

JUST PLAIN DUMB?

Or Blatant Stupidity?

Stories of things people do

By Bruce Everett Miller

Dumb or Blatant Stupidity

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Further, it is your responsibility to discuss any and ALL medications - including herbs, that you take, with your healthcare professionals -- BEFORE taking any of the advice contained within this book. Literally I do not know your medical situation nor the medications you take. This book is only an outline of the dangers out there ... be safe ...

Please check any questions about medications with someone who knows
[PROFESSIONALLY!]

Also I wish that you would check things out before accepting any information in this book,- in fact in ANY of my writings! I relied on many sources, for this information it is possible that I could be WRONG Or even that the data has changed since I started working on this project. So take everything as a starting point but for you own safety check any information out with a reliable VERIFIED source.

There is a sucker born every minute

PT Barnum

Just Plain Dumb - or is it Stupid?

This is the second book in the series. The first book is called Placebo effect. The first book is an attempt to explain why some "studies" are not valid and why and how crooks/ scammers/ advertisers use these distorted results to cheat the public

I guess you could consider this book as a cross between a public service announcement and sarcastic entertainment. Because while it has many dumb things people should avoid, it also includes things are so dumb that they deserve to be laughed at and earn the label of being Stupid.

While this book is not designed to point fingers nor embarrass any specific person, some things that people deliberately do deserve to be exposed. In other cases people fall victim because their desires outweigh their thinking.

For the record, we are all Dumb! Dumb is defined as not knowing something and there are so many thing and areas of knowledge, that no single person could possibly know it all.

However the real problem is being Stupid. Stupidity is defined as refusing to learn. To keep doing the same things even though you should know that it doesn't work that way! And unfortunately there are those that fit this label! The real unfortunate part is there are con-men that play on both lack of knowledge and those that do stupid things.

And when you do something that is so far beyond reasonable behavior, the consequences are usually such that you can no longer learn because you are dead!

Unfortunately the truth is that, throughout history. people have always been (and will always be) unwilling to think for themselves. A brilliant Teacher of mine once told me "people love to think they are thinking, very few are willing to do the work". T Fuller. It is unfortunate but true that way too many of us fall into that category. But at least we have a company, a lot of company!

In this book I will point out some of the glaring examples of this!

I would hope that by examining these subjects that you can learn to be more critical in your approach to things in general, and be better educated in avoiding them.

Note: I have tried to stay away from Politics, [I may not be totally successful in that], as that would just be way too easy. Besides this is not about politics. It is hopefully about entertainment and education.

For the record my third book, in this series, will be Hyper-Vitaminosis: the poisoning of America.

WARNING!

NOTE" Like my first book I recommend that you do not take ANYTHING I SAY as absolute truth. Not only have things changed with time and science updated, but I also may have been misled.

So digest what I say but also do your own research - FROM VALID SOURCES that you can trust. Just because they claim it on the Internet does NOT MAKE IT TRUE. In fact I would suggest in most cases it is the exact opposite.

And in ALL questions of health PLEASE check with your own clinician. Your situation is not the exact same as is for any other person. Your CLINICIAN can tell you the best advice for YOU!

I have included references for you to check on, the best I can. Please see the links in each section and also the references at the end of the book.

I hope that you enjoy this book!

Bruce Everett Miller

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I had a coworker who, after blowing up a balloon with his mouth, breathed his own breath back into his mouth and was perplexed as to why his voice didn't change

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I had a friend that cut his finger while slicing a bagel because his finger was through the hole.

Don't kill them, they don't learn anything that way

The Riddler

IS IT DUMB OR STUPID

Now being dumb- meaning we don't know something is inevitable. We are born dumb and unless we live in a very small box we will run into things we don't know much about. Thus we are dumb.

The problem is the people who don't even begin to suspect that they are dumb or won't admit that they are dumb. Someone that is an expert in one area is still dumb when it comes to a completely different area. Yet for some reason we - at least media- seems to think that because someone is "famous" that we want to know their opinions as if being famous made them an expert on everything .

I personally call these people Pseudo-intellectuals. A perfect example is the person who reads an article on the Internet and then suddenly thinks they are qualified to give advice, even medical advice. [This is classic of reporters.] And the most telling characteristic of this type of person is the Arrogance that they are special and that they KNOW the implications of the material. Unfortunately social media has encouraged this sort of nonsense. Because of social media there are way too many people who believe they're God's gift to intellectual discourse. But in reality they are as thick as whale blubber. An example of this is Homer Simpson: is actually dumb, but seems to think he's the cleverest guy alive.

The obvious thing is that no matter *how much* you know, your knowledge is an insignificant dot compared with the sum total of what can be known. (It's even very small compared with the sum total that other humans currently know.)

That is called Dumb. Not stupid but dumb! But refuse to admit that - and that is stupid. Again the definition of Stupid is the refusal to learn.

But here's the real kicker: *every idiot in the world knows at least one or two things you don't know.* To remain humble even in the face of blatant stupidity, never forget: *"Even a stopped clock is right twice a day."*

Now it is very true that you can become smarter. In fact there is a hormone in your brain called Brain Derived Neutropic Factor [BDNF]. **Brain-derived** neurotrophic factor (BDNF) is a protein member of the neurotrophic factor family that affects the central nervous system as well as the endocrine and immune systems. BDNF helps nerve junctions survive and in fact helps us grow new terminals on the junctions we have.

So the cure for "stupid" is to admit that we are all dumb and then to try and learn. AND no you are not going to learn everything. Don't fall into that pseudo-intellectual trap. But you can become versed in as many subjects as you are willing to put in the work!

A reference book that may help is called ['Pragmatic Thinking and Learning: Refactor Your Wetware' by Andy Hunt](#)

A quote from the book notes, "In a rich environment with things to learn, observe, and interact with, you will grow plenty of new neurons and new connections between them...

Your working environment needs to be rich in sensory opportunities, or else it will literally cause brain damage.

We all need to learn. In fact evidence has proven that learning helps preserve the brain and helps fight depression and thus helps us keep on learning.

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Someone pointed at my glucose monitoring device and asked, 'Do you have diabetes in your arm or is it in your stomach?

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A friend heard somewhere Mr. Roger's was a sniper and he got a new tattoo for every kill. That is why he wore a sweater.

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When I was in college I went on a date with a girl who was really into astrology. I asked if she wanted to eat at a certain restaurant and she said no because of what her horoscope said.

I explained to her that some guy that works for the local newspaper wrote that, or at best some guy writes for a ton of newspapers. She got really mad and said "that isn't true only an astrologist can write horoscopes."

So the newspaper has an astrologist on their payroll"

Her: "Of course they do. Astrology is like science and it's illegal to lie about such things they would revoke that astrologist's license"

OK I decided that this was not worth the trouble ...

Order and simplification are the first steps toward the mastery of a subject.

Thomas Mann

Are you smart?

Really?

One study published in the Journal of Personality and Social Psychology gave logic problems to people to solve and found that smart people tended to make more mistakes than those of average intellect. Why? Because smart people were more likely to take shortcuts or make assumptions due to overconfidence. [Back to my comment on the Pseudo-intellectuals.]

This is called the **bias blind spot**.

A blind spot is simply something that you consistently overlook, often unintentionally.

Unconscious processes: The reality is that many of the mental processes that go into making a decision are unconscious, so people tend not to be aware of how their biases, and other mental shortcuts affect the choices they make.

However, people often believe that they are less likely to be biased than their peers. According to a study published in the journal *Management Science*, nearly all people experience the blind spot bias.

The majority of people actually believe that they are less biased than other people, and that they do not make biased decisions.

Warren Buffett says, “What the human being is best at doing, is interpreting all new information so that their prior conclusions remain intact.” He knows he is prone to it himself.

What Causes the Bias Blind Spot?

There are a number of different factors that contribute to this type of bias. Some of these include:

Self-perception: A desire to see oneself positively as a rational, logical thinker plays a role. People realize that being biased is not a desirable quality, so they tend to view their own decisions as being the result of pure logic and reason.

