

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

THE FUTURE OF SPYING IS HERE

Introducing The Military's Microbiological Drone Army

By Jason Hanson

Former CIA Officer

The next time you notice a dragonfly nearby, take a good long look at it and maybe think twice about continuing whatever you are doing. The fact is, for over seven decades, the U.S. government has been working to develop “insects” that can be controlled. (I saw some early prototypes on my stroll through the CIA's museum inside Headquarters Building.)

The Defense Advanced Research Projects Agency (DARPA) has been developing futuristic bug-type drones called Micro Air Vehicles (MAVs) by inserting a camera in a bug's body. The idea is that these tiny drones could be used for surveillance, chemical detection, and tracking.

During development, researchers were able to insert probes into insects. The probes were interwo-



ven within the insect's body. Then, researchers could activate the probes to control the insect's wings and path. This technology is still being perfected, but in the not-so-distant future, we will see this type of tiny drone surveillance being used among us.

Recently, DARPA has been working on a program to create even smaller surveillance drones by trying to develop microbes that could be used to spy. Microbes are organisms that are so small they can't be seen without a microscope and include things like bacteria. These microbes would be self-powered and wouldn't need maintenance to operate.

The idea is that the microbes could be placed on the ground and flash a signal if a certain activity is detected. Once the microbes detect activity they would light up or create an elec-

tric current to send the information.

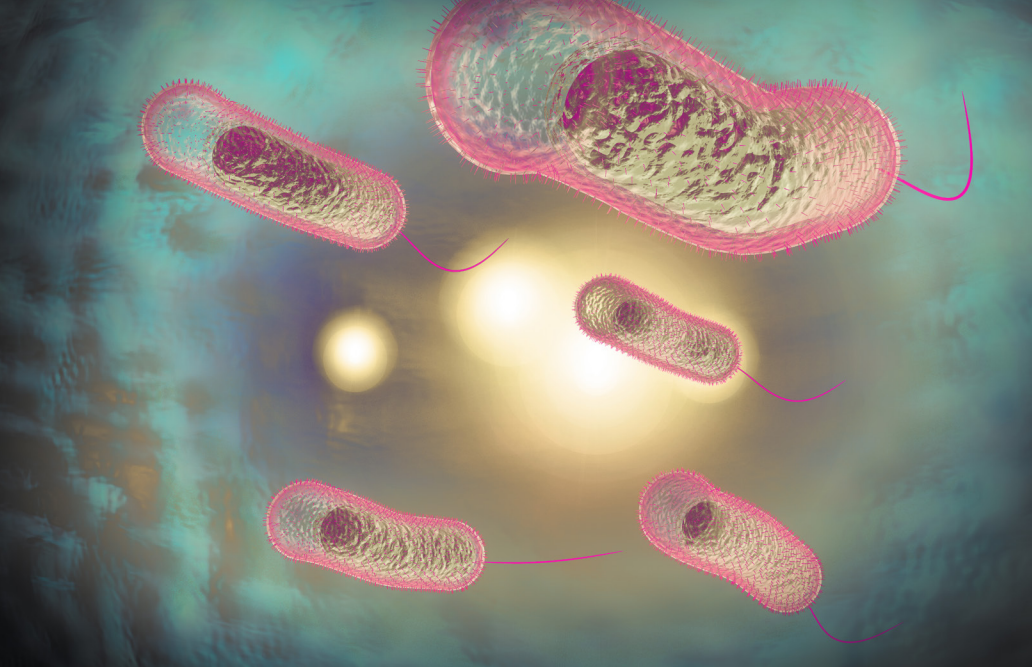
Since there is a real probability that this type of micro-surveillance will be deployed against American citizens in the future, here are a few ways that DARPA's “spy microbes” could change the world.

One obvious use could be for border security. The microbes can be used to alert officials when they are driven over by a vehicle. For instance, tiny microbes could be deployed on a border in remote locations and they could light up or change color if driven over, alerting U.S. forces who are protecting the border from the sky.

On a much smaller scale, imagine if these were used by everyday citizens for security. What if people deployed microbes around the perimeter of their yard to alert them to an intruder?

WHAT'S INSIDE

- 3** Flipping The World Economy On Its Head
- 4** Soldier Readiness
- 5** The Economics of Espionage
- 7** Contrarian Advice For Health And Longevity
- 8** Seamlessly Transition From Prey To Predator In A Fight



While this may sound like a stretch right now, keep in mind that DARPA is also responsible for developing the internet, which powers most of mainstream life today.

