

Turbulent Times

by Conrad LeBeau

It has been six months since my last newsletter and some of you may be wondering what has happened to me. Since the last newsletter, I sold over 3000 booklets of both the first and second editions on Covid-19. The 2nd edition I revised in November 2021. To promote the book, I purchased two full page ads in NewsMax magazine at a cost of about \$4000 each for a full page ad which ran in the last two months of 2021. I probably broke even or made a small profit from the NewsMax ads. However, sales of the Covid book dropped off substantially by Feb 2022 as most restrictions were lifted.

Meanwhile, since November, 2021, I have had a second problem that has occupied much of my time - managing a 5 family Apartment building I bought in 2007 in the City of Milwaukee. I rented to low-income people in a poorer neighborhood and the rent included all utilities.

For example, I rented a one bedroom apt for \$650 a month and \$800 a month for the 2 bedroom apts. Gas and electricity were included. However, the building became unprofitable when by January 2022, half the tenants stopped paying their rent and utility costs skyrocketed. In a few words I was losing money. I had 4 unemployed homeless people living in the building and one developed dementia after living there for 3 years.

Another homeless person took over the basement and locked me out and even personally threatened me. Finally I decided - enough was enough.

It was time to sell the property and do what I like to do - research, write and try to help people by educating the public on topics that the mainstream media won't discuss least they offend some of their advertisers.

On May 31, 2022, the property was sold to a new owner who manages over 100 rental units and lives nearby. When all was said and one, I felt a weight lifted from my shoulders. The new owner was fully briefed about all the problems I was having. I wished him well.

-Paxlovid-

Pfizer "new" remedy for Covid 19 includes the HIV drug ritonavir

The FDA approved Emergency Use Authorization (EUA) of the use of Paxlovid for treating Covid-19 in persons unvaccinated on Dec 12, 2021. Paxlovid is a combination of two drugs, **Nirmatrelvir** and the generic HIV protease inhibitor - **Ritonavir** - the latter marketed as a treatment for AIDS since 1996 as Norvir, a patented drug.

The dose for adults to treat Covid-19 is to take 2 nirmatrelvir tablets and 1 ritonavir and do this twice a day. Nirmatrelvir acts like its predecessor Eпивir, also known as Lamivudine by interfering with virus replication. Eпивir is used to treat HIV and also hepatitis B.

In treating HIV after 1996, ritonavir has been observed to promote T cell immunity (not B cell or antibody immunity) and strongly increases immune responses as measured by a skin test called DTH that stands for **Delayed Type Hypersensitivity Type IV**. Since ritonavir promotes T cell immunity against viruses, it may also have strong anti-cancer effects. Ritonavir has been a lifesaver for persons living with HIV. Ritonavir has been combined with Eпивir for highly effective results in suppressing HIV viral replication.

Ritonavir was originally tested and developed by Abbot Laboratories. The patents on Norvir (Ritonavir) have long expired so as a generic drug it should be dirt cheap, so I checked online as to the cost of ritonavir as a stand-alone drug.

Drugs.com states:

"The cost for ritonavir oral tablet 100 mg is around \$100 for a supply of 30 tablets, depending on the pharmacy you visit. Prices are for cash paying customers only and are not valid with insurance plans. This ritonavir price guide is based on using the Drugs.com discount card."

The cost comes out to \$3.33 per tablet. At two tablets a day, a 5 day course of ritonavir cost \$33.30. Generic ritonavir sold overseas cost as little as \$.40 a 100 mg pill or \$4.00 for a

5 day supply for treating Covid-19. The US Government pays Pfizer \$530 for a 5 day course of Paxlovid for Covid-19 and has purchased over 10 billion dollars worth.

There is a big difference in costs when overseas generic manufacturers can provide the same drug- ritonavir, for 80 cents a day or \$4.00 total for a 5-day treatment course. The difference in prices is based on pure greed and the math tells it all.

Nirmatrelvir - where is the science?

Nirmatrelvir - the other drug in Paxlovid. A search I just completed at Pubmed, the National Library of Medicine, failed to turn up even one monotherapy study using Nirmatrelvir as a treatment for Covid-19. Did someone forget to publish it? Is Nirmatrelvir really just a tweeted version of the HIV generic drug Efavir aka Lamivudine? Pfizer came up with their new version of Lamivudine and joined at the hip with ritonavir in their new named drug Paxlovid.