Psychologist Leon Festinger published the book *A Theory of Cognitive Dissonance* in 1957. Among the examples he used to illustrate the theory were doomsday cult members and their explanations for why the world had not ended as they had anticipated.

What Festinger’s theory showed was that people need consistency between their attitudes and behaviors—even though achieving that balance isn’t always accomplished in a rational way. [Can I inject that some of their so called logic ... isn't]

Researchers have even found differences in brain activity during a state of cognitive dissonance. Brain scans showed that decisions associated with higher levels of cognitive dissonance elicited a visible electrophysiological signal in the prefrontal cortex of the brain, the area that monitors internal conflicts and mistakes.

What Are The Signs You Might Be Experiencing Cognitive Dissonance?

Signs you might be experiencing cognitive dissonance include:

- General discomfort that has no obvious or clear source
- Confusion
- Feeling conflicted over a disputed subject matter
- People saying you’re a hypocrite.

- Being aware of conflicting views and/or desired but not know what to do with them

BEING PC

Of course there is the opposite. People so concerned with being "politically correct" that they overcompensate and CREATE unnatural deference to what they think [or what someone says] is bias. Literally this person is being untrue to themselves.

Literally if you let someone or any group define what is right for you - accepting without evaluating such morals or claims, then internally then you will NOT have consistent views and will create something that is called cognitive dissonance.

Cognitive dissonance is a term for the state of discomfort felt when two or more modes of thought contradict each other. The clashing cognitions may include ideas, beliefs, or the knowledge that one has behaved in a certain way, or it may be artificially constructed feelings of guilt by assumptions that are not even true. And that's when the discomfort, guilt, and shame start to settle in.

Either way the differences between one point of view and another will create consistency problems in how you handle things in different situations.

The degree of internal problems of these effects often depends on how much disparity there is between these conflicting beliefs, how much the beliefs mean to each person, as well as with how well the person copes with self-contradiction.

"The key to resolve this internal conflict is to identify it, assess it, and figure out how to resolve it," Dr. Gallagher says. "You have to identify which values are yours and which values are someone else's."

So yes we should all work on our biases ... but not from the viewpoint of what someone else says, is right but from examination of our own ethics and our OWN actions, so what we do is morally correct but also consistent.

Ways to fight blind spot bias

To fight confirmation bias, have a devil's advocate.

One classic problem is the reflex to bestow uncritical faith in authorities (including one's own superiors) and the so called handed-down rules; and of course the other, the quick dismissal of seemingly irreverent assertions.

What to do? So not accepting "yes men". The only real remedy is to make sure you have a full and accurate picture available when making important decisions. When you have a theory about someone or something, test it out.

In his 2008 book "Outliers: the Story of Success," Malcolm Gladwell shares a cultural theory of plane crashes. He notes that Korean Air had more crashes than virtually any other airline in the world for the of the 1990s. Why? It seems likely that Korean traditions of hierarchy created the tendency – including in the cockpit, when something seemed out of place or not quite right – to defer to superiors.

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I heard about a guy shooting his new semiautomatic pistol for the first time. After firing the first few rounds there were no holes in his paper target, so he assumed the gun was malfunctioning. To check, he aimed it at the palm of his other hand, fired...

He found his answer.

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Someone told me the South Pole is hot because it's the south.

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There was a kid at my school who said his mom didn't let him watch SpongeBob because she 'didn't want the gay spirits in the house. A few years later, he told everyone he was a furry ...ok... was there a connection?

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I was told that the post office doesn't ship mail to the Netherlands because you can't send mail to Hell.

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Overheard some lady saying her daughter isn't allowed to watch youtube any more because that's how people track you. She says she got this information from facebook.

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I knew one person that believed that NASA makes up everything about space in order to convince us the earth is round, so the world governments can keep the hidden civilizations at the edge of the world a secret.

Chapter References

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Thea Gallagher, PsyD, assistant professor and director of the outpatient clinic at the Center for the Treatment and Study of Anxiety (CTSA) in the Perelman School of Medicine at the University of Pennsylvania

7 Struggles Only Highly Intelligent People Will Understand <https://www.learning-mind.com/highly-intelligent-people-struggles/>

Looking for the miracle cure sets a person up as a mark and targets them for snake oil salesmen around the world.

Diets and other stuff

Because it is such a huge subject- and so full of deliberate misinformation I have to mention some of the things that are pushed in the subject of dieting.

While I understand some of the intent to improve health. AND I note that medical studies do confirm that reasonable weight loss improves health. I also note that UNREASONABLE weight loss creates its own hazards. The unfortunate fact is that this is definitely an area where the desire to lose weight has overcome the intellect of way many people!

MISTAKES?

SOME of the problems present in weight control fads.

So is it good to lose weight- YES - IF you are overweight. Please do not confuse dieting to lose weight when a person is overweight, with the psychiatric problem of losing abnormal weight - called anorexia nervosa.

Anorexia Nervosa is a problem that requires trained psychiatric help and I will not cover this in this book.

But in modern dieting, the details of a successful diet plan are very complicated. This is why most all diet plans fail. Successful weight loss is not simply a situation of pure will power! In fact I wrote a book earlier called Most Dieticians are Fat, which addresses these issues, because it definitely is not just denying yourself!

Of course when you are looking for the reasons why most diets fail you have to understand the fact that many diets are based on false/ sometimes totally made up/ data.

I will say from the start that success of a diet plan seems to be directly proportional to the length of the time that you are willing to work on losing weight. Literally your determination - not just to limit calories but eat a reasonable diet. So the longer you stay on a plan the better it works.

This also works the opposite [shorter plans are noted for rapid changers in weight - both ways]. Frequently resulting in actual weight gain not loss.

I also wish that I could say that only women were subject to the scams of weight loss programs. However over the last several decades there has been an increasing market for men's products, and weight control programs for men. That does not mean that men do not need to lose weight - but until the last several decades it wasn't done as prominently for narcissistic reasons.

Now however as our culture has become more "modern", men are becoming just as conscious of their figures and their age, as women.

Nowadays you can find all sorts of claims targeting men. Products for rapid weight lose, re-growing hair and products like over the counter testosterone - guaranteed to restore your vitality, and figure and sexual prowess are all over ads on Television.

Let me say from the start. These ads imply things that are not true! They don't even come close to telling the whole truth. Of course, their goal is to sell things, regardless of what it does to the customer! Unfortunately laws today have more than enough loopholes to allow them to get away with doing this.

First we will explore some of the history and some of the nasty ideas and things that have been sold for weight control.

Tape Worms

Yes really!

There is evidence of advertising, from the late 19th and early 20th century, hawking "sanitized tapeworms" to help women maintain a slim figure was a thing! Whether the pills sold in the US actually contained tapeworms or whether women actually ingested real parasite eggs hoping to acquire a tapeworm is difficult to verify.

And of course there is this historical note ²

The Horrifying Legacy of the Victorian Tapeworm Diet.

The Victorian era, roughly the 1830s to 1900, is notorious for its bizarre beauty standards, and the even more bizarre secrets to meeting them. The ideal of the time was modeled after those afflicted by consumption—that is, tuberculosis. Pale skin, dilated eyes, rosy cheeks, crimson lips, and a meagre and fragile figure. From swallowing ammonia to bathing in arsenic—which they knew to be poisonous—to using figure-molding corsets in a quest for the “perfect” 16-inch waist, there was no limit to what fashionable Victorians would do.

The idea is simple, and gross. You take a pill containing a tapeworm egg. Once hatched, the parasite grows inside of the host, ingesting part of whatever the host eats. In theory, this enables the dieter to simultaneously lose weight and eat without worrying about calorie intake.

Damn the consequences weight loss ahead

Luckily **most** people today know better and understand the severe complications of this sort of measure. ³

BUT do they? This newspaper note is from 2013.