Not only could microbes be used to protect a perimeter, but they could also be used for tracking. For instance, they could create a microbe that sticks to tires or shoes once it's walked over. Essentially, the microbes could be used to light up a trail of movement. From lost children to prison escapees, this could serve a lot of purposes in the real world. It would be like walking over neon glitter that can be seen by only those who know how to detect it.

Another way that microbes could be used for spying is by detecting temperature changes. For example, the process of building nuclear weapons creates a lot of extreme heat. The U.S. could seed an area with microbes if they suspect that an enemy is procuring nuclear weapons. If the tiny microbes

detect temperature changes, they could alert officials.

Now, the scary truth is that the use of microbes means the ground you walk on could be sharing your specific movements. If you think this all sounds a bit preposterous, you should know that DARPA is also responsible for developing the mRNA vaccines – the same technology used in the COVID vaccines that millions of Americans were injected with and it only took DARPA about ten years to create it.

In other words, ten years from now the government could be monitoring you, or you could be tracking your grandkids with tiny spy-drones and microbes, which is why we should never let our guard down when it comes to our personal privacy.

This is one of the many reasons I have a series of UPS store boxes and PO boxes and why nobody knows where I live and I never have mail come to my home. It's also why I use our Identity Bodyguard Service so that I know I'm being watched

Galco Miami Classic Holster

If you have ever considered using a classic shoulder holster, the Galco Miami Classic could be right for you. The good thing about this holster system is its modularity, which allows you to customize it exactly how you want.

For instance, the holster has tie-downs you can attach to your belt that prevent the holster from swinging and helps with the comfort of wearing the holster. Also, the shoulder straps on the holster can be swapped out. You can get 1-inch, 1.5-inch, or 2-inch shoulder straps, so you can find the most comfortable straps for your body.

The Galco Miami Classic also comes with a double magazine pouch and you can choose to carry the magazines horizontally or vertically. If you have a revolver, you can carry speedloaders or speed strips.

If you prefer carrying a backup weapon instead of having the magazine pouches, you can add another holster to the side where the pouches would be, which will allow you to carry a pistol on both sides. The Galco Miami Classic holster is not cheap and starts around \$180, but final price depends on the customizations you choose.

out for 24/7 if someone tries to steal my identity or hack me. All members get access to Identity Bodyguard for free, so shoot me an email at jason@spybriefing.com if you haven't activated your Identity Bodyguard yet.

Copyright © by Spy Briefing LLC. All rights reserved. This newsletter may only be used pursuant to the subscription agreement, and any reproduction, copying or redistribution (electronic or otherwise, including on the World Wide Web), in whole or in part, is strictly prohibited without the express written permission of *Spy Briefing LLC*, 124 S. Main Street #4090, Cedar City, UT 84720. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. If legal advice or any type of assistance is needed, please seek the services of a competent professional. Survival training and gear is potentially dangerous and should be handled responsibly by all individuals. This material, produced by the *Spy & Survival Briefing*, is for informational purposes only. All technical information, instruction, and advice, reflect the beliefs of *Spy & Survival Briefing* and are intended as informational only. This material is not intended to serve as a replacement for professional instruction. By reading this material you understand that survival training and gear, especially knives and guns, are potentially dangerous and you assume all risks if you choose to handle the survival gear mentioned in this material. You agree to indemnify, and hold harmless *Spy & Survival Briefing* and Jason R. Hanson from any and all such claims and damages as a result of reading this newsletter, which is for informational purposes only.

Contact our Customer Care Center:

435-572-4432

or e-mail support@spybriefing.com



Spy & Survival Briefing is published monthly by Spy Briefing LLC, 124 S. Main Street #4090, Cedar City, UT 84720. www.SpyBriefing.com.

Spy Briefing President: Jason Hanson; Managing Editor: Robert Conroy; Graphic Design: Mena Sugg

FLIPPING THE WORLD ECONOMY ON ITS HEAD

Will BRICS+ Destroy The Dollar?

