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My Chemtrail Story

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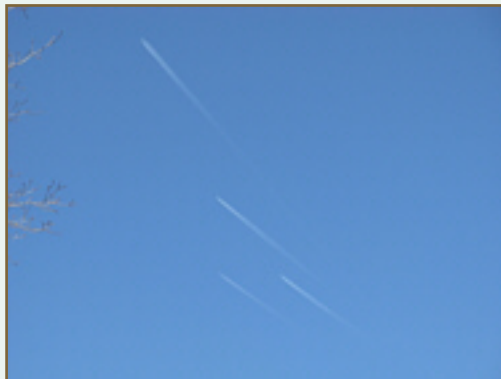
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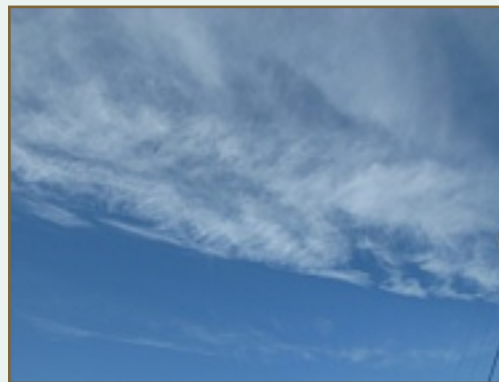
This document contains my personal testimony. It documents extremely-important information that affects everyone globally.

It is about my experience with mercury poisoning from two completely different sources at two completely different times.

The first time, the source of mercury was amalgam (mercury-based) dental fillings.

The second time, the source of mercury symptoms was aerial spraying: A global campaign that continues in most countries to this day. This is why you are directly involved.





Pictures of jets involved in the aerial spraying program (called "geoengineering"). Top-left: Four unmarked-silver jets flying in formation emitting "chemtrails". Top-center-left: Closeup of an unmarked-silver jet emitting enormous aerosol plumes. This jet has the bottom-profile of a Boeing 747 or 767; tanker aircraft used by the U.S. Air Force. Top-center-right: A few new chemtrail plumes (vertical) along with several older plumes (horizontal) spreading out across the sky. Top-right: The remnants of chemtrails often mistaken as cirrus clouds. These plumes were released about 30 minutes before this picture was taken. Bottom-left: Several new and old chemtrail plumes. Bottom-center: Enormous chemtrails stretch from horizon to horizon. Bottom-right: Massive chemtrails spread across the sky.

If you don't know about the aerial spraying program, you need learn about it as soon as possible.

Some types of aerial spraying leave enormous plumes in the sky. Other types don't. Both types are coined "chemtrails".

Chemtrails affect us all on a daily basis. If you have children, they may be affected profoundly. Some people experience mild symptoms like headaches, muscle pain, or fatigue. Many other people experience severe headaches, ringing in the ears, sleep issues, joint pain, heart pain, arrhythmia, bloody noses, sweating, respiratory issues, sinus pain, shortness of breath, changes in vision, heartburn, stomach pain, digestive issues, candida flare-ups, immune suppression, inability to focus or concentrate, fits of rage and anger, decreased short-term memory, depression, anxiety, increased blood pressure, and much more.

This document will help you understand this phenomenon better than nearly anything you can find on the internet. It is the detailed story of my long-term observation of this physical spraying activity occurring in the skies above us, and the correlation with illness and death on the ground.

Please share this website with your friends and family. You can use this convenient short link:

<http://urlbam.com/ha/M003P>

Who Is Involved?

This story is primarily about me and my observations, but I also document the experiences of my long-time friend and business partner, Laura, who has also been profoundly affected by chemtrails.

Laura and I have been friends and have been in business together for over 12 years. We own a small publishing company that publishes scientific research about herbs and nutritional supplements.

Our experiences involving illnesses related to mercury toxicity and chemtrails are different but similar. Our stories complement each other. Additionally, I have personally had contact with numerous people in several countries that are also suffering as a result of this activity.

Why Am I Sharing This?

Why am I sharing this story? Why am I putting personal information about myself and my health on the internet?

Because I care.

I have a hard time watching people suffer needlessly, especially when they don't know what is causing their suffering, especially when I believe that I may have information that can help.

My motivation is not completely selfless however. There is a part of me that hopes that sharing this information will motivate people to work together to bring an end to chemtrail spraying, which is clearly:

The greatest crime against humanity that has ever been committed.

If the spraying stops, I will have the much-needed relief from the health symptoms that I am suffering with right now. By working together, we can solve these problems, but we must become educated about them first.

Please Don't Stop Now!

Once you read this document, you will understand things about your life -- and the lives of those closest to you -- that never made sense before. You will learn not only about physical, but about emotional and mental things that affect your relationships with others. This knowledge can help answer these questions that you've often asked yourself about friends or family members:

"Why do they act like that?"

"Why can't they get it together?"

"Why are they always sick?"

"Why does he/she get so mad?"

"Why is he/she so depressed all the time?"

"Why can't he/she remember anything?"

"Why are they so stubborn?"

"Why is he/she so rebellious?"

"Why are they so emotionally detached?"

I hope the understanding you gain will cause you to have a surge of passion that changes your outlook on life and your relationships with others.

Because this document builds concept upon concept, it's important that you read it all the way through and that you don't skip parts. Yes, it's long, but it's best to read it in one sitting, if possible.

I am sharing this story with my own friends and extended family because I want them to understand, and to profoundly benefit from this understanding.

I hope they take this document very seriously. I hope you do too.

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Summary

Why A Summary?

This page contains a summary of my story.

I sincerely hope that you will take the time to read the complete version (beginning on the next page) because it contains a wealth of information that directly affects you and everyone you know.

Nevertheless, I am providing this summery to make this information more digestible, and for your convenience.

Growing Up

I grew up fairly healthy, but had a few problems worth noting:

- Serious acne
- Ringing in the ears
- Oily skin
- Frequent stomach pain and digestive issues
- Frequently looping thoughts
- Difficulty remembering names, dates and places
- Poor reading comprehension
- Extreme shyness
- Depression
- Low self-esteem
- Social fears and social withdrawal
- Apathy about personal injustices (against me) and personal property

Seems fairly typical for a teenager, right?

During this time, I was very athletic, strong, physically active, well-liked, and was considered intelligent by my

peers.

1995: Everything Changes

My personality and continuous physical ailments (listed in the previous section) pretty much stayed the same from my teenage years into adulthood.

In 1995 I turned 30 and began having a growing number of health problems that increased in severity during the following 5 years. Following is a list of these problems.

Physical

- Weight gain (never previously a problem)
- Thinning hair
- Candida
- Oily skin (increased)
- Vertical lines in toenails and fingernails
- Dark circles under the eyes
- Difficulty getting to sleep
- Extremely light sleep
- Hot core, cold skin while sleeping
- Grinding teeth while sleeping
- Sweating while sleeping
- Frequent urination in the night
- Shifted circadian rhythm (inability to get to sleep before 4 am; "night-owl")
- Over- or under-sleeping caused fatigue and tiredness
- Fatigue after eating
- Fatigue after using the bathroom
- Constipation
- Severe immune weakness
- Ringing in the ears: "Tinnitus"
- Tingling and numbness in hands and feet
- Elevated body temperature (always feeling hot)
- Constant sweating
- Heartburn
- Heart pain and loss of breath during light physical activity
- Inability to focus on nearby objects
- Tight, twitching, and burning muscles
- Ear wax (never had any previously)

- Frequently cracking joints
- Dramatic reactions to caffeine, sugar and some wheat products
- Severe nausea after eating
- Metallic taste in my mouth
- Excessive salivating
- Drooling while sleeping
- Frequent development of skin tags, especially around the neck area
- White coating on tongue
- Swollen tongue
- Accumulation of dead skin on heels and sides of feet
- Blood sugar swings

Mental

- Short attention span
- Poor reading comprehension
- Loss of short-term memory
- Extremely vivid dreams
- Shallow, unrestful sleep
- Increased sensitivity to light
- Increased sensitivity to sound
- Increased sensitivity to odors

Emotional

- Depression
- Anxiety and numerous general fears
- Apathy about certain personal issues
- Increasingly critical attitude
- General grumpiness
- Impatience

During the same time, my friend and business partner, Laura, began experiencing an increase in various physical and emotional symptoms. although she hid these symptoms well in public. Her symptoms included:

- Increased moodiness
- Episodes of anger that increased in frequency and intensity
- Increasing anxiety and worry about normally small issues

- Extreme impatience
- Short attention span
- Decreasing ability to remember events and conversations accurately
- Frequent car sickness
- Frequent nausea
- Back pain
- Tight muscles, especially around the neck and shoulders

Her growing emotional issues combined with my growing intolerance and impatience led me to believe that our business partnership would eventually end.

2000: Complete Recovery

After 5 years of suffering, I learned -- through a friend -- that there were many others who had similar sets of symptoms and solved them by having their amalgam ("silver") dental fillings removed.

I didn't know that "silver" dental fillings contained mercury, but I did know that mercury was highly toxic, so I quickly researched this subject over the next couple days. This research led me to believe that mercury was at the core of all of my health problems, and Laura's too.

We both had our fillings removed and replaced with a composite material in July of 2000.

During the following 24 hours, about 85% of my physical health issues disappeared. Over the next few months, my remaining physical health problems vanished completely. Laura's emotional issues disappeared as well. We began getting along much better than ever before.

Over the following 18 months, my shyness, phobias, fears, memory issues, and all remaining personality and emotional problems disappeared. In fact, my memory became far better than it had ever been. Instantly remembering names, dates and places or even phone numbers became no problem for me.

Laura's symptoms all disappeared in just a few months. Her personality became attentive, patient, calm, connected, self-controlled, and generally nice all the time. This was a dramatic change from the person she

was before the amalgam removal. All of her physical symptoms disappeared as well. Every one of them.

Complete Bliss

The next 4½ years were the best in my life... absolute bliss. I felt far better and emotionally stronger than I ever had before.

I had no health problems, virtually no fears, no sleep issues, no fatigue, dramatically improved memory and emotional outlook, and my friendship with Laura was great.

During this time, Laura experienced the same kind of bliss.

I simply cannot express how incredible it is to feel good physically and emotionally all the time, even when confronted with life's challenges. It was truly amazing.

2005: Attack On Our Health

In 2003, we moved to western New York. All was well and our business continued to grow. We continued to live in a state of physical and emotional bliss.

In 2005, I began to have profound suddenly-occurring health episodes with the following symptoms:

- Intensely burning sinuses
- Intense headaches
- Debilitating fatigue
- Sharp shooting pains through my joints and muscles
- Joint pain
- Frequently cracking joints
- Dark circles under my eyes
- Itchy eyes
- Stomach pain
- Sweating without being hot
- Inability to focus/concentrate
- Ringing in the ears
- Looping thoughts or songs
- Oily skin

- Decreased short-term memory
- Heart pain
- Pain down the inside of my arms
- Nausea
- Faintness and loss of breath when standing or moving quickly
- Subtle to very strong strange tastes to the air. Sometimes, it was a salty-metallic taste. Other times it was a blunt aspirin taste. Yet other times it was a piercing chemical taste unlike anything I'd experienced before.

These symptoms came on suddenly -- within minutes -- and then faded away completely after a few hours.

At the same times that I had these episodes, some people in the area experienced more subtle symptoms, like sinus pain, headaches, tight muscles, fatigue, tiredness, ringing in the ears, grumpiness, or anxiety. Yet others had no symptoms at all.

As these episodes continued and persisted for much longer periods of time -- stretching out throughout the day -- I began having more symptoms:

- Extremely dry eyes especially in the morning
- Vertical lines in toenails and fingernails
- Grinding teeth while sleeping
- Thinning hair
- Constipation
- Weight gain
- Near-sightedness
- Inability to focus on nearby objects
- Extremely vivid dreams
- Very unrestful sleep
- Candida
- Weakened immune system
- Increased ear wax
- Dramatic reactions to caffeine, sugar, and some wheat products
- Excessive salivating
- Drooling while sleeping
- White coating on tongue
- Accumulation of dead skin around heels and sides of feet
- Dramatic thickening and toughening of the skin on the bottom of the heel

Mercury Again?

The blatant fact that this set of symptoms is virtually identical to mercury poisoning was one of the first things I noticed. So I began to do research and discovered that many others were suffering with the same or similar symptoms in the same suddenly-occurring episodes.

Over time and with research and observation, these people had tied the sudden onset of their symptoms to the appearance of large plumes in the sky that were coming out of jets. They found that whenever these jets appeared, their symptoms appeared within 15 to 30 minutes. When the plumes disappeared, their symptoms vanished over the following hour or two. These jets would often fly loops or large circuits covering the sky in grid patterns, large Xs, or continuous parallel lines.

These plumes were coined "chemtrails".

My office overlooked the city of Jamestown, New York and I had an excellent view of the sky. I had - over the past few months - noticed jet plumes that would suddenly appear over the city. Before this time I had never seen anything like this over Jamestown. I found that my symptoms occurred only when the plumes appeared, and my symptoms vanished when the plumes disappeared.

I continued my research on these plumes and discovered that they had already been appearing in some larger U.S. cities for several years. I found that some personal researchers had testing performed and discovered that the air contained very high amounts of certain toxins when these plumes were present. These toxins include aluminum, barium, lead, arsenic, mycoplasma, and mold spores.

There is much more information to share about this activity, so I will go into greater detail in the complete version of my story (please take time to read it), but to keep this summary short, I will simply say this:

Additional research uncovered that the unique combination of toxins found in cities being sprayed with these plumes is the same combination of toxins that

have been associated with Gulf War Syndrome, aluminum poisoning, and mercury poisoning.

2008: The Escape

By 2008, this spraying activity had long-become extremely intense and nearly continuous. I found myself declining in health to the point where I lost hours of work daily dealing with my symptoms and living in continuous pain. Laura was also declining and reverting back to having all of the same symptoms -- both physical and emotional -- that she had before her amalgam fillings had been removed.

People I knew (or people that were friends of people I knew) began becoming ill. In this period of just a few years, many got cancers of various types. Many died. In fact, more people that I knew became sick or died within these few years than in the entire rest of my life. My symptoms became unbearable. Laura and I decided we needed to get out of that area as quickly as possible.

2009: A Break From the Pain

After 3 days of earnest prayer, a door opened allowing us to move near family near Bangor, Maine. We took two trips there, both times deliberately searching for chemtrails and seeing only one small trail 45 minutes from our proposed location. The air was clear and my health was fantastic the entire time we were there. It was as if my amalgam fillings has been removed all over again; dramatic, profound, wonderful!

We moved to Maine in April of 2008. Within three days of our move, we began seeing chemtrails appear. The spraying was frequent, but light and symptoms were irritating, but relatively mild. Nevertheless, we were very happy to be out from under the unbearable spraying assault that was occurring in Jamestown.

Spraying Intensity Increases

Over the summer of 2008, the intensity of the spraying increased dramatically. My health began to decrease proportionately. This increase in intensity continued and has continued until the present time.

By September 2009, the spraying had become nearly as intense as it was in Jamestown when we had left, and all of the same symptoms had returned yet again, for both Laura and myself.

Interestingly, on a single day, [all of the jet trails reverted to short trails](#) that left no persisting plumes in the sky. Unfortunately, there was little change in the intensity of the symptoms or the tastes and odors in the air. The plumes had become short and non-persistent, but the frequency of these unmarked silver jets seemed to increase.

The Real Battle Begins

Based on the symptom-set observed between our original mercury poisoning and the current chemtrail spraying, it is blatantly obvious that chemtrails are causing symptoms that are identical to mercury poisoning, but with a few additional symptoms that can be attributed to the addition of barium and aluminum.

Despite purchasing the best air purifiers in the world, we have not found any air purifiers that remove the sub-micron (extremely-small) particulates or vapor (with possibly a petroleum-based carrier) from the air, and there is no silver-bullet cure for the associated ailments that we have been able to find.

We have done much research on this subject and found that the "chemtrail" phenomenon continues to occur in numerous cities around the world. It is also occurring in rural and agricultural areas. Based on the testimonies of numerous people from several countries, and based on our own experience, we are forced to conclude that chemtrails are a global operation.

We have exhausted our attempts to stop the ailments that chemtrails are causing, and we are at a brick wall.

For this reason, we are bringing this information to our friends, family, acquaintances, local governments, media, and to the public. We are doing this in the hope that this activity will be stopped once it is exposed and once people realize how toxic it is, even though the symptoms take some time to manifest in some people.

Not Contrails

In the detailed version of this story, I thoroughly explain how I know that these plumes are not "contrails", despite the fact that there is a considerable media campaign to convince people otherwise.

In short, I have watched the sky since my childhood. I have watched thousands of jets, and during all of this time, I have never seen a single contrail. However, today, not only are these plumes (both persistent and non-persistent) common, but they exist behind over 98% of the jets that we see in the sky (yes, we've counted). We have also seen a sudden, dramatic increase in the number of jets, especially in a smaller town like Jamestown that has no capability to handle jets of this size. Furthermore, most of these jets are unmarked-silver jets. A few have red engines and a red tail section.

Finally, considering the symptoms and horrible odors that occur (to those who can smell them) when the plumes appear, it's only logical to conclude that something has changed suddenly, and dramatically, and that this change dangerous to our health.

Government: A History of Corruption and Murder

When analyzing large anomalies in government behavior such as this, it becomes important to carefully consider written documents and historical records from those who develop American and global policy in an effort to discover intent for these anomalies.

Laura and I have been studying these anomalies in our

free time for years, but for those who are not familiar with these concepts, we offer a few valuable resources that will serve as an introduction to this critical subject:

[The Thimerosal-Autism Coverup](#)

[Mercury, Vaccines, and Autism \(Dr. Haley\)](#)

[The Origins of Population Control: The Architects](#)

[The Global Vaccine Agenda \(Dr. Ayoub\)](#) (A "must-see" video)

Our plea to the local and state governments of the United States, to local media, environmental organizations, human rights groups, and all people in every nation is that we work together to stop this activity before more people become sick or die as a result.

After observing, researching, and experiencing this activity for over 6 years, we firmly believe it is the largest crime against humanity in history.

Please Read On

Now that you've read this summary, I hope you will take time to read the complete story. It contains a lot of information that you will relate to, plus it reveals a wealth of information that will help you understand what chemtrails are all about.

It will provide evidence and details that will help you understand why we came to the conclusions that we did. It will also help you avoid the enormous pitfalls and potholes that often keep people sick far longer than they need to be.

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Background

Thank you for deciding to take the time to read this story.

This is an extremely important subject that affects everyone. By deciding to become educated about chemtrails ("geoengineering"), you will be able to inform your friends and family and help them protect themselves as well.

If you ever have questions, please feel free to contact me. I'm happy to help.

Here we go...

Childhood

I was an active child with a vivid imagination, racing thoughts, and plenty of energy. I was athletic, sometimes strong-willed, yet often depressed and moody. Focusing was always a problem as my mind wandered when people spoke to me. I often had little recollection of what was said. This was very frustrating, yet uncontrollable, but there was simply nothing I could do to change it.

There were other unusual issues as well.

For example, I remember having horrible fits of itchy eyes. I would rub them over and over for several minutes until they were red and irritated.

In elementary school, I occasionally had spontaneous nose bleeds. Blood would start gushing out my nose while frantic teachers rushed me to the nurse.

Now, I have limited memory of those years. As an adult, I've often told friends that much of my childhood is like a distant, misty dream that I experienced in the third person.

Teen Years

My teen years became very difficult emotionally. Although I was very good at hiding emotions -- and did constantly -- internally I came apart. I became very depressed and thought about suicide almost daily throughout my junior-high and high-school years. I actually tried once, but someone intervened, but that's another story.

