

ONE-GRID



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First published August 28, 2024

As I expected, I have already had readers complaining about my advice to go off-grid, to the extent of not registering the births of your children. People are horrified by this suggestion, though they should know it has already been done successfully by many here in the States—though, no, I will not name any names or give you any contact information so that you can interview them for their experiences. That would sort of spoil the whole thing, wouldn't it? These people have done this because they are smart, and smart people who have gone underground don't suddenly start giving interviews, do they?

Anyway, one reader said that if you don't register births your kids will never be normal. Another said they won't later be able to get medicare, social security, etc. Without social security numbers they may not be able to get bank accounts or good jobs.

To answer this, I will let you interview me, hypothetically. I don't have any kids that can be vaccinated or taken away from me by CPS, so I am free to tell you what I think and why I think it, with little fear of repercussions. To start with, no one should want to be normal anymore, since normal now means obese, diabetic, and cancerous. It means ignorant and propagandized. It means entangled in illogical laws and controlled by fear. It means bluffed by lies and buffaloes by fake events. I never wanted to be normal, and I want it now less than I ever did. I have no desire to be like the average Modern citizen, living in a small box of miseducation and false fear. Since I don't want it for myself I wouldn't wish it on my children. I wouldn't want them sitting all day in ugly poisoned schools saluting flags and eating garbage food and cheering for sports teams and playing video games. I wouldn't want them subjected to shooter drills or nuclear drills or DEI programs or mixed bathrooms or drag queen story hours. I wouldn't want them married to their phones, regurgitating the latest Tiktok meme, youtube video, or Taylor Swift song. I wouldn't want them hypersexualized by the time they are eight, the girls

wearing next to nothing—their asses hanging out all the time—and the boys turned into little pimps or little mice. On the other hand, I don't want them encouraged to be gay or sexless. I just want the schools and media to leave them alone in that regard.

So in my opinion, no rational person would want their kids to be normal anymore, since that is what it is to be normal. Normal kids (and adults) are obnoxious, ignorant, fat*, and at the same time both spoiled and traumatized: spoiled by their parents and traumatized by the media. If that is what you want for your children, then by all means be sure they are normal. That way they can grow up into adults that are PTSD (or not really “post”, since the trauma is never-ending), fat, lazy, entitled, gullible, myopic, and riddled with diseases. They can be permanently captured by the medical industry in a cycle of ever-increasing drugs, and captured by the food industry in a hundred unbreakable addictions.

Or you can go off-grid and go cold turkey on all of that. But it is very hard to do that halfway, since any foot in the pool tends to wake up the sharks. You are soon pulled in and dragged to the deep end. That is especially true with kids, since the sharks get you through your kids. You don't have to put a foot in the pool yourself: it is enough that one kid puts his foot in the pool and the sharks have the whole family for lunch. The shark grabs him, he grabs you, and the whole family is underwater.

We have seen the government getting more aggressive every year, so if you want to avoid the stormtroopers you had better start planning now. I expect that very soon you may wish your parents hadn't registered you. I have stayed off the government radar not by anonymity or going underground, but simply by having nothing they want and having no levers they can use against me. I have no employer, no family, no house, and almost no bank account. I have no IRA, no insurance, no doctor, and no hospital. I have nothing they could repossess, since I am not paying for anything on time. I don't fear bankruptcy since I have always been effectively bankrupt. You may think that all sounds terrible, but it isn't. It is great. I am laughing as I type it, because it means I am free. I have no toe in the pool, and I would eat those sharks anyway. They see my toes and swim off.

You will say you can't do that because you have or want to have kids. Great, I am not saying you shouldn't have kids. I am saying you should, but you need to get serious about protecting your kids. There is a solution to every problem, you just have to use your noggin. As far as schools go, if you don't want to or can't homeschool, there are other options. The Amish don't homeschool, they have their own schools. Start your own school with your friends and neighbors or marry an Amish woman and enroll your kids in her schools. Most Amish aren't totally off the grid. I assume they register their kids. So interview one of them. They will get you in most of the way there, since they have been doing this for centuries. Why do you think the government is constantly blackwashing them and telling lies about them? Precisely for this reason: they don't want you to get any ideas. A tour of an Amish town will tell you exactly how easy it is to do this. In fact, it is far easier than NOT doing it, as we are coming to realize.

I believe most Amish do not vaccinate, though I am not sure how they walk around the requirement. I suppose the states they live in accommodate them, for religious or other reasons. If those states accommodate them they would have to accommodate you, according to the equal protection clause in the Constitution. If you live in a State like California that doesn't accommodate that or anything else, move to one that does: the state borders are all open, you know, and nothing is stopping you.