By Forest Hamilton

Universal Coin & Bullion

BRICS is the acronym for the emerging national economies of Brazil, Russia, India, China, and South Africa. Jim O'Neill, a Goldman Sachs economist, originally coined the term in his 2001 report, "Building Better Global Economic BRICs" (Global Economics Paper No. 66). During that time, Brazil, Russia, India and China were growing rapidly, which raised concerns about the effect this would have on the global economy.

Foreign leaders from these four countries started to meet informally in 2006, before they finally started a formal annual summit in 2009. The goal of these annual meetings is to improve economic conditions within the BRIC countries and find ways for the leaders to work together to accomplish these goals.

South Africa joined the party in 2010, changing the name from BRIC to BRICS. According to the World Factbook, these countries' economies represent over 30% of the world's GDP and over 40% of the world's population.

For perspective, the G7 is an informal group of seven industrialized economies that has been meeting since 1975 to discuss issues such as international security, global economic governance and energy policy. It includes the United States, Canada, France, Germany, Italy, Japan and the United Kingdom. (Russia was part of the G8 from 1998 to 2014, but was suspended following the annexation of Ukraine's Crimea region). Today, the G7 is down to representing just over 40% of the world's GDP from over 70% just 30 years ago.

On the surface, BRICS sounds like a wonderful concept: Emerging economies working together to improve their countries and economies. However, recent BRICS chatter has increasingly been anti-USA, and more specifically, anti-Dollar. Since the 1960s people have wondered how long the US Dollar would be able to hold its place as the world's reserve currency. Now we know countries are actively looking for ways around trading in US Dollars.

Joseph Sullivan, a former special advisor and staff economist at the White House Council of Economic Advisers during the Trump administration recently wrote an article titled, "*A BRICS Currency Could Shake the Dollar's Dominance... De-dollarization's moment might finally be here.*" In his article, Sullivan describes how Russia is spearheading the development of a new currency for use by the BRICS nations in cross-border trading, instead of the US Dollar.

Currently the Dollar is used in over 80% of cross-border trade, but a BRICS currency could massively change this number. Up until now, the US Dollar was essentially thought of as the currency at the top of the dung heap. Not good, but better than the rest in terms of stability and ease of global use. One economist called the dollar a "*one-eyed money in a land of blind competitors like the euro, yen, and yuan.*"

A BRICS currency would be different from these others because it would be backed with gold and designed in a way that assets denom-

inated in the BRICS currency would be attractive to foreign investors.

Since the BRICS plan to use gold and other intrinsic value rare-earth metals, interest-paying assets denominated in the new currency would essentially equal interest-paying gold.

"Today, the G7 is down to representing just over 40% of the world's GDP."

The next BRICS meeting is in South Africa where they will reportedly unveil their plans for the new currency. Vladimir Putin will not be attending, as he would have to be arrested for his war crimes against Ukraine, but Russia will be represented.

Reports indicate many countries have completed their applications to join BRICS, hence the new acronym, BRICS+. Will this meeting be the immediate end of the dollar? Probably not. But the dominos are falling and momentum has been created.

I believe the price of physical gold and silver will benefit from this rhetoric either way, but will drastically spike if the BRICS+ currency backed by gold becomes a reality. Either way, adding gold and silver for the long term is a smart move.

[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.]

SOLDIER READINESS

A Neglected Aspect Of Survival Preparedness

By EJ Snyder

Former Army Ranger and Extreme Survivalist

When most people think or talk about survival, they're referencing the "Core 4" of fire, shelter, water, and food. And yes, these are the cornerstones of survival. However, supporting those four pillars are several more topics and skills and they're all very important.

Some of these supporting topics and skills include navigation, communication, signal and rescue and the often overlooked medical and health. Now, right away many folks will say, "I already have a good first aid kit in my go-bag." But what I'm talking about is much more than that.

When I was in the Army preparing for war, we focused on being healthy in all aspects. We called it Soldier Readiness. It encompassed physical fitness and health as well as mental, spiritual, and emotional wellness. If any one of these areas was off, it affected the others. You can and should have these ready to go at all times and well before you are ever in a survival situation.

Of course, you need a good first aid kit and the knowledge to use it. Make sure it's packed with extra bandages and cravats, basic first aid tools in duplicate, needles, dental floss or medical suture thread, tourniquets, extra field dressings, maxi pads for bleeding control, eye patches, etc.

Also, get some basic medical training, learn CPR, etc. In the Army, we didn't just rely on our combat medics, we wanted to be a medical force multiplier. So, we sent soldiers to EMT Training and Certification. We were trained and ready for when and if the need arose.