Those days were very strange to me. I constantly wondered why I had such fear when dealing with people, and why I had such a lack of self-confidence all the time while many others didn't seem to have this problem.

I specifically remember that I was very good at learning and remembering concepts, but I could not remember names, dates, or places. Geometry and algebra were difficult subjects for me simply because they involved memorizing seemingly endless rules that had no connection to useful concepts.

Ironically, although I knew I was exceedingly fearful and depressed, I actually thought that many others felt the way I did, and just hid it -- the same way I did.

In high school, I began having episodes where I would see brightly-flashing geometrical shapes filled with color in my field of vision. These areas would slowly grow over a 20 to 60 minute period of time until a significant portion of my field of vision was blocked. Many years later I learned that this condition is called scintillating scleroderma. I thought it was normal.

Another problem that began during this time was ringing in the ears (tinnitus). This problem became more severe over the years. Sometimes this ringing would become so loud that I would temporarily lose all of my hearing in one ear for 20 to 120 seconds.

I also had horrible acne, oily skin, sweat profusely, and rarely enjoyed a good night's sleep. It was a secretly nightmarish existence.

Finally, I had a strong desire to be social but fear and very low self-esteem kept me socially withdrawn most of the time.

Adulthood

It's hopeful to believe that turning 18 will make all your problems go away, but it didn't.

All of these same feelings continued into adulthood. As I began to learn more about people, I realized how different I was (from most).

Questions constantly filled my mind:

Why did I have a fear of public speaking while others could speak in front of crowds with confidence?

Why did I have a fear of relationships, commitments, heights, confrontations, and so many other things while others were "normal"?

Why was I so critical -- of myself and others close to me -- while others were forgiving and easy-going?

Becoming "normal" became my secret obsession.

I consciously worked on my emotional shortcomings. Overcoming fear was high on my list. Through the years I made progress, but it was slow and took a lot of work.

I thought a lot about the differences between myself and other people, even about the seemingly small things, like why it was so difficult for me to finish reading a simple paragraph without my mind wandering half-way through it. I typically had to read a paragraph 3-to-5 times before I could actually finish and comprehend it.

Another problem I had was that I was not willing to sustain a relationship. I was often critical of myself and my girlfriends, yet my relationships could have turned into marriages on several occasions. Unfortunately, in nearly every case, fear got the best of me and I either bailed "before getting hurt" or was simply afraid to make a commitment thinking that something better might come along.

I had a very hard time believing that anyone cared for me. I viewed all of these relationships as shallow emotional connections that I did not participate in and that I did not understand. Later I would learn that I hurt a lot of girlfriends without realizing -- or believing -- the depth of their feelings. This all stemmed from the fact that I could not fathom myself as being worthy to be liked -- or loved -- by anyone. To me, being valuable in someone's eyes was absolutely inconcievable.

Fortunately, throughout my 20's and early 30's I was physically active and very fit. I played racquetball 3-to-5 times a week in the hot Florida sun. I went biking for 5-to-20 miles. On some weekends, went 30-to-70 miles both Saturday and Sunday. I worked out with weights most nights.

Unfortunately, everything was about to change.

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Illness

The Slippery Slope: Things Get Worse Quickly

Beginning about 1995, my health began to decline.

I began to search, research, and look for answers anywhere I thought I might find them. In fact, I did so much research during the following 3 years (1995 to 1997) that I eventually began sharing this newly compiled information with others. I did this by co-founding [Herb Allure](#); a small publishing company that prints and electronically distributes scientific information about herbs and nutritional supplements.

Between 1995 and 2000, I developed a long list of health symptoms that plagued me and ruined my life. Below is a list of these symptoms.

(Later in this story, I have reconstructed this entire list with details clearly showing how each symptom was originally caused by mercury from amalgam dental fillings, then how each symptom disappeared when the amalgam fillings were removed, and then how all of the same symptoms returned after chemtrails began to be sprayed in our area. The correlation is nearly 100%, so please take time to read the account.)

- Weight Gain
- Thinning Hair
- Candida
- Oily Skin
- Vertical Lines in Fingernails and Toenails
- Dark Circles Under the Eyes

- Difficulty Getting To Sleep
- Extremely Light Sleep
- Hot Core, Cold Skin While Sleeping
- Grinding Teeth While Sleeping
- Sweating While Sleeping
- Frequent Urination In the Night
- Shifted Circadian Rhythm
- Over- or Under-Sleeping Caused Health Symptoms
- Fatigue After Eating
- Fatigue After Using the Bathroom
- Constipation
- Severe Immune Weakness
- Ringing In the Ears (Tinnitus)
- Tingling In Hands and Feet
- Arms and Legs Frequently Falling Asleep
- Elevated Body Temperature (always feeling hot)
- Constant Sweating
- Heartburn
- Heart Pain and Loss of Breath When Being Physical
- Inability To Focus On Nearby Objects
- Increased Visual Persistence (images persisting in the dark)
- Tight, Twitching, and Burning Muscles
- Ear Wax
- Frequently Cracking Joints
- Dramatic Reactions To Caffeine and Sugar
- Nausea On An Empty Stomach
- Severe Nausea After Eating
- Metallic Taste in My Mouth
- Excessive Salivating
- Drooling While Sleeping
- Frequent Skin Tags
- White Coating On Tongue
- Swollen Tongue
- Accumulation of Dead Skin Around Heels and Sides of the Feet
- Blood Sugar Swings
- Short Attention Span
- Poor Reading Comprehension
- Loss of Short-Term Memory
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Discovery

The Discovery: Finding the Cause

One night in 2000, because I was grinding my teeth so severely every night, I actually forced a tooth out of place. The tooth just to the left of my two front teeth shifted forward about 2 millimeters.

This event disturbed me so much that I talked about it with a friend that was working with me during a break. To my astonishment, her reply got right to the point. She asked, "Do you have a filling in that tooth?" I felt the back of the tooth with my tongue for a moment, and then replied, "Actually, yes."

She then went on to tell me that she had fibromyalgia for 5 years and went from doctor to doctor and was prescribed drug after drug but she continued getting worse. She became bed-ridden and could not work, at which point she decided to do some of her own research on the internet.

She came across some information that said there was mercury in "silver" dental fillings -- which she had -- and that [mercury vapor off-gasses](#) from these fillings 24/7. She read that mercury causes symptoms that matched many of the symptoms she was experiencing.

With this new information, she decided to have her "silver" fillings removed. She could not afford to have them all removed so she arranged to have a few removed.

Immediately after this removal, she began to feel considerably better. In fact, she was able to get out of bed and go back to work for the first time in years. Then she continued to have them removed as she could afford it and she continued to get better. She reached a point

where she no longer considered herself to have fibromyalgia.

So, getting back to my displaced tooth, she told me that it shifted because my body was rejecting the mercury in the filling.

Epiphany

I remember this statement and this moment vividly. My mind began racing wondering if this really could cause a tooth to move out of place, or at least play some role in it. I had remembered hearing that "silver" dental fillings contain mercury in the past, but it never occurred to me that this could affect me or had anything to do with my countless problems.

That night I began doing the same thing she had done. I searched the internet for information about diseases and conditions related to mercury poisoning. I was in for quite a surprise when I found an article by a woman who had many of the same symptoms that I was having. She had her silver fillings removed, went on a mercury detox program, and all her ailments went away -- all of them -- and these were ailments that doctors had worked on for years with no success.

It's All In Your Head

While on the internet, I came across a dentist named [Dr. Hal Huggins](#) who was one of the leaders working to get silver fillings outlawed in the U.S., just as they already had been outlawed in some European and South American countries.

His website had a lot of information about amalgam fillings. It also said that Dr. Huggins' office had a list of dentists who were specially trained to remove mercury-based fillings safely.

So, the next day, I called his office.

His office told me that I should read his book before

having my fillings removed so that I understood what I was getting into. After that, they would refer me to a local dentist who was specially trained in safe mercury removal.

Dr. Huggins book is called:

["It's All In Your Head: The Link Between Mercury Amalgams and Illness".](#)

I located the book in a bookstore that evening and read it cover-to-cover over the next 2 days, and was very glad I did. There was indeed a lot of information to consider before making the decision to have my fillings removed.

Dr. Huggins had a lot to say about the potential disease-causing effects of mercury when it off-gasses from silver fillings. I also found many warnings that silver fillings can make you sick if they are removed improperly. Nevertheless, based on all of the evidence I found that mercury fillings do indeed make people sick, I became hopeful that having them removed would help me.

I contacted Dr. Huggins' office and got a referral for a local dentist and had all of my "silver" fillings removed just a couple of weeks later. Laura had hers removed on the same day.

Then, everything changed.

If you're interested, you can find a detailed account of the removal process [here](#).

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Changes

Everything Changes... Suddenly

My amalgam fillings were removed on a Sunday in July of 2000. Yes, this amazing dentist worked on Sundays to make it easier for people with heavy schedules to make appointments.

That very night, life-changing things began to happen.

The first thing I noticed is this: The window air conditioner in my bedroom that I kept set at 64 degrees for years was now way too cold for me. I actually had to change the setting to 72 degrees that night. This was a first.

Another mind-boggling thing happened. Instead of taking 2 hours to get to sleep, I got to sleep in about 5 minutes. This was the first time this had happened in a very, very long time.

The next amazing thing that happened is that I woke up in the morning without having to use the bathroom a single time, and I had enjoyed an incredible night of deep sleep without any vivid dreams. This was the best night's sleep that I had ever experienced in my life. I cannot express how great I felt the next morning.

When I woke up, I felt fantastic. I was focused, peaceful, confident and virtually fearless. It was one of the best and most memorable days of my life.

The Following Few Months

The following few months were a roller coaster ride of bad days and good days; however, the bad days were far

better than the good days had been previously while the "silver" fillings were still in. It was a welcomed change and an incredible time in my life.

I was on an ad-hoc mercury detox program because I didn't know [how to detox mercury properly](#) at that time. Now I do.

From week to week, both the bad and the good days got better. Bad days became less frequent. Good days were great days. The changes that I experienced were profound, life-changing, and memorable.

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Bliss

4½ Years of Bliss

By the fall of 2000, I felt better every day than I had ever felt before in my life. Life was complete bliss.

I was falling asleep in 5 minutes after going to bed and sleeping more deeply and soundly than I ever had. I woke up feeling completely energized and confident.

The Experiments

I felt so good that I often did experiments to see if I could make myself feel bad. It was a metaphorical way of pinching my arm. It helped me to confirm -- to myself - - that my entire life had been ruined by mercury poisoning.

I also wanted to prove to others that mercury was indeed the problem so I could try to help others avoid the suffering that I lived through. We should all help each other when we can.

Following are some of the simple experiments I did to see if I could recreate problems that I had experienced in the past.

Sleep

One of my first experiments was to try to ruin my sleep.

I would eat three doughnuts and drink a cup of coffee about an hour before bedtime. I did this over and over and I still could not get a bad night's sleep.

It's hard to describe how astounding this was to me, especially considering what a cup of coffee or a single doughnut did to me before my amalgams were removed.

Before my amalgams were removed, if I had either caffeine or sugar less-than 12 hours before bedtime, I would have a terrible night's sleep. I would wake up feeling exhausted and have muscle pain all over.

Candida

I did another series of experiments to try to make my candida symptoms return.

I would eat nearly nothing all day but sugar-based foods. I would have several candy bars for breakfast, cookies for lunch, and doughnuts for dinner. Even after doing this, I had no candida symptoms whatsoever.

Again, I was astounded and began to realize that this is the type of stamina the human body is supposed to have. A robust and efficient immune system that could take nearly anything you threw at it -- except prolonged exposure to mercury.

Before amalgams were removed, even the smallest amount of sugar would make my candida intolerable. In fact, during the last year before my amalgams were removed (1999-2000), I had constant candida issues that I could not eliminate regardless of what I did.

Shortened Sleep

All my life I had friends who had none of the sleep issues that I did. They could get up after only 3 or 4 hours of sleep and be fine all day.

I tried doing the same thing. In fact, I tried both undersleeping and oversleeping and I could not get myself to have the horrible headaches, muscle aches, fatigue, brain-fog, or any of the other symptoms that I would get before my amalgam fillings were removed.

Before my amalgams were removed, if I underslept or overslept, I would have terrible fatigue and brain-fog all day the following day. Nothing I did would relieve it. I had to have 7 hours of sleep. 30-minutes over or under that and the day was shot.

Other Experiments

I tried doing other things to stress my body including hard physical exercise, with a poor diet, short nights of sleep, and more, and I could not get any significant symptoms to occur.

I cannot express how amazing this was, especially considering how sensitive I was to anything that I did prior to my amalgam removal.

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Decline

The Slow Decline Begins

I had wanted to get away from the high-pressure and growing crime of the Tampa-St. Pete-Clearwater suburbs for a long time, so in February of 2003 I moved to Jamestown, New York.

My father died a year before from liver failure. He had cancer and was on a chemotherapy drug called fluorouracil for an extended period which I believe caused his liver failure.

His house was in jeopardy from creditors, so I decided to purchase it, move into it, and get the title cleared. I had family there and looked forward to getting to know them better.

Health Declines Slowly

During the time I lived in the house in Jamestown, my health declined very slowly. It was nothing like I had experienced with mercury from amalgam fillings, but over the first couple years, I had fatigue set in little-by-little. I also found that my vision -- which had always been perfect -- began to become far-sighted.

This was not an extreme or debilitating type of health decline, but it was noticeable enough for me to begin searching for the cause in my spare time.

The Power Plant

Jamestown is a unique city in that it has its own electrical

power plant, run by the [Jamestown Board of Public Utilities](#). For this reason, electricity prices are very low. This plant is located smack in the middle of the Jamestown suburbs right at the edge of downtown.

Google Earth buffs can look down one of its smoke stacks by entering this text into the "Fly to" box:
42° 05' 37.47" N, 79° 14' 52.38" W

Up to this point, I had done a lot on research on mercury, from a health perspective. During this research I learned that coal-burning power plants are a major source of mercury pollution. The plant in Jamestown produces and emits between 100 and 250 pounds of mercury per year. To anyone who understands how little mercury it takes to make someone sick, anxious, depressed, or schizophrenic, this is an enormous amount of mercury. *Does this explain the excessive amount of mental illness that exists in and around the Jamestown area?*

As I continued researching, I discovered that my house was directly downwind from the power plant.

What Mercury Does

Mercury is extremely toxic, even at very low levels. It destroys DNA, kills cells, and literally tears apart nerves. In fact, it interferes with or destroys numerous parts of every body system, but it does so slowly, over a long period of time.

The symptoms that one will experience with mercury poisoning vary greatly depending on many factors. Some factors are genetic, some factors are related to personal habits, some factors are related to the type of mercury one is exposed to, and some factors are based on the method in which you are exposed.

For example, with amalgam fillings, people are exposed mostly by ingesting mercury from the amalgam filling surfaces. With vaccines -- like the flu shot (yes, certain types of the flu shot contain mercury which attenuates immune system function) -- mercury is injected directly

into the blood stream bypassing the first -- and arguably the most important -- line of defense in the immune system, which resides in the gut.

When exposed to mercury vapor, such as that coming from a coal-burning power plant, your main exposure is by inhalation into the lungs, exposure to the eyes, and exposure on the skin. For this reason, this kind of exposure causes symptoms like fatigue, depression, anxiety, brain fog, and eye problems like near- and far-sightedness.

This information combined with the fact that I had already been mercury poisoned and had not fully detoxed (it normally takes years to detox mercury even if the symptoms are gone) led me to conclude that the power plant was probably the main cause of my new slowly-increasing health issues.

Fortunately, my knowledge of herbal medicine -- which I acquired during my initial mercury poisoning -- enabled me to mitigate my new health issues to a reasonable degree.

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Overnight

Things Get Worse Overnight

Unfortunately, the slow decline in health that I was experiencing was only the beginning. I was about to confront a new threat to my health that has such far-reaching implications, that it is undeniably the largest threat to human -- and animal -- health (and life) in history.

This new threat is so large that it currently affects the health of nearly everyone on this planet. In fact, through my research, I have concluded that the surge in death rates in the past few years -- which is most apparent in the celebrity population simply because of their visibility -- is due almost entirely to this threat.

The Commercials

While living in Jamestown, I would normally work through the night and go to bed about 6 am, plus or minus a couple hours. My normal routine would be to lay down and watch about an hour of TV and then go to sleep.

In the winter of 2004, I noticed that there was a sudden and dramatic onslaught of commercials for balding and for dry eyes. I specifically remember this sudden surge in these types of commercials because it occurred almost overnight and it was -- quite frankly -- annoying. Nearly every single commercial break had a commercial for balding, dry eyes, or both.

I didn't think too much of it at the time, other than to acknowledge how annoying it was.

The New Symptoms

In the spring of 2005, just a couple months after the annoying onslaught of repetitious commercials for balding and dry eyes, I suddenly started experiencing horrible new health symptoms. Among these new health symptoms was -- you guessed it -- hair loss and dry eyes.

Severe Dry Eyes

So, one of my new symptoms was dry eyes, oddly enough. I'm not simply talking about eyes that are a little dry and irritated. I am talking about waking up in the morning and being physically unable to open my eyes because they were nearly completely dry. In order to open them, I had to physically rub them for 15 to 30 seconds until they moistened up. Then I could finally, gently open them. I have never experienced anything like this before in my life.

Hair Loss

The hair loss that I experienced began gradually, but continued at an increasing rate. It was identical to the way my hair was thinning when I still had amalgams in.

Other Symptoms

Other symptoms that began abruptly in the spring of 2005 were burning sinuses and a horrible salty-metallic taste to the air. These strange symptoms were accompanied by a headache, terrible brain fog, terrible fatigue, dark circles under the eyes, painful cracking joints, oily skin, stomach pain, heartburn, ringing in my ears, looping thoughts, inability to concentrate, and muscle pain.

When these symptoms occurred -- which was several times daily -- they began suddenly. They were so severe that they would interfere with my work.

There were times that I would be in the middle of a meeting with my employees (I had 3 employees at that time) and the [symptoms would hit](#). Within a few minutes, the first symptoms would begin, which included burning sinuses and a salty-metallic taste to the air. Then, each of the symptoms would occur over the following 30 minutes and become so severe that I often ended meetings early. Needless to say, I could hardly function during these "attacks".

Patterns

After several weeks of these sudden health "attacks", I noticed an interesting pattern.

The symptoms would occur at almost the same times on most days, as if they were on some sort of schedule. On many Saturdays, I would have no occurrences of symptoms at all.

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Cause

The Discovery II: Finding the Cause... Again

It was time for more research. I had to find out what could be causing these sudden, dramatic multi-symptom episodes.

Mercury

The obvious first place to search was in mercury-related research, especially considering that previous research had shown that all of these symptoms can be related to mercury. My obvious target of research was the Jamestown power plant.

I already knew about the large amounts of mercury emitted by the power plant, but what didn't make sense was the way the symptoms came on so suddenly and then went away over the course of an hour or two.

Melting Snow

Some research revealed that mercury vapor can become trapped within snow, and that it becomes released when snow melts. I explored this idea by seeing if the episodes occurred when snow was melting, that is, on sunny days when snow was on the ground.

I found that this correlated sometimes, but not always. Eventually, I discounted the idea when all the snow had melted but I was still having the sudden onset of symptoms.

One Afternoon



One afternoon, I was doing more research and found something very shocking. A few people on the web were reporting that they were having the same type of episodes that I was having, and they had a strange theory to explain the cause.

