well, crap!" look. We sit side by side, inches apart, but due to the noise on mission aircraft, we use our headsets to communicate. But this was a special situation. He tapped me on the arm, pulled his headset off, and leaned over. I pulled off my headset and leaned toward him. Everyone knew something significant was happening. There is almost never any situation where we are both off our headsets at the same time.

He said, "We're in trouble. Any deeper, we will be trapped. But

if I Abort Mission due to hostile aggression this early, on a mission this critical, there will be (expletive) to pay. I have to wait until they're close enough that no one can second guess our abort."

He told me to go to the #3 Op and stand with him with my headsets plugged into his radio and gear, and to instruct the # 3 Op that as soon as he could do a mental calculation to forecast a time that either a Chinese or Russian fighter could intercept and lock on missiles for a launch, to give me the anticipated time and I would report it to the AMS.

This action saved the # 3 Op from the post-mission 'autopsy' (official mission debrief), where some desk-sitter would claim violation of mission protocol by forecasting instead of reporting actual times, etc. We call this "Crew Integrity" or team trust. I trusted the 'unofficial' analysis of the #3 Op, he trusted that I would not report that he gave me the 'unofficial' analysis. The AMS and I trusted each other that we would preserve the integrity of our team by not divulging how we



arrived at the command decision to abort the mission prior to completion.

The instant the #3 Op had his predicted intercept point and time, I reported it to the AMS, who then informed the front-end crew he had declared an Emergency Abort. By aborting several minutes in advance of the enemy's planned intercept, the pilot was able to exit the area before the Russian or Chinese fighters could engage us. However, this meant that we had to make an emergency landing since our flight path deviation put us out of reach of our refueling tankers and we didn't have enough fuel to make it back to Okinawa.

And that's how we wound up in the Philippines, in a hotel room, while an armed guerrilla group began overrunning the area. They were extremely violent and destructive. We did not even know who they were representing, and to this day, I still think they were just vicious criminals exploiting the political and social unrest in the area.

The guerilla uprising forced us to abandon the mission plan and make a hasty retreat. Of course, we are always prepared for emergency

mission abort procedures with some level of swift egress plan. However, from experience, I will tell you that when it actually happens, the clock seems to run at 10 times the speed.

Minutes spent gathering your things feel like hours, and even seconds spent double-checking things feel like an eternity.

When you hear gun shots, screams, doors crashing in, and vehicles plowing through security perimeters, it's hard to stay focused on the tasks at hand. You feel compelled to look out the window or open the door to see what is happening. But those seconds wasted will not aid you in your escape. Whatever and whomever are out there is a threat to you, and getting out of the way of danger is all that matters.

But to be sure that you have the best chance of escaping a wide-area event, you will need to have some life essentials with you. We knew exactly what to stuff into our Go Bags (Combat Flight Mission Bags, in this particular case) and what we needed to leave behind. I have done this more than once, so I hope you will give my advice more credence than the people who have a 'vision' of the perfect bug out bag.

Some "experts" will advise you to assemble minimalist bags including water, snacks, and a cell phone charger—something no urbanite could do without for more than 24 hours. Other experts will tell you to fill your bag with frontiersman's gear: tree saws, climbing rope, bear traps, and a four-season tent with a wood-burning stove.

But, when we had to bug out of that hotel room, we knew we couldn't take a taxi to a hotel on the other side of town or the next hamlet. We had to hide first, roughing it for a time in the jungle until things calmed down. We also knew we would not survive in the jungle for long without rudimentary provisions, shelter, and

other essentials.

Additionally, once we emerged from the jungle, we'd need urban essentials like toiletries, an area map, local currency, clean clothes, etc., to safely reassimilate into the town. So, we had to be prepared to both survive in the wild and travel to safety soon after.

The truth is, if you have to bug-out, you may need to live "in the wild" (the woods, under a bridge, etc.) before you can move to your secure destination, so some wilderness gear will be essential. Know your area and what you need based on your local climate, terrain, roads, water access, etc.

As in my experience above, it will not matter what caused you to run for cover, it will only matter if you are prepared to hunker down in the closest (possibly the worst) location for up to three days.

That means, pack a bag like we do. Include essentials to keep you alive in any climate, condition, or emergency for long enough to make your move to safety.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

We just got a new batch of survival food in stock, so I wanted you to be among the first to know about it. Especially since we've been sold out for the past several weeks. So, if you're continuing to stock up on survival food (like I am) make sure to grab some of this premium food now at www.AmazingSurvivalFood.com.

THE BUILDING BLOCKS OF HEALTHY LIVING

Why Amino Acids, Peptides, And Proteins Are Essential

By Dr. Omar Hamada

Special Operations Physician

You've likely heard about BCAAs (branched-chain amino acids) for muscle building, peptide therapy, and protein diets. But you may not know precisely what they are, what they do, and why you need them.

Amino acids are the basic building blocks of life. These organic compounds link together in sequences to form both peptides and proteins. There are 20 amino acids that your body uses to build proteins. Nine of these are considered essential, meaning your body cannot produce them on its own—you have to get them from food or supplements.

When amino acids bind together in short chains, usually fewer than 50, but up to 100, they form a peptide. Peptides can act like messengers in your body—regulating hormones, digestion, immune response, etc. In fact, there are over 7,000 peptides, though we don't know what all of them do.

When these amino acid chains grow longer and more complex (100 or more amino acids), they become proteins. Proteins make up the structure of your muscles, bones, skin, and organs. They also create enzymes and hormones, all crucial for life.