Once you have your high-speed first aid kit and some training, you'll want to expand your backup medical devices and medicines. Backup medical devices are things that may affect you or anyone with you (like family members and friends)

These things could be so common that they're overlooked. So, be sure to really look at what apparatuses are being used. For example, do you or a loved one wear glasses? Always have a backup or two of prescription eyewear. And keep in mind that contacts can be a pain to deal with in an emergency.

What about hearing aids or CPAP machines and extra batteries for those types of things? Do you have folks with you that suffer from physical disabilities and need to pack extra prosthetics, canes, or braces? You need to have these things covered.

Next, consider medications. For survival planning, I always recommend three months minimum (or as long as your doctor will prescribe). Medications can be funny with expiration dates, so do your research and talk to your primary doctor. In any case, you want to be covered as long as possible.

Be sure to get plenty of over-the-counter medications. Load up on things like cold and flu medicine, allergies, heartburn or gas issues, pain relievers, and don't forget the children's medications for your grandkids or infants.

Once all that's taken care of, it's time to go the extra step and get a travel medication kit. I have one from a company called Duration Health, which I highly recommend. There are all kinds of things in their basic kit including antibiotics, pain meds, antihistamines, epi-pens, and an array of ala-carte medicines you can add in.

Plus, you get a full briefing from one of their medical doctors, have full access to them for answers, and it comes with a free field guide too. I never travel without mine since I go to some seriously bad third-world dung holes.

When it comes to the medical and health pillar of survival, you can't just wing it. If you need it in a survival situation it has to be ready right then. You may be the only doctor showing up in that situation and you can't afford to be ill-prepared for a medical crisis if it arises. It could cost your or a loved one's life. So, medic-up and survive on!



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

Like guns, you can never have too many knives. You should have both fixed-blade knives and folding pocket knives for whatever life throws your way. So, this month, I want to make sure you grab the Shadow pocket knife. This tanto knife is excellent for both self-defense and survival and is one of the main knives I give to all of my private clients. You can see photos at

www.AmericanChange.org.

THE ECONOMICS OF ESPIONAGE

How Countries Put A Value On "Actionable Intelligence"

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

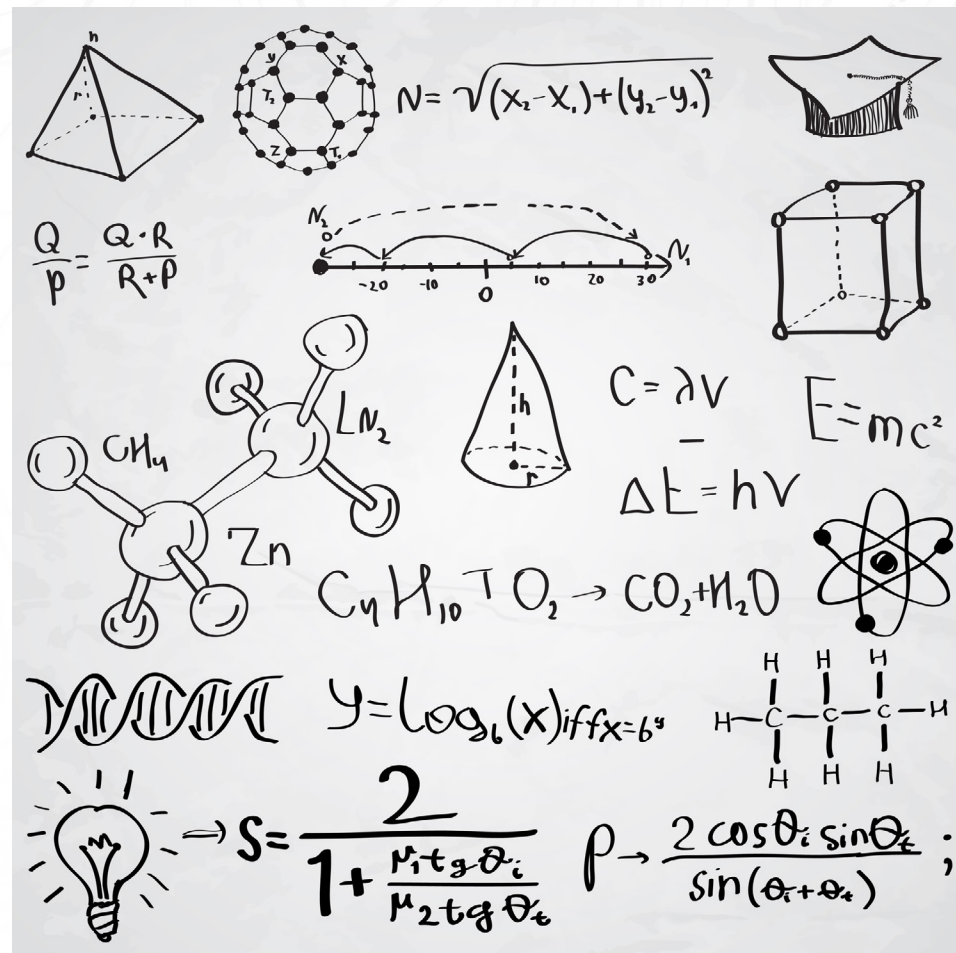
I paid the man well over three times what I earned in an entire year (including bonuses and awards pay) for a single paper, and the Deputy Director told me I made a wonderful deal for our country.