They said that their symptoms occurred only when large plumes appeared in the sky. These large plumes were being emitted by slow-flying, low-flying jets and the plumes would slowly spread out across the sky, causing their symptoms.

An Eccentric Idea

Initially, this idea seemed a little eccentric to me, but because I had a background in researching history and politics, I already knew that many countries, including the United States, had [a long history of testing chemical and biological substances on citizens](#) without their knowledge or consent. Although this is a little hard to believe for some people, it is well-documented and well-known among researchers.

With this background, I decided not to discard the idea involving jets, but rather to look into it further.

I also had an immediate interest in the purpose behind these huge airborne plumes, because I had been witnessing them in our area but just wrote them off as some temporary event without much consideration.

Lines In the Sky

Jamestown is in a beautiful part of the United States, so I

would often go out on weekends driving around taking pictures of beautiful scenes.

The previous few months I had often become frustrated on my "photography-drives" because I found that there were huge, white plumes in the sky. These plumes often ruined any opportunity of capturing a great picture of the beautiful western New York skyline or sunset.

I remember thinking how strange these trails were -- obviously left by flying jets -- because they never appeared before. Since childhood, I had a keen interest in rockets and jets and had always been a sky-watcher.

Every time I heard a jet, I looked up and tried to find it. Even as a child, I could name every U.S. rocket launcher and payload unit, and I could name all U.S. fighters as well. As one of my favorite subjects, I knew that jets don't leave lines in the sky, at least not under normal conditions. In fact, with the exception of the previous few months, and one time a year or so earlier when I was out west, I had never seen jet plumes in the sky.

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Contrails

Jet Trails

The appearance of trails behind jets is caused by one of two things:

1. **"Low Pressure Zone":** Water vapor from the air that condenses in the low-pressure zone of wing tips or flaps; or,
2. **"Ice Crystals":** Ice at high altitudes forming around moisture from water injected into jet exhaust by old, rarely-used, obsolete engines..

"Low Pressure Zone" Trails

"Low Pressure Zone" trails only occur when humidity is very high. They only last as long as a negative pressure zone persists. Below is a photo of a typical LPZ trail.



In this picture, you will notice that the trail dissipates almost completely just a few feet behind the wing. This occurs because the moisture in the trail is reabsorbed back into the air as quickly as the air pressure increases towards normal. The trail in the picture is not visible from the ground.

I've seen this principle demonstrated when a vacuum is applied in a glass jar in a high-school science class. Sometimes, you will see condensation form in the jar as the vacuum increases, but when the vacuum is released, all of the condensation dissipates immediately.

The picture above was used on Wikipedia as the definitive example of a "contrail". It was replaced in the late 2000's by pictures of trails coming out of jet engines.

It's very interesting that the writers *did not* use pictures of trails coming from jet engines, but it's understandable because these trails simply did not exist, except for the very rare example outlined in the next section.

"Ice Crystals" from Water Injection Engines

A few older jets, namely the BAC One-Eleven, uses the Spey 512 water injection engine. This engine injects water into the core to increase thrust. When older jets using this now-rare engine fly at high altitudes in very cold air, the emitted water vapor may condense and freeze into small ice crystals. These tiny ice crystals become visible, but when they are exposed to the sun, they quickly melt dissipating within seconds.

These trails are so thin and short-lived that they have rarely been seen at any altitude. Furthermore, because this phenomenon is extremely rare and because it only occurs at higher altitudes, these types of trails are simply not visible from the ground.

Today, there are only about 50 BAC One-Elevens in service and virtually all of them in Europe.

Historical Rarity of Contrails

Both of the trails described above are called "contrails".

Contrails are extremely rare, but on the rare occasion that one does form at high altitudes, it dissipates quickly and cannot be seen from the ground. It's simply too high and too small and thin.

I have been a sky-watcher nearly all of my life. I grew up near some of the most heavily-traveled airspace in the world. I also lived on a military base. I have traveled across the United States visiting over 20 states multiple times.

Throughout the past 30 years, all across this country, I have watched thousands upon thousands of jets fly across the sky. Most of them were commercial jets, others were military, but they all had one thing in common:

They never left a trail.

Yes, after 30 years of sky-watching, I have never seen a single jet leave a trail... until now. Now I see 5-times more jets in the sky, and 49 out of 50 of them have trails.

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Research

Research: Following A Lead

I now had a lead.

Other people online were complaining of similar health issues as myself and they had correlated their experiences with the appearance of the jet plumes in the sky. For the sake of clarity, we'll call these lines "Chemtrails". This is the name they are commonly called by today.

After spending several days watching these chemtrails, I found that they did indeed appear about 15-to-30 minutes before my symptoms started. There were no exceptions.

I also observed that these jets flew on a schedule. They appeared at about the same time every day leaving their enormous signature lines in the sky, and bringing with them my horrible health episodes.

One thing that I found very strange about these jets is that they were very large and flew very slowly, and they did this in Jamestown... a town that has no facility for large jets. In fact, the nearest large airport of any considerable size is about an hour away.

Another thing I found strange is that this activity began suddenly. How did I know this?

I work out of my home. I work about 12 to 14 hours per day. My office window had a direct view over nearly the entire city of Jamestown. I had a large, clear view of the sky. I saw these trails being laid down only a few months before I made the connection between them and my illness. Other than being annoyed at their appearance during photography excursions, I didn't think much of

them except occasionally asking myself, "Why are these trails suddenly here?"

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Serious

Who Cares

I began photographing chemtrails daily. I posted nearly a thousand pictures and hours of video online. I also publicly told people how seriously chemtrails were affecting my health.

Online, there was a small group of very interested people who had the same concerns about the sudden appearance of this activity, and some of them were suffering, but the majority of people were not interested.

This was surprising in a way, because this activity began so suddenly in many large cities around the world. It was global and being witnessed by many people. There was a lot of chatter about it online, but with few exceptions, the mainstream media would not touch the subject, except to try and explain them as normal "contrails".

So, I watched this activity continue day-after-day and I suffered with my list of symptoms, wondering what would come of this.

The Four-Day Break

The spraying activity continued for a couple years, and so did my symptoms, but there were four very memorable days that I will never forget.

After months of enormous daily persistent chemtrail spraying by these large low-flying, slow-flying jets, suddenly, one day, they were gone. There was no taste to the air and no burning sinuses at all. Four days passed without a single trail in the sky. In fact, there was no visible air traffic, which had previously been normal for

Jamestown. During this time, I didn't have a single health symptom. In fact, I felt just as incredible as I did after my amalgam fillings were removed. It was wonderful.

On the fifth day, the same large, low-flying, slow-flying jets returned, but now, the trails they were leaving were no longer enormous, long, and persistent. Now they were very short and lasted only a few seconds, every one of them.

This was certainly a huge development, especially considering that the sky was daily covered with plumes for years before without even a day's break.

Occasionally, there were days that followed where large, persistent trails did appear, but they were only occasional and became increasingly rare. Eventually, they became rare enough that a person looking at the sky would have no idea that anything was abnormal.

Unfortunately, when these jets appeared with the new, short chemtrails, I experienced all of the same symptoms that I had before.

My best guess is that this four-day break was some kind of equipment change. It may be that this change enabled the jets to spray the same amount of potent toxin without leaving large plumes. Perhaps making the plumes less noticeable was important to those spraying because they were getting too much attention.

It Becomes Unbearable: All Mercury Symptoms Return

The spraying in Jamestown continued throughout 2007 and 2008 on its normal, predictable schedule, except that it became much more intense.

By late 2007, at about 3 am, 5 am, and 7 am every morning, The air caused such intense sinus pain, headaches, muscle and joint pain (not to mention the other symptoms), that I could not function. I was forced to shut myself in my bathroom for an hour or more and run the shower in order to breath. The running water

from the shower seemed to clear the air somewhat. Sometimes I would get into the shower and put my face under the stream of water, which helped tremendously. My symptoms would dissipate within minutes.

Throughout 2007 and 2008, the symptoms that I originally experienced were all still present, but the joint pain and achy muscles had become continuous and unbearable. I was taking ibuprofen often just to manage the pain. The joint pain became so severe in my hips that I actually began walking with a limp.

I also found that the soles of my feet developed thick, tough skin on them which had never been there before.

I was also having severe heart problems. When spraying took place, I would experience all of the symptoms of an impending heart attack, including pain down the inside of both arms. My heart would feel as if it was having "brain-freeze"... the same type of pain you have in your head when you eat ice cream too fast. This became a regular occurrence and on several occasions I thought I was going to have a heart attack. If this activity continued at this intensity, I believed I would not survive.

One of the most important things to realize at this point is this -- and this is the pivotal point of this entire story: I was again experiencing all of the mercury symptoms that I had experienced before my amalgam (mercury-based) fillings were removed. There were a few additional symptoms, but every single symptom that I experienced back in the time that I was mercury toxic had returned. This fact alone has profound implications which I will discuss a little later.

At this point, my illnesses became so intense -- particularly my heart problems -- that I spoke to Laura about helping me prepare a will.

The Vacation

In October 2007, I visited my family near Bangor, Maine. As usual, I kept my eyes on the skies to watch for chemtrails. During the 4-day visit, I didn't see a single chemtrail. During this time, my health was perfect. I had no symptoms at all. Even the chronic aches and joint

pain disappeared completely. There were no heart problems at all. I went from having to slowly walk up stairs to prevent the intense heart pain, to being able to run around the yard playing with my nephews with no heart pain at all. It was an astonishing and dramatic change.

When I returned to Jamestown, all of my symptoms returned.

This vacation gave me hope. It made me realize that there might be places that were not being sprayed. At this point I would have moved anywhere to get rid of the pain and suffering.

Answered Prayer

I finally became so desperate and concerned that I was going to have a heart attack, that I began to pray very earnestly for a solution. On the third day after praying, Laura remembered that her mother -- who lived in Maine -- had told her some time earlier that she wanted to move out of the house she owned so she could be closer to work.

I asked Laura to ask her mother if she would consider renting her house to us so she could move closer to work. She was very happy with the idea, but before we made a commitment, we decided to take another trip to the area for 4 days to be sure there were no chemtrails there.

Checking Out Bangor

The 4-day trip in March was wonderful. I felt fantastic the entire time and watched the sky constantly. We made daily trips into Bangor specifically for the purpose of checking for chemtrails. I did not smell, taste or see a single chemtrail, except: I did spot a small one 45 minutes away in Ellsworth (the other direction) one evening. This was the only chemtrail I saw in this entire area.

Because I truly believed my health would only continue to deteriorate if I stayed in Jamestown, we viewed this as an "open door" answer to prayer and decided to move.

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Bangor

Moving To Bangor

Since we own a business and moved ourselves to save money, we had to make two trips because we have so much "stuff". We made the second trip just a few days after we first arrived. This was April, 2008.

Bangor Chemtrails

We were very busy unpacking and getting the business set back up when the unthinkable happened.

On the third day in the morning, Laura opened the front door and saw four large slow-flying, low-flying jets flying in formation directly over the house. They were each spewing non-persistent chemtrails.

I quickly grabbed my camera and took these pictures. With the exception of the one small chemtrail that I had seen in Ellsworth -- about 45 minutes away -- a year before, these are the first chemtrails I ever saw in the Bangor area.

The following pictures were taken on April 16th, 2008.









Needless to say, when we saw these jets spewing chemtrails, we were shocked, and although my heart sunk when I saw this, I still felt confident that we had made the right decision. At least the air was breathable, plus I know better than to judge a situation quickly.

Furthermore, the contact that I had with others around the world the previous few years made it obvious that it was difficult to find a city that

was not being sprayed.

We continued unpacking and hoped for the best.

Progress

My health improved dramatically and immediately. My horribly-painful joints completely disappeared in a few days. I felt great. At this time, there was some visible chemtrail spraying, but the effect on the taste and scent of the air was mild compared to what we had experienced in Jamestown.

Over the next few weeks, the thick skin that had formed on the soles of my feet disappeared completely. Also, the dry skin on my heels that is so indicative of mercury poisoning completely went away.

So far, so good. I was hoping for the best.

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My Chemtrail Story

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Decline II

The Decline

Throughout the spring of 2008, the spraying increased in frequency and intensity. By summer, the air quality diminished and my symptoms began to return in direct proportion to the intensity of spraying. It was still lower in intensity than in Jamestown, but it was increasing. I took many photos and video during this time.

Chemtrails Suddenly Change... Again

The spraying continued through the fall and winter, but in the spring something remarkable happened.

Earlier, I told you how Jamestown had a 4-day break from chemtrails. I told you that before the break, nearly all chemtrails were long, persistent plumes, but after the break, the plumes were nearly all short and non-persistent. Well, the same thing happened in this area, except there was no 4-day break.

It happened in a single day. The skies went from [saturation with chemtrails day-after-day](#), to clear and blue, day-after-day. From that day until today (the writing of this very sentence), this same pattern has continued. Now, the persistent plumes that fill the sky only appear about 3 days per month.

You would think that this dramatic and sudden change in the appearance of the skies would have the public's curiosity peaking. You would think inquiries would be made by environmental organizations and concerned citizens alike. You would think.

Instead, it's business as usual. Few seem to care and even less seem interested in inquiring into the reason for the sudden and dramatic change in the skies.

All I can say is that it is shocking how many people are unaware and unconcerned about their surroundings. It's astounding and depressing to see people so completely apathetic about the outbreaks of illness that have been directly associated with the appearance of chemtrails. To me, it's like living in a world where most people are living in a daze, while the rest are trying to survive a pandemic. It is very strange.

From the Spring Until Now

Now let's get up-to-date.

The overall intensity of spraying has increased over the past few months. Some nights have been every bit as intense as the spraying that drove us out of Jamestown.

I have noticed interesting patterns that are very similar to those I witnessed in Jamestown. I have shared some of these below.

Days Off

In the fall of 2008, spraying stopped every Thursday for a while for several weeks. This made me really look forward to Thursdays because I always felt good on those days.

After a number of weeks, the "day off" changed to Friday. Then, after a number of weeks, spraying would stop at about 7 am Friday night and not continue until about 4 pm Saturday afternoon. This also continued for several weeks.

Nighttime Patterns

Just as Jamestown spraying occurred on a pattern that

made nights difficult to endure, this area has had the same pattern.

Over the past several months, the worst times for spraying occur beginning at about 3 am and continue until about 7 am. I know this because I normally stay up all night. During this time, the worst type of chemtrail is sprayed. This is the type that induces mercury-toxicity symptoms and causes terrible burning in my sinuses. It also causes a horrible chemical taste to the air, ringing in the ears, and many more symptoms.

Daytime Spraying

During the days, there is a different type of spraying that has normally caused a salty-metallic taste to the air. It causes symptoms that resemble mercury poisoning, with a few additional symptoms that are associated with barium and aluminum. This taste to the air has been almost continuous daily for many months, except that it changed in the past 4 weeks or so.

For the past 4 weeks, the taste in the air is almost pharmaceutical. What I mean by this is that the air tastes like an aspirin or a sleeping pill. It has a bitter, medicinal taste to it. It also causes my sinuses to swell to a point that my nose is 90% blocked. The horrible nighttime (3 am to 7 am) spraying that causes the chemical taste has continued as usual.

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Ailments & Solutions

You can link to this page using this simple URL: <http://urlbam.com/ha/M003W>

The Most Important Fact

[Click Here](#) to jump down to the list of ailments

[Do Chemtrails Contain Mercury?](#)

The thing I absolutely hate about chemtrails is the way they affect my health, yet the single biggest fact that I hope people gain from this article is this:

Chemtrails cause symptoms that are identical to mercury poisoning.

My experience with [mercury poisoning](#) from amalgam ("silver") dental fillings is a perfect subset of chemtrail symptoms. I say subset because chemtrails do produce a few extra symptoms that mercury did not produce, but *every single mercury symptom that I had from mercury-based fillings occurs when chemtrails are sprayed.*

I am a physically-sensitive person. For this reason, chemtrails affect me more than others. However, we must not be naive. Mercury damages or kills nearly everything it touches. If mercury is being sprayed in chemtrails, then you are being damaged by it, whether you feel it or not.

There is no study in existence where a cell is put in a dish with mercury and the cell is not destroyed.

Mercury is toxic in any dose, but symptoms may not always be noticeable. They often (not always) take a long time to manifest and do a lot of damage in the mean time.

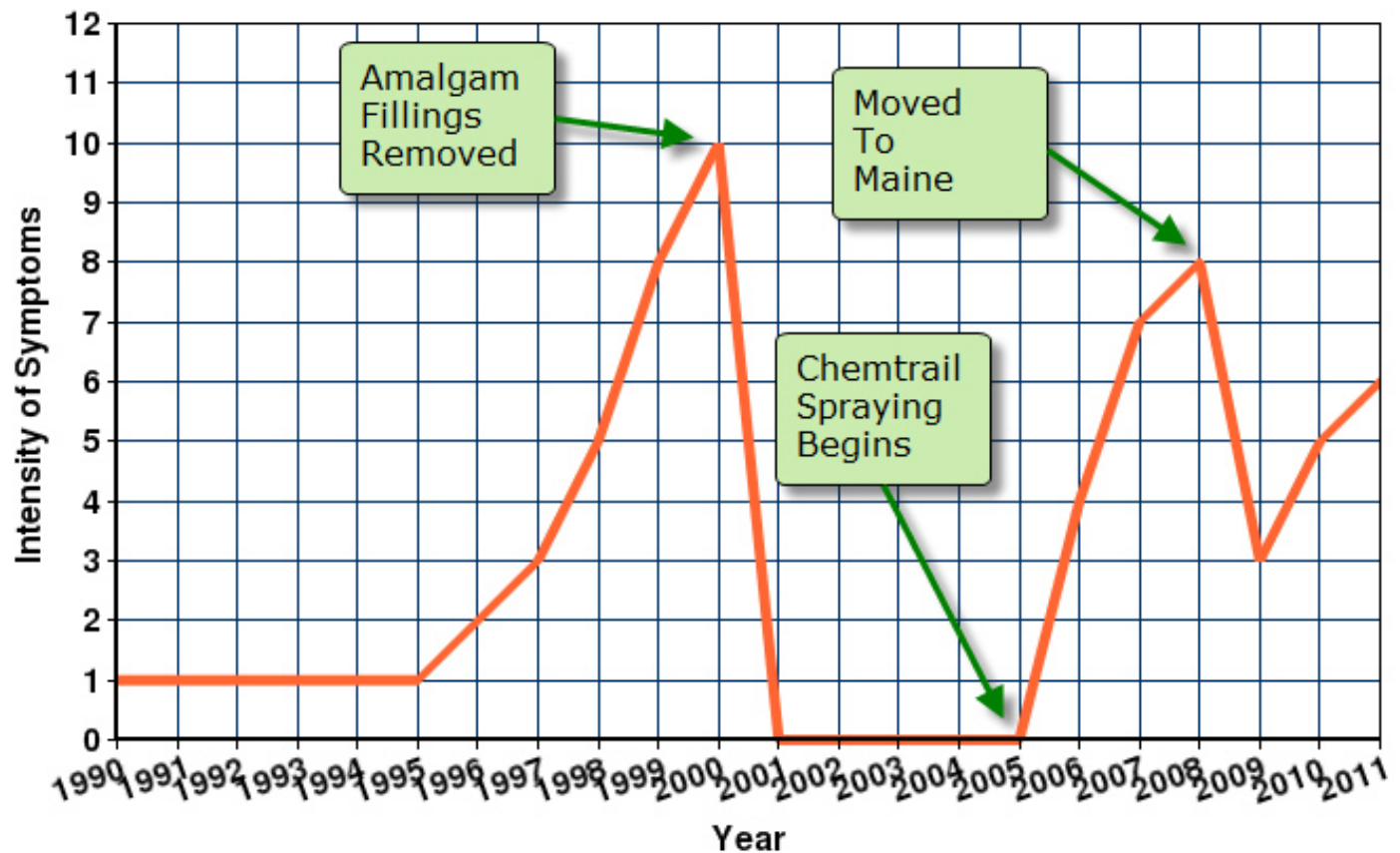
Mercury symptoms are also mental and emotional and they manifest in many different ways. For this reason, people may not make the connection between mercury and their grumpiness, racing or looping thoughts, depression, bad memory, anxiety, OCD, hyperactivity, teeth-grinding, ringing in the ears, or PMS.