Pfizer has concocted this moneymaking combo and it is called Paxlovid The two pills are actually separated from one another - the Nirmatrelvir in one bottle and the Ritonavir in another.

How could the FDA approve this combination called Paxlovid without any (not one) published scientific study that Nirmatrelvir contributes anything of medical value for treating covid-19? What this combo does for Pfizer is to charge a highly inflated price (about 10 times higher than it should be) just for profit.

When the patents for drugs run out after 17 years, many big drug companies will tweak the generic drugs slightly and apply for a new patent and then with the blessings of a corrupt FDA, jack up the price to make a huge profit. Efavir costs as little as little as \$1.10 for a 150 mg tablet when you buy it at a Kroger pharmacy.

If Paxlovid pricing was based on generic drug prices and Efavir and Ritonavir were used in place of Nirmatrelvir, then the price for treating Covid-19 for one day would be $\$1.20 \times 2$ plus \$3.33 for a subtotal of \$5.73 per dose. Since it is taken twice a day, the cost per day would be \$11.46. A 5-day course would cost \$57.30, not the \$530 that the US government is actually paying for this 5 day treatment course.

In February 2020, just two months after Covid 19 broke out in Wuhan and starting spreading around the world, Iranian scientists did computer modeling with 6 HIV protease inhibitors and SARS-Cov-2 and found that all 6 HIV drugs interlocked with Covid-19. If the government scientists at the FDA/NIH/CDC complex had used this earlier in the epidemic, it could have saved most of the 6 million people who have died from Covid.

See page 41 of my book on Covid-19. If HIV protease inhibitors had been used as treatments for Covid-19, it could have saved more people from hospitalization and death than the vaccines have done thus far. Today, reports continue to grow of people who had the Covid shots and are now dying in increasing numbers from strokes and blood clots.

In addition, over 140,000 Americans vaccinated with the Covid shots have almost certainly died from blood clots and strokes shortly after being vaccinated. In addition, many of the vaccinated have gone on to have heart attacks, develop cancer and autoimmune illnesses. These illnesses are on the increase.

Disinformation that the Covid vaccines are safe continues to stream out of America's favorite source of propaganda - their television sets. Smart phones and social media sites are also sources of information - sometimes truthful, sometimes half-truthful and/or misleading. Also, at least 12 million Americans have Long Covid and symptoms including shortness of breath and loss of energy.

As a safer alternative, several natural herbal, dietary, bio-oxidative and anti-inflammatory remedies are written in my book on Covid -19. Many survivors of Covid have lingering symptoms the virus living in their intestines. They need to change their diet and replace the soda they drink that has corn syrup in it or refined cane sugar with organic fruit juices and organic vegetables and stop eating meats with added antibiotics and hormones - ingredients left off the product label. They need probiotics.

Persons with **Long Covid** or **Long Vaccine** would do well to read this book and apply the information inside to help resolve their personal health issues when dealing with this vaccine or the Covid-19 virus.

New Health Discoveries

"Bilberry Nectar" improves eyesight

I have had significant improvement in my eyesight drinking about 4 ounces once a day of Bilberry Nectar. I have found that drinking 4 ounces of bilberry nectar daily has reduced my eye floaters and improved both near and distant vision. I can now read the morning newspaper without using reading glasses and I am 78.

Bilberry was used in WWII to improve the vision of pilots. It is rich in antioxidants that are specific for supporting clearer and sharper eyesight. Bilberry is marketed today in pill form to support eye health but is more cost effective when purchased as a food.

I have found that most health foods that are not processed into capsules and pills give you more bang for your buck. "Bilberry Nectar" as a fruit juice nectar is sold in health food stores. It is certified organic, has apple juice added to slightly sweeten it. The jar has 25.4 fluid ounces and is made in Italy by bionaturae. More info can be found at www.bionaturae.com or your local health food store.

Magnesium L' Threonate for Memory

I read a report online several months ago that taking Magnesium L'Threonate improved memory in a senior citizen. I decided to try it myself and found that one capsule a day improved both my short and long-term memory. Research shows that this form of magnesium crosses the blood brain barrier while other forms are not nearly as effective. Here is an excerpt of a scientific study done on rats.