That might sound odd to most people. Yet, in the case of the paper that I bought from this man, the amount the U.S. taxpayer paid was paltry compared to the value extracted from it.

You see, the paper was an academic projection on emerging prime number applications in a heretofore unknown cipher system. The author was a senior cryptographer of a nation openly hostile to the US. He was not supposed to share his work with anyone, but he could not resist bragging to an old friend of his and showed him documentation of his vast discovery. I paid that friend to get me a copy of the paper.

One of the great motivators in espionage has been, and always will be, ego. The author betrayed his country to satisfy his ego and my asset betrayed his friend to satisfy his greed. Most importantly, America gained a significant economic and national security advantage over an adversary for pennies on the millions.

I remember pondering the thought about how much the US taxpayer paid for this paper, how much they paid to fly me to this location, paid for all of my overseas travel, lodging, meals, rental car, and other expenses. Not to mention the salaries and benefits for me, all of the analysts, mathemati-





billions, knowing the exact swing of one stock on a certain day is worth hundreds of millions.

My point is, the value of the information can only be realized in its application and how it can be leveraged. Just knowing the stock price is really of no value, it requires the ability to exploit that information that makes it worth a fortune.

And in the world of international espionage, it is only governments, large corporations, or politicians that have the means to parlay certain critical bits of information, research, drugs, devices, chemicals, diseases, and even government employees, into “gains of function” that are of adequate end-game value to afford to pay for the incredibly rare intelligence.

To nefarious entities, the stakes and odds are high enough to wager billions of dollars or even the lives of millions of human beings to get what they want. Anyone who would have access to the caliber of information that would be able to accurately predict the value of a stock on a certain date, has access to nuclear codes, or knows of impending military or economic maneuvers, knows very well how valuable that information is, to whom it is of the most value, and exactly how to trade that information for what they want in exchange.

There are only a few ways to collect truly secret and protected intelli-

gence – especially secrets that are so valuable to a country’s national security that they would spend virtually unlimited resources to protect them.

For example, what are a country’s nuclear launch codes worth? What about their most privileged communications at the highest levels of government, military, or industry leadership? Consider the value of unique, internally developed advances in science, technology, artificial intelligence, economic plans, or details of secret operations against other countries, businesses, or individuals.

All of these, and many more, create the cast of characters that are continually active on the global stage of secrets, spies, and stealth.

In order to breach the many layers of advanced security protecting such items, spy agencies have created several tools, mechanisms, and networks to find, collect, process, analyze, and apply the stolen secrets of foreign powers to their own awesome benefit.

For instance, we have developed the most sophisticated espionage satellites in the world. While China has to rely on low-flying balloons, our advanced technology allows us to collect even larger bandwidths of low-energy electromagnetic signals from space than China can suck-

up with a third grader’s weather experiment.

Our skills at penetrating the highest levels of government, military, technology, and industrial operations around the world still far exceed the meager advancements in China, Russia, Iran, and North Korea’s intensified efforts. The fact that you hear less about American intelligence successes is a tribute to our true triumph.

I admit, there are some areas where our enemies have achieved better penetration, influence, and power bases. Those critical infiltrations include our education system (K thru Post Doc), our “community” operations (Volunteers for America, PBS, Smithsonian, etc.), our media outlets, and much of our political system.