An Iowa woman recently discovered something worse than being overweight: swallowing a parasitic worm in order to drop a few pounds. The woman went to her doctor and admitted she'd bought a tapeworm off the Internet and swallowed it, says Dr. Patricia Quinlisk, the medical director of the Iowa Department of Public Health. ¹

For those readers who are not medically trained, you should know that ingesting tape worms can set off multiple medical problems including but not limited to:

- Nausea
- Weakness
- Loss of appetite
- Abdominal pain
- Diarrhea
- Dizziness

- Salt craving
- Weight loss and inadequate absorption of nutrients from food
- Allergies
- Blood cell abnormalities [huge amounts of a cell type called eosinophils - that can also cause problems like asthma]

AND it is well known that the worms can migrate out of the intestines to other parts of the body, and may actually lay cysts [essentially eggs] in other parts of the body. this migration can be fatal if serious complications, such as intestinal, biliary tract or pancreatic duct obstruction, arise.

Parasite infestations can also invade other organs, such as the lungs. This can cause:

- Headaches
- Cystic masses or lumps
- Allergic reactions to the larvae
- Neurological signs and symptoms, including seizures

Most of the time, infestations can be treated with a medication that kills the parasite, however the worms may require surgical removal, if they create obstructions in the intestines.

Unfortunately this strange [dumb - stupid?] procedure is not confined only to the USA. In most developed parts of the world, women feel the social pressure to be thin. Such pressure is especially intense in Asia - and in places like Hong Kong, Seoul and Tokyo - where scores of skinny women seem always to be looking for ways to get even skinnier. Experts say dieting in Asia tends to be more extreme than in the West because of cultural perceptions of beauty.

Unfortunately this is not an old urban myth because news reports as recent as Feb 2010 show that a spokesman for **Hong Kong's department of health** informed their public that

Parasitic worms are deadly part of dubious Hong Kong weight loss plan By [Michael Sheridan](#) DAILY NEWS STAFF WRITER Feb 10, 2010 at 3:24 pm
Hong Kong health officials said that Web sites in Chinese are offering a weight-loss formula that contains potentially fatal parasites.

Adds have reportedly claimed "swallowing the parasites could also provide further weight-loss through the safe and effective vomiting and diarrhea that you'll get when you take these amazing parasites."

Obviously this is FALSE - but really vomiting and diarrhea are safe and effective. Effective maybe - Safe NO! [People may die from electrolyte abnormalities from prolonged Diarrhea and or vomiting. Or scar their esophagus from repeated vomiting. In reality the remedies contain the eggs of the Ascaris worm – giant, intestinal roundworms which live in the human body, grow up to 15 inches long and lay up to 200,000 eggs.

NOT Just Parasites

In Asia, women want to stay skinny without exercising because muscles aren't considered a feminine feature, says Sing Lee, director of the **Hong Kong Eating Disorders Center** at Chinese University. That's why, "when they want to control their body weight, they eat less or take pills" instead of exerting themselves, Lee says. "The magic number is to be below 100 pounds, no matter your height or your weight," says Philippa Yu, a clinical psychologist at the Hong Kong Eating Disorders Association. SO Hong Kong dieters flock to slimming centers, throughout the city for ultrasound, electrical stimulation and infrared radiation treatments that promise to whittle away inches of fat. The Hong Kong Consumer Council has called some of the slimming centers' weight-loss claims "dubious." 5 But the problem is definitely not confined to Hong Kong. Eating disorders are reportedly also becoming more common in Korea. 6

Other methods

Another slimming centre, which has locations throughout Asia, promises results with "no vigorous exercise." There are many such claims made in the USA also! One treatment applies heat and a pulsating suction to remove 2 inches of body fat after just one treatment, the company's brochure says.

Starvation diets

You have seen the ads ... lose 10 pounds in 10 days ... or even more ridiculous statements. I would laugh except that weight loss is a billion dollar a year industry.

A major problem with very low calorie diets is that they cause you to lose muscle mass. When you lose lean muscle mass your metabolism slows down, meaning you become even less efficient at burning fat, that's the weight you were trying to get rid of in the first place.

See the Book: Most Dieticians are Fat.

Grapefruit diets:

This one is particularly Dangerous! Eating grapefruit to make you lose weight ... This fad has been one that has come and gone multiple times ... why? Partly because people do see an initial loss of weight ... quite quickly in fact ... Be warned though this is NOT real weight loss.

In short grapefruit is a diuretic. Diuretics make you pee, thus it makes you pee off the weight - well temporarily - because your body will try to gain the water back ... it needs that water to work correctly.

Secondly and this is the dangerous part, Grapefruit reacts with a LOT of medications -- sometime inactivating or other times dramatically making the medication stronger, so eating grapefruit can cause serious medical problems and you should discuss how much grapefruit you eat with your clinician -- even if it is a small amount.

Be aware that there are plenty of other diets out there that use diuretic effects to cause their effect ... if it is a diet based simply on eating some certain fruit or vegetable ... be wary ... ASK your clinician before you try it ... most likely the effects are due to diuretics and not real!

The 3-Hour Diet

A diet plan designed by Jorge Cruise, to correct the build-up of "belly fat." The 3-Hour Diet is a trademarked food plan that involves eating small portions every three hours throughout the day.

Ok the theory is good ... if you actually eat a SMALL amount of HEALTHY food, you do turn off your body's desire to store extra food ... but this takes a while ... and during such you may very well PUT ON WEIGHT unless you really watch the overall calories you consume.

Also this plan does not focus on eating right ... only eating ... Not even exercise ... So according to this plan you could eat only carbs every three hours and "they claim" lose weight ... Without being totally derogatory ... can I just say that this does not meet your body's basic needs so there WILL be cravings for food and you will not lose the weight that is claimed ...

Blood Type Diet

The Eat Right for Your Type diet (Blood Type Diet) Developed by **naturopathic** physician advises people to eat certain foods based on their blood type: A, B, AB, or O. This plan claims that each blood type digests food proteins differently and that eating the wrong food proteins can cause ill effects on the body.

First off This guy is not a MEDICAL clinician - he is a naturopath!

Secondly there are Lots of antidotal reports for this diet, but NO independent real research. Hopefully by now that should already set off warning flags. If you read my first book then you should know, Real medications and procedures do NOT NEED TESTIMONIALS. Even their presence of these should set off warning bells!

Also, let me say that while every person is different ... a person's gut and their metabolism's actions are determined by FAR more factors than simply their blood type.

Do you think that there are only 4 body types in the world [WRONG!...] so does watching what you eat help ... sure it does ... but to think it is only based on your blood type is ludicrous ...

Atkins Diet

The Atkins Diet holds that eating too many carbs — especially sugar, white flour and other refined carbs — leads to health issues, including obesity.

The Atkins Diet says that it leads to blood sugar imbalances, weight gain and heart problems. To that end, the Atkins Diet limits carbs. The CURRENT Atkins Diet encourages eating more protein and fat. But states that it is not a high-protein diet. 11 The Atkins Diet emphasizes eating lean protein and low-starch vegetables and avoiding simple carbohydrates such as flour and sugar.

However early versions of this diet and the people that focused on eating high levels of only high protein meals had medical problems.

NEW DATA - has raised concerns that eating too much protein can be hard for your heart. The American Heart Association was one of the pioneers in issuing a warning against high-protein, high-fat, low-carbohydrate diets as a means of losing weight. Like many current diet plans, the Atkins Diet keeps changing. It now encourages eating more high-fiber vegetables and has included changes to meet vegetarian and vegan needs. It also addresses health problems that may come up when first starting a low-carb diet.

HERE is a link to a web page which list more fad diets ... if you are interested in more fad diets check this out:

<http://www.healthline.com/health-slideshow/diet-reviews>

HOWEVER I do have to comment that the warnings of high protein diets seems to be ONLY aimed at the Adkins diet. Not a word about all the protein powders that are sold for diet and exercise.... maybe the warnings are there but they sure don't generate the publicity that there is against the Adkins diet hmmm

For the Record such products cause even more protein rich diets than the Adkins diet ... yet not a word from the AHA

It does make me question if the so called complaints aren't influenced by the competitors of Adkins ... remember there is BIG money at stake here ... **always follow the money.**

So I don't know ... I would personally recommend that you be suspicious of ANY diet and check things out with your **Clinician BEFORE you start ANY Diet plan. Learn the CURRENT research on any plan. Literally do NOT believe the ads nor the hype. Check out the facts before you put your health at risk!**

Ok this is not directly about diet but it is diet related ...and directly related to your health so...