The problem is, if a large number of people start doing this, the Feds will no doubt start cracking down, at which point you may wish you had never registered those kids. Hence my recommendation. You will say you can't run from the government forever, they will eventually catch up with you. Possibly,

but remember you don't have to run forever. We are talking about protecting your kids for a few years while they are young. The vaccine schedule is mostly done by age 6, so if you can shield them for that long it will already be done. You will have already saved them from a mountain of harm. And if you can shield them until age 16, say, you don't even have to worry about CPS anymore. They can't take your kids from you if they are already gone or already grown up.

Plus, speaking of kids being taken, CPS isn't jail. They don't put kids in handcuffs. So the kids can pretty easily run away from “protective custody”. At that point the state is in a bind, since they can't arrest you for your kid running back to you. And they can't lock up kids for fleeing protective custody. Or, they can, but it looks really bad and they don't like to. So plan accordingly. Just sayin.

Another solution is to move to Europe or Asia for these early years of your children. They are letting in millions of Africans and Arabs in Europe, so it is doubtful they will deport well behaved Americans requesting temporary asylum. Or take a trip over there and marry a European girl (or guy). At that point you won't even have to seek asylum or overstay a VISA. To give you an example, the *only* vaccine required in France is the DPT vaccine. All others like MMR are only recommended.

Another way to get around these things is to keep moving. Most borders in Europe are also open, as here. You don't have to pass border control to move from France to Belgium, for instance. You just take the train. So the locals will just figure you are tourists. You have to avoid any situations where you would have to show a passport, since they can see your date of arrival. You can live for years in Europe that way, as long as you have money. And of course you can do the same thing here, moving from state to state to avoid local busybodies like CPS, census workers, and so on. Plus, if your kids are under six, no one expects them to be in school anyway. That question won't even come up until they look school age, so dress them young.

Now, what about Medicare and Social Security? Again, ask the Amish. They have always gotten along without it. As taxpayers, they qualify, but most don't use it because they have no need for it. They have their own doctors and their own social security—it is called big families and neighbors who take care of everyone. I qualify, of course, but since you have to go to a hospital to get Medicare or Medicaid, I don't expect to use it. I plan to die at home in bed. As for SS, I have paid in enough to qualify, but my payments will be extremely low. Which doesn't concern me in the least. I should be able to work until the day I die, and expect nothing less. I certainly don't lose any sleep over it one way or the other, since I am not scared of death. Living in the future scares me far more than death.

Today's add-on is about a radio ad I heard today driving to the market. It was one of those law firm ads telling you that if you have been injured by a drug, they will take your case on spec, with no money down, etc. They get paid only if you win. The drug is Ozempic, the new diabetic and weightloss drug from Nova Nordisk. Wow, that was fast, right? The warning lights have been flashing brightly since June of 2023, when stock prices took a hit on the first wave of serious side-effects, but it has been a series of new major complications since then. These drugs, including Wegovy and Danuglipron, are turning out to be the biggest bust in the history of weight loss, and maybe of drugs. They were supposed to lead to a mass thinning as well as billions in profits for the usual suspects, but they are turning out to be just one more reason not to trust Big Pharma or doctors that are owned by it.

But did you really think this would work? Did it really sound like the way to go? Weight loss by

injection of a new drug? Sounds like a gateway drug to intravenous to me. Now that you know how to use the needle you can graduate to heroin. Not really necessary, since you can lose weight just by eating the right things and eating less of them. You don't even have to exercise at first: you can do that later once you thin down. Exercising while fat isn't a good idea. Slim down first.

Besides, for what most people are paying for these drugs, they could hire a personal chef or trainer. If you don't have the self-control to get started, hire someone to do it for you. You need to hire someone to come in and throw everything away in your refrigerator/freezer/cupboard and start over. If it isn't in the house, you can't eat it. Then you need to hire them to go to the market and shop for you, restocking your frig and cupboard with real food. At that point you are halfway there, though you can still drive to McDonalds. If you can't stop yourself, give your car keys to your chef as well for a couple of months and live at home. Give yourself 60 days to dry out and transition, as if you were locked in a fat farm.

Or, if you have some amount of residual self-control, I will tell you what I eat. You can eat like a skinny person (BMI 21) for a while and see that it isn't that bad. I am not eating rice cakes, tofu and kale. My food is delicious, even better in quality and taste than restaurant food, and it contains meat and fat. Here is what I eat on an average day:

For breakfast:

Two organic eggs cooked in unsalted organic butter. Just enough butter to coat the pan under the eggs. Less than half a pat. Your egg yolks should be yellow/orange, not pale yellow. And that is all for breakfast except a tall glass of cold unfluoridated water. No sausage or bacon. No juice. No breads. If you have to have coffee, only one small cup. Maple syrup instead of sugar. No sugar substitutes, no creamer substitutes. Milk or cream in the coffee is OK, but it has to be organic. If you use maple syrup, use as little as you can and add cinnamon to help the body process the sugar.