The other problem we now have is that we no longer act on actionable intelligence. So, the value of the intelligence we actively collect has plummeted because we no longer have the capacity, courage, or ability to act on it. We have become like the pauper who gets a great tip on the market – interested, but ultimately impotent.

The problem is exacerbated now that our own government is using those same tools on our fellow citizens. Spies and investigators who once sought out threats to America and our citizens have been converted into apparatuses and agents assigned to arrest, suppress, or economically collapse political dissenters and those who continue to demand adherence to our Constitution and our inalienable Bill of Rights.

Our weapons of self-defense against these infringements are the truth, our voices, and our votes. Please practice using these weapons every chance you get, because if not, they may soon be completely prohibited “for our own good,” by those sworn to protect us.

CONTRARIAN ADVICE FOR HEALTH AND LONGEVITY

Why Inflammation Is Actually Good For You

By Dr. Omar Hamada

Special Operations Physician

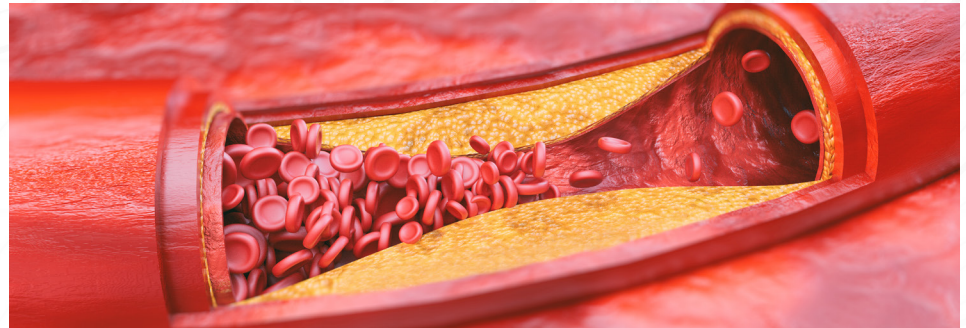
The topic of Inflammation has taken the naturopathic, functional, integrative, and holistic medical worlds by storm. It seems to be the topic of the year (or even the decade), and for good reason.

When we talk about longevity, chronic disease reversal, and optimizing health, we talk about reducing inflammation, decreasing oxidative stress, and enhancing immune system function. Each of those three things is essential, but why inflammation? And what is it anyway?

Let's clear up a couple of things. First, inflammation isn't a simple, straightforward, easy to understand process. In fact, it involves literally hundreds of various chemicals and cells in the body and several different pathways and cascades.

Second, inflammation isn't always bad. In fact, like so many other things in life, inflammation can be good or bad. In general, acute, or short-term inflammation is usually a good thing. It's how the body heals itself, destroys infectious intruders, and grows.

For example, when the body is attacked and assaulted by bacteria, viruses, or fungi that break through the frontline defenses of the body (things like the skin and the first layer of mucous membrane defenses) to enter the body itself, inflammation helps. It does so because it causes the body to jump into action by using various chemicals to call macrophages, monocytes, and lymphocytes to the area to attack and destroy the offending intruders. This assault continues until all the offending organisms have been destroyed. In a normal system, the inflammatory cascade then dies down and returns to a ready or sentinel state.



Something similar happens with injury. If you get cut, break a bone, or injure soft tissue, the body jumps into action to heal itself by mobilizing other chemicals and cells that repair the damage. After the body has healed and repaired itself, the inflammation usually goes away. That said, sometimes, if acute inflammation gets out of hand, it can kill you. Think of anaphylaxis or sepsis.

Now, chronic, or long-term inflammation, is usually a bad thing. It destroys the body as the "fires" of the inflammatory cascades never die down or go away to allow homeostasis or normal functioning of the body, which means the body stays in a state of attack or repair.

The problem is, it then starts attacking itself and attempting to repair things that don't need to be repaired. The end result is swelling, redness, warmth, thickening and scarring tissues, destroyed joints, sclerosed or scarred blood vessels, and constant never-ending inflammation. This all results in pain, decreased mobility, impaired immune system function, and broken processes or chronic disease.

In fact, this is how calcified plaques form in our coronaries and other blood vessels. If it wasn't for chronic inflammation, our coronary arteries would be free from the calcified plaques that affect them and lead to heart attacks. The strange thing is that this starts out as a healing and reparative process that then turns pathological.