Misinformation - Deliberate lies, as a weight loss plan!

“Danger, Will Robinson, Danger”

Diabetes

I hope you already know that this idea is WRONG! But please be aware that there are a some quacks/ people / “companies” out there, trying to sell you on the idea that insulin is not the cause of diabetes or weight gain... These nut jobs claim, that insulin is not needed for the cells to absorb sugar ... Of course then most (but not all) of these people, will turn around and try to sell you something “natural” that they claim works even better.

If you look at ONLY the statement “insulin is not needed for the cells to absorb sugar “ [with no consideration beyond ONLY muscle type cells], then they would be right. But you have far more than muscle type cells in your body and the question is one of efficiency.

Yes, cells without insulin can absorb some sugar. This is especially true for muscle cells, but the efficiency is dramatically lower without insulin. Dangerously lower, to the point that Glucose will build up in your blood - sometimes to dangerously high levels.

[Remember I noted in my first book they will say one thing that is generally true, but then follow up with untrue illogical nonsense- this is a perfect example]

Furthermore, any prolonged increase in blood sugar leads to damage especially to small nerve cells.

However this is where a bit of knowledge without understanding the whole picture that is dangerous! It has been proven that excessive insulin does cause weight gain [which is why people injecting insulin are prone to gain weight unless they watch their intake] but without insulin your body is so inefficient about dealing with sugar that you can put yourself into a very dangerous condition called **Ketoacidosis** ... a situation where your body releases excessive sugar from the liver trying to get enough sugar into your cells by driving up the blood sugar.

This can lead to dehydration and changes in your blood PH ... which is a QUICK downward spiral to **death!**

So all these claims are DANGEROUS nonsense ... people have died following this nonsense and I refer you to ANY legitimate medical authority to check up on what I say here. Please do not believe these fools!

Frankly, I refer you to your clinician if you have problems with diabetes or suspect that you may have diabetes - AT ANY STAGE. If you have diabetes you **NEED** expert **individualized** REAL medical advice to ensure you are helping, not hurting yourself with your exercise and diet plan ... it is worth the visit. Your clinician will definitely want to help you. So PLEASE ASK!

I also recommend that you check the source of the articles you read on the Internet. Ensure that they are scientifically valid sources, before you take any of their advice

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It is amazing and scary how many people there are out there with dollar and conspiracy motives that will (deliberately) try to mislead you!

SO PLEASE check with your clinician before you take or change any medicines. This is not about me. It is your health ... the cost of a visit is small compared to your health.

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In fact check out anything I say also ... not only can you confirm what I say but it will help you to ensure you actually understand what I am saying. It will also help you to make a plan that is tailor made for you and your personal health situation. NO book or general plan can do that like an individual health care provider can!

If you have any questions and **ESPECIALLY** if you are on medications for any disease, make an appointment with your health care provider and ask! Your life may depend on it so if in doubt check it out!!

Summary

Do you really believe you can accomplish something like altering or removing a significant portion of your total body mass with NO EFFORT?

The fact is that changes in your body mass are difficult to change for a reason. Too fast of a change is not only fought by the body but such changes could disrupt your

electrolytes and affect your whole biochemical system ... making you sick or possibly killing you if bad enough.

By now everyone should have heard the mantra that the proper ways of controlling your weight include a healthy portion controlled diet and reasonable exercise.

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NOTE: The Book Most dieticians are Fat is NOT a diet plan! It is not a diet method at all. Instead it is an explanation of some of the main the factors that are involved in successful diets, and why some people can stay thin but others can not. It is not a simple as most diet plans try to make it out to be.

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One time me and my friend and his girlfriend went to Wendy's and hit the drive through window.

The girlfriend asked for a Monterey Ranch Chicken deal or whatever and it came up on the order screen as "M R CHICKEN"

Girlfriend exclaimed I do NOT want A MISTER CHICKEN

The worker almost lost it ...

CHAPTER REFERENCES

What is healthy weightloss?

https://www.cdc.gov/healthyweight/losing_weight/index.html

Weight loss: 6 strategies for success <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752>

10 behaviors for healthy weight loss <https://www.health.harvard.edu/blog/10-behaviors-for-healthy-weight-loss-2018102415074>

https://www.cdc.gov/healthyweight/healthy_eating/index.html Healthy Eating for a Healthy Weight

It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change, that lives within the means available and works co-operatively against common threats.

Charles Darwin

The Darwin Awards

Considering the title of this Book I had to mention these. So if you don't already know about them, then you have to check out the Darwin awards. The Darwin award are given not only for doing stupid stuff, but in fact doing something so stupid that it takes you genes out of the pool.

In all most all cases these brilliant examples have killed themselves but in one particular case, a man literally castrated himself in a gold ball washer. He lived but obviously was not able to pass his genes along [than god] so he was one of the very few survivors to obtain the Darwin award.

“The Darwin awards offer dazzling displays of doomed idiocy! Examples of such behavior range far and wide. Like the man who tried to cure constipation by inserting a 19-inch eel into his rectum, the wise guy who attempted to club chickens to death with the butt of a loaded gun, the old coot who anchored his boat with a WWII aviation bomb...”

For example of the Darwin yearly awards

The fisherman who electrocuted himself ...

The 1999 Darwin Award runner-up connected cables to the main power supply of his house, then he dropped the other end of the cables in the river. He then waited for a batch of electrocuted fish to float to the surface, and then waded into the water to retrieve his catch.

Woman Who Created the Darwin Awards wants to be a Winner Someday ¹

Wendy Northcutt, the award's chief promulgator, has made a host of obscure people famous, and although very few lived to savor their notoriety.

Unfortunately she anticipates one day sharing their dubious honor.

Northcutt hasn't won it—not yet, anyway—but it almost happened when a heat wave gave her the idea to “air-condition” her sweltering home: She pried up an oubliette floor grate in her hallway, intending to install a fan to suck up the basement's cooler air, But she left to answer the phone.

Hours later she strode back down the hall and obliviously stepped into the gaping hole. In the milliseconds as her body swooshed down, she thought “Oh nooooooooooooo! I'm gonna win my own Darwin Award”

Ahh yeah ...

You should check out the Darwin yearly awards

<https://darwinawards.com>

<https://www.salon.com/2000/01/03/darwin/>

Also evidently there is a book. I expect it would be a great read

The book relates the tale of a Russian chemistry student who often rolled his chewing gum in citric acid crystals for a tarter, longer-lasting taste. But he got more than a blast of extra flavor when he absent-mindedly dipped his gum into an open container of chemical explosive and stuck it back in his mouth: The blast killed him instantly, in what Darwin readers dubbed a “jaw-dropper” tragedy. So I have to give a recommendation to the book!

[The Darwin Awards: Evolution in Action Paperback](#) – April 30, 2002

by [Wendy Northcutt](#) (Author)

So WHY does this happen? Shouldn't people be a little more cautious? ²

Maybe because evolution is highly dependent on the environment -- having a single unchanging environment is important, because it takes many generations to evolve adaptations.

Reason #1: Two Kinds of Pleasure. From a 2007 paper in the journal Psychopharmacology comes the idea that there are actually two types of pleasure. The first type is how we usually think of pleasure: a state of happy satisfaction. For example, we get this kind of pleasure from a good meal, sex and its afterglow, or from that first sip when we're really, really thirsty. We'll call this pleasure "liking."

But it turns out there's a second kind of pleasure: the pleasure of pursuing something, excitement, anticipation, seduction, or feeling powerful as you know you got this. We'll call this pleasure "wanting." And it's this second kind of pleasure—the thrill of the chase—that helps us do so many stupid things. Even when we know there will be no "liking" pleasure and we'll regret it in the morning, we do it anyway.

