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One Reason to Do Your Own Research? Scammers

Analysis by Tessa Lena | September 22, 2023

STORY AT-A-GLANCE

- A good chunk of our ideas and assumptions about reality are based on a carefully crafted mirage
- Often, we live our lives very happily and don't look to change our minds in any way — but then something happens that shakes us up and compels us to "do our own research"
- "Doing our own research" can be life-saving as ultimately, the responsibility to protect ourselves is ours
- As we start learning about "how the world works," we may discover that even the most trivial things that we have been taking for granted are not what they seem
- A good example is citric acid: many people think it's made from citric fruits but in reality, more than 90% of this popular food additive is made with toxic mold

Has this ever happened to you? You live your life, happily chug along, assume that everything around you is generally reasonable and sane — and then something happens, and you discover that your assumptions about the sanity of the world have been just a tad off? (Oh hi, 2020!)

Surprised, you get extremely curious, you put your investigative hat on and go on a quest of "doing your own research." You start learning about things, digging deeper and peeling the layers off, trying to understand how things really work — and in the process, you discover that our entire so called "modern society" is a feudalistic scam?

A scam of giant proportions? A scammity-doobley-doo scam? A scam built around slavery in disguise, a series of mirages, and perpetual theft and poisoning — with a skinny layer of glitter and technological convenience smudged on top of emotional starvation, to make the scam palatable to an exhausted nose of the slave?

A scam of spiritual nature, designed to siphon off aliveness and love from billions of vibrant, talented human beings — and to turn their stolen energy into mountains of captive goods and palaces of gold for the most pathologically-minded people on planet Earth?

A ruthless conveyor set up by the most cold-blooded scoundrels and warlords of this planet around the art of the squeeze? A dragged out hypnotic session, built around deceit and compliance with the proverbial vampires? A once brightly painted — and currently quickly dilapidating — house of cards, barely stitched together, held in one piece by bold bullying, a million quick patches, and our collective silent de facto consent to being cheated out of God-given aliveness, on a massive scale?

Have I left anything out? In my own life, I went through this process of peeling off the layers of our giant mirage over many years — and at this point, I am pretty confident that we've been scammed beyond the current Great Reset. We've been duped monumentally, generationally — and the mere massive nature of the scam makes it difficult for many to "unsubscribe."

The mirage permeates all areas of life. It is spiritual, philosophical, emotional, psychological, economic, financial, and so on. And sometimes, as you routinely look into how different things around you work — just in case — you discover surprises in the areas that you thought were completely innocuous, like … how they manufacture citric acid, a common food additive, using a toxic mold.

(Do I trust the mold-made citric acid to be consistently contamination-free? I have lived on this planet long enough, so, God, no.)

How Most Citric Acid Is Made

If you, like me, started out as a believer in the sanity of the world, you spent a good part of your innocent life thinking that citric acid was made from citric fruits. There is a reason it's called "citric," right? No, wrong.

More than 90% of all citric acid in the world (up to 99%, according to some sources) is produced using Aspergillus niger, an allergenic and toxic mold that is associated human disease.

Here is an excerpt from a 2018 paper titled, "Potential role of the common food additive manufactured citric acid in eliciting significant inflammatory reactions contributing to serious disease states: A series of four case reports."

- *Citric acid as a food additive is not natural citric acid; it is manufactured through fermentation using Aspergillus niger.*
- *Aspergillus niger is a potent allergen.*
- *Food additive manufactured citric acid may be causing allergic inflammatory cascades.*
- *Manufactured citric acid may be contributing to the inflammation seen in asthma, juvenile idiopathic arthritis, autistic spectrum disorder, and fibromyalgia.*
- ***The safety of manufactured citric acid has never been studied since it was granted GRAS status [emphasis mine].***

> *"Historically, citric acid was first isolated by William Scheele in England in 1784 from lemon juice imported from Italy. Subsequently, Italy controlled the industrial production of citric acid from lemon juice and commanded a high price for the next 100 years, with peak production in 1915–1916 at 17,500 tons, after which it started to decline due to cost.*
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> *This led to attempts all over the world to find alternatives to its production with chemical and microbial techniques, including commercial production by sugar fermentation. Citric acid was first manufactured using the fermentation process*

in 1919 in Belgium using Cytromices mold (now known as Penicillium), but this method was abandoned due to contamination and duration of fermentation.

In 1917, American food chemist James Currie had begun experimenting with a process of making citric acid from mold. Currie discovered that strains of Aspergillus niger provided high yields of citric acid through a fermentation process using low cost molasses as the raw material. This system was very cost effective and rapidly adopted.

Pfizer started to produce citric acid from Aspergillus niger in 1919, and this method is still used today across the world, particularly in China.

The molecular formula of the natural citric acid obtained from lemons and limes and that of MCA is the same, C6H8O7. ***However, the potential presence of impurities or fragments from the Aspergillus niger in MCA is a significant difference that may trigger deleterious effects when ingested [emphasis mine].***"

By the way, Aspergillus niger is one of the fungal species that may cause **aspergillosis**. (Presumably, ingesting the mold with food is considered more innocuous in terms of getting infected than breathing it in while immunocompromised — bur Aspergillus niger also produces **mycotoxins**, and if the citric acid gets contaminated — which very likely happens — it is really not great.)

