MANWARD letter

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Civil War II: Has America Already Fired Her First Shots?

We Get the Facts... Bust the Myths... And Grade Lady Liberty on Our Brand-New "Gone to Hell" Scale. PLUS: We Reveal the Ticker of a Money-Doubling Company That's at the Center of Your Security

Dear Reader,

Here's a fact you won't see scrolling across the bottom of the nightly news anytime soon.

It worries me... and it says a lot about the current state of our nation, its stock market and its politics.

The fact is **The New York Times Company** (NYT) has been one of the hottest investments of President Trump's two-year tenure.

From the election of the nation's 45th president to the stock's lofty high late last year, the newspaper's investors saw a gain of more than 120%.

The broad market, however, reached its peak nearly a year earlier than the Times... eking out a gain of a little more than 20%.

Clearly, Trump's furor toward the rag of record (or is it the other way around?) has treated the newspaper well.

Doing what few folks have the nose for, I decided to dig deeper. I wanted to see just how good the divided nation has been to the nation's second-largest newspaper.

The news is good... and bad.

Best News Ever

It turns out the "Trump Bump" is the best thing that ever happened to the company. It helped take shares of the once-failing company from penny stock territory in 2008 to a recent high of $28.

The trend puts a lot of pressure on the company to give its subscribers more of what they want.

And it's clear that readers want news of a divided and nasty political landscape.

Thanks to what the company's CEO called "intense interest and anxiety about the election," *The New York Times* saw a surge of 400,000 subscribers more than it expected after Trump got the nation's nod.

With each payer handing over an average of $40 per quarter... it's big money for a company that gets nearly two-thirds of its revenue from subscriptions.

It's clear the company is finally offering its subscribers what they want. And that's the rub of it all.

Those numbers have forced *The New York Times* – and other national rags like it – to become biased... very biased.

In fact, its former Executive Editor Jill Abramson took serious heat last month when she called her old employer "unmistakably anti-Trump." She blamed the kids.

She says today's generation of journalists has come to accept opinions in the headlines.

"The more 'woke' staff thought that urgent times called for urgent measures," Abramson wrote in her new book. "The dangers of Trump's presidency obviated the old standards."

We don't think she's wrong to point her finger in their direction. The point is hard to deny.

But this all goes much deeper than "the kids." And, oddly, the issue is far simpler.

Follow the Money

Again, we remind you of the company's soaring share price.

The owners of the company doubled their money... almost entirely thanks to Trump.

In other words, this news story has nothing to do with storytelling. It's all about money.

As "live by the sword, die by the sword" capitalists, we'd expect nothing else. The days of an "unbiased" media were fun while they lasted.

But now that the internet has changed the shape of news – now that readers can click their mouses and read news that better fits their views – **unbiased reporting is dead**.

There's simply no money in it.

That's trouble. It's what brings us to the ideas, the facts and the grand opportunities detailed in the pages ahead.

As the nation's newspapers, TV outlets and talking heads work to divide the nation in the name of boosting profits, more and more folks are wondering whether the news is actually true.

In other words, they're wondering whether all this divisiveness spells the end of our once-great nation. It's an idea that I've pondered many times. But I never got all that deep into the idea... until now.

In the pages that follow, I go deep into history with my research. I look at where we've been and use that Know-How to ponder where we're going. But most of all, I introduce something brand-new.

It's unlike anything I've ever seen from the mainstream press or anywhere else. I hope to return to my new "Gone to Hell" scale many times over the next few years. **I'm convinced it gives us the very best – and most unbiased – measurement of the true health of our nation.**

After measuring just where our nation stands, I turn my attention to what it means and how we can use the knowledge to our benefit.

In this case, it leads to a stock recommendation that I'm convinced can double your money (or more) over the next 12 to 16 months. It's not a newspaper company – I'm not sure readers would be able to hold their noses tight enough to make that sort of investment – but it does take full advantage of some of the most prominent and promising trends in America right now.

And finally, rounding out the issue, Dr. Phil Roberts reminds us that Know-How isn't all about economics and making money.

Oh no... the same sort of divide-and-conquer logic that infiltrates the nation's politics has gotten its tentacles into the world of medicine. The good doctor does a splendid job of sharing the unbiased truth.