<https://www.quickanddirtytips.com/health-fitness/mental-health/why-we-do-stupid-things>

And we have so many new things now, like smoking on top of an oil well. That's something that's only been possible for maybe a hundred years.

Do you think there may be selective pressures to become less intelligent?

Well, it does seem like we're putting warning labels on everything now -- like, "Do not spray this oven cleaner into your mouth."

Should we really to do that? Maybe we are increasing stupidity and breeding intelligence out of our species. By not weeding out the bad genes, are we are in fact increasing the self destructive ones.

=====

A little girl asked her mother why the polar bears wouldn't go in the water. We were at the zoo and it was a sunny day about 50 degrees outside. The mother responded. "Because it too cold for them honey".

=====

A friend in high school told me he didn't take the SAT because he heard it's easier the second time.

=====

Someone once asked me, 'When is 9/11 again?' They were serious.

=====

I had a patient who was brought into the acute psych Detox ward by the police. I had to do the admission work up on him. Part of that is getting the admitting history

'When asked why he was there he said "because I am too small for my girlfriend"

This is not a reason for admit to Psych Detox but in a non-judgmental way I asked what he meant by that ... there must be more to it ... there was!

He continued ... Well I am just small - down there ... but last night I was smoking pot and was pretty high but I saw this add on TV ... And they said they could make you bigger - much bigger ... But I was out of money cause I had just spend my paycheck on some kick ass weed but I thought hell I could do the same thing with a coke bottle...

OK, I was not exactly sure where this was going but it sounded both fascinating and horrifying and he was on a roll so I said inquiringly ok?

"Well like I said I was pretty high but I got a coke bottle and heated up and put it on ... it kind of hurt, from the heat but hey I did get bigger, especially as it cooled.

"but after a few minutes it was starting to hurt so I tried to get it off and I couldn't. And I tried everything, but I still couldn't get it off ... "

I refused to ask what everything was

He continued, "It was late, and I didn't know what to do, I think it was about 1 am but I called a friend...he is a mechanic and I knew he would be home smoking too so I called and he said I should come on over"

I didn't even want to know how he knew that ... he continued, "So I got dressed but I couldn't fit the coke bottle in my pants... so I just lefty it hanging out - but that hurt, so I held it with one hand"

I assumed he meant the bottle.

He continued, "Things were ok - at first ... I was driving with one hand - and I only had a couple of miles to go — but then this cop saw me and started to follow me ...and I thought shit I can't go to jail so I stepped on the gas ...

But then I was going too fast and couldn't make the turn with one hand, ... so I didn't make the turn at the corner and ran into a parked car. I still didn't want to get caught, so I got out of the car and tried to run, but the coke bottle kept falling out of my hand and jerking ...

Then the cop tackled me and knocked me to the ground ...but I was rolling around on the ground in pain and he thought I was resisting arrest. - So he Tased me ... and my hand jerked the bottle so hard that I passed out. The next thing I know they had me in jail, but then said I had to come here.

I was sure his mental baseline plus being high, inspired them to send him to detox.

The police report said they arrested him for; Driving under the influence, attempting to leave the scene of an accident, resisting arrest, possession of both the pot and coke which they found on him during arrest search AND indecent exposure.

When I asked him if he knew what they were charging him with, he said he did, but his main concern was still his girlfriend. He said sobbing ... I just talked to my girlfriend on the phone, and with the jail time I will get and she said she is definitely going to leave me, because she says I am still too small."

REFERENCES

1. June 10, 2011 by Vicki Haddock

2. Why We Do Stupid Things: Savvy Psychologist Dr. Ellen Hendriksen reveals three reasons we do dumb things <https://www.scientificamerican.com/article/why-we-do-stupid-things/>

Ignorance can be cured with hard work, Only death cures stupidity

Stupid things that have killed or potentially can hurt people.

**This is my personal Number one is a pet peeve!
The TV ads, which claim that they have the cure for aging, tiredness, and improving your health. [According to them they can cure everything!]**

Amazing though they never really give details, and at the bottom of their screen, despite their BS claims there is always this statement:

“These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.”

Legally in the United States they have to put that on the vitamins, minerals and dietary supplements.

Congress defined the term "dietary supplement" in the Dietary Supplement Health and Education Act (DSHEA) of 1994. Thank the Clinton administration whom passed this BS, and unleashed a horde of unhealthy nonsense that now populates the TV screen.

Note that it is illegal for a dietary supplement manufacturer to make any claims stating that their product can treat, prevent or cure a disease. Imply it, yes they do that all the time, but they can't come out and say that directly!

Whatever their form may be, DSHEA places dietary supplements in a special category under the general umbrella of "foods," not drugs, and requires that every supplement be labeled a dietary supplement.

In other words they can LIE and as long as they are NOT specific they can get away with it!

NOTE: This statement - located at the bottom of the screen, is always in SMALL print. Who can read that small shit ... not me, and nobody of the age they are targeting!

Dietary supplements can also be extracts or concentrates that may be found in many forms such as tablets, capsules, softgels, gelcaps, liquids, or powders.

They can also be in other forms, such as a bar, but if they are, information on their label must not represent the product as a conventional food or a sole item of a meal or diet.

2) The Claims is that this "medicine" leaves Doctors stunned.

Really?

Well maybe they are stunned, but it is not because the crap they are selling works, they would be stunned that someone could even begin to believe this garbage.

And there is frequent BS claims about curing or controlling diabetes. This is particularly dangerous because improper managing of your diabetes can create long lasting problems.

3) Vending Machines: Did you know that vending machines kill 13 people a year. These brilliant are killed by the machines by falling on top of them Mostly after someone kicking and/ or punching at them. Can you say Darwin award?

4) Sharks, only kill 10 people a year but **Elephants** kill 600 people a year. hmm yet which are people afraid of?

5) Scarves: In the 1920s, Dancer Isadora Duncan reportedly was a ravishing beauty with a long, slender neck. She also evidently loved wearing long flowing scarves and going for drives in the French countryside.

Unfortunately, that combination of desires proved to be fatal: while sitting in the passenger seat of a sports car, her red scarf blew back and got caught in the rear-wheel axle, snapping her neck and killing her instantly.²

NOTE: Wearing any loose clothing around moving machinery is more than dumb, it is stupid.



6) HEADPHONES

**It's Legal (but Very Dangerous) to Wear Headphones
While Driving in Most States in the U.S.**

Isaiah Otieno, a 23 yr old African student, was out for a walk in British Columbia to mail a letter in May 2008, when he was crushed and killed in a freak accident. A helicopter crashed directly on top of him while he was walking to the mailbox in Cranbrook, BC.

It was reported that he could not hear the helicopter coming because he was wearing headphones and playing loud music. Sometimes it pays to pay attention. ⁴

Other deaths have been blamed on media players like the iPod. For example earlier, in 2007, a boy was killed after a train struck him in Grimsby, Ontario. The boy, who had headphones on at the time, was unable to hear the sounds of the train's horn as it approached, which subsequently struck and killed him. Damn, how loud does your music have to be?

"The average downtown street noise registers at around 60 decibels. A jet plane flying overhead is generally quoted at 120 to 130 decibels.

If you are playing your music loud enough to drown out that level of noise, then you are damaging your hearing," said Geordon Hoag, a Canadian music consultant.

8) SEGWAY: James W. Heselden who had taken charge of the Segway Company. The company is the one that produces those two-wheeled devices, popularized by rude teenagers SOME postal officers and mall cops.

Out for a ride, near his home in England, Heselden accidentally steered his Segway off the cliffs. As the old saying goes, live by the Segway, die by the Segway.... ³

9) DON'T Be your own test pilot: Franz Reichelt, a French tailor, was obsessed with his idea of creating a wearable parachute suit for aviators who might be in danger. He called himself The Flying Tailor, and arranged to have a test run for his invention of the para-suit from atop the Eiffel Tower on Feb. 4, 1912,

He had promised to use a dummy. It turns out he did, in fact, use a dummy – himself. Horrified onlookers watched as he strapped on his para-suit and promptly plunged to his death.