"Symptoms of aspergillosis vary depending on the type and location in your body. Symptoms of infections or allergic reactions in your lungs are the most common. They include:

- *Coughing (sometimes* ***coughing up blood****).*
- ***Shortness of breath (dyspnea)****.*
- ***Noisy breathing (wheezing)****.*
- *Chest pain.*
- *Fever.*

> *Fatigue and weight loss can be symptoms of chronic pulmonary aspergillosis. You may have additional symptoms if the infection spreads to other parts of your body."*

It so happens that the cousin of Aspergillus niger, Aspergillus fumigatus, is on the WHO's "critical priority" fungal pathogen list.

By the way, citric acid is not the only substance produced from Aspergillus niger. According to Wikipedia, this mold produces "many enzymes for the catabolism of biopolymers in order to obtain nutrients from its environment. The production of specific enzymes can be increased for industrial purposes.

For example, A. niger glucoamylase (P69328) is used in the production of high-fructose corn syrup and pectinases (GH28) are used in cider and wine clarification. Alpha-galactosidase (GH27), an enzyme that breaks down certain complex sugars, is a component of Beano and several other products that decrease flatulence." Etc., etc.

An Interlude: Laundromat Blues

Speaking of mold, if you live in a big city and use a laundromat to wash your clothes, you can do the following experiment: take a sprinkler with a 3% solution of hydrogen peroxide (the kind used for cleaning) and sprinkle it gently on the rubbery part on the outside.

If you see any foam bubbling up, the reason is most likely mold. Hydrogen peroxide would give away the mold even if the machine looks "clean"!

The reason hydrogen peroxide foams on contact with live mold is the presence of the catalase enzyme, the enzyme that very quickly breaks hydrogen peroxide into water and oxygen (hence the foam).

Once you see it on every washing machine, you can't unsee it. Another delusion of cleanliness, gone! And because a lot of those things are inescapable, it becomes about strengthening your immune system, detoxing, learning about herbs and spices and how

to be your best “health aide,” etc. Yes, we live in a poisoned world but we are here for a reason — and, if we are to stay sane, we gotta learn how to thrive even in a poisoned world — as we work to heal it as much as we can.

Food Irradiation

Another somewhat obscure topic is food irradiation. Most people don’t think about it a whole lot. I certainly didn’t focus on it until I looked into it — and, God!

Why do some of the common foods (like meats and some fruits and vegetables) get nuked? To kill off the microbes. They get nuked because how else do you prevent your agricultural products from spoiling before they sell — including due to mold — when you are selling them on a scale? You gotta fumigate and irradiate!

But wait, is it safe and good? The CDC **says so**, so it must be. They are always honest and always have our best interests at heart, yay. (On a side note, when I was a kid in Moscow, a family member who was a semi-renowned scientist told us kids to never use a microwave … No one even had a microwave at the time, but he made it a point to tell us about how microwaves weren’t safe.)

According to the **EPA**, “food irradiators use one of three kinds of radiation: **gamma rays (from cobalt-60 sources)**, electron beams, or x-rays. All three methods work the same way. Bulk or packaged food passes through a radiation chamber on a conveyor belt. The food does not come into contact with radioactive materials, but instead passes through a radiation beam.

The ionizing radiation sends enough energy into the bacterial or mold cells in the food to break chemical bonds. This damages the pathogens enough for them to die or no longer multiply, which reduces illness or spoilage.” Also the **EPA**:

- *Food irradiation can slow, but does not stop, fruit and vegetables from aging. Aging can lower their nutritional value, taste and flavor.*

- ***Irradiation can alter slightly the flavor of some foods. The change is like the way pasteurization alters the taste of milk [emphasis mine, please make a mental note of this mention of altering the taste].***
- ***Irradiated food does not meet the U.S. Department of Agriculture's definition of organic [emphasis mine also, and … phew?]***

The FDA, however, states the following:

> *"Irradiation* ***does not make foods radioactive, compromise nutritional quality, or noticeably change the taste, texture, or appearance of food. [emphasis mine … and wait … does it alter the taste of food or does it not?]***."

And according to Nature, "Under the influence of various types of radiation on organic products, various physical processes of interaction between radiation and matter occur, determining the nature of energy transfer to the product.

Changes in physical and chemical parameters and subsequent organoleptic changes in food products, such as taste, color and smell can be different at the same doses for different types of radiation [emphasis mine].

It is known that under the influence of ionizing particles, water molecules form free radicals (hydrogen atoms and hydroxyl radicals), that subsequently react with micro- and macromolecules of the product, which leads to the formation of new radicals and various chemical compounds."

This peasant has a lot of questions. All these honest people are saying conflicting things. What to do, whom we believe?