You will say that isn't much to get the day started, but because I sleep late there are usually only about three hours between breakfast and lunch. Eat lunch as soon as you get hungry again.

For lunch:

Organic veggie soup with a whole thigh of organic chicken cut up and mixed in. Homemade soup is preferred, but if you can't do that buy something like Pacific organic soups. In my soups I like leeks, onions, garlic, carrots, peas or green beans or asparagus, yellow squash, and cilantro or parsley. Other veggies are OK as long as they are organic. I used to put in potatoes, but I don't much anymore. I am now avoiding tomatoes and potatoes since they are nightshades and make my knees hurt while cycling. Same for peppers. I also add a lot of spices. Everyday I add turmeric and astragalus, to counteract swelling. Other spices I often use are oregano, thyme, and ginger. I rarely add salt, but when I do it is Saltwerks sea salt from Iceland. At lunch I only drink water.

For dinner:

Ground bison with organic red dal (lentils). Organic masala sauce. Added onions and garlic.

or

Spaghetti bolognese on a bed of lettuce. Organic wheat pasta, or chickpea pasta**, or brown rice pasta. Organic ground beef or bison. Organic sauce (Sonoma Gourmet) or pesto. I often mix the pesto and red sauce, to use less of it and keep the tomato content down. Bragg olive oil to extend the pesto. Organic Valley grated parmesan on top, kept to a minimum. Be picky about your pesto: be sure it is made with olive oil, not seed oils like sunflower. Or make your own. Keep your portion size modest here. It is easy to eat too much. If you are thin and exercising a lot, you can eat about all you want, but otherwise keep it down.

or

Soft tacos, beef or chicken. Organic wheat tortillas or blue corn, preferably the latter. With grilled veggies, lettuce, mushrooms. No rice or beans. No mayo.

Later:

Cold salad with lettuce, avocado, cauliflower, leek, broccoli, sesame seeds, pumpkin seeds, anything else superhealthy that you like. No salad dressing except lime and vinegar.

Snacks:

If I am craving a sweet (I used to eat lots of sweets, so I still get cravings) I always keep organic blueberries, pears, and apples in the fridge. I was pre-diabetic, so I now avoid bananas and grapes. You can also snack on organic brazil nuts or pumpkin seeds.

As you see, just as important as what you eat (or moreso) is what you *don't* eat or drink. I am currently cold turkey on sugar and coffee, so I only drink water. No sodas, no juices, no alcohol. When I go to the pub I limit myself to one very good imported beer from Belgium. One beer a week won't ruin a diet.

Limit your carbs. There are some carbs here, but if you go with the chickpea pasta, not much. Fat is OK, but limit your butter and cheese to a minimum. They are OK for a diabetic diet, but not if you are trying to lose weight fast or stay slim. In that case stick to olive or coconut oil. Only eat half an avocado at a time, or per day. Never eat mayonnaise. No more than two eggs a day.

No cakes, pies, cookies, candies, scones, or ice cream. No pre-made sandwiches from the store, which are made with garbage ingredients. Hamburgers are OK occasionally if you make them at home and can find good organic buns without bad oils and HFCS in them. And if you don't load them down with cheeses, sauces, and bacon. Try just lettuce and a little Masala sauce.

You can shave about half your bad calories just by ditching desserts and beverages. That's how I can get away with pigging out on pasta so often.

This is a no-pain diet for getting or staying slim, not a diet for being cut. You don't get cut just from a diet anyway. To look like those people on TV you have to take lots of supplements and diuretics, which will just give you a new round of problems. Just ask Zac Efron, who ain't lookin so good now, though he is just 36. Or look what the drugs did to Hugh Jackman, who gained thirty pounds of muscle and a million wrinkles, aging twenty years in ten. To look like those guys you need lots of fat strippers like Nitrix, which I do not recommend. They do work, but they have lots of side-effects, the primary one being premature aging.

*About 75% of Americans are overweight and 40% are obese. And that is by loose American standards. Using Asian standards, about 85% of Americans are overweight and 60% are obese. If you remove young people, who are skinnier overall, just looking at those over 30, about 90% of Americans are overweight. I would have to gain 25 pounds to qualify as overweight, and I have never been within 15 of that. I gained 15 pounds in my freshman year—the freshman 15—but was still just over 170.

**Banza chickpea pasta has been found to be high in glyphosate (Round-up), so I quit using it. I should have known, since it isn't organic. You can try Chickapea organic pasta instead. Whole Foods also makes an organic chickpea pasta, which amazingly is more affordable.