Enhancement of learning and memory by elevating brain magnesium*

Author - Inna Slutsky et al. (*Source- Pubmed)

"Learning and memory are fundamental brain functions affected by dietary and environmental factors. Here, we show that increasing brain magnesium using a newly developed magnesium compound (magnesium-L-threonate, MgT) leads to the enhancement of learning abilities, working memory, and short- and long-term memory in rats....." MgT may prevent and reverse dementia.

Magnesium L'Threonate is sold in health food stores. The Now brand is called Magtein.

Where have all the Flowers Gone?

One night in the last week of April after hearing the depressing war news from Ukraine, a song entered my head and would not leave until 4 am in the morning. It kept repeating in my head over and over again. It was sung by "Peter, Paul and Mary" more than 60 years ago.

The song says (in part) -

Where have all the flowers gone - long time passing. Where have all the flowers gone- long time ago?

Where have all the flowers gone - gone to solders everyone. When will they ever learn? When will they ever learn?

The last verse - *Where have all the flowers gone - long time passing? Gone to graveyards, everyone. When will they ever learn? When will they ever learn?*

The Two Petitions in this newsletter

On May 1st - Mayday - an international symbol for distress and a call for help, I wrote the first draft of a 5-part plan for peace in Ukraine. Shortly thereafter, I bought a full page reprint of this plan in the American Free Press and they printed the entire 5 plan in two consecutive issues. It is possible that readers reprinted and mailed to members of Congress several hundred copies of this proposal.

Update: Apparently, President Zelensky has already rejected the first part of this plan, which is to have non-NATO members of the United Nations establish a peacekeeping force to separate the two warring factions. At the end of this proposal I suggested a pause in further military aid to Ukraine until Zelensky agrees to this non-aligned peacekeeping force. Today, support for pouring endless \$billions into Ukraine's civil war is beginning to wane.

On page 8, the last page of this newsletter, I reprinted a Five Point Plan for a Ceasefire to stop the war in Ukraine. I also wrote a 3 - part plan to curb the senseless mass killings now going on in the United States. See page 6 for this plan. I urge all readers to make copies of both plans. You can mail them in one envelope with a first class postage stamp.

Edmund Burke: *"The only thing necessary for the triumph of evil is for good men to do nothing."*

What can I do to lose weight?

In replying to a reader who has used the San Damiano Water for several years was a question on how to lose weight. Today, I wrote the following reply:

1. Obesity is a low level state of inflammation caused by toxins in the food supply that impairs liver function needed for detoxification. Toxins impair mitochondria function in the cells needed for energy production. With energy production, fat burns. Without it, the fat just stays there and you are sleepy or tired all day.

The Covid 19 vaccine lowers energy levels in most people suggesting the mRNA technology may be impairing mitochondria energy production as well as increasing inflammatory immune reactions like increasing interleukin 6 levels (IL-6).

2. Thyroid function. Try Kelp and Cayenne capsules - Take twice a day with meals or as directed on the label or your doctor.

3. Diet: Use Certified Organic only. Eat one large salad everyday made with local or organic veggies. For grains, use whole grain organic crackers or **WASA Multigrain** crisp crackers or certified **NON-GMO crackers**. Avoid all red meats except for **Bison**. Use **organic poultry and wild caught fish**. Avoid lunchmeat.

Most commercial wheat and other grains products are contaminated with Monsanto's (Now Bayer) weed killers - **glyphosate**. Farmers use this weed killer to dry their grains cheaply at the end of growing season instead of sending them to commercial air driers.

This weed killer also kills intestinal flora and damages the immune system contributing to systemic low-level inflammation.

Certified organic products have no glyphosate or only a trace amount in them caused by cross contamination from nearby commercial farmers. **Avoid refined sugar, corn syrup and diet soda. Buy foods stored**

in glass - not plastic bottles. Ingesting plastic impairs pancreatic and liver function.

4. Read the enclosed booklet on Natural Remedies for Intestinal Health. Consider taking one tablespoon of **cold pressed flaxseed oil** every morning with orange, lemonade or grapefruit juice.