I have paid very careful attention to the physical effects that chemtrail spraying has had on me. I have done this both to help myself recover through herbal and nutritional supplementation, and to share this information with others so they can more effectively battle the chemtrail-induced ailments they are suffering.

I would like to see this information used as evidence or testimony in reports, articles, investigations, or lawsuits that can be used to help put an end to this crime against humanity.

Mercury Symptoms: Intensity Over Time

The following chart drives home the connection between mercury and chemtrails in my personal experience. It displays the general average intensity of all mercury symptoms between 1990 and late 2010 (November).



This chart provides a timeline showing the progression of mercury-related symptoms from 1990 to late 2010. Here we see the immediate elimination of all 17 physical symptoms (and emotional and mental symptoms) after amalgam fillings were removed. When widespread chemtrail spraying (geoengineering) began in 2005, symptoms suddenly and dramatically rose again. After moving to Maine, symptoms decreased considerably, but quickly increased over the following two years.

In 1995, my body's ability to store mercury reached it's maximum capacity. When dealing with mercury poisoning in autistic children, this is the point in time when they say, "Your (mercury) bucket is full." This is the point that mercury symptoms begin to increase rapidly over a short period of time.

Based on the people that I've spoken with over the past 10 years (there have been many), it seems to take an average of 5 years for people to discover that mercury is the cause of their health problems. During this time, they visit doctors, get diagnosed with various diseases (Fibromyalgia, Chronic Fatigue, Hypothyroidism, etc.), are prescribed various pharmaceuticals, and continually wonder what is wrong with their body.

At the end of this ~5 year period, people are angry or tired enough to begin researching on their own. It generally takes only one day to a few weeks of personal internet research to come across the concept of mercury poisoning.

This connection between a person's symptoms and mercury poisoning occurs at about 35 years of age (on average). I was right in the middle of the average. I discovered the mercury connection in 2000 when I was 35.

I had my fillings removed in July of 2005 and over 80% of my symptoms were gone in 24 hours. Over the next 3 months, all of the rest of my 17 physical symptoms vanished. Over the next 18 months, my emotional and mental symptoms - which I had since my teen years when silver fillings were first installed - were completely gone.

The approximately 4½ years between late 2000 and 2005 were [absolute bliss](#). They were the best years of my life both physically and emotionally. All my mercury symptoms disappeared completely. Regardless of what I tried to do, I could not make the symptoms come back.

In 2005, all of the symptoms returned with the sudden appearance of low-flying, slow-flying jets spewing chemtrails in the air.

By 2008, the symptoms were so severe that I moved to Maine to escape the intense spraying in Jamestown, New York. I immediately got somewhat better, but as the intensity of chemtrails rapidly increased over the summer of 2008, so did my symptoms.

At the time of this writing, my symptoms are still steadily increasing along with the intensity of chemtrails. Even though low-altitude persistent chemtrails have become less frequent and have been replaced by blue skies on several days during the month, the metallic taste in the air continues along with all associated symptoms. Cleverly, chemtrails are progressively [being moved to high-altitudes](#) where they cannot be seen from the ground, but those with sensitive senses of smell and taste (like me) still experience their blunt presence in the air and all of their associated mercury-like symptoms. In short, nothing has changed except their visibility.

Ailment List

This section contains:

- (1) a comprehensive list of ailments that I suffered with as a result of mercury poisoning from amalgam fillings (1995-2000), and
- (2) a comprehensive list of symptoms I suffered with as a result of chemtrail spraying (2005 to present).

Remember, the following ailments are caused by two different sources of toxicity, chemtrails and mercury, leading us to ask the question: [Do chemtrails contain mercury?](#)

Where possible, I am including information about supplements that help me. I hope they can help you as well.

List of Ailments

[Tiredness & Fatigue](#)

[Weight Gain](#)

[Thinning Hair](#)

[Candida](#)

[Oily Skin](#)

[Vertical Lines in Fingernails and Toenails](#)

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[Over- or Under-Sleeping Caused Health Symptoms](#)

[Fatigue After Eating](#)

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Tiredness & Fatigue

As metal toxicity increases, mental and physical fatigue increase as well. You feel tired all the time, unable to do mental work, unable to focus, and have no energy or ambition.

These symptoms became more and severe for me as my mercury toxicity increased between 1995 and 2000. After my amalgam fillings were removed in 2000, these symptoms disappeared immediately and never came back until 2005 when chemtrail spraying began.

What is the cause?

After years of experimentation and research, I finally determined that mercury interferes with the production of an amino acid called [L-Glutamine](#). This amino acid essentially provides the brain with sugar it needs to operate.

How do we control it?

The source of the problem took years to find, but the solution is very simple. I take 3 or 4 capsules (3000 - 4000 mg) of [L-Glutamine](#) twice daily. This makes a tremendous difference and completely restores my mental capability and overall ambition and energy. This has become a very important part of my daily supplementation.

Weight Gain

My waist increased from 32" to 44" between 1995 and 2000. This has never happened to me before and nothing I did could stop it.

After my amalgam fillings were removed in 2000, my waist shrunk back to 40" without any exercise or dieting at all. In fact, during this time I felt so good that I began eating poorly because I could get away with it without consequences.

After chemtrail spraying began in 2005, my weight increased somewhat and my waist increased to 42". This actually took place even after I began to dramatically improve my diet in order to maintain my health.

What is the cause?

There is no doubt in my mind that weight gain is not so much a problem of eating too much food, but a problem of toxicity, especially toxicity that inhibits thyroid function.

Mercury inhibits thyroid function by blocking the utilization of iodine. With insufficient iodine reaching the thyroid (an artificially induced form of malnutrition), metabolism slows and weight gain results. Mercury also blocks production of thyroid hormone T-3 (triiodothyronine), and it interferes with TSH (thyroid stimulating hormone). Furthermore, mercury blocks other metabolic functions.

All of these factors combine to reduce thyroid function (hypothyroidism) which causes (or at least contributes to) weight gain, fatigue, depression, sleep issues, digestive issues, and much more. In short, when your thyroid is not working right, many other biological functions fail as a result.

How do we control it?

Many people report reversing thyroid issues by increasing their intake of iodine. Iodine can be found in a common supplement called [Dulse](#); a nutrient-rich seaweed that is commonly available.

People also report benefiting from herbal combinations designed to enhance thyroid function. I use [Thyroid Support](#) which helps improve my daily overall energy level.

Thinning Hair

Around 1999, my hair began thinning.

The rate of thinning increased over the next year. Eventually, it was thinning so quickly that there was a noticeable difference from week to week.

After my amalgam fillings were removed in 2000, the thinning stopped completely. My hair did not thicken back up, but thinning did stop completely.

During my 4½ years of blissful health (between 2000 and 2005), my hair did not thin at all.

After chemtrail spraying began in 2005, the thinning began again as well. It thinned more slowly than it did when the amalgam fillings were in, but it was noticeable nonetheless.

Noticeable thinning continues today. but at a slow rate.

What is the cause?

Mercury elevates dihydrotestosterone (DHT) levels in the body. DHT is well known to destroy hair follicles. Thinning hair, oily skin, and enlarged prostate, are all caused by elevated DHT. In woman, elevated DHT leads to increased facial and body hair.

How do we control it?

[Saw Palmetto](#) inhibits the enzyme “testosterone-5-alpha-reductase” from transforming healthy testosterone hormones into unhealthy DHT. Saw palmetto also prevents DHT from attaching to prostate cellular receptor sites and so promotes DHT’s breakdown and excretion.

Many people find that elevated-DHT-related symptoms can be controlled using Saw Palmetto.

Candida

In 1995, when I ate something with a lot of sugar, I would get mild candida symptoms, like red itchy underarms and itchy skin.

In 1998, when I ate anything with even the smallest amount of sugar, I would get the same symptoms. I was able to make the symptoms go away fairly quickly by eating yogurt or taking a large dose of [probiotics](#), typically about 4 times what was recommended on the bottle.

In 2000, I had these symptoms continuously regardless of what I ate. Yogurt and probiotics did not help.

After my amalgam fillings were removed in 2000, I had no problem with candida at all. Nothing I ate could make candida symptoms recur. As an experiment, I actually tried to make candida come back by eating horrible foods for periods of time, but nothing worked. I could not even produce the smallest candida symptom.

After intense chemtrail spraying began in 2005, candida began to occur when I ate a lot of sugary foods. By 2008, candida symptoms occurred when I ate a moderate amount of sugar. Currently, candida symptoms occur when I eat food with virtually any sugar at all.

What is the cause?

Mercury causes a complex set of reaction in the digestive system. It also causes the friendly intestinal bacteria (called intestinal flora) to mutate into organisms that damage the wall of the colon leading to IBS (irritable bowel syndrome).

The primary reason I believe mercury causes candida issues in both men and women is that mercury is a powerful immune system depressant. When your immune system is weak, it takes a shockingly short amount of time for candida symptoms to appear. In fact, when intense chemtrails are sprayed, I experience my first candida symptoms in about 30 minutes.

How do we control it?

I am currently able to mitigate - not completely eliminate - candida symptoms by taking immune stimulating herbal supplements. I currently take 4 to 8 capsules of [Immune Stimulator](#) each day. I also take 4 capsules of [Yeast Fundal Detox](#) which also helps considerably.

I found that taking 12 capsules of probiotics ([Probiotic Eleven](#)) helps a lot with candida symptoms. Of course this is about 3-times the amount that is recommended on the bottle, but it is the amount that works for me. Unfortunately, in order to keep my overall supplement costs down, I usually skip this supplement.

Oily Skin

Throughout my teen years and beyond, I noticed patterns related to the times that my facial skin would become oily.

In the morning I nearly always had oily facial skin, but I discovered that there was a dietary relationship as well. I found that sugar and caffeine provoked my facial skin to become oily in less than 30 minutes. It also occurred when I was very tired.

My skin ceased becoming oily at all - regardless of diet - immediately after my amalgam fillings were removed in 2000.

I had no problems with oily skin at all until 2005 after chemtrail spraying began. The problem has become progressively worse over time and is now at nearly the same level it was when my amalgam fillings were in.

What is the cause?

Mercury elevates dihydrotestosterone (DHT) levels in the body. Oily skin - plus thinning hair and enlarged prostate - are all caused by elevated DHT.

How do we control it?

[Saw Palmetto](#) has been reported to dramatically lower or completely eliminate all symptoms related to elevated DHT. I personally know people who took half the recommended dose of Saw Palmetto and were able to completely eliminate their prostate medication. Please check with your practitioner before making medical decisions.

Saw Palmetto inhibits the enzyme "testosterone-5-alpha-reductase" from transforming healthy testosterone hormones into unhealthy DHT. Saw palmetto also prevents DHT from attaching to prostate cellular receptor sites and so promotes DHT's breakdown and excretion.

Vertical Lines in Fingernails and Toenails

I had never experienced vertical lines in my fingernails before, but in 1995, I began to see vertical lines running from the base to the tip of my toenails. A couple years later, these same lines began to show up in my fingernails.

By 2000, these lines were so deep in my toenails that you could actually pry up and pull off thin layers of the nail. I was shocked and concerned about this. My fingers were not nearly as bad, but you could still clearly see the lines in normal lighting.

After my amalgam removal in 2000, these lines disappeared in my fingernails and became very faint in my toenails within just a few months.

In 2005 when intense chemtrail spraying began, these lines began to appear again in my fingernails and toenails.

Now, these lines are just as deep in my toenails as they were in 2000, before my amalgams were removed. The lines in my fingernails are not nearly as pronounced as in my toenails, but they are more pronounced than ever before.

What is the cause?

There is some debate over the cause of this symptom.

Some say that mercury interferes with the ability for silica (and other materials that make up nails) to bond and grow. Others say that this symptom is caused by a chronic low-level infection at the base of the nail.

Whatever the root cause, the symptoms are clearly caused by both amalgam fillings and by chemtrails.

How do we control it?

With all of the other symptoms that I was dealing with, I didn't worry about trying to control this one.

If the cause of this symptom is a lack of raw nail-making material in the body, then symptoms may improve by supplying your body with plenty of the base elements needed to grow nails. You can do this with a natural supplement like [HSN Complex](#).

If the cause is a chronic low-level infection at the base of the nail, then a powerful gel that kills infections may help. The first thing I would try is a silver gel, like [Silver Shield Gel](#). I would put a small amount at the base of the nail each morning and evening.

Dark Circles Under the Eyes

Around 1995, dark circles began to faintly appear under my eyes from time to time. By 1999, the dark circles were there constantly. They became darker after I ate.

After my amalgam fillings were removed in 2000, the dark circles were gone within 24 hours. They came and went for a couple months but eventually disappeared permanently.

In 2005 when intense chemtrail spraying began, the dark circles again returned. They were only present when spraying was taking place and would disappear within about an hour after spraying stopped. The same pattern continues today.

What is the cause?

Because this symptom was not debilitating, I did not spend much time researching it. Therefore, I'm not decided about what I believe the cause is.

If you search the internet, you will find many explanations for dark circles under the eyes, but I have not found anything conclusive. It seems to be a generic symptom associated with general fatigue.

What I do know is this: dark circles are associated with mercury poisoning and with chemtrails.

How do we control it?

Because I have not researched this subject deeply, I'm not sure how to control it.

Based on the little information I do have, I would first try stimulating the thyroid with [Thyroid Support](#). I personally would not hesitate to take 2 to 3 times the recommended doses.

If that didn't help, I would try stimulating circulation with [Ginkgo/Gotu Kola Concentrate](#).

[w/Bacopa.](#)

Difficulty Getting To Sleep

For most of my life, I had some degree of difficulty getting to sleep. It often took 60 to 90 minutes just to fall asleep. This was a major source of frustration for much of my life.

If I woke up in the night, I would often have a hard time getting back to sleep. It could take 30 to 60 minutes.

Between 1995 and 2000, this problem became somewhat worse.

After my amalgam removal in 2000, this problem vanished immediately. In fact, the same night that my amalgams were removed, I got to sleep in 5 minutes and slept better than I ever had.

Now, after the amalgam removal, if I woke up during the night, I was back to sleep in 3 to 5 minutes. The change was amazing.

In 2005 when intense chemtrail spraying began, it became harder and harder and took longer and longer to get to sleep. The same problems interfered with me getting to sleep now than those that interfered with me when my amalgam fillings were still in, such as racing/looping thoughts, and general fear/anxiety.

Now, spraying is intense on some days and mild on others, so the amount of time it takes to get to sleep is directly proportional to the intensity of chemtrail spraying.

What is the cause?

Based on the research that I've done in the past 10 years, I know that mercury causes countless biological and chemical changes in the body. None of them are good. Because many of these changes occur in the brain, and because they involved potassium, we would expect to see sleep affected.

Outwardly, the symptoms that seemed to cause my insomnia were looping thoughts, anxiety, general fears, a loud thumping heartbeat, a fast-beating heartbeat, constantly feeling too hot in my core while feeling too cold on my skin, and ringing in the ears. As you can see, getting to sleep was next to impossible.

How do we control it?

I tried everything to get to sleep: [Valerian](#), [Hops](#), [Kava Kava](#), Camomile, and [Melatonin](#). Nothing natural worked for me. I did get some help with diphenhydramine-based sleeping pills, but they didn't always work.

With much experimentation, I did find that the following substances - when combined with mercury - interfered with my sleep. (Remember, without mercury, none of these things affected my sleep):

1. B Vitamins - I had to be sure to exclude anything that had a lot of B vitamins within 12 hours of going to bed. Otherwise, it would take longer to get to sleep and I would never achieve deep sleep. I would also have very vivid dreams and wake up feeling more exhausted than when I went to bed. Remember, honey contains massive amounts of B vitamins, and sugar too.
2. Sugar - Sugar had the same affect on me as B vitamins. I had to avoid all sugar within 12 hours of going to bed.
3. Caffeine - Caffeine had the same effect on my sleep as B vitamins. I had to avoid all sugar within 12 hours of going to bed.

4. Certain wheat products - I never narrowed down the type of wheat that caused me to have such sleep problems, but it clearly seemed that some products ruined my sleep while others did not.

What is very interesting here is that the dietary restrictions for mercury toxicity and for chemtrail exposure are essentially identical to those for [Autism, ADD, and ADHD](#).

Why is this?

Watch this video to find out: [Vaccines, Autism, and the Global Vaccine Agenda](#)

So, what do I do now to get to sleep?

I am currently able to get to sleep a little faster and to sleep a little deeper by taking [GABA](#) (1) and [Melatonin](#) (1) before bed. They definitely help.

My business partner discovered that taking a calcium supplement ([Skeletal Strength](#)) before bed helped her tremendously. I tried it and found that it enabled me to achieve deeper sleep. I wake up feeling considerably better than before. I take 4 tablets about 30 minutes before going to bed each night.

Extremely Light Sleep

For most of my life, I was an extremely light sleeper. Even the smallest noise would wake me up. For this reason, I required a fan or air conditioner to create a constant background noise to mask other noises.

This problem began in my teen years and continued until 2000 when my amalgam fillings were removed. I immediately began to sleep deeper than I ever had before. I was still not a "deep" sleeper, but I was perhaps now a "medium" sleeper.

In 2005 when intense chemtrail spraying started, I began sleeping somewhat lighter again, but not quite as light as in 2000 when my mercury-amalgam symptoms were the worst.

Now, spraying is intense on some days and mild on others, so my depth of sleep is in direct proportion to the intensity of the spraying at the time.

What is the cause?

See the section above "Difficulty Getting To Sleep" for more information.

How do we control it?

I am currently able to get to sleep a little faster and to sleep a little deeper by taking [GABA](#) and [Melatonin](#) before bed. They definitely help.

My business partner discovered that taking a calcium supplement ([Skeletal Strength](#)) before bed helped her tremendously. I tried it and found that it enabled me to achieve deeper sleep. I wake up feeling considerably better than before. I take 4 tablets about 30 minutes before going to bed each night.

Hot Core, Cold Skin While Sleeping

In order to get to sleep at all, I nearly always had to have a room that was 65° (F) or colder. Unfortunately, my core would feel hot while my skin would feel cold, which made getting comfortable enough to sleep difficult, to say the least.

In 1995, this problem began getting worse. By 2000, finding a comfortable temperature in the room was nearly impossible because my core temperature was too high and my skin temperature was too low.

After my amalgam removal in 2000, this problem went away completely overnight. In fact, the very night of my amalgam removal, I had to reset the temperature of my room from 64° (F) to 72° (F), and I was perfectly comfortable.

That first night was also the best night of sleep that I had ever had. Words cannot describe how incredible it feels to sleep as we were intended to sleep and then to wake up feeling invigorated, deeply rested, and fearless. It was truly amazing.

In 2005 when intense chemtrail spraying began, this problem occasionally began to reappear to a lesser degree than when my amalgams were in.

A combination of temperature problems, racing thoughts, anxiety, a loud thumping heartbeat, and other issues began to interfere with sleep in ways that were identical to my "pre-2000" days when I still had mercury-based amalgam fillings in.