Now today yes we do have para-suits. But those have been designed and tested by engineers and physicists. Reichelt was neither. He was a tailor. The only things that Reichelt, proved were;

- 1) That yes falling from a great height will result in death even if you happen to be wearing one of his custom designed, comfy garments, and
- 2) Stupidity can be life threatening. I only hope he had no kids.

10) What a way to go?

Is this nothing more than a urban legend or was it real? I don't know, but it does make a teaching point. The danger of improper use of prescription drugs.

Two girls bet Sergey Tuganov, a 28-year-old man, \$3000 he couldn't go at it all day in the sack with them. To prove them wrong, the Russian supposedly downed an entire bottle of Viagra and went for it. Twelve hours later, he won the bet... but died of a heart attack. Medics said he most likely died from the quantity of Viagra he had ingested.

The fact is that you really CAN die from improper use of drugs like Viagra. These drugs called Phosphodiesterase 5 (PDE5) inhibitors affect the amount of Nitrous oxygen in your system.

Details of WHY? Actually This is the learning point

People may take PDE5 inhibitors to manage conditions such as erectile dysfunction or pulmonary hypertension.

Risks and side effects

People who are taking nitrate medication should avoid taking PDE5 inhibitors. The combination of both medications can cause a severe decrease in blood pressure, which can potentially be fatal.

In people with pulmonary hypertension, PDE5 inhibitors can help by:

- Controlling blood flow to the arteries in the lungs
- Increasing blood flow to the lungs
- Lowering blood pressure

Some of these drugs are used for a condition called [LUTS]. Lower Urinary Tract symptoms. [This is NOT Erectile Dysfunction, these are symptoms that need to be managed by an actual Urologist.]

List of PDE5 inhibitors on the market.

Various PDE5 inhibitor drugs are available, and people will usually take them in tablet form. In the United States, the following PDE5 inhibitors are available:

- Avanafil (Stendra), to treat erectile dysfunction
- Vardenafil (Levitra), for the treatment of erectile dysfunction
- Tadalafil ([Cialis](#), Adcirca), for the treatment of erectile dysfunction and pulmonary hypertension
- Sildenafil (Viagra, Revatio), to treat erectile dysfunction and pulmonary hypertension

Other PDE5 inhibitors

- Phentolamine (Regitine)
- Yohimbine (Yocon)
- L-arginine

People who are taking nitrate medications for chest or heart issues are at HIGH RISK of possibly FATAL hypotension. These drugs include:

- Nitroglycerin (Nitrostat)
- Isosorbide dinitrate (Dilatrate-SR, Isordil) or Isosorbide Mononitrate (Imdur, Monoket)
- Amyl nitrate, or “poppers”

NOTE: PDE5 inhibitors can also appear in some foods and supplements.

With modern medicine constantly creating new products however the above probably is not a total list!

PDE5 inhibitors can also potentially be harmful to people with certain medical conditions. Therefore Before taking these medications, a person should make their doctor aware if they:

- Have a history of heart attack, severe arrhythmia, or stroke in the last 6 months
- Have hypotension or hypertension
- Have a history of heart failure or angina
- Are currently using alpha-blockers

It is advisable to speak to a doctor before taking ANY substances or supplements that contain PDE5 inhibitors or promise equivalent results to those of PDE5 inhibitor prescription drugs.

11) Drugs - Abuse of PRESCRIPTION Drugs.

Ok we all know enough not to take illegal drugs. Some people even abuse one of the most prescribed and entirely legal drugs in the United States, a drug is called Levothyroxine.

Levothyroxine is a thyroid medicine used to treat hypothyroidism (low thyroid hormone) and is also to treat goiter and enlarged Thyroid. An enlarged Thyroid can be caused by hormone imbalances, radiation treatment, the result of surgery, or due to cancer.

This condition is serious and does need treatment. But that treatment needs to be done by someone that UNDERSTAND the effect AND side effect of prescription medications. Ignoring logic, some people use this drug, for weight loss. The drug is NOT designed nor cleared for that

Apparently, people who just want to shed a few pounds don't even mind that the drug can cause dangerous symptoms like; massively high blood pressure, a racing heart beat, massive headaches, insomnia, irritability, fever, hot flashes, excessive sweating, changes in menstrual periods and hormone imbalance.

Just because it is prescription, does not mean it is safe or that you can use it for other than directed reasons. Yes these are Darwin award candidates!

12) OVERLOADED EXTENSION CORDS

One would think humans would become smarter as home appliances, technology, and education advance. Sadly, that doesn't seem to be the case.

After looking into some of the minor, everyday things people do in majorly idiotic ways, we have to wonder about the future and mankind – and whether we'll have a future at all.

Since 1994, The U.S. Consumer Product Safety Commission (CPSC) has announced 25 recalls involving 2 million extension cords, power strips and surge protectors because they have undersized wires, loose connections, faulty components or improper grounding. That means these cords are DANGEROUS!

The defects in these products can result in fires or pose a shock or electrocution hazard. Most of these substandard cords were sold at discount stores and small retailers for about \$1 to \$7. Most were made in China. Many have no identifying marks or model numbers. Some have counterfeit Underwriters Laboratories (UL) certification labels.

The (CPSC) * came out with an estimate that about 3,300 residential fires originate from extension cords each year. These fires alone kill about 50 people and injure another 270 individuals. The same report also claims that some 4,000 injuries per year treated in emergency rooms are associated with electrical cords. Reading the full report is highly recommended

Ok I shouldn't have to tell you this * but

- ALWAYS look for a certification label from an independent testing lab such as UL (Underwriters Laboratories) or ETL (Electrical Testing Laboratories) on the package and on the product itself. Products with this certification label meet current industry safety standards. For extension cords, look for a permanently attached certification label on the cord near the plug. For power strips and surge protectors, ALWAYS inspect the underside of the casing and make certain that it is marked with the manufacturer's name and the testing lab.
- Use electrical cords, power strips and surge protectors that have polarized plugs with one blade slightly wider the other, or grounded three-pronged plugs. These features reduce the risk of electric shock.

- Use special, heavy-duty extension cords for high wattage appliances such as air conditioners, portable electric heaters and freezers.
- Extension cords used outside should be specifically designed for such use to guard against shock.
- Don't overload cords with too many appliances. Change the cord to a higher-rated one or unplug and relocate appliances to other outlets.

13) Shaakira Dorsey, 2012. This 16 year old was beaten to death by another teenaged girl when Dorsey made fun of the girl for farting. Apparently people in northeast Ohio take farts quite seriously. Be careful who you make fun of.

Sometimes people take themselves way to seriously

14) Bando Mitsugoro VIII was a Japanese Kabuki actor, good enough to be named a "living national treasure" by the Japanese government, a title that became particularly poignant in 1975 when he stupidly killed himself.

On the 16th of January, in 1975, Mitsugoro went to a restaurant with friends and ordered four "fugu livers." These are better known in Western society as "pufferfish liver". The fish are very poisonous and can only be served by certified chiefs.

Seven hours after ingesting the four livers, Mitsugoro was dead. According to the Fugu experts at Wikipedia, the victim of the neurotoxin found in fugu liver "remains fully conscious throughout most of the ordeal, but cannot speak or move due to paralysis". Soon they cannot breathe and subsequently die of asphyxiates.

15) Jennifer Strange: was a 28-year-old woman and a mother of three from California. She lived a perfectly normal life, until she saw a chance to get current hot toy of the year: a Nintendo Wii. Evidently at that time Parents were lining up in the middle of the night to get the things.

In 2007, the radio station KDND 107.9 "The End" held a competition cleverly titled "Hold Your Wee for a Wii," in which participants had to consume copious quantities of water without using the bathroom.

The prize, as you may have guessed, was a Nintendo Wii, and Jennifer Strange felt she needed one of these so badly that she would go against thousands of years of biological imperative and prove that she didn't need to urinate.