It's must-know Know-How.

The bottom line is clear.

The truth is tough to find these days. And it's having serious consequences on the political, economic and physical health of America.

Facts are hard to come by. But you'll find plenty in the pages ahead.

Please enjoy,

Andy

Gone to Hell

Our Five-Point Test of Lady Liberty's Strength

We went on a hike recently. It's what helps us think. One of our favorite local trails winds along the muddy shores of a lake. Along the way it treads up and down several tree-lined hillsides.

About a mile down the trail, a small set of steps is cut into a steep bank. The weeds and grass nearly cover it in the summer. But if you know where to look, the path isn't hard to find. It's worth the effort.

The steps lead to about two dozen old, weather-worn headstones. Some are written in German. Others are impossible to read.

But all tell a story.

The oldest of the lot marks the final resting place for a man who was born in 1711. Three centuries of pouring rain, drifting snow, sleet and hail have dulled the edges of his gravestone. Anything that was once chiseled clean and sharp on the slab of granite is now round and smooth.

Time has made its mark.

For the 18th century, the man lived a long life. He saw his land colonized. He saw its reign spread. And, just two years prior to being buried where we stood, he saw it claim its independence.

Oh, what his eyes must have seen.

Buried a few yards away is another man, apparently a doctor and a veteran. His headstone was inscribed with dates that came a century later and was accompanied by an American flag.

We wondered if the doc had seen time in the Civil War. The bloody battle of Gettysburg took place just a few dozen miles down the road.

But even if he had grown too old to fight, he surely saw his fellow countrymen marching to battle.

After all, the abandoned road that winds by the cemetery was once used by raiding Confederates. Oh, what his ears must have heard.

As we pondered the lives, the fears, the joys and the pain of the folks eternally resting beneath us, we couldn't help but read the gravestones as if they were chapters in the life of our nation.

From birth to its awkward and painful puberty to... what?

Will our own gravestone one day be looked upon by a generation far down the line that wonders just what it was that we saw and heard as a great nation went bust?

We can't tell for sure. **Our divided nation may soon have a grave marker of its own.** Or, the better case, its divides may simply be spread open like the hands of a clock.

With time... they'll come back together.

Nobody knows for sure. But only the ignorant would dare not to ponder the idea.

Is America in her final hours?

Historically Speaking...

Let's scratch our heads and do some thinking.

First, we must understand what made America great. It's not hard to see where we stood out.

As our founders wandered here from Europe, they floated over prime fishing grounds and eventually stepped onto pristine dirt.

As the pioneers and religious refugees spread up and down the east coast, they settled around easily defensible ports that connected them with their homelands. Food was abundant and, thanks to huge untouched forests, shelter was easy to build.

Things certainly weren't easy, but the requisite ingredients for a superpower were all there.

But it's not the Atlantic coast that made America great.

No. It's what lay to the west that has convinced so many folks that God personally blessed the land.

With each powerful push west, the nation got luckier and luckier.

Vast stands of timber... then coal... then rich and fertile prairie... then minerals by the bucketload... and then another ocean and a clear window to the other side of the world.

Few other countries have ever had so much.

It's no wonder that, with so many resources, America quickly became the financial center of the world. Money flows where it's treated best... and during the nation's first century, few folks had trouble turning a dollar into two.

With few regulations and virtually no government to slow it down, Adam Smith's invisible hand of the free market (first penned about in 1776) was quite busy.

The 1800s saw a railroad span the country... two dozen new states become part of the union... and an industrial revolution arise that seemed to instantly push the new nation from the Stone Age into the modern age.

With lots of sovereign states looking to take what America had, war did a fine job of keeping the nation together.

Surely the man born in 1711 got along well with his neighbors. They had much in common and plenty to fight for.

America's (Un)Civil Wars

But for the doc who died in 1873, well, things may not have been so grand.

He left this world just as Mark Twain penned his famous work called *The Gilded Age*. As if the Civil War weren't enough to divide the nation, the iconic author put a spotlight on the divide between the social classes.

On one side were the crooked politicians and their cronies in the business world living on the finer cuts of meat. As the government grew and as America rebuilt, business was good.

The trusts that would enshrine the names of so many American business icons were still decades away from being busted.