Now, spraying is intense on some days and mild on others, so this problem still occurs, but only in proportion to the amount of spraying that is taking place while I sleep.

I cannot know for sure how bad spraying is while I'm sleeping, but I do keep track of how intense chemtrails are before I go to bed and how intense they are immediately after I get up, and base on this information I can say that the quality of my sleep is directly related to the intensity of spraying.

What is the cause?

As mentioned above, the sleep issue that I had as a result of mercury toxicity and the sleep issue that I currently have are almost identical. This issue is the result of a combination of other symptoms including temperature problems (too hot in my core, too cold in my skin), racing thoughts, anxiety, general fear, a loud thumping heartbeat, achy joints and muscles, itchy skin, and more.

How do we control it?

I am currently able to get to sleep a little faster and to sleep a little deeper by taking [GABA](#) and [Melatonin](#) before bed. They definitely help.

My business partner discovered that taking a calcium supplement ([Skeletal Strength](#)) before bed helped her tremendously. I tried it and found that it enabled me to achieve deeper sleep. I wake up feeling considerably better than before. I take 4 tablets about 30 minutes before going to bed each night.

As a side note, there has been much talk that certain chemtrail types may contain a fluoride compound. If this is true, calcium counteracts some of the detrimental action of fluoride in the body. Perhaps this is why it help us achieve deeper sleep.

Grinding Teeth While Sleeping

About 1997, for the first time in my life, I began grinding my teeth while I was sleeping (bruxism). This became more severe over time.

By 1999, this became so severe that I was waking up with blood in my mouth nearly every morning. My teeth and jaws hurt horribly in the morning and would ache throughout the day because of the grinding.

The grinding eventually led to a tooth being shifted out of place one night, which then led to a conversation with a friend about my health, which then led to the discovery of the cause of

all of my symptoms: mercury poisoning from amalgam fillings.

After my amalgam removal in 2000, this problem went away completely overnight. Between July 2000 (after the amalgams were removed) and 2005 (when intense chemtrail spraying began), I never had this problem; not a single night.

In 2005 when intense chemtrail spraying started, I began grinding my teeth mildly again. It slowly increased in intensity (as an average) each year as spraying continued.

Now, spraying is intense on some days and mild on others, so grinding clearly occurs in proportion to the intensity of chemtrail spraying. If spraying is mild, grinding is mild or nonexistent. If spraying is severe, grinding is severe that night.

What is the cause?

There are two generally proposed/accepted causes of bruxism (grinding of the teeth) among alternative health professionals.

One believed cause is from the fact that mercury acts like an excitotoxin to the brain, much like [Nutrasweet](#) does.

The other believed cause is magnesium depletion. It's well known that mercury severely depletes magnesium from the body. Magnesium depletion causes headaches, muscle twitches, muscle cramps, low energy, and constipation.

How do we control it?

Some people report finding relief from bruxism using [GABA](#). I personally find that it does not help me with this particular problem too much, but it does help me to achieve deeper sleep.

I currently take about 4-to-8 capsules of [magnesium](#) daily because it helps with other issues caused by chemtrails. Unfortunately, I have not experimented to find out if it helps with teeth-grinding. I will have to conduct some experiments and report back on the results.

Sweating While Sleeping (Night-Sweats)

Beginning in about 1998, I began to sweat while I slept - a problem that I had never experienced before. The sweat around my neck smelled a little like acetone.

By 2000, my sweating fits were so bad that I would wake up in bed drenched every morning. My sheets were often wet all the way through to the mattress and I was forced to change and/or wash them daily.

After my amalgam removal in 2000, this problem went away completely overnight. It stopped the day of my removal and didn't occur again until chemtrails began to be sprayed in the area in which I lived.

In 2005 when intense chemtrail spraying began, night-sweats would occur if the spraying was severe but would not occur if spraying was mild. The night sweats during heavy spraying are much more mild than they were back in 2000, but they are slowly increasing in intensity and frequency as if to indicate that I am slowly becoming more mercury toxic over time.

What is the cause?

I believe that night sweats are caused by heavy metal toxicity, especially mercury toxicity, but it can also be related to other heavy metals.

How do we control it?

I am currently detoxing mercury using [oral DMSA](#) which does help control a few of my

symptoms somewhat (fatigue, brain fog), but symptom control is the not the primary reason I'm using it. I'm using it to perform a long-term mercury detox.

I do not currently see any reduction in night sweats using DMSA. In fact, they are slowly getting worse. Unfortunately, I am not taking DMSA at the frequency recommended by the [Cutler mercury-detox protocol](#). Perhaps if I was, I would see more progress.

Frequent Urination In the Night

Throughout most of my life, I would wake up once or twice in the night to urinate. By about 1998, I was getting up 3 to 4 times per night to urinate. By 2000, I was getting up no less than 5 times per night to urinate. Obviously, I was losing a significant amount of sleep because of this.

After my amalgam fillings were removed in July of 2000, this problem went away completely overnight. I would only get up in the night to urinate perhaps once or twice in an entire week.

In 2005 when intense chemtrail spraying started, I began having to get up every night, occasionally, more than once. This is yet another indication of potential mercury poisoning from chemtrails.

Now, spraying is intense on some days and mild on others, so I only have to get up in proportion to the amount of spraying that is currently taking place. For example, if spraying is light, I'll only get up perhaps 1 time. If spraying is heavy, I will have to get up as many as 4 times.

What is the cause?

According to Dr. Cutler's [Amalgam Illness book](#), excessive urination can be caused by an inadequate release of antidiuretic hormone from the pituitary gland (p.187) which is ultimately associated with mercury toxicity.

It is well-known that frequent (and incomplete) urination is often caused by an enlarged prostate gland. An enlarged prostate is caused by elevated DHT (dihydrotestosterone). Mercury toxicity enlarges the prostate gland.

How to we control it?

I have not researched a solution for an inadequate release of antidiuretic hormone from the pituitary gland, however, it is well known that [Saw Palmetto](#) helps many people restore normal frequency of urination by inhibiting the conversion of testosterone to DHT.

Shifted Circadian Rhythm

I finished college in 1984 at which time I had a very hard time getting to sleep before 4 am. I got a job working second shift in a theater which worked out well for me because of my sleep issues.

The interesting thing about my nights was that I generally felt best between 12 midnight and the time I went to bed. This was the time when I had the greatest energy and mental clarity.

Over time, my sleep pattern shifted further forward. By 1995, I was getting to sleep at about 5 am. By 2000, when mercury toxicity was at its worst, I was struggling to get to sleep by 7 am.

When my amalgams were removed in July of 2000, I continued going to bed late, but my

pattern slowly shifted back toward 4 am. After my amalgam removal, there were a number of times that I completely shifted my sleep schedule to a normal schedule and was going to bed at midnight and getting up at 7 am - something that would have been impossible for me to do before my mercury fillings were removed.

When intense chemtrail spraying began in 2005, my sleep pattern began shifting later and later; instead of going to bed about 4 am, I was struggling to get to bed by 7 am once again.

Now, spraying is intense on some days and mild on others, so my ability to get to sleep early is quite directly related to the current spraying intensity. Heavy weeks of spraying tend to push my sleeping pattern later, while light weeks of spraying tend to enable me to get tired earlier. In fact, on mild-spray nights, I find myself getting tired at 1am or 2am, but on hard-spray nights I remain wide awake until 7am or later.

What is the cause?

According to Dr. Cutler's [Amalgam Illness book](#), mercury toxicity causes "shifted circadian rhythm" (shifted sleep cycle). The fact that this symptom is caused by chemtrails is yet another indicator that chemtrails contain mercury.

How do we control it?

It has been virtually impossible for me to switch my sleep schedule back to normal. A few years ago, when chemtrail spraying was worse during the day (although they still sprayed at night), I had a difficult time changing my sleep schedule to a normal nighttime schedule, although I was able to do it a few times (with much difficulty).

For the past few years, spraying is virtually always much more intense at night than during the day, and because the spraying burns my sinuses and tastes so horrible, it directly interferes with my ability to simply get to sleep.

Over the past 5 years, I have purchased 10 air purifiers spending about \$3500 total. Most of them did nothing to help my sleep because chemtrails particles are nanoparticles, meaning that they are too small to be captured by conventional techniques. (HEPA filters catch particles down to .3 micrometers. Chemtrail particles are much smaller than that.)

I found that water-based air purifiers (the least-expensive type) helped clear the air better than anything else I tried. I used several [Hometics BRT-150 water-based air purifiers](#). The only problem is that they only worked with a few chemtrail types. See more about chemtrail types on the "[Chemtrail Types](#)" page.

I have included in-depth information about my experience with air filtration (in relation to chemtrails) on the "[Air Purifiers](#)" page.

Currently, the best I can do to help manage my sleep schedule is to take [GABA](#) and [Melatonin](#). They don't allow me to switch my schedule to an earlier one, but they do allow me to keep my current schedule.

Over- or Under-Sleeping Caused Health Symptoms

As if I wasn't already having enough sleep issues, here's yet another.

When I didn't get 7 hours of sleep, I would experience very achy muscles, horrible tiredness all day, headaches, fatigue, brain fog, and significantly lowered immune function. It felt like I was having a severe sugar low all day. It didn't matter whether I under slept or overslept, the symptoms were identical. Even if I under- or over- slept 20 minutes, these symptoms would stay with me all day.

I experienced this problem throughout my teen and adult life, but the resulting symptoms

became much more intense between 1996 and 2000.

During this time, if I over- or under- slept just 1 day, my immune system would suffer significantly (in addition to all of the problems mentioned above).

If I over- or under- slept 2 days in a row, I would begin to have horrible candida symptoms and flu-like symptoms.

If I over- or under- slept 3 days in a row, I would often get completely sick.

In 2000, after my amalgam fillings were removed, this problem went away nearly completely overnight. At this time, I could under-sleep with a minimum of aches and fatigue. If I overslept, I didn't have any symptoms at all.

It was absolutely amazing. I could have a virtually normal day with only 3 hours of sleep. No aches. No pains. No immune issues.

If I was short on sleep 2 days in a row, still, it was no big issue. I might feel a little fatigue here or there, but I could function virtually normally.

If I was short on sleep 3 days in a row, only then would things finally begin to get difficult.

Before having my amalgams removed, I had always wondered why so many other people seemed to have no real issues with a lack of sleep. They performed just fine but I struggled horribly. Now I know... Mercury is the cause.

In 2005 when intense chemtrail spraying started, this issue began to return. I began to have to keep a close eye on the number of hours I slept. If I underslept or overslept, then all of the symptoms that I had when the amalgam fillings were still in would appear.

Now, spraying is intense on some days and mild (but still present) on others, so the intensity of this issue is directly related to the intensity of spraying.

What is the cause?

I don't know that the cause of these symptoms are in a mercury toxic person in relation to under-sleeping or over-sleeping. I do know that mercury interferes with a vast number of chemical reactions in the body. Many of these interferences occur in the brain. There are certainly many more mercury-blocked chemical reactions that we have yet to discover, and many of the will be brain related, and therefore, many of them will be sleep-related.

For me, removing the the mercury eliminated these problems, but when chemtrails began, the symptoms returned. So the real cause is mercury.

How do we control it?

Because I do not know the cause of these symptoms, I have no idea how to mitigate them.

When I was mercury toxic, I tried everything. Sugar didn't work. Caffeine didn't work. Ephedra didn't work. Exercise didn't work either.

The only thing that occasionally worked was taking a nap.

Fatigue After Eating

Throughout my life, I felt energized after eating, but in 1995, I began to feel somewhat fatigued after eating.

By 1998, I would feel so tired and fatigued after eating that I had to take a nap, which I did daily. This symptom continued to increase in intensity until 2000.

After my amalgams were removed in 2000, this symptom immediately went away. Eating

again was energizing for me, not fatiguing.

In 2005 when intense chemtrail spraying started, I began to experience this symptom again.

Now, spraying is intense on some days and mild on others, so this symptom occurs in direct proportion to how severe spraying is. If spraying is medium to severe, eating causes fatigue. If spraying is mild, eating is energizing.

In fact, this symptoms is reactive to spraying in (almost) real-time. What I mean is this.

If I eat and chemtrail spraying is medium, then I will feel fatigued and tired. But if spraying stops and the air clears (which can occur in as little as 20 minutes), then my energy will immediately come back regardless of the fact that I just ate.

I've watched this pattern occur through all phases. For example, if I ate while spraying was mild, my energy would remain high. Even after the meal, I felt energetic. If spraying began (or more accurately, a plume reached ground level), I would begin feeling fatigued within 2 to 4 minutes. If the air cleared again, my energy would again skyrocket.

This is a clear indication of one of the fundamental dangers of chemtrails: They enter directly into the bloodstream through the lungs. This is why they cause such immediate reactions with the body. It's equivalent to getting vaccinated; it's in your blood immediately.

What is the cause?

Mercury is obviously the root cause, but to narrow it down to the secondary cause it not so simple.

When you are digesting food, your body diverts a lot of blood to your digestive system. Many believe that this causes fatigue and tiredness. Unfortunately, this does not explain why my energy levels returned completely when the air clears even when I'm still digesting.

I tend to believe that this symptom is caused by mercury's suppression of thyroid hormone T-3 (triiodothyronine), and mercury's suppression of ATP (Adenosine triphosphate) production, and mercury's suppression of TSH (thyroid-stimulating hormone), and mercury's interference in oxygen transport.

How do we control it?

The only way that I found to control this symptom is using caffeine. If mercury interferes with oxygen transport, then this makes sense because caffeine enhances oxygen transport (in a very primitive way) by simply dilating capillaries.

Of course, caffeine demineralizes your body, so even though you may experience a short-term increase in energy, you are making it harder for your body to cope with the dramatic mineral-depleting action of mercury.

It is accurate to say that both caffeine and mercury induce malnutrition.

Fatigue After Using the Bathroom

In 1995, I began experiencing tiredness and fatigue after using the bathroom. Before 1995, I did not experience this symptom.

By 2000, this symptom became so severe that I had to take a nap after using the bathroom.

This symptom disappeared immediately and completely after my amalgam fillings were removed in 2000.

In 2005 when intense chemtrail spraying began, this symptom returned.

Now, spraying is intense on some days and mild on others, so the severity of this symptom is directly related to the intensity of spraying at the time. In short, this symptom has a "real-time" relationship to the intensity of chemtrail spraying.

What is the cause?

I don't know what causes this symptom. My best guess is that it's related to an electrolyte imbalance.

How do we control it?

The only thing that I found that helped this symptom was drinking water. This did not make the symptom go away, but it did seem to help a little some of the time.

Of course, drinking water after a meal can cause a mercury toxic person to get bad heartburn. Fortunately, I was (and am) able to virtually completely control heartburn with a special calcium-papaya supplement called [Stomach Comfort](#).

Constipation

Throughout my teen years, I used the bathroom much too infrequently, but it never really seemed to affect my health in any noticeable way.

In 1990, constipation began to be an issue. By 1995, it was a constant problem that got steadily worse until 2000.

After my amalgam removal in 2000, this problem mostly went away. I found that it was easily controlled with [magnesium supplementation](#).

In 2005 when intense chemtrail spraying began, the severity of this problem increased sharply and immediately.

Now, spraying is intense on some days and mild on others, so this problem occurs in direct relation to the intensity of spraying over the past 24 hours or so.

What is the cause?

Constipation is normally caused by one of two conditions:

1. Dry colon
2. Tight muscles

If the colon is dry, movement of material through the colon is restricted. This problem is not known to be directly associated with mercury.

If magnesium levels are low, then sphincter muscles will restrict movement of material out of the body. This is the type of constipation associated with mercury toxicity because mercury blocks the body from utilizing magnesium thereby creating a virtual deficiency.

How do we control it?

I am able to control this issue with magnesium supplementation. I use a product named [Magnesium Complex](#). This magnesium product is particularly useful because it's partly magnesium malate, which removes aluminum from the body (a very good thing).

If spraying is mild, only 1000mg to 1500mg of magnesium is required to eliminate this symptom. If spraying is severe, 2400mg solves the problem for me.

Severe Immune Weakness

Throughout my life, I didn't get sick very often. I was generally considered pretty hearty and healthy. I was used to being athletic and working out daily, but my diet was horrible.

By 1995, I began feeling that my immune system was compromised after working out.

By 1996, I was no longer able to work out daily because I would get a sore throat and other flu-like symptoms the next day. I could tell that my immune system was severely suppressed.

By 1997, I had to stop most unnecessary physical activity because of my weakened immune system. This was extremely frustrating because I loved to work, play racketball, bike, and stay physically active.

By 2000, I had gained considerable weight and had to limit my physical activity just to protect my immune system. If I even walked too much, the next day I felt sick and could lose a few hours of work... or sometimes an entire day.

After my amalgam removal in 2000, my immune system immediately became strong again. It was like I was a teenager again. I would eat junk food just to see how far I could push my body. In fact, my immune system was so strong that I could not make myself sick regardless of how hard I tried. It was amazing.

All of my other symptoms that were related to a weak immune system also vanished, such as severe candida. In fact, my severe candida symptoms vanished completely just 24 hours after my amalgam removal. Nothing I ate could bring these symptoms back. It was a tremendous relief.

In 2005 when intense chemtrail spraying began, I immediately experienced a decrease in the strength of my immune system.

Now, spraying is intense on some days and mild on others, so the strength of my immune system is directly proportional to the severity of the spraying at the time. In fact, about 30 minutes after a chemtrail plume reaches ground level, I can feel candida symptoms begin in the form of itchy underarms. When the air clears, my symptoms are gone within 30 minutes.

I've had frequent bouts with sore throats since the new high-altitude "Metallic-Chemical" chemtrail type began to be used in April of 2010. In fact, every afternoon when I wake up, if the spraying is medium to intense, I will have a sore throat whose soreness is in direct proportion to the intensity of the spraying. If the intensity of the chemtrail spraying decreases, the soreness of my throat will decrease as well.

A great example of how quickly my immune system reacts to changes in chemtrail intensity follows.

Just a few weeks ago (October, 2010), we had 14 days of severe chemtrail spraying. This intense spraying occurred in the 2 week period preceeding election day in the U.S. During this time, I had a perpetual sore throat (not to mention that nearly all of my local relatives became sick). In the middle of this 2 week period, there was a 3-hour break from chemtrails. Within 1 hour after the air cleared, my sore throat was completely gone. It remained gone until 2 hours later when chemtrails started again. Within 1 hour of the first chemtrail plume reaching the ground, my throat was sore again. I have heard this same story from numerous people who suffer from chemtrails.

What is the cause?

Mercury is the root cause. Whether mercury from amalgam fillings or mercury from chemtrails, my symptoms have been virtually identical.

The secondary cause of a suppressed immune system is related to the action of mercury on the immune system. The immune system is vast and complex, but suffice it to say that mercury suppresses it dramatically.

How do we control it?

I am able to bolster my immune system with Shiitake, Maitake, and Reishi mushroom extracts along with beta glucan. I also take vitamin D3 and high doses of vitamin C.

Specifically, any time I feel my immune system failing, I take 4 capsules of [Nature's Immune Stimulator](#) every 2 to 4 hours. This supplies the mushroom extracts along with some beta glucan (and other immune-stimulating herbs). This is an amazing supplement that has saved me hundreds of hours of lost work over the years. It has also converted many skeptics to believing in the power of herbal supplements.

I also take 4 tablets of this [Vitamin D3](#) every 2 to 4 hours.

I also take 4000mg to 8000mg of this [Vitamin C](#) spread out throughout the day (a daily total of 4000mg to 8000mg).