Jennifer died of a condition known as "water intoxication", which is caused when vast amounts of liquids are taken into the body and results in a fatal electrolyte imbalance in the brain.

Evidently everybody involved at the radio station was fired. But adding insult to death, Jennifer didn't even win the competition. I would say Darwin award, but she already had kids.

16) Christopher McCandless also known by his self-made nickname "**Alexander Supertramp**. **McCandless** was an American adventurer who sought an increasingly nomadic lifestyle as he grew up.

McCandless whom was later the subject of *Into the Wild*, a nonfiction book by [Jon Krakauer](#) that was later made into a full-length feature film.

After graduating from Emory University in Georgia in 1990, McCandless traveled across North America, and eventually hitchhiked to [Alaska](#) in April 1992. McCandless had a strong contempt for the "empty materialism of American society," and therefore

he took off to live in the wild of Alaska, with little to no food or equipment. As he reportedly claimed, just the way nature intended!

He entered the [Alaskan bush](#) with minimal supplies, hoping to [live simply](#) off the land. There he found an abandoned bus, on the eastern bank of the Sushana River, which he used as a makeshift shelter until his death.

In September, his [decomposing](#) body, weighing only 67 pounds (30 kg), was found inside the bus by a hunter. McCandless's cause of death was officially ruled to be [starvation](#), although the exact circumstances relating to his death remain the subject of some debate

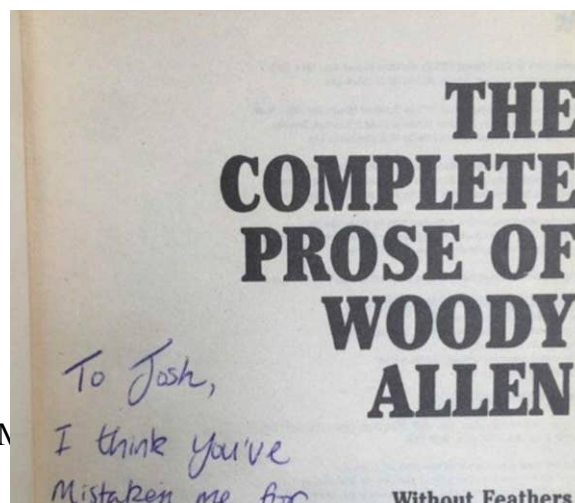
Though the book on McCandless's life, and the movie it spawned, were sympathetic to the situation, many Alaskans believe that he was more than foolish to embark on such a lifestyle without the appropriate skills or equipment, such as a map or compass, or common sense.

Alaskan Park Ranger Peter Christian has said, "When you consider McCandless, from my perspective, you quickly see that what he did wasn't even particularly daring,. He was just stupid, tragic, and inconsiderate.

First off, he spent very little time learning how to actually live in the wild. He arrived at the Stampede Trail without even a map of the area. If he had a good map he could have walked out of his predicament. Essentially, Chris McCandless committed suicide."

17)

JUST PLAIN DUMB



Page 44 of 59

18) Selfies: There is no limit to the stupid narcissism of some people. it is amazing what some people will do to take a photo of themselves that they may or may not later share on their social media profiles.

People around the world, armed with nothing but a smart phone and an unmatched need for attention, have and continue to plunge to their deaths trying to capture an image of themselves that might garner a few likes and faves here and there.

To make matters even more absurd, others love nothing better than to share and like stories about these terrifically stupid and pointless deaths on social media platforms

On an average 12 people succumb to the fatal attraction of selfies each year. How? Car crashes, electrocution, being run over by a train, death by grenade, falling off a cliff, or even falling into an active volcano.

Ok the application for Darwin award is self-evident here.

19) GETTING HIGH IS NOT MEDICAL TREATMENT!

As of 19 May 2022, Warning letters were sent to 5 companies illegally selling products labeled as containing delta-8 tetrahydrocannabinol (delta-8 THC), according to the Food and Drug Administration (FDA).

The term THC commonly refers to the delta-8 THC isomer, which is psychoactive and causes euphoria, [Literally this is POT]. However, THC contains several other isomers

including delta-8 THC, which is approximately 50 to 75% as psychoactive as delta-9 THC.

Cannabidiol (CBD) is different than THC products because CBD products, are non-psychoactive, and HAVE been used to control pain and in some cases seizures. There are no FDA-approved drugs containing delta-8 THC.

The following companies have received warning letters for selling products containing delta-8 THC as unapproved treatments for various medical conditions or for other therapeutic uses:

- [ATLRx Inc.](#)
- [BioMD Plus LLC](#)
- [Delta 8 Hemp](#)
- [Kingdom Harvest LLC](#)
- [M Six Labs Inc.](#)

Some adverse event reports received by the Agency have involved the need for hospitalization or emergency room treatment. National poison control centers have also been seeing an influx of exposure cases related to delta-8 THC products.

“It is extremely troubling that some of the food products are packaged and labeled in ways that may appeal to children.” Said FDA Principal Deputy Commissioner Janet Woodcock, MD

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A teacher told me in front of my class, the Earth was flat when I was in high school.

I had never heard of a flat earther at that time and I remember thinking how this person was supposed to teach us anything.

=====

A friend in high school told me he didn't take the SAT because he heard it's easier the second time.

===

Someone said that Adam and Eve and Christ were white because they had seen pictures.

CHAPTER REFERENCES

1. A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Hell they could contain ground up cockroaches if they want to put that in.

2. <http://www.history.com/this-day-in-history/dancer-isadora-duncan-is-killed-in-car-accident>

3. <https://wheels.blogs.nytimes.com/2010/09/27/segway-owner-dies-in-segway-crash/>

4.

https://en.m.wikinews.org/wiki/Pedestrian,_three_others_killed_in_helicopter_crash_in_British_Columbia

5) About the U.S. CPSC : The U.S. Consumer Product Safety Commission (CPSC) is charged with protecting the public from unreasonable risk of injury or death associated with the use of thousands of types of consumer products. Deaths, injuries, and property damage from consumer product-related incidents cost the nation more than \$1 trillion annually. CPSC's work to ensure the safety of consumer products has contributed to a decline in the rate of injuries associated with consumer products over the past 50 years.

6. <https://www.cpsc.gov/Newsroom/News-Releases/1999/CPSC-Warns-Consumers-About-Faulty-Extension-Cords-Power-Strips-and-Surge-Protectors>

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“One of life’s ironies is that the more honest and vulnerable you are, the more others try to discredit you as a fraud and a fake.”

Dan Pearce, Single Dad Laughing

When the Religious Fall Prey to Fraud

It is scary to think about it but Federal Trade Commission [FTC] Data Shows that the FTC Received 2.2 Million Fraud Reports from Consumers in 2020. YES 2020!

FTC reports say that consumers reported losing more than \$3.3 billion to fraud in 2020, up from \$1.8 billion in 2019. And according to the Federal Trade Commission’s “FTC Fraud Survey,” AND there is an estimated 10.8 percent of adults (25.6 million people) in the U.S. who were victims of fraud.

Now we can not possibly go into the multitude of different types and cases of Fraud but according to the FTC the typical scam is defined as **Affinity Fraud**. "Affinity fraud is a scam that is purported amongst specific members of a group, such as a religious group, community, the elderly, a specific ethnic group, etc."

It would seem to be hard to fathom an individual would hand over their hard earned life savings to someone based solely on blind trust of a con artist. But that is exactly what happens ... Every day!

The heart of the problem is that we are hardwired as humans to be loyal to members of our tribe. Perpetrators are well aware of this and have become sophisticated in capitalizing on this blind trust, appealing to these emotions. Especially in houses of worship.

Affinity “religion” fraud is the most common because so many congregants hold their pastors on a pedestal or trust other members of the congregation. For example, the

pastor of a congregation may easily be able to convince the parishioners that it is a well worth the investment or taint scripture to justify the prosperity gospel. In the religious sector the perpetrator that defrauds, is a member of the group, portrays themselves as trustworthy, and looking out for the best interests of the investor.