What are some of those inflammatory chemicals, mediators and signaling molecules the body uses to rev up the inflammatory cascades? They are things like arachidonic acid, prostaglandins, thromboxanes, leukotrienes, cyclo-oxygenases, complement, cytokines, histamine, tumor necrosis factors, interferons, peptides, platelet activating factors, bradykinins, interleukins, and so many others.

So, how do you decrease inflammation and keep it in check? There are several ways you can do this. Stop smoking, vaping, and using tobacco. Stop drinking alcohol. Get plenty of regular sleep to allow your body to recover and heal. Stay hydrated by drinking a half-ounce of water per pound of body weight every day. Exercise every day. Decrease emotional stress.

Stay away from simple carbohydrates and sugar (there's nothing wrong with healthy, complex, low glycemic index carbs in moderation). Avoid charcoaled and burnt foods. Avoid unhealthy fats that cause free radical formation (there's nothing wrong with healthy fats). Take plenty of Vitamin C and Vitamin D3.

So, as you can see, some inflammation is good, and even necessary to health. What we want to primarily avoid is chronic inflammation. We do that by living a healthy lifestyle and by avoiding those things that lead to constant stimulation of our inflammatory cascades.

SEAMLESSLY TRANSITION FROM PREY TO PREDATOR IN A FIGHT

How To Attack From Your “Defensive” Stance

By Matt Numrich

Head Instructor Of Spy Black Belt

Last month, I covered the importance of a fighting structure for “defense.” So, this month, I want to show you how that defensive structure actually creates a great opportunity for an offensive attack.

A self-defense mentor of mine once said, “You want to be the person who hits the firstest, fastest, hardest.” Although there are some grammatical and spelling errors in there, his statement makes an important point.

Now, before someone reads this and questions the legalities of hitting someone first, I completely understand the concern. Obviously, you can’t go around striking people unprovoked, that’s a given. However, if there are two large attackers cornering you and your loved one in an alley, ready to rob you (at best), or there to do you great bodily harm, that is an entirely different situation than someone simply bumping into you and calling you a name.

Like in the alley example above, when you are faced with a serious – potentially deadly – threat, and you cannot escape safely, you have the right to defend yourself, including the right to strike the “firstest, fastest and hardest.”

Last month, I demonstrated that by putting yourself into a defensive structure, it actually gives the attacker the benefit of the doubt and “tells” them – both physically and verbally – that you do not want to fight.

Because the defensive structure puts you in a bladed stance with your knees bent and hands up, ready to protect yourself, if the threat persists, that defensive structure will give you the



option to launch an offensive attack. Therefore, we will cover both a pre-emptive attack and a counterattack here.

Now, to give you a crystal-clear understanding of the moves I’ll be talking about, and how quickly you can transition from a defensive to offensive strategy, I made a short video walking you through it all that you can watch here: www.FearlessStreetFighter.com/OffStructure.

The pre-emptive attack is based on the simple eye-jab technique. That’s because in your defensive stance, your hands are up, so if someone is in your face, it means your fingers are probably only 6-12 inches away from their eyes, giving you easy access to their face.

To perform the eye-jab, you use a quick snapping motion with your wrist, like you’re trying to flick water off your hands. Extend your fingers out as your hand whips toward the attacker’s face. You want to contact their eyeball, temporarily blinding them. Then, with them blinded and disoriented, you can escape (if possible) or use follow up strikes as needed.

Now that we’ve discussed the pre-emptive attack, we’ll look at the counterattack. Our simple counterattack strike is the groin kick. The reason we’re using a groin kick is because it is fast, it doesn’t require any skill or training, and it’s available even after someone tries to attack us because their “low line” is usually open.

To perform the groin kick counterattack, we can either lean back to avoid a strike and then kick down low or we can step back and to the side to evade their incoming attack, then pop the low line kick where it counts. The goal here is to make the counterattack quick, easy, and as uncomplicated as possible.

So, as you can see, while the defensive structure is a simple, natural-looking stance you can take while you attempt to de-escalate the situation, it also perfectly sets us up to go on the offensive when needed, either with the high line eye jab or low line groin kick. Be sure to practice and use the defensive stance and the counterattacks to keep yourself prepared and safe.