Finally, I take another supplement that is a rich source of beta glucans and other immune-stimulating herbs called [Glyco Essentials](#).

The above supplements have kept me from being chronically ill for the past several years. For me, they have been worth their weight in gold.

Ringing In the Ears (Tinnitus)

Beginning with my teen years, when my first amalgam fillings were installed, it was not uncommon for my ears to start ringing. In my 20s, this symptom increased in frequency, intensity, and duration.

Occasionally - perhaps once every couple days (or sometimes 3 to 4 times per day) - one of my ears would lose its hearing completely and start ringing very loudly. This would continue for 30 to 120 seconds. The hearing would slowly return and the ringing would slowly decline in volume.

By 1995, the ringing was nearly constant and the loss-of-hearing events described above would happen several times per day.

By 1999, the ringing was so loud that it was making it even more difficult to get to sleep. It also interfered with normal conversations and with my ability to focus.

After my amalgam removal in 2000, the ringing in my ears stopped completely overnight. It was dramatic and wonderful to have such silence when going to sleep. There also were no more hearing-loss events. None at all.

In 2005 when intense chemtrail spraying started, the ringing events began again for the first time since my amalgam fillings were removed.

Now, spraying is intense on some days and mild on others, so the level of ringing in the ears is directly proportional to the intensity of spraying. When spraying stops, the ringing will stop a few hours later. When spraying starts, ringing starts within minutes. If spraying continues at high levels for a day, the hearing-loss events will begin to occur in increasing frequency.

What is the cause?

Based on my experience, mercury is clearly the cause of tinnitus.

The secondary action of mercury within the ear that causes tinnitus (ringing in the ears) is not known, but based on my research, I believe it may be caused by the death of a "hair cell".

These cells have small hair-like protrusions that pick up sound in the inner ear. These cells convert the vibrations of the protrusions to an electrical signal that is sent to the brain.

There are many pharmaceutical drugs that are known to kill hair cells. One of these is the chemotherapy drug Cisplatin which contains the heavy metal platinum.

Mercury may have a very similar action on the ear's hair cells as platinum. It may act to excite the cells and essentially burn them out. The ringing in the ears may be the mercury-induced excitation of a dying hair cell. For this reason, it is believed that both platinum and mercury cause hearing loss and eventual deafness.

How to we control it?

I have found that both sugar and caffeine dramatically increase the volume and duration of the ringing in my ears.

I was able to completely stop mild tinnitus by eliminating sugar and caffeine from my diet. When my tinnitus became severe, I could not stop it, but by following these dietary rules, I was able to lessen its severity.

For me, it's important to be strict. I found that even a single sip of tea could dramatically increase my ringing within just a few minutes.

Tingling and Numbness In Hands and Feet

Throughout my teen years and beyond, it was common for me to experience tingling in my hands and feet. It seemed that any time there was pressure on my inner arm or on parts of my leg that my hands or feet would tingle or go numb. When the pressure was removed, the tingling would go away after a few minutes.

Between 1995 and 2000, my hands and feet would often begin tingling horribly even without any pressure being applied to them. This symptom became an annoyance throughout the day.

After my amalgam removal in 2000, this symptom stopped immediately. My arms and legs virtually never tingled or went numb again. It was a tremendous relief.

When intense chemtrail spraying started in our area in 2005, this symptom began again at a lower intensity and frequency than before my amalgam removal.

Now, spraying is intense on some days and mild on others, so the severity and frequency of this symptom is directly proportional to the severity of spraying over the previous 24 hours.

What is the cause?

I have not researched the cause of this symptom, but here is something we can consider. Mercury interferes with both blood pressure and the nervous system. Both low blood pressure and nervous system issues can cause these symptoms.

How do we control it?

It's possible that blood pressure regulation supplements and nervous system support supplements may help this issue.

Because this symptom was small compared to the other debilitating mercury symptoms that I had, I didn't work too hard to find out how to eliminate it.

Elevated Body Temperature (Always Feeling Hot)

Beginning with my teen years, I could tolerate warm temperatures, but it was uncomfortable for me to do so. The only way I could truly feel comfortable was if the room temperature was

below 68° (F). This symptom continued throughout adulthood.

Around 1995, this symptom began to increase in intensity. At this time, I began feeling warmer than ever before, day and night.

By 2000, I continually felt hot in my core. If the room temperature was cold, my skin would be cold but my core would be uncomfortably warm. There seemed to be nothing I could do to get comfortable.

This problem was particularly difficult at night because it hindered my ability to sleep. With my room at a frosty 64° (F), my core would be overheating but my skin would be uncomfortably cold. It was very frustrating.

In 2000 when my amalgam fillings were removed, this problem disappeared overnight. In fact, the very night of my amalgam removal, I increased my bedroom temperature to 72° (F) and was perfectly comfortable. Both my core temperature and skin temperature normalized.

In 2005 when intense chemtrail spraying started, this symptom began to return to some degree.

Now, spraying is intense on some days and mild on others, so this symptom returns in direct proportion to the intensity of spraying. If the air is clear for a day, this symptom is virtually gone. If spraying is severe, my core becomes hot and my skin becomes cold, just as before when amalgam fillings were still installed.

What is the cause?

Temperature issues are almost always attributed to the thyroid gland. Whether your temperature is too high or too low, problems with the regulation of the thyroid and thyroid-related functions are usually to blame.

The thyroid has both negative and positive feedback mechanisms that are used in the regulation of thyroid function. Mercury interferes with both. If in a particular person the negative feedback mechanism is interrupted more, then they may feel hot. If the positive feedback mechanism is interrupted more, then they may feel cold.

How do we control it?

I never found a good solution for this symptom other than diphenhydramine-based sleeping pills. Many people notice that diphenhydramine both cools the body and dries the colon.

Constant Excessive Sweating

In my teen years, I often felt too warm and would begin sweating somewhat whenever a room was about 68° (F) or above.

In my 20s and 30s, this problem increased in intensity. If I sat down and put my arms on a table, moisture would accumulate all around the area where my arms touched the table. This would also happen with my legs.

It was embarrassing to sit in a restaurant only to find that when I stood up, there were pools of moisture wherever my legs touched the seat.

This problem increased in intensity from 1995 to 2000 and was a continuing source of embarrassment and frustration.

In 2000 when my amalgam fillings were removed, this problem went away completely. I could put my arms on a table in a hot room for hours and no moisture would accumulate on the table. The sudden change was shocking (in a good way).

In 2005 when intense chemtrail spraying started, this problem began to return somewhat.

As spraying continued, the intensity of the problem increased.

Now, spraying is intense on some days and mild on others, so the problem continues and occurs in direct proportion to the intensity of chemtrail spraying at the time. I'm continually amazed to find that I may be sweating a lot at the beginning of a meal, and then by the end of a meal, if the chemtrails clear from the air, sweating will cease.

What is the cause?

Excessive sweating is normally associated with thyroid issues. Of course, mercury dramatically affects the thyroid in numerous ways.

Mercury prohibits the production of T-3 (triiodothyronine). It blocks the utilization of iodine; a mineral essential for thyroid function. Mercury also blocks TSH (thyroid stimulating hormone), and it affects the thyroid both directly and indirectly in many other ways.

How do we control it?

Excessive sweating is a symptom that I never realized was associated with mercury until after my amalgam fillings were removed. I never worked to find a way to control it because as soon as my fillings were removed, it disappeared.

Now that chemtrails have re-induced this symptom to a lesser extent, I may work on finding a solution. If I do, I'll post it here.

Heartburn

Throughout my teen years, heartburn was an occasional problem that I never thought too much about. It was something that we were just expected to live with. We were taught that it was caused by "certain foods".

In 1995, my heartburn issues began to increase in frequency and intensity.

By 1998, I would get heartburn after virtually every meal. It was horribly painful. Fortunately, with some research, I learned to control it completely with natural supplements.

The problem continued to increase (if I didn't take supplements) until 2000, when I had my amalgam fillings removed. At this point, the problem went away completely overnight.

I no longer had to take supplements to control heartburn. It didn't matter what I ate, or how much I ate, I could not give myself heartburn no matter how hard I tried; and I did try. What an incredible relief.

In 2005 when intense chemtrail spraying began, the problem returned suddenly.

Now, spraying is intense on some days and mild on others, so this issue occurs in direct proportion to the intensity of the spraying. In fact, even if I haven't eaten anything, if heavy spraying begins, I will get heartburn within about 5 minutes. When the air clears, heartburn will disappear within 15 minutes.

Likewise, I can be eating during heavy spray conditions and have heartburn as a result. If the air clears during or shortly after the meal, the heartburn goes away within minutes.

What is the cause?

For decades, it was believed that heartburn was caused by an over-acid condition in the stomach. Now, the believed cause has been completely revised.

Today, it's generally accepted that heartburn is caused by an under-acid condition in the stomach. When the stomach is lacking some degree of digestive acids, then gases form that move up the esophagus. The esophagus - being particularly sensitive to even mildly acidic

conditions - hurts with a burning sensation.

The presence of mercury in the stomach may be the cause of an under-acid condition because mercury has a high affinity for chlorine. Stomach acid is primarily hydrochloric acid (HCl) consisting of chlorine and hydrogen. It's believed that mercury may steal chlorine atoms reducing available hydrochloric acid resulting in an under-acid condition.

Mercury can reach the stomach through inhalation of mercury offgassing from amalgam fillings or from chemtrails.

How do we control it?

During the late 90's, heartburn was such a painful daily experience for me, we began to research it. We found that medical sources stated that heartburn was generally the result of an over-acid condition in the stomach. However, alternative medical sources stated that heartburn was actually the result of an under-acid condition.

Admittedly, I was skeptical that heartburn was the result of an under-acid condition, but I decided to try taking the advice of alternative doctors anyway. I increased the acidity of my stomach during meals just to see what would happen.

To increase my stomach acidity, I used this [hydrochloric acid supplement](#) specifically designed to increase human stomach-acid content during meals. It worked. I was able to completely eliminate heartburn from 9 out of every 10 meals, and even that 10th meal had much less severe heartburn.

This solution was a tremendous relief for me. It helped me to stop dreading mealtime so I could begin looking forward to meals once again.

There are 2 things I learned about the [hydrochloric acid supplement \(PDA\)](#) that I was taking:

1. It should be taken in the middle or at the end of a meal. If it's taken at the beginning of a meal, it could cause a burning sensation way down in your stomach. It needs to be mixed with the food that it's digesting in order to be most effective.
2. Don't take 2. As an experiment, I tried taking 2 HCl supplements a few times and it was too much. Just a single capsule was perfect.

Another approach to stopping heartburn is to take a stomach acid neutralizer. These types of supplements usually use calcium and other ingredients to dramatically lower the acidity of the stomach. I occasionally used [Stomach Comfort](#).

Lowering stomach acid can help if you have a stomach condition that makes it especially sensitive to acid. Unfortunately, lowering your stomach acid over a period of time can lead to other problems:

1. When stomach acid is chronically low, food may not be properly digested. This can lead to malnutrition, and may cause gas and bloating later on in the digestive process.
2. When stomach acid is chronically low, it may facilitate the formation of an ulcer because certain ulcers are believed to be caused by the bacteria *Helicobacter pylori* which requires a less acidic condition in order to thrive. This may explain why many mercury chronic persons have stomach ulcers and other opportunistic infections.

Heart Pain and Loss of Breath When Being Physical

I was extremely physical and very fit throughout my life. I worked on my fitness by both building muscle and supporting my cardiovascular system. Following is a list of some of my activities throughout my 20s:

- Raquetball 4-or-5 days per week in the hot Florida sun (or sometimes at night).
- Workout with free weights for between 1 and 2 hours 4-or-5 days per week.

- Cycled around town, between 5 to 30 miles at a time. On a few occasions 80 miles.
- Kneeboarding and tubing on the Gulf of Mexico.
- Occasional volleyball with family and local police officers.
- Other miscellaneous physical activities.

My heart was strong and could work hard all day without missing a beat. In fact, the more I worked, the better I felt. It didn't matter if I didn't eat. My blood sugar remained perfect all day and all night. As long as I kept up the physical pace, I never got hungry.

In 1995, this all changed. At this time I began having mild heart pain and shortness of breath whenever I would do something strenuous. This forced me to reduce my physical activity quite a bit.

By 1998, my heart was so weak that it hurt when I stood up from a seated position. It felt like "brain freeze" in my heart ("brain freeze" is the feeling you get in your head when you drink something cold too quickly). After simply standing up, I would often have to stand still for 5 to 15 seconds just to catch my breath and wait for the pain to go away before I would start walking. I had no idea why this was happening to me and became concerned that I may soon have a heart attack.

This symptom continued to increase in intensity until 2000. By this time, I had to constantly pace my physical activity. Simply walking too fast caused this "brain freeze" in my heart.

In 2000 when my amalgam fillings were removed, this issue decreased dramatically. During the 3 months immediately following the amalgam removal, this issue varied in intensity from day-to-day, but was always far less in intensity than it was before the removal.

After about 3 months, my heart was back to normal. There as no pain regardless of what I did. This was yet another astonishing breakthrough in my health. My heart problems were another problem obviously caused by mercury from my amalgam fillings.

In 2005 when intense chemtrail spraying began, this issue returned suddenly. When the air would clear, my heart pain (associated with physical activity) would be completely gone.

Over time, as intense spraying continued for the first year, My heart seemed to become more sensitized to the spraying. When spraying occurred, my heart pain (with physical activity) was worse. When the air cleared, it took a little longer for the pain (with physical activity) to go away.

By 2008, there had been several occasions where my heart pain was so severe (during chemtrail spray events) that I sincerely believed I was going to die. At this point in time, when the air cleared, it took over an hour for my heart pain to disappear. Clearly, chemtrails were having a cumulative effect on my heart. It was frightening and infuriating at the same time.

In 2008, the chemtrail spraying in Jamestown, New York was so heavy and my health symptoms had become so severe that we (my friend/business-partner Laura and I) decided to move to Maine. Chemtrails were much less severe there, but soon after the move, they increased dramatically.

Now, spraying is intense on some days and mild on others, but regardless of the intensity of the spraying, the heart pain remains medium to severe. If the air clears completely, this symptom goes away in about 3 hours. If spraying continues, even mildly, this symptom returns to full intensity in just a few minutes. Unfortunately, it's rare that the air clears for 3 hours anymore, so this symptom is virtually continuous.

What is the cause?

This symptom is the only symptom that I have that I consider deadly. All other symptoms range from annoying to downright painful and severely debilitating, but the heart problems associated with chemtrails are truly life-threatening. For this reason, we have done a lot of research trying to find solutions.

While researching, here's what we discovered.

These symptoms can be caused by

1. Blocked arteries in the heart (Coronary Artery Disease, or CHD), or
2. Pericarditis (inflammation of the thin sac that surrounds the heart), or
3. Physical blockage of the lungs preventing the flow of normal amounts of oxygen into the blood.

Coronary Artery Disease

Coronary Artery Disease can be caused by deficient digestive enzyme production over a long period of time, which some research suggests is caused by mercury toxicity. It can also be caused by elevated homocysteine which is also caused by mercury toxicity.

Pericarditis

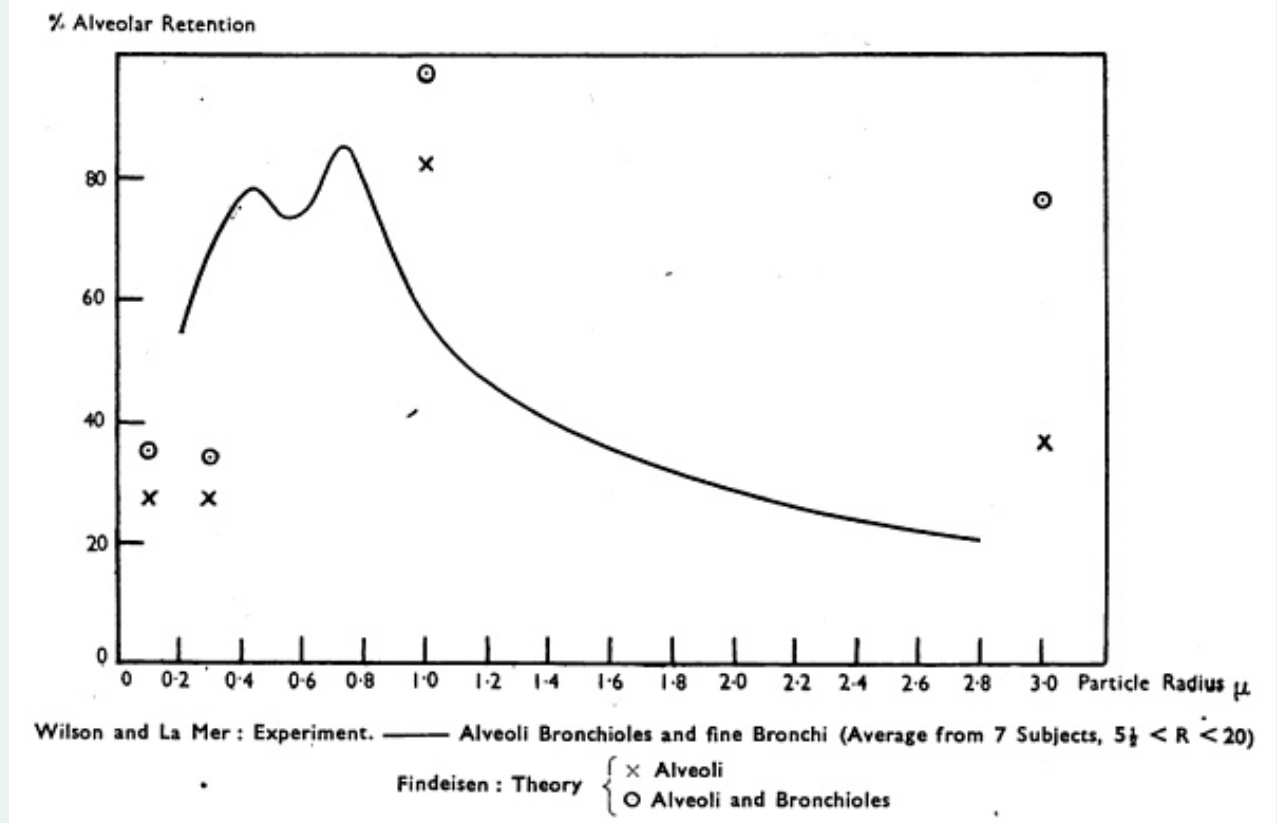
Pericarditis can be caused by a blockage of the tubes draining the sac around the heart into the lymphatic system. This blockage can be caused by bacteria, viruses, mycoplasma, general inflammation, cancer, and other things.

Chemtrails cause me to have an immediate inflammatory reaction, so this could be contributing, but I also know that chemtrails suppress my immune system dramatically. Aluminum, barium, and mercury all have dramatic immunosuppressive effects.

When your immune system is suppressed for any length of time, chronic infections can form. These infections can be bacterial, viral, or fungal (candida). They can even be caused by mycoplasma (a unique type of bacteria without a cell wall). These infections can block the drainage tubes leading from the heart to the lymphatic system that are used to drain fluid from around the heart. This blockage can lead to inflammation of this sac (Pericarditis) leading to pain, loss of breath, and other heart issues.

Physical Blockage of the Lungs

Physical blockage of the lungs is caused by particulates in the air that are small enough to enter the deep-lung but large enough to block the gas-exchange mechanism in the alveoli. Research has found that particles in the range of 0.3 μ to 1 μ have the maximum retention rate in the lungs - about 45% of the inhaled aerosol.