Do not use commercial corn, canola or soybean oil sold in stores. **Use cold pressed sunflower or olive oil** instead.

You need a diet **high in fiber, raw vegetables and fruits**. Eat one **raw organic apple** each day. For sweetener's use **Xylitol** made in America from Birch bark or use **raw honey** or **Dark Maple Syrup**.

5. Follow the diet plan meals listed in the Immune Restoration Handbook - copy of the diet is enclosed.

6. Walk one mile a day in the sunshine without wearing sunglasses. Limit your TV watching to one hour a day. Don't sit around every day and snack on surgery donuts and other junk food. Avoid eating out in restaurants more than once a week.

Limit your exposure from wireless radiation - cell phones (4G and 5G), cell phone towers and streaming routers indoors. Get a good night sleep. Try a cup of the tea called **SleepyTime** by Celestial Seasonings (sold in stores) before bedtime.

7. Drink spring water, not distilled or so called purified water. Fast one meal each day on organic whole grain crackers or non-leavened bread - the kind like Jesus ate 2000 years ago. Pray daily for directions in your life.

Note: There is no drug or pill or vaccine that will make you trim and slim. Today, most people have shrinking wallets due to inflation and expanding waistlines due to contaminated and over processed foods. It takes a simple diet and lifestyle changes that return you to Nature and to all the good things that God has created for all of us.

How I can applesauce without boiling the jars in hot water

Conrad LeBeau

This article covers my personal experience canning fruit that I grow in my back yard here in West Allis, WI. I currently have 3 cherry trees, 2 apple trees and 1 pear tree.

Save time with my waterless method

The old fashioned way of making applesauce is what I did years ago. You use a big bulky canner filled with boiling water. While handling all this hot water, you could burn yourself.

Oh, you will like my simpler method of canning applesauce that I thought up and have used several times since 2015, almost 7 years ago. I have probably canned over 200 quarts of applesauce in the past 6 years and not one jar has spoiled. Not only that, I have reused canning lids with no spoilage. So donate your bulky 6-quart hot water canner to someone and try this much simpler method.

My Recipe for Waterless Canning

1. Figure about 4 medium size apples per quart. If you have 16 apples, you can make 4 quarts or 8 pints of semi-chunky applesauce.
2. Wash and rinse the jars. Do not use bleach. Use 4 regular or wide mouth size canning jars, with new or used lids and screw on bands.
3. Place the jars only in your oven and set the temperature for about 200 degrees F.
4. Place the 4 jars in the oven while it is heating up. At the point that the oven reaches about 200 degrees or the burner kicks out, then you shut off the oven but keep the oven door closed.
5. Place the four lids on your stovetop in a small flat pan and add 1/2 inch of water. Slowly bring to a boil then shut it off. Place a cover over the pan until you are ready to use the lids.
6. For making 4 quarts start with a **6-quart stainless steel pot**. You will also need an **electric beater** and a **wide mouth funnel** to filling the jars.

How to prepare the applesauce

1. Select a suitable variety of apples to make a good applesauce. I have two apple trees in my backyard. One is **Honeycrisp** - and the other

is **Winesap**- an old heirloom favorite. They both make great applesauce. I have also used store bought **Granny Smith** variety and it makes a thicker slightly tart applesauce. Do not use a soft or mealy apple.

2. Core and peel the apples.

3. Cut up the apples in chunks about 1 inch across and place them in the large pot. Fill the pot with water to 1/2 inch below the cut up apples. Turn on heat and bring to a slow boil. Add sugar to taste if needed. For tart apples, about 1 Tbsp of Organic Turbinado sugar per quart is sufficient. You can also use Birch Xylitol.

4. Optional - to also use the peelings. Place the peelings in a small pot with no more than 1 inch of water. Cover and simmer for 30 minutes. When the skins are tender, place them in a blender and add a couple ice cubes to cool it, then pulse the blender once. If the cover does not pop off you can increase the speed to high until it is pureed - then add to the larger pot.

5. Simmer the apple chunks for 15 to 20 minutes or until the apples are easily poked with a fork. Shut off the heat and use an electric beater and slowly beat up the apples like you were making mashed potatoes, except if you like chunky applesauce, don't over do the beating.