Protein metabolism refers to the way your body digests, absorbs, breaks down, and uses protein from food or supplements. Here's a simplified breakdown: When you eat protein, your stomach acid and enzymes like pepsin break dietary proteins down into basic amino acids, which are then absorbed by your small intestine and sent into your bloodstream.

Your body uses these amino acids to repair tissues, build new muscle, support hormones, and regulate metabolism by building them back

into specific, needed peptides and proteins. Amino acids like glutamine and leucine support recovery from exercise, injury, or illness. Certain peptides also help regulate immune response and reduce inflammation. Excess nitrogen from unused amino acids is filtered out through the kidneys.

Your body does not store protein like it stores fat or carbs. That's why a steady supply of dietary protein is important, especially for active men or those recovering from injury or illness. Consuming enough protein supports muscle repair and growth, especially when combined with resistance training.

This is vital as you age, since men tend to lose muscle mass after age 30. Muscle mass is directly linked to health and life span. Older adults with higher muscle mass and strength live longer, have fewer falls, and enjoy a better quality of life.

Protein helps control appetite, supports a higher metabolic rate, and improves insulin sensitivity, which can help reverse or manage metabolic syndrome, prediabetes, and type 2 diabetes.

In healthy individuals, there is no evidence that protein harms kidney function. However, if you already have kidney disease, you should speak with a healthcare provider.

Not all protein is created equal. Highly processed meats or low-quality supplements can cause inflammation or contain additives that do more harm than good and cause gastrointestinal complications.

Protein powders and amino acid supplements are convenient, but shouldn't fully replace whole

food sources like meat, fish, eggs, and dairy. Most of your protein should come from meat and eggs—preferably organic and unaffected by antibiotics, steroids, or chemicals. Vegetable proteins are acceptable, though I prefer animal proteins.

Generally, you should try to get 1 gram of protein per pound of body weight per day. This general rule is supported by many trainers, health experts, and clinical studies. For example, if you weigh 180 pounds, aim for 180 grams of protein daily. This amount is optimal for muscle building, fat loss, and metabolic support.

Split your protein into 3–5 meals per day. Aim for 30–50 grams per meal to keep muscle protein synthesis activated and control hunger. Choose

lean meats, wild fish, pasture-raised eggs, Greek yogurt, and high-quality whey or collagen protein. These provide the essential amino acids your body needs.

"Your body uses these amino acids to repair tissues, build new muscle, and support hormones."

Combine protein with regular resistance training. Lifting weights 3–5 times per week signals your body to use the protein to build—not just maintain—muscle.

High-protein, low-carb diets have been shown to improve insulin sensitivity, reduce belly and visceral fat, and stabilize energy. Combining protein with low carb eating helps reverse metabolic dysfunction and maintain muscle during fat loss.

Amino acids, peptides, and proteins are the foundation of your health, strength, and performance. Whether your goal is to build muscle, stay lean, age well, or reverse metabolic dysfunction, protein should be a top priority in your daily routine.

"STEALING" THE MOST EFFECTIVE TECHNIQUES FROM MMA

3 Simple Strikes You Can Use To End A Fight

By Matt Numrich

Head Instructor Of Spy Black Belt

When I teach self-defense at my academy, I always show the hammer fist strike. And there is always someone who doubts the effectiveness of it. That is, until I point out the numerous UFC, MMA and other cage fighting matches where you can see skilled fighters using hammer fists to pound the most trained opponents into submission.

If you're not familiar with the hammer fist, it's a strike using the bottom of your fist - the part of your fist that contacts the counter when you're setting down a bottle of soda. Since you're using the bottom of your fist to strike, you're not in danger of breaking the knuckles like you would with a regular, knuckles-first punch.

The truth is, the hammer fist strike is a versatile tool for your self-defense, offering a great alternative to traditional punches. Using hammer fists, you can target vulnerable areas on an enemy while reducing the risk of injury to your hands.

So, here are three key variations of the hammer fist strike you can use to defend yourself safely and effectively. First, the frontal hammer fist strike is one of the most straightforward and powerful techniques.

To execute this technique, raise your hands to a defensive position, keeping your elbows slightly bent. As you strike, focus on using the bottom of your fist. The motion should come from your shoulder, incorporating a slight twist and a

drop in body weight for added power.

This technique is particularly effective when targeting the attacker's face, such as the bridge of the nose or cheekbone. The impact of a well-executed frontal hammer fist can be debilitating, making it a valuable strike for quickly incapacitating an attacker.

Next, for situations where you're not directly facing someone, the side hammer fist strike becomes essential. You want to position yourself at an angle relative to your target. Then, as you strike, use the bottom of your fist and step in towards your enemy to generate force.

This movement maximizes the impact of the strike, particularly when aimed at the side of the head or body. The stepping motion is crucial as it adds momentum and helps in delivering a more forceful blow. Practicing this strike from different angles can enhance its effectiveness and adaptability in real-life situations.

Finally, the rear hammer fist strike is particularly useful when you need to address a threat that's behind you. Start by positioning yourself with your back slightly turned, ensuring you're in a defensive stance with one hand protecting your face.

As you perform the strike, drop low and use the bottom of your fist



to hit targets like the groin or lower abdomen. The key here is to get as close to the target as possible, which increases the effectiveness of the strike. This technique relies on proper body mechanics and positioning to deliver a powerful and effective blow. You can follow up with side or front hammer strikes as needed or just escape the situation and get to safety when possible.

To help you see all the details, and watch me execute these techniques in person, I have included a video for you here: fearlessstreetfighter.com/hammer/

As you incorporate these hammer fist strikes into your self-defense training, it can significantly enhance your ability to respond to various threats. Each technique offers unique advantages depending on your position relative to the attacker, and practicing these strikes can help improve your overall defensive capabilities.