And here is a 1997 visual quote from the WHO. (If you are curious enough to read the entire PDF, you'll see that it casually mentions vitamin depletion thorough irradiation but concludes that it's A-OK.)
Now, the most important bit. How can you tell if a food item has been irradiated? According the FDA, labeling is required only when the food product has been treated with ionizing radiation. "The treated food product must be labeled with the radura

symbol and with the statement 'treated with radiation' or 'treated by irradiation.' This labeling requirement does not apply to the treatment of foods with non-ionizing radiation."

Allegedly, organic foods cannot be irradiated but whether it is true in real life, no one knows. The jury on that is still out.

In Canada, food irradiation is regulated under the Food and Drug Regulations. "Only the following irradiated foods: (1) potatoes, (2) onions, (3) wheat, flour, whole wheat flour, and (4) whole or ground spices and dehydrated seasoning preparations, are currently permitted for sale in Canada."

The Importance of Being Honest and Aware

Anywhere we look, things are not what they seem. We want to drink clean water and breathe fresh air — but those are nowhere to be found. We want to walk barefoot on the grass in the park — but the grass has been sprayed.

Here is a philosophical premise. Healing and self-preservation start with honesty. We, human beings, benefit from having an accurate idea about reality, as much as it is available to us at any given time. It is better for us to be aware what's in our food, and how things are made.

Biology doesn't care about ideology. Our bodies react to reality, and not to mythology (dear lying bureaucrats, this poem is dedicated to you). If a bureaucrat issues a verdict saying that something is safe — and it happens to be anything but — it is our bodies that will deal with the burden, not the bureaucrats.'

There is no substitution for learning about the world and respecting our peasant gut. There are lots of liars around us, and we better watch out. It is tremendously beneficial to us to "do our own research" about everything, and not allow anyone cover our eyes with wool or trick us into using our own minds to paint a mirage.

I would like this story with an example of how reality can be distorted in the world of biological parasites.

Parasitic Mind Control

"Mind control" performed by parasites in nature is something I **wrote** about earlier, here is just one example of the brutal technique used by the parasitic jewel wasp against the cockroach. On a side note, do you see how physical violence is followed by "brainwashing" even in the animal world? That is very typical for how things seem to work in human history as well. Anyway, here is how the dramatic plot between the cockroach and the wasp unfolds:

> *"A female jewel wasp that has caught the scent of an American roach will aggressively pursue and attack it — even if that means following the fleeing insect into a house. The roach puts up a mighty struggle, flailing its legs and tucking in its head to fend off the attack, but usually to no avail."*
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> *"With lightning speed, the wasp stings the roach's midsection, injecting an agent that will temporarily paralyze it so that the behemoth will stay still for the delicate procedure to follow. Like an evil doctor wielding a syringe, she again inserts her stinger, this time into the roach's brain, and gingerly moves it around for half a minute or so until she finds exactly the right spot, whereupon she injects a venom.*
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> *Shortly thereafter, the paralytic agent delivered by the first sting wears off. In spite of having full use of its limbs and the same ability to sense its surroundings as any normal roach, it's strangely submissive. The venom, according to Frederic Libersat, a neuroethologist at Ben-Gurion University in Israel, has turned the roach into a 'zombie' that will henceforth take its orders from the wasp and willingly tolerate her abuse."*
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> *"Indeed, the roach doesn't protest in the least when she twists off part of one of its antennae with her powerful mandible and proceeds to suck the liquid oozing*

> *from it like soda from a straw. The wasp then does the same thing to its other antenna and, assured that the roach will go nowhere, leaves it alone for about twenty minutes as she searches for a burrow where she'll lay an egg to be nourished by the roach.*"
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> ***"Meanwhile, her brainwashed slave [as a result of injected chemicals] busies itself grooming — picking fungal spores, tiny worms, and other parasites off itself — providing a sterile surface for the wasp to glue its egg. [Grooming behavior is considered an indication of a relaxed state. Does it benefit the cockroach to comply with the wasp at this point? No. But the brainwashed cockroach does.]***
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> *When the wasp returns, she seizes the roach by the stump of one of its antennae and 'walks it like a dog on a leash to her burrow' … Thanks to its cooperation, she doesn't have to waste energy dragging the massive roach.*"

Then the wasp buries the live roach in the burrow, and her offspring eats it alive. Not a good ending for the roach.

This extremely dramatic example is a good philosophical metaphor for how important it is for all living beings to have an accurate understanding of reality, and how easy it could be for a ruthless predator to create a compelling mirage.

We are born with all the power in the world to shake the predators off, labor-intensive it may be. Snapping out of all artificial mythologies and learning how things work in earnest is the first of many steps of that journey. It is our responsibility to take that step, then another step, then another — and keep walking our destiny with clarity and prayer for protection from any tricks.

Not allowing ourselves to be brainwashed is our duty and our right. Let us pray for clarity about everything of importance — and let us use our right to do our own research, please.

About the Author

To find more of Tessa Lena's work, be sure to check out her bio, **Tessa Fights Robots**.