Con-men [and women] take advantage of these honest people precisely because they can make themselves appear to be a person, with whom people can have confidence. People fall victim to affinity fraud (white-collar crime) because of trust and friendship.

In addition, younger victims are targeted due to their lack of maturity or lack of financial savviness and the elderly are easy targets due to their willingness to listen to a sales pitch.

Many affinity scams are often in the nature of Ponzi schemes and pyramid schemes where money is given by new investors to pay old investors. This scheme creates an illusion of a legitimate investment with potential financial success. For instance, they typically enlist a respected community, or religious leader(s), and convince persons of the investment rewards.

Because the victims generally are not financially sophisticated, this makes them easy prey. Victims of fraud tend to trust and fall prey to criminals who have or hold their same interest(s) and background(s), including race, ethnicity, and cultural and religious beliefs. Some affinity fraud victims are left penniless, others lose their homes, and some even take their lives, because the loss is just too hard of a burden to bear.

The scary part is that there is no clear profile of today's fraud perpetrator. Several studies indicate that many perpetrators are of usually of low social status that indulge themselves in fake websites, ransom ware and counterfeit goods.

It is interesting to note that a few years ago, a study by Marquet International, a strategic intelligence, consulting firm, identified that affinity fraud had caused losses up to \$50 billion globally. So it is not a problem confined to the USA.

EXAMPLES ²

In an article featured in the *Chicago Tribune* in August 2016, **Nicholas Chervyatiuk**, an Orthodox priest, scammed a former elderly church secretary who suffers from dementia out of \$500,000.

The *Chicago Tribune* reports that the priest allegedly used the money for two restaurants that he operated, in partnership with a convicted drug dealer, for a hair salon and for his rental properties that he owned in Chicago.

Another interesting fact is that a judge overseeing this case ordered a freeze on \$170,000 from the priest's personal account. This, in and of itself, should have been a red flag.

To date, there has yet to be any official charges filed; the Ukrainian Orthodox associates have barred Chervyatiuk from serving as priest and have since removed him as a clergy from the church's list. Suffice it to say he took advantage of the elderly and many would argue that the priest should be convicted.

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In March 2016, a Ponzi scheme case that made headlines in North Carolina occurred when **Ronald McCullough and his business partner David Mayhew** were accused of bilking Christians, for more than three years, out of an estimated 2 million dollars. McCullough and Mayhew formed the shell company called "God's Business Empire D/B/A GB Empire." They used the old adage of quoting scriptures and carrying bibles to circumvent their elaborate "illegitimate" disguise.

Not only did churchgoers fall prey for this; they also convinced several other pastors to allow them to speak to their congregations, in order to help them build wealth.

Several victims met with McCullough during Bible study. They told one victim that his return rate would be high and the promise of his investment doubling seemed like a well-centered deal that he could not refuse. When it was all said and done this victims/investors lost well over \$200,000.

It is incomprehensible how someone can have the gall to use the good name of "God" for a scam. Yet McCullough and Mayhew, both lived lavish lifestyles, drove expensive cars, and indulged in offshore travel.

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Greater Ministries International was an Evangelical Christian ministry that ran a Ponzi scheme taking nearly 500 million dollars from 18,000 people.⁶⁷ Headed by Gerald Payne in Tampa, Florida, the ministry bribed church leaders around the United States.¹ Payne and other church elders promised the church members double their money back in 17 months or fewer, citing Biblical scripture. However, nearly all the money was lost or hidden away. Church leaders received prison sentences ranging from twelve and half years to 27 years.

Their group founded a newspaper, the "Greater Bible College" in Tampa, a line of "Greater Live" herbal remedies, cancer treatments ("We actually pull the cancer right out of your stomach", Payne claimed.), a supplement called "Beta 1, 3rd Glucan" (to survive "end-times plagues",) and plans for "Greater Lands", an independent country (an "Ecclesiastical Domain ... similar to the Vatican") where other governments would have no jurisdiction.

We operate in the Kingdom of Heaven

Greater Ministries International had ties to Stayton, Oregon-based Embassy of Heaven,[8] run by Glen Stoll, which was later closed by the Justice Department.

In 2012, Minnesota state insurance regulators ordered the Embassy of Heaven Church to stop making what the regulators called misrepresentations, using the name "Mutual Assurance", in connection with the sale of insurance in Minnesota. The regulators asserted that a type of auto insurance promoted by the group is bogus, and that the group had no license to sell insurance in Minnesota. Embassy of Heaven spokesman Paul Revere responded, asserting that the group does not sell insurance. Revere was also quoted as saying, "We don't operate in Minnesota. ... We operate in the Kingdom of Heaven. [8]

How do they get away with this?

According to the article "The Optics of Fraud,"³⁴ the reason that victims are unable to face the truth is because they are embarrassed, that the fraudster was able to build an emotional bond and that only those within the group, could share such and would not violate it. Unfortunately that is exactly what did happen.

Many victims often fail to notify law enforcement or pursue legal action and at times they attempt to work things out within the group or with the individual. This instance is a revolving door within the Christian community. Instead of being wary and skeptical, the public appears to be more trusting and gullible.

The FTC's recommendation is that people should be leery of any type of investment solicitation pitch where promises are made on the return of the investment. Be cautious of the fast-talking salesman, who does not allow you to ask questions and where there is a lack of transparency in financial statements.

I think this is good advice for ANY transaction. I reference the old adage: "If it appears too good to be true, it probably is!"

HERE are clear signs and red flags noted by the FTC.

Henceforth, it is important to remember that no matter how naïve the victim's actions may appear, the crime cannot occur if the perpetrator does not initiate contact.

In addition, conducting a solid open-source background check via public records on the individual(s) and company they represent, will never hurt. Rather, it will increase his/her awareness on the many red flags to be leery of. Investors, church parishioners and the like should have continuous education on the nuances of affinity fraud—formal education, webinars, or community outreach settings are key.

Affinity fraud will continue to increase as long as there are congregants to deceive. Is there a solution? Is all of the work in fraud prevention and compliance in vain? No.

If you analyze some of our most dubious affinity fraud scandals, the common denominator is an uneducated public (even the most sophisticated investors were taken in by Madoff. ⁵Look at how other affinity frauds have been perceived. All of them could have been prevented with a little attention to detail.

People tend to rely on trust, word of mouth and recommendations instead of knowledge. It is hopeful that educating the public, investors and the elderly, may make a dent in the culture of deceit and greed.

For additional information on affinity fraud:

- Federal Trade Commission (FTC), **Affinity Fraud**
- Securities and Exchange Commission (SEC), **Affinity Fraud**
- **"Fleeing the Flock,"** The Economist, 2012
- **Stopfraud.gov (Financial Fraud Enforcement Task Force)**
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You're twins? No you're not. You can't be twins if you don't look alike. '

Ma'am we're fraternal.

You're in a fraternity?

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I had a boss who forgot his email password while using his iPad. He got so rustrated that he said I'll just buy another iPad.

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I sat next to a girl who got 40% on our first test. She seemed quite pleased and said that now she only needed to get 40% again to have an average of 80%.

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A girl in my eighth grade geology class once said that the oceans were so polluted because the dirty animals wash themselves in it.

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“If all economists were laid end to end, they would not reach a conclusion.”

George Bernard Shaw

CONCLUSION

In closing I hope that I have gotten you to think about the fact that scam artists have always been with us. That many of the ads that you see on the TV and the Internet are as false as you think they are, and that Stupid things really can kill people.

I also hope you had SOME fun reading this book. Believe me there were many more stories that I could have included ... both past and current but I had to limit to reasonable size. And as I said, in the opening, I tried to stay away from Politics ... that would just be too easy!

I hope that I have raised the bar on why you should be suspicious and why you should think about things BEFORE you do something... look for the down side ... it very well may be there.

Remember the Internet will only be there to laugh at you if you get hurt! So please don't be a candidate for a Darwin award! Remember in the end it is YOU who is responsible for your own safety. You can NOT delegate that to someone else!

Also Please think about what you put into your body YOU are the only you that you have.

Thank you and take care!

Bruce Everett Miller

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