NIH graph showing old research relating particle size to retention rates in the deep lung.

How do we control it?

Because this heart issue was so frightening, I decided to do everything that I could to counter it. Also, it was possible that my symptoms were a combination of things.

To combat Coronary Artery Disease, I began doing the the Budwig Protocol using flax seed oil and cottage cheese to dissolve arterial buildup.

After about a month of doing the protocol, I noticed that the reaction my heart was having to chemtrails (of similar intensity) seemed slightly lowered. As of this writing, I've been doing the the Budwig Protocol for about 3 months, and it seems that there is still a little more improvement. It's definitely not dramatic, but noticeable.

Because this problem can also be related to pericarditis, which can be related to an infection, I began experimenting [Uña de Gato \("Cat's Claw/Samento"\)](#), and an [anti-viral \("VS-C"\)](#) and an [immune stimulator \("Nature's Immune Stimulator"\)](#).

I've gone off and on these supplements several times and found that they really do help quite a bit, but I had to take 4 Uña de Gato twice per day, 4 Immune Stimulator twice per day, and 4 anti-viral once per day. As of this writing, I am still experimenting to find which of these supplements has the greatest effect.

Finally, your body produces anti-inflammatory steroids when you enter deep sleep cycles. Chemtrails inhibit deep sleep cycles and therefore can play havoc with your heart, joints, muscles, and any other body part that hurts when inflamed, not to mention that it can ruin the quality of your sleep.

Because I found that the severity of this heart symptom was significantly affected by the quality of my sleep, getting myself to enter deep sleep cycles became important. Please see the section called "Shallow Unrestful Sleep" and "Vivid Dreams" for more information about how I combat these symptoms.

I cannot express how these heart issues have affected my life. Despite some progress,

during heavy spray periods I still wonder if I'm going to be alive the next day. As some of you have probably experienced, the greatest pain is not being believed.

Friends and family listen, but they just don't seem to want to deal with the life-and-death severity of this issue. I have shared accounts of bending over holding my heart and anxiously providing vital business-information to my business partner in case I didn't make it, but I only received blank glazed-over looks, and worst of all, no one "close" to me seems to have any interest in fighting this crime against humanity. Everyone just seems to want to live with it as long as it doesn't bother them too much.

Having a threat to my life being propagated by my government is maddening enough. Add to that having only a few newly-found Facebook friends who understand, and a person quickly realizes how alone they are in this world.

Please know that I'm not whining or complaining. I'm expressing how sad it is so people may be inspired to look at themselves. I'm hoping that sharing these feelings will make someone else realize that they are not alone.

Inability To Focus On Nearby Objects

Throughout my teen years and my 20s, I had excellent vision. I was normally the first one in the car to be able to read a distant sign, or the first one to be able to read tiny print.

In 1995, I first began having trouble focusing on objects that were near my eyes.

By 2000, I seemed to be very farsighted because I had to hold normal print far away from my eyes just to be able to focus on it.

In 2000 when my amalgam fillings were removed, this problem went away overnight. My ability to focus on objects close to my eyes returned just as it was in my 20s. I no longer had to hold print away from my eyes in order to read it. I was amazed at the suddenness of the change.

In 2005, when intense chemtrail spraying began, this problem suddenly appeared again.

Now, spraying is intense on some days and mild on others, so the intensity of this problem is directly proportional to the intensity of spraying. If the air clears, I am able to focus on nearby objects within a few hours. When chemtrail spraying continues, my ability to focus on nearby objects diminishes within about an hour or two.

The same holds true when reading print. If chemtrail intensity is high, then the vision issues are severe. If chemtrail intensity is mild, then the vision issues are mild.

What is the cause?

During the course of my research, I found that mercury interferes with the mechanisms that regulate the pressure of the fluid inside the eyes. In effect, mercury causes the pressure of this fluid to increase in some people and decrease in others.

When you change the pressure of the fluid in the eyes, the eyes subtly change shape. This change in shape alters the focal length of the eyes causing farsightedness in some, nearsightedness in others.

How to we control it?

Because I have numerous chemtrail-related symptoms that I have to mitigate, I have not focused on this one too much, however, people have reported great success in controlling farsightedness and nearsightedness using two methods: Eye exercises and increased circulation.

Eye exercise programs can be found on the internet. Many have reported having success

using eye exercises to control their vision issues.

Another method that has been reported to help with farsightedness and nearsightedness is to increase blood circulation to the eye. The most common supplement used for this purpose is [Bilberry](#).

Increased Visual Persistence

Visual persistence is the phenomenon that occurs when you suddenly enter a dark room. The image you were last viewing at remains visible - "persists" - to some degree, in inverse colors.

From my teen life and onward, my visual persistence remained pretty much the same.

Around 1997, I noticed that this persistence seemed to be increasing. In other words, the persistent (inverse) image would form with less light in less time, plus it would last longer.

By 2000, my visual persistence was so strong, that it often blocked my vision for about 2 minutes when entering a normally lit room from a bright, sunny day. This became an annoyance to say the least.

In 2000 after my amalgam fillings were removed, this problem went away immediately and almost completely. Persistent images became less visible than ever before. They also disappeared much more quickly than I had ever experienced previously.

In 2005 when intense chemtrail spraying began, I noticed that my visual persistence fluctuated with the intensity of the spraying. Over time, as spraying continued, my visual persistence would increase more quickly and with less spray intensity in any particular spray event. It seems evident that some type of accumulation was taking place.

Now, this condition remains about the same. On low spray days, it drops down closer to normal levels. On heavy spray days, it becomes very apparent and can become annoying.

What is the cause?

The cause of visual persistence is generally believed to be associated with a lack of oxygenation in the eyes.

"Cones" are essentially the color receptors in the eyes. Cones are divided into 3 groups: Red, Green, and Blue, just like the little dots that make up a modern monitor or television screen.

When an intense color is viewed, the cones that are active become oxygen starved and begin to work less efficiently. When you close your eyes, the persistent image you see is inverse in color because the over-worked cones are weaker. The rest of the cones then form an image in the colors they are responsible for, resulting in an inverse image.

Because mercury (and other toxins) cause inflammation, circulation to the fine blood vessels in the eyes may be reduced. Furthermore, mercury interacts with blood hemoglobin reducing the amount of oxygen the blood can carry. The resulting lack of oxygen-rich blood increases the amount of time it takes for your cones to recover from persistent images.

How do we control it?

The obvious solution for visual persistence is to increase the amount of oxygen to the eyes.

You can achieve this by dilating the capillaries in the eyes, or by increasing the blood's ability to carry oxygen.

The herb of choice for supporting blood flow to the eyes is [Bilberry](#). Bilberry increases capillary circulation to the eyes and brain and it works as an anti-inflammatory.

Tight, Twitching, and Burning Muscles

From 1995 to 2000, I had a dramatic increase in tight, twitching, and burning muscles. These are problems that I rarely experienced prior to this.

After my amalgams were removed in 2000, these symptoms went away completely overnight.

In 2005 when intense chemtrail spraying began, these symptoms returned dramatically.

Now, spraying is intense on some days and mild on others, so the intensity of these symptoms is directly proportional to the intensity of chemtrail toxins in the air.

What is the cause?

Tight and twitching muscles are most commonly attributed to low magnesium levels in the body. These symptoms can also be caused by dehydration.

When a person has amalgam fillings, the mercury escaping from the fillings continually inhibits magnesium utilization causing tight and twitching muscles.

This same symptom is associated with chemtrails, which is yet another indication that chemtrails may contain mercury.

How do we control it?

In order to overcome this problem, we simply supplement with [magnesium](#).

Because mercury blocks the utilization of magnesium so efficiently, it's often necessary to take substantial amounts of magnesium to see our symptoms change. For example, I normally had to take 2000 mg to 4000 mg of magnesium daily in order for my symptoms to go away.

The best types of magnesium are [magnesium malate](#) and [magnesium citrate](#). Magnesium malate is effective at removing aluminum from the body. Magnesium citrate is one of the most bioavailable forms of magnesium you can take.

Ear Wax

Throughout my life, when I cleaned my ears every morning, I never had visible ear wax on the Q-Tip. Never.

Around 1996 as my mercury symptoms increased, I began having visible ear wax for the first time.

Between 1996 and 2000, the amount of wax increased steadily and noticeably.

After my amalgam removal in 2000, my ear wax disappeared immediately, and with the exception of a few days when I exercised intensely after my amalgam removal, there was no more wax. After a month or so post-removal, no matter how much I exercised, no ear wax would appear. It was just like the old days.

In 2005 when intense chemtrail spraying started, excessive ear wax began appearing again. The increase in ear wax was immediate.

Now, spraying is intense on some days and mild on others, so the amount of ear wax that I have is directly proportional to the intensity of chemtrail spraying for the previous 24 hours.

What is the cause?

Because this issue is unimportant in relation to my other symptoms, I have not studied the cause of ear wax. I did hear from a person who studied it years ago that it is directly related to the rate of die-off of your red blood cells, but I have never confirmed this.

How do we control it?

Because I don't know the cause, I do not know how to control it.

The best advice I can offer on this subject is not to get amalgam fillings (which is possible) and to avoid chemtrails (which is difficult at best).

Frequently Cracking Joints

Beginning in my teen years, my joints would crack. What cracked most often was my fingers, neck, and ankles. In fact, my ankles would occasionally crack so loudly that it could be heard even in a loud restaurant. It was embarrassing.

Around 1995, the cracking increased in frequency. It felt like there was pressure in the joints and they just had to be cracked in order to release the pressure. The frequency of cracking increased to the point where I was cracking my fingers nearly every 20 minutes.

By 1999, I developed sharp, debilitating pain in some of the joints in my fingers that hindered my ability to type. The intensity of the pain was directly related to the frequency that the joints cracked. For this reason, I began to tolerate the "pressure" in the joints as long as I could to delay the cracking until the joints just cracked themselves.

After my amalgam fillings were removed in 2000, my cracking joints ceased immediately - nearly completely. After that, I would only experience a joint cracking in my fingers perhaps once a week. The change was dramatic.

In 2005 when intense chemtrail spraying began, the cracking in my joints again increased dramatically. In fact, all of the usual joints that cracked before my amalgam removal would crack within about 5 minutes of the air becoming contaminated.

For example, when chemtrail fallout descended on us and the metallic taste and odor in the air became apparent, pressure would immediately begin building up in my joints. About 5 minutes later, the pressure would have increased so much that it became annoying so that I was compelled to crack my joints just to relieve the pressure. As long as the taste and odor in the air continued, the pressure continued to build and my joints continued to crack every 5 to 10 minutes, depending on the intensity of the metallic taste and odor in the air.

This pattern continues today.

What is the cause?

It is generally believed that gasses rapidly-escaping from the joint cause the cracking sound. This gas builds up over time causing the sensation that the joints "needs" to be cracked.

How to we control it?

Since I never viewed cracking joints as being more serious than other symptoms I had, I didn't research how to stop it. Of course, this would be a difficult problem to solve being that there seems to be little information available about this symptom, and even less (if any) that relates it to mercury toxicity.

Nevertheless, in my case, it was clearly related to mercury toxicity.

Dramatic Reactions To Caffeine and Sugar

Since my teen years, I've always had a dramatic reaction to caffeine and sugar.

Caffeine would give me a lot of energy for about an hour, and then I would crash and have aches and pains in my joints and muscles and would get sleepy. Caffeine would also make my facial skin oily within about 30 minutes of drinking it.

Sugar had a similar effect and left me in the same condition. It also had the added affect of making my mind race and making thoughts loop so I could not focus nor could I remember anything I was told. Sugar would make me hyper and virtually unable to get anything meaningful done.

Sugar and caffeine both affected my sleep dramatically. If I had sugar or caffeine within 12 hours of going to bed, I would have very vivid dreams and my sleep would be shallow and unrestful. I would feel horrible the entire next day, suffering from brain fog, headaches, achy joints and muscles, weakness, fatigue, sleepiness, grumpiness, and general laziness.

An interesting affect of caffeine and sugar (especially sugar) is that it caused me to become depressed. If I had a lot of sugar one day, the next day I would feel depressed and unmotivated. If I had a lot of sugar a second successive day, then the third day I would feel very depressed and would begin to question my value in the world and the purpose of my life. If I had sugar again on a third successive day, the fourth day I would be so depressed that I would find it hard to get out of bed. I would have no motivation and would find it impossible to stop thinking about suicide. I would have a constant barrage of negative thoughts and I would often cry privately while replaying negative events in my life, and I would imagine negative future events.

My sensitivity to sugar and caffeine increased between 1995 and 2000. At this time it took less sugar or caffeine to cause the same physical and emotional reactions.

After my amalgam fillings were removed in 2000, sugar and caffeine had virtually no effect on me anymore. The change was dramatic and sudden.

At this time, I could eat 3 doughnuts and have 2 cups of coffee and go right to bed and have a wonderful night's sleep. It was truly astonishing.

Also, caffeine and sugar didn't give me the rush of energy that it used to. I would feel a small increase in energy and mental clarity, but it was by no means dramatic like it had been before. Of course, this was not a problem because - without the amalgams fillings in - I already had plenty of energy.

Also, sugar had no emotional effect on me. It didn't matter how much I ate or how many days in a row I ate it. It simply could not change the way I felt.

In 2005 when intense chemtrail spraying began, my reactions to caffeine and sugar returned. I began to react to them in the same ways I had before my amalgams were removed. The intensity of my reactions were - generally speaking - about 50% less intense, but they were all still there; both physical reactions and emotional reactions.

Now, spraying is intense on some days and mild on others, so my reaction to caffeine and sugar is directly related to the intensity of the spraying. If the air is clear, my reaction is mild. If the air is toxic, my reaction is dramatic.

What is amazing is that my reaction changes almost immediately with the intensity in the air. For example, If I have sugar or caffeine and the air is toxic, I will feel the initial rush and then all of the usual symptoms (that I did when amalgam fillings were still in) afterward. However, if at any time while experiencing these symptoms the air clears, then the symptoms - whatever they are - go away completely.

So it's clear to me that it's not sugar or caffeine alone that cause me to have such symptoms, but it's the combination of these things with mercury.

What is the cause?

We know that caffeine blocks the utilization of many primary minerals and upsets electrolyte balance. We also know that sugar blocks mineral binding sites and changes the body's pH. I believe that mercury inhibits the body's ability to recover from these conditions and therefore causes conditions to worsen and last much longer.

I also found another clue regarding mercury's harmful synergistic affects with caffeine and sugar: Dr. Haley, a scientist who has done much research on mercury, said that mercury enables caffeine to travel more easily enter through cell walls. He said that caffeine binds to mercury facilitating this intercellular transfer.

How do we control it?

The thing I found most useful for controlling the symptoms of caffeine and sugar in the presence of mercury is protein. Drinking 1 to 3 protein drinks helped restore mental clarity, reduce hyperness and depression, and helped subdue joint aches and muscle pain. I improved my recovery from caffeine and sugar considerably by adding a nutritional green drink into the protein.

The other thing that helped was exercise. In fact, after my amalgams were placed, I became virtually "addicted" to exercise. Failure to exercise, especially after eating sugar or caffeine, would leave me feeling terrible. Exercise helped me recover. Of course, between 1995 and 2000, my immune system became so weak that I could not exercise, so naturally symptoms became worse.

These are the products that I combined with water to make a "caffeine and sugar recovery drink": [SynerProtein](#) (protein drink), and [GreenZone](#) (nutritional green drink). I used one scoop of each in about 1 cup of water.

SynerProtein tastes great but GreenZone tastes horrible. Mixing them together makes it more palatable. My friends called this drink "Swamp Water".

Nausea On An Empty Stomach

Throughout my life, I was the kind of person that could go without food all day and never know the difference.

Around 1995, I began experiencing nausea when my stomach was empty. This began as a mild symptom, but became more severe over the next few years. By 2000, this symptom was severe enough that it forced me to always have something in my stomach.

In 2000 when my amalgam fillings were removed, this symptom went away completely. I could go all day without eating and nausea was simply non-existent.

When intense chemtrail spraying began in 2005, this problem returned. I began having to snack anytime my stomach was empty in order to stop the nausea.

This symptom continues today. It occurs in direct proportion to the intensity of chemtrail spraying. The reaction that I have is immediate. For example, if the air clears and my stomach is empty, my nausea will disappear. If the smell and taste of chemtrials returns, the nausea returns within minutes.

What is the cause?

Many things can cause someone to experience nausea. Ingesting - or breathing - a heavy metal - is certainly one of them.

Nausea is the body's natural way of letting us know that something is wrong. Certainly, if we are ingesting heavy metals, something is indeed very wrong, despite what the medical

establishment says.

If nausea continues for long periods of time, it may be a sign of heavy metal poisoning. As you will see from other symptoms that I experienced, by the time you experience nausea from heavy metals, you probably have many other symptoms as well.

How to we control it?

There are a few simple ways that you can deal with nausea.

First, you can eat something dry like pretzels. If the nausea is continuous or more severe, the favorite natural remedy is [Ginger](#).

If you like using essential oils, a favorite for eliminating nausea is [Peppermint Oil](#).

Severe Nausea After Eating

Throughout my life, eating normally made me feel energized.

Around 1999, I began to have horrible bouts with nausea after every meal. On a daily basis, I would have to sit still and concentrate after each meal and wait for the nausea to pass.

This continued to increase in intensity right up until 2000.

In 2000 when my amalgam fillings were removed, this symptom went away overnight, never to return.

When intense chemtrail spraying began in 2005, I began to have bouts with nausea but only when my stomach was empty, so I've included this as a separate symptom in this list.

Metallic Taste in My Mouth

Since my teen years, I had always been able to taste metal when I touched one of my metal dental fillings with my tongue

Around 1995, the metallic taste became constant.

By 1998, this taste was so strong that it made me nauseous on a daily basis, which I believe directly led to several other symptoms, including excessive salivation, drooling while sleeping, and nausea after eating.

In 2000 when my amalgam fillings were removed, this symptom went away completely overnight, never to return.

Excessive Salivating

Around 1996, I began salivating more than I had previously.

By 1998, it was so severe that I literally had to swallow in the middle of nearly every long sentence I spoke.

This symptom continued to grow more severe right into 2000.

In 2000 when my amalgam fillings were removed, this problem went away completely overnight.

In 2005 when intense chemtrail spraying began, this symptom began occurring again. The amount of salivation occurred in direct relationship to the intensity of chemtrail spraying.

This symptom continues today.

Drooling While Sleeping

In my entire life, I never drooled while sleeping.

Around 1996, it began happening to me occasionally. By 1998, it was occurring nightly.

In 2000 when my amalgam fillings were removed, it stopped completely overnight.

In 2005 when intense chemtrail spraying started, drooling began occurring again. The intensity of drooling is directly proportional to the amount of chemtrail spraying.

This symptom continues today.

Frequent Skin Tags

Around 1990, I began to see small skin tags form in my neck area on occasion.

By about 1995, a new skin tag would form about every 3 months.

By 1998, I would have a new skin tag appear nearly every month. Skin tags also appeared in other lymphatic drain areas, to a lesser degree, such as underarms and inner thighs.

After my amalgam fillings were removed in 2000, I did not have a single skin tag appear until 2005.

In 2005 when intense chemtrail spraying began, I again started having skin tags appear. The rate of appearance of skin tags seems directly proportional to the average intensity of chemtrail spraying.

This symptom continues today.

White Coating On Tongue

Ever since my teen years, I had a slight white coating that constantly covered the top part of my tongue.

By 1995, this coating increased in thickness and visibility.

By 2000, it almost completely covered the top of my tongue and was very noticeable. I had no idea what it was from or how to get rid of it.