6. Take your jars out of the oven using mitts. Using a soup ladle, fill up each jar leaving 1/2-inch space for vacuum. Place the lids on and tighten the bands. Voila - you are done. Congratulations!

When will the next issue be published?

Answer: December 2022. I have reduced the issues to twice a year. As long as, God willing, my heart keeps ticking and my brain keeps clicking, these newsletters will continue to be published and I will write and publish more books on a variety of topics.

Before the next issue I plan to write and publish a book on **Dental Self-Help** - subtitled "**Save your teeth and your wallet.**"

Reprints of this newsletter (Vol 20 No1) are available for \$3 a copy. Write to: Keep Hope Alive PO Box 270041, West Allis WI 53227 414-231-9817 or go to keephopealive.org

Neutering Shooter(s) may give mass killers an incentive to stop

The continuing reports in the United States of mass shootings at schools, churches, shopping centers and sporting events where an angry young man goes on a shooting spree for the sheer pleasure of killing innocent children, and people of all ages is heart wrenching and needs to be addressed promptly with tough remedial legislation. The latest heart-breaking event occurred in Uvalde, Texas when a young man slaughtered 19 children with an AR-15. Here are several proposals for lawmakers to consider stopping this madness.

1. Neuter the Killers: Politicians at the state and federal level should write and enact legislation that will have a chilling effect on would-be mass killers. It should read: "Whosoever kills one or more persons intentionally by any means and without the defense of a just cause, and convicted before a jury of their peers, shall have their testicles cut off."

The defendant should only be allowed to appeal a life sentence or death penalty after he is neutered. Painkillers should not be given to a convicted killer who is neutered as this felon did not give painkillers to his victims before he shot them.

As a practical matter, this corporal punishment can only be administered if the shooter is arrested and is not killed in a shootout with the police or swat team. However, the jury should be empowered to waive the neutering penalty if the number of fatalities in an incident is less than 3 persons or if no one dies in an incident. For obvious reasons this law would only apply to men. When males have uncontrollable anger against society or any group for any reason, they may value their family jewels more than their AR-15 or driving their car into a crowd. Neutering killers could be an effective deterrent to stop future mass shootings. Insanity as a defense must not be allowed when there is evidence of preplanning.

2. Design Bulletproof Helmets for Police officers

During the middle ages, soldiers preparing for battle were called Knight in Shining Armor for a reason; they were covered in metal shields from head to toe to protect them in battles with opposing armies that fought with swords, bayonets, and spears. Today's police officers are less protected than medieval warriors. Today, police are under protected and out gunned.

Watching the Uvalde, TX standoff played out in slow motion. First, if the only guns the police had to respond with were pistols, they were no matches for an AR-15. Second, where was the protective gear for their heads? Governments should design, test and provide bulletproof helmets that protect the entire head and neck area and also the shoulders of police while requiring a separate shield for the front and sides of the chest. These need to be tested to withstand dangerous guns like the AR-15s or other military style weapons.

Police and sheriffs should never have to wait for a Swat team to arrive to take out an active shooter. Two police officers should have the equipment and training to rapidly put on their protective gear and go in to any building and take out an active shooter ASAP.

3. Study the methods used by the safest school in the United States

The following is quoted from <https://bigthink.com/politics-current-affairs/5-ways-to-secure-our-schools-from-shooters/> "Here's the security setup of one school in Indiana, dubbed "the safest school in America". It features a system with widespread panic buttons, automatic door lockdowns, red zones in the classrooms, real-time video links to the sheriff's department, and hot zones that spew out smoke to disorient the shooter. The system costs \$400,000 to install. " Congress needs to study the methods deployed in this school with an eye to cutting the cost of setting this up in other schools possibly targeted by mass killers.

Readers are encouraged to make copies of these proposals and send them to Congress and local community leaders. A public service message paid for by Conrad LeBeau.

Printable copies are available at lebeaubebooks.com

The following letter to the editor was published in the American Free Press in May, 2022

Pope Francis blames NATO for provoking the Russian Invasion of Ukraine

Today, May 5th, multiple sources on Twitter report that Pope Francis has rejected the western narrative about Russia. The Pontiff stated that Russian President Vladimir Putin may have been provoked into invading Ukraine because of “NATO barking at Russia’s gate.” Pope Francis is reported to be seeking a meeting with Putin in Moscow.

The ugly fact about most wars is that truth is the first casualty. If we believe the narrative of the establishment media, Russia is at war with the civilians in Ukraine and is killing them in droves in unprovoked attacks. You see video after video of apartment buildings damaged by Russian tanks. This is cited as evidence of a war crime. There are endless photos of dead civilians and also dead Russian soldiers. What is missing from this nightly news narrative is are ATV footage of dead Ukrainian soldiers? Is the Ukrainian army on coffee break while civilians fight street battles?

I think President Zelensky has a secret that he has not shared with the world. Those hundreds of allegedly civilian bodies in the streets in different cities including suburbs of Kiev might be Ukrainian soldiers dressed in civilian clothes. When the TV cameras show films of hundreds of dead bodies, there is no proof that any of them are actually civilians. By using apartment buildings, maternity wards, hospitals, and schools as cover for Ukrainian soldiers to snipe at Russian soldiers, President Zelensky is responsible for placing thousands of civilians in harm's way.

The practice of mingling soldiers dressed as civilians to wage a grassroots guerilla war from buildings occupied by civilians is not new. It has been used by ISIS, the Taliban, and Al-Qaeda. It is a scorched earth policy and the military advantage goes to those using the most deceptive tactics.

The result of such a prolonged guerilla-style war is to reduce big cities to piles of rubble. All this carnage could have been avoided if Pres. Zelensky had met with Putin halfway and said - we will withdraw our request to join NATO and seek a treaty with Russia to accept Ukraine's neutrality which would have gladly accepted, and this invasion would have never happened. Also, Zelensky should have made an effort to settle with the Russian dissidents living in the Donbass region of eastern Ukraine.

Conrad LeBeau

Update: There are apparent fake news reports from the Ukraine government of Pres. Zelensky that change by the day. On Mother's day, May 8th, was news report of a Russian attack on a school where a telegram from the local governor claimed 60 children are thought to be under a pile of rubble from the bombed out building while claiming they they rescued 30. There are no reports of any adults at this school and no photographic evidence of any school that was bombed or no evidence of any dead children for that matter. There are no pictures of any rescue workers either, no grieving parents waiting to see if their children are still alive. This report on its face is pure propaganda and it was shamelessly carried on newswires by the International Associated Press.

To _____

A Five Part Plan* to Stop the War in Ukraine

The purpose of this letter and proposal is to stop the ongoing bloodshed in Ukraine, arrange a ceasefire that is monitored by neutral 3rd party observers and to setup a working group to discuss and resolve the underlying issues for a durable, just, and lasting peace.

First: Seek the approval from President Zelensky and President Putin for their support of a United Nations peacekeeping force of 50,000 or more persons from non-NATO members of the United Nations to separate the warring parties in this conflict and who will agree to simultaneously cease all hostile actions against each other from the air, land, and sea.

Second: A ceasefire must take effect before the observers are placed in their respective positions in a space corridor of 1 to 3 miles. The mission of the peacekeepers, who should be lightly armed for their own protection is to monitor and report to the United Nations violations from either side. The initial scope of the peacekeeping force should be limited to the Donbas region, Crimea and the contested land between these two points as well as other lands adjoining these areas.

Third: Russia should agree to immediately allow the UN to deliver food, medicine and water to the civilians, Ukrainian and Russian troops located within their respective areas. All civilians in Mariupol and other contested areas should be allowed to safely evacuate.

Fourth: Both sides should agree to abide by the terms of the Geneva Convention in the treatment of their respective prisoners.

Fifth: Diplomats from the unaligned members of the peacekeeping forces should address both the short and long-term security concerns of both sides and propose solutions to both Ukraine and Russia.

Finally, religious leaders from all the world's religions should call for a day of prayer and seek Divine intervention for the success of this mission. The United States should also pause or stop further shipments of arms to Ukraine until this offer is accepted by President Zelensky. The US should also offer to help fund this peacekeeping mission as a first priority foreign policy.

Printable copies are available at lebeaubooks.com

*Originally proposed by Conrad LeBeau - posted at keephopealive.org on 5/1/22