After my amalgam fillings were removed in 2000, this covering went away completely within a couple weeks. My tongue then took on a natural rosy color that looked healthy.

In 2005 when intense chemtrail spraying started, this white coating began to appear again. Little by little it increased in size and thickness.

This symptom continues today.

Swollen Tongue

Around 1995, I started noticing that my tongue would swell slightly when I exercised or did a lot of physical activity.

By 2000, my tongue was chronically swollen to the point that it noticeably affected the way I pronounced some of my words. I actually had to make a conscious effort to sound normal when speaking these words.

After my amalgam fillings were removed in 2000, this swelling disappeared in a few days.

In 2005 when intense chemtrail spraying started, this swelling began to appear, increasing and decreasing with the intensity of the previous 24 hours of spraying.

This symptom continues today.

Accumulation of Dead Skin Around Heels and Sides of the Feet

Since my teen years, I would have a small amount of -- what appeared to be -- dead skin accumulate on the sides of my ankles and around the sides of my feet. I never thought much of it and just assumed that it was normal.

Around 1995, the quantity of dead skin began to increase.

This symptom continued to increase through 2000 at which time it visibly increased day-by-day. If I physically removed it, it would return within a few days.

After my amalgam fillings were removed in 2000, this dead skin completely went away within a couple weeks.

In 2005 when intense chemtrail spraying started, this material began to reappear in small amounts.

Now, the amount of accumulation of dead skin is in proportion to the intensity of spraying for the previous few days.

Blood Sugar Swings

Throughout my entire life, I have loved sweets. I craved and ate them daily, but in the mid 90's, I began to have such severe blood sugar swings that I found myself needing sweets just to function. My blood sugar would soar, then plummet. It seemed that my body became completely unable to regulate my blood sugar.

In 1999, I was able to almost completely eliminate my sugar cravings by taking 2 GTF Chromium tablets every day.

After my amalgam fillings were removed in 2000, my sweet cravings completely went away. I no longer needed GTF Chromium to control them. I stopped eating dessert almost entirely.

Now, my sugar cravings fluctuate in proportion to the intensity of chemtrail spraying for the previous 24 hours.

Short Attention Span

I had a relatively short attention span most of my life. My mind wandered often making it difficult for me to get anything done that required extended periods of focus.

This symptom became worse between 1995 and 2000, so that even listening to someone talk for 15 to 20 seconds took a tremendous amount of focus. If I was reading a book, my mind would wander in the middle of a paragraph and I would have no recollection of what I had just read.

After my amalgam fillings were removed in 2000, this symptom completely went away overnight. I was able to read, comprehend, and retain everything I read. I had never experienced anything like it. I gained a collection of hundreds of books and taught myself several new computer programming languages. I gained a love of reading that I had never had before.

In 2005 when intense chemtrail spraying began, this symptom returned rather quickly. In fact, the amount that my mind wandered was directly proportional to the current level of toxicity in the air at the time. When the air cleared, my attention span returned within 15 minutes.

This symptom continues today.

Poor Reading Comprehension

Reading comprehension was always difficult for me, ever since childhood. I often could not recall details about what I had just read.

In the mid 90's, the problem became worse. I was unable to read a complete paragraph without finding myself thinking about something completely different and having no idea what I had just read. I literally had to reread paragraphs 4 to 6 times before I could actually comprehend what I was reading.

After my amalgam fillings were removed in 2000, this problem went away completely overnight. I became an excellent reader, instantly comprehending what I read.

In 2005 when intense chemtrail spraying started, this problem returned. The severity of this problem was directly proportional to the intensity of the spraying. When the air cleared, my reading comprehension returned in about 15 minutes.

This symptom continues today.

Loss of Short-Term Memory

Throughout my life, I always had a problem remembering certain types of things, like names, dates, and locations. Not being able to remember names affected my social life and eventually became yet another reason I remained secluded when part of me desired to be social.

The problem increased throughout the 90's. By 1999, my short-term memory was so bad, that when speaking with someone on the phone, I would forget their name about 5 seconds after they told it to me. I would also have to type key points of the conversation into a computer word processor just to keep up with the conversation. Needless to say, it was horrible.

After my amalgam fillings were removed in 2000, this problem went away completely. I regained my short-term memory over a period of a few months.

About 6 months after my amalgam fillings were removed, I was able to memorize phone numbers and never forget them. I remember walking into an office and asking for a phone number. The woman asked me if I wanted to write it down on something. I just said, "No. That's OK." She told me the number and I immediately repeated it back to her to let her

know that I had gotten it right. She looked surprised and smiled. It was events like this that made me believe that we were created to have memory like this.

I had always had trouble remembering the names of actors in movies. When trying to communicate the name of an actor, I would see their face, I would remember scenes of the movie they were in, but I simply could not remember their name. About 6 months after the amalgam removal, I was usually (or at least often) the first one to remember the names of actors. It was astonishing. I never knew my memory could work like this.

I also began to be able to remember the exact wording of conversations I had, even weeks earlier, word-for-word.

In 2005 when intense chemtrail spraying started, my memory began to fail again. From that time until now, the function of my memory is directly proportional to the intensity of spraying for the previous few hours. After a week of continuous hard spraying, I will revert back to having to use a word processor to carry on phone conversations. After 24 hours of clear air, my memory returns to its excellent mode.

Extremely Vivid Dreams

Throughout most of my life I was a very light sleeper. In the mid 90's, I began experiencing increasingly vivid dreams which caused my sleep to be much more shallow. Of course, I would wake up feeling less rested.

In 1999, my dreams had become so active and vivid, that I nearly always woke up feeling more exhausted than when I went to sleep.

I also found that when I had B-vitamins, caffeine, sugar, or certain wheat products, I would sleep much more shallowly and have even more vivid and active dreams. If I wanted to eat any of these foods, I had to have them at least 12 hours before I went to bed in order to minimize the effect they would have on my sleep (although there would still be some effect).

When my amalgam fillings were removed in 2000, this problem went away overnight. In fact, the very night that I had my fillings removed was the single best night of sleep that I ever remember having. I woke up and felt powerful, peaceful, clear-minded, and happy.

In 2005 when intense chemtrail spraying began, this symptom returned little by little. The vividness of my dreams was directly proportional to the toxicity of the air that day and night, and proportional to the amount of B vitamins, caffeine and sugar that I had the day before.

This symptom continues today.

I have been able to control this symptom fairly effectively using three supplements before going to bed: Melatonin, GABA, and Calcium with Vitamin D.

Shallow Unrestful Sleep

Not having restful sleep affects every area of your life. As mentioned in the previous section, by the late 90's, my sleep was almost worthless, largely because of the vividness of the dreams I was having.

Please see the previous section for details.

Increased Sensitivity To Light

All my life I loved being out in the sun. I boated, stayed tan, cycled, played racquetball in the hot Florida sun, and occasionally ran.

In the mid 90's, I found that the sun began to hurt my eyes. It was as if my eyes were "used to" the dark, but when I went outside or into a bright room, they would never fully adjust to the light.

This problem increased in intensity by 2000.

When I had my amalgam fillings removed in 2000, this problem went away completely in a few weeks. I went back to loving the light and having no problems with it hurting my eyes.

In 2005 when intense chemtrail spraying started, this problem began to return to a lesser degree.

This problem continues today in proportion to the intensity of spraying for the previous 24 hours.

Increased Sensitivity To Sound

Throughout most of my life, I was particularly sensitive to sound, but there were two different aspects to this.

One aspect was that faint sounds distracted my mind and diverted my attention. For example, when trying to get to sleep, I would be awakened by the faint sound of a dog barking in the distance.

The other aspect was that sounds appeared to me to be louder than they were. For example, when in a restaurant where they shout out the name of a patron having a birthday, the voice of the person making the announcement on the other side of the restaurant was often physically painful to my ears.

The first aspect of this problem is something I suffered with for much of my life, although it became considerably worse in the mid 90's.

The second aspect of this problem did not manifest significantly until the early 90's and then became worse throughout the rest of the 90's.

When my amalgam fillings were removed in 2000, this problem went away completely within a few months.

When intense chemtrail spraying began in 2005, this problem slowly returned over a period of months.

Now, this symptom continues at a severity that is about 75% of what it was in 2000, before amalgam removal.

Increased Sensitivity To Odors

I have always had an exceptionally sensitive sense of taste and smell, but these senses were never considered sources of distraction or pain until the mid 90's.

At that time, if someone was seated behind me or next to me who wore a lot of perfume or cologne, it would completely overpower the taste of my food. Some odors/perfumes also caused mild physical symptoms like headaches or burning sinuses.

After my amalgam fillings were removed in 2000, my sense of smell and taste remained the same, but the ability for odors to cause pain and distraction decreased considerably over

time, but never completely.

In 2005 when intense chemtrail spraying began, this symptom returned slowly over time.

This symptom continues today.

Depression

I suffered with severe depression from my teen years on, although I didn't know it. I actually thought everyone secretly felt this way. I also thought about suicide daily (yes, every day) hoping it would be a way out of the emotional torture that I endured.

The depression intensified in the 90's and by the late 90's, I had to daily encourage myself that life was worth living. This emotional pain was intense and constant.

After my amalgam fillings were removed in 2000, the depression went away completely. The months after the removal were sort of a roller coaster ride, with good days and bad days, but the bad days were far better than any of the good days I had experienced while my amalgams were in.

The roller coaster smoothed out over about 3 months into a constant state of bliss. During this time, I felt strong, confident, very happy, and as though I was able to accomplish anything. I also enjoyed a reasonable amount of self-esteem. These were the best years of my life, emotionally speaking. During this time I felt a bliss that I never knew existed.

In 2005 when intense chemtrail spraying started, the depression began to set in slowly from month to month. All of the old familiar feelings began to return slowly over this period of time.

Now, this symptom continues, but the intensity wavers in proportion to the average intensity of the spraying over the previous 24 hours. If the spraying continues to be strong for days, the intensity just continues to increase.

Anxiety and Numerous General Fears

Fear is something I lived with my entire life. I feared almost everything, but I did my best to appear normal.

My mind would constantly gravitate toward worst possible scenarios. When driving, my mind would often visualize accidents. When walking down stairs, I would visualize falling. No matter what I was doing, my mind was constantly visualizing accidents that could happen. The same was true in social situations. My mind would constantly imagine how I might make a fool of myself in public.

These fears extended into other common social fears, such as a fear of commitment and a fear of confrontation.

The level of anxiety and general fear increased in the mid 90's to the point where I had to dedicate time each day to mentally work on and try to overcome the continuous flow of unfounded fears. Needless to say, this was a horrible and frustrating way to live.

After my amalgam fillings were removed in 2000, my fears just went away. My mind stopped imagining the worst possible scenarios and began believing that good things would happen. This was a dramatic and profound point in my life. This continued for several years and felt simply blissful. I never knew what it meant to live with true peace.

In 2005 when intense chemtrail spraying started, anxiety and various fears began to return over time. All of the same old thoughts and patterns returned slowly as spraying continued.

The intensity of the fears did change somewhat with the intensity of the spraying for the previous 24 hours or so.

This symptom continues today.

Apathy About Certain Personal Issues

Despite all my disadvantages, I had always been passionate about most aspects of life, but I also suffered with apathy about my personal finances and property.

For example, if someone stole something from me, I would likely just accept it as a "fact of life" and move on. If someone didn't pay me rent, I would just forget about it and move on.

When I had my amalgam fillings removed in 2000, this apathy slowly lifted. I began to feel more convicted when I was "wronged" and would pursue justice. My friend (and business partner) Laura also helped me with this as she always had a strong sense of justice and would not accept injustice. It was truly amazing to feel empowered to make wrongs right. I was astounded at the power that I had to recover losses when I employed my determination.

In 2005 when intense chemtrail spraying started, this apathy began again. It grew slowly but never reached the levels that it had previously. I believe this is because of things that I learned while not mercury toxic. Nevertheless, I did experience many times when I just wanted to "let it go" rather than pursue what was right.

This is an internal struggle that I continue with today.

Critical Attitude

From my 20's and beyond, I began feeling critical of myself and others. I began to be annoyed with the selfishness and injustice that I saw in most people. I was still nice to them, but I often had negative internal feelings.

I was always my toughest critic, but I began to be critical of those closest to me, even though I hated being that way. I would say things that I didn't want to say. I would watch myself say things as if I was in the third person. I would be angry with myself for saying them, but for some reason, small things became emotional issues that I could not contain, especially when I was around those closest to me. I was never violent or hateful, but nonetheless, I hated myself because my critical attitude hurt people, and I hated hurting people.

In the mid 90's, the power of the emotions associated with this critical part of me increased. Fortunately, I worked hard and learned how to separate myself from my emotions and overcome them.

I always knew this was not the way that I naturally was as a person. There was clearly something driving me to find the faults with people closest to me.

After my amalgams were removed in 2000, this issue went away over a period of months. I no longer focused on negative things. I automatically, without thinking about it, began focusing on positive things. When I did see negative traits in people, I was able to emotionally overlook them and overcome them with positive feelings. The most amazing thing about this transformation was that I didn't even have to try. The change was automatic.

In 2005 when intense chemtrail spraying started, these negative feelings began creeping back. Fortunately, with my added experience and as I realized that this negativity was caused my mercury toxicity, I was able to overcome these negative feelings most of the

time. The intensity of these emotions was directly proportional to the intensity of spraying for the previous 24 to 48 hours.

This struggle continues today.

General Grumpiness

Those who know me well know that I am a ridiculously positive person, yet I often found myself feeling horribly short and grumpy with myself and with others. These feelings began in my teens years, but I usually internalized them... something I was very good at doing.

This problem became much harder to deal with in the mid 90's because the underlying feelings intensified. I was completely embarrassed when I felt and acted this way, but the emotions were very strong. It was strange to feel grumpy because I was consciously aware that there was no real reason to feel this way, so I simply had to battle with the emotions. If I acted on them, I would end up apologizing later.

When my amalgam fillings were removed in 2000, these feelings went away. There were a few months where I experienced an emotional roller coaster ride, but the days became better and better and within a few months, I didn't have this internal emotional struggle. I simply rarely felt grumpy at all.

In 2005 when intense chemtrail spraying started, these old emotions began to return. Fortunately, with my newfound experience, I was better able to deal with them and overcome them, and most importantly, not act on them.

These symptoms continue today.

Impatience

Those who know me well have always considered me an extremely patient person, but in the mid 90's, emotions would often surface that compelled me to feel very impatient about everything in life. I was frustrated by the fact that everything took so long. In short, it seemed that this impatience was really a function of anxiety.

I often felt such a strong need to finish a project I was working on that I would not go to bed until the project was complete. This impatience/anxiety kept me up all night many nights.

After my amalgam fillings were removed in 2000, this feeling of impatience went away. The need to stay up all night to finish projects was replaced over the following months with a peaceful inner faith that there was nothing wrong with simply picking up where I left off the next day.

In 2005 when intense chemtrail spraying began, impatience also returned slowly over time. Fortunately, with my newfound experience, I am much better at controlling it and working through it.

This symptom continues today.

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Mercury

Do Chemtrails Contain Mercury?

I have taken a lot of time to assemble this story and the list of ailments on the previous page. I have done this because I firmly believe that chemtrails are harming and killing people, and something must be done to stop them.

Actually, all sources of mercury are harming people, whether it comes from vaccines, "silver" dental fillings, the red coloring in tattoos and dentures, coal-burning power plants, fish, or broken CFL light bulbs.

We all have witnessed the continuing trail of dying celebrities. An increasing number of us have also witnessed our friends and relatives falling sick or dying in the past few years.

But in my own documented experience, you can clearly see (on the [Ailments page](#)), that the symptoms of mercury poisoning and chemtrail poisoning are identical. Combined with the fact that many of the symptoms that we experience during spraying can only be attributed to mercury poisoning, we now have strong symptomatic evidence that [chemtrails do indeed contain mercury](#).

Another interesting fact that evidences mercury in chemtrails is this....

A few months ago, I began trying [DMSA](#) to mitigate my mercury symptoms.

[DMSA](#) is a sulfur-rich mercury detox supplement. It has been used successfully by thousands of parents to [completely reverse autism](#) in children.

It worked. DMSA successfully reduced my chemtrail symptoms.

We know that DMSA chelates (binds to and gets rid of) mercury, and we know that it reduced my chemtrail symptoms -- which happen to be identical to mercury symptoms -- so we have *yet another* piece of evidence showing that *chemtrails are a source of mercury poisoning*.

This being the case, consider every health ailment that you suffer from. Are they on [the list of ailments caused by mercury?](#)

Is it possible that your ailments have been caused intentionally by the pharmaceutical industry for their own profit? How much do you spend on pharmaceuticals each month to "manage" your disease?

Here is a link to an amazing video that explores these questions. This is a video everyone should watch: "[The Global Vaccine Agenda](#)"

Do You Know People With Mercury Symptoms?

Here is a [list of symptoms and diseases that are caused by mercury poisoning](#).

How many people do you know that suffer from any of these symptoms? If you think about it, you can probably come up with a sizable list of people suffering from at least one symptom or disease caused by mercury poisoning.

But it's not just about physical symptoms and diseases (as if that weren't enough). It's also about the emotional horrors that mercury causes.

How many families and relationships have been devastated by depression, autism, ADD, ADHD, anger issues, anxiety, panic attacks, obsessive compulsive

disorder (OCD), fatigue, anger issues, general fears and phobias, Alzheimer's, or bipolar disorder?

The fact is, mercury is probably the single largest cause of disease in the world. The fact is, the medical and dental industries are the largest source of mercury exposure to humans. Now, chemtrails may be [the new primary source of mercury](#).

So what can we conclude?

Are the medical and dental industries -- by using mercury -- [the largest cause of disease in the world](#).

Consider this: Disease is the driving force behind the second largest industry in the world (second only to oil): the pharmaceutical industry.

Now you have all the information you need to explore the possibility that the pharmaceutical industry is practicing Machiavellianism: the practice of causing a problem and then profiting from the solution. Please consider this: *This profit is at the tragic expense of the quality and length of your life.*

Why Chemtrails?

This conclusion naturally leads us to the question, "Why?" Why do chemtrails (apparently) contain mercury.

Having studied law (personally, not in school) and spending a lot of time studying political scandals and corruption, I have come to the firm conclusion that there are multiple purposes for the chemtrail campaign and for the use of mercury.

For more information about why I believe chemtrails are being sprayed, see the following link:

[Why Chemtrails](#)

For details about why mercury may be one of the poisons-of-choice in chemtrails, see the following link:

[New Study Steers Mercury Blame Away From Vaccines Toward Environment: But Where's It Coming From?](#)

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Finally

What's Next?

Thank you for taking the time to read this story. I truly hope it has opened your eyes to the widespread dangers of disease associated with mercury poisoning, and about the spraying campaign that is currently assaulting your health and life.

Following is a list of the most important concepts that I hope you consider after reading this document:

1. Mercury is the cause of a [significant portion of disease](#) in the world today.
2. Pharmaceutical companies are profiting from the very same diseases [they are causing](#).
3. Mercury is (probably) being sprayed in a petroleum base over populated cities with the intent to [lower population](#) through sterilization and death. Aluminum and barium are probably being sprayed as well.
4. The governments of a number of countries are working together with pharmaceutical companies to accomplish [depopulation](#) through the use of chemtrails.

Thank you again, and please take the time to visit the [Resources section](#) of this website to learn more about this issue, which is clearly the most important health issue we face today.

Please share this information with your friends and family by sending them this link (which links to the first page of this story):

<http://urlbam.com/ha/M003P>

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