But on the other side of the divide were the poor and the abused labor class. For them, just getting the scraps left over from the "captains of industry" was good enough.

By the time the 20th century rolled around, the lower class was big enough to become a force of its own.

The "progressive era" was born.

The pendulum swung hard.

Many folks uttered the word "socialist" for the first time. In fact, during the election of 1912, the socialist candidate grabbed nearly a million votes.

If it weren't for the First World War, it's hard to say just how far the pendulum would have swung.

But between that war, a massive economic depression and World War II, the nation's people didn't have much reason to fight amongst themselves. America's enemies – physical and monetary – kept them quite busy.

The headstones of the folks from the Greatest Generation memorialize quite a tale.

One of the most revered traits, however, is the notion that neighbor cared for neighbor.

The 1940s and '50s treated this nation much the same as the 1840s and '50s.

Times were good, and the nation was expanding.

But today, we can't help but get out of the way as the pendulum swooshes by once again.

Political divisiveness is at an all-time high.

These days neighbors spit on neighbors... once again because of what they look like, who they pray to or who they vote for.

In fact, it seems as though the voids between us all are the only things holding us together.

Civil War II

When they look at the state of our nation's politics, the mistakes of our leaders and the wariness of Americans toward our government, it's hard for some folks not to see all of it coming together in a nasty war of American vs. American.

In fact, when a handful of top national security experts were recently asked to estimate the chances of a second Civil War, the consensus was scary.

The odds, they say, are more than 1 in 3. One even gave it a 95% probability.

But here's why they're wrong...

It sounds counterintuitive, but the nation is too divided to fight.

We're not looking at states fighting states.

New York won't send all of its able-bodied men to fight the troops from Georgia. Instead, as we said, it's neighbor versus neighbor.

In many ways, that's much scarier.

It reminds us of the long-lasting turmoil we've seen in so many of the nations Washington has worked to police.

If we use countries like Iraq, Afghanistan and Syria as a model, we can get an educated glimpse at just where things may be headed for America.

Studying history and what have long been proven indicators of the health or fragility of a nation, we've created a five-point grading system – one we've dubbed the "Gone to Hell" scale.

How Bad Is It?

Because when a government goes, so does the nation, we designed the scale to measure the effectiveness and ability of the government to do its job.

The criteria – graded A through F – are straightforward:

1. A general tendency to adhere to the nation's laws
2. Health of education system
3. Social safety nets
4. Self-defense
5. Taxation of rich vs. poor.

Let me show you how it all comes together...

No. 1: The Rule of Law

With a background in law enforcement, we've got rich experience with the first criterion.

It doesn't get nearly enough intellectual attention.

Certainly it's an idea too deep to be covered by the mainstream media... and yet it deserves much of the blame.

Take the nation's current immigration battle, for instance.

It's an utter mess... filled with lies, myths, distrust and, worse, flat-out ignorance of the law.

Both sides are guilty.

On one side, the law is disliked and therefore ignored.

The term "undocumented immigrant" has been created to sound a bit more politically palatable than the official legal term "illegal alien."

This twist of words has worked.

Hundreds of thousands of Americans now support "sanctuaries" that are little more than areas of the country where federal law is not enforced. If that sounds like a threat to the health of a nation... that's because it is.

But the other side of the argument is equally guilty. It, too, is enforcing the laws it likes and ignoring those it doesn't.

In November, for example, President Trump announced new rules to refuse asylum to anybody who entered the country illegally.

His decree was quickly slapped down by the courts, which accurately claimed the president was illegally rewriting current law to fit his own agenda.

That's dangerous... no matter which side of the aisle you walk on.

Of course, this is just one example of the waning power of the nation's laws. We could point to pages of examples... ranging from environmental laws that are shoved aside to states ignoring federal drug laws.

We even heard one person justify speeding through the streets of Baltimore by saying, "I'm not worried. The police have bigger things to do."

Bottom line, once a nation's laws are ineffective... the nation is ineffective.

"Gone to Hell" Grade B-

But the grade is falling fast.

No. 2: How Smart We Is

Perhaps we can blame the health of America's education system for her lawlessness. After all, if it weren't for immigration, we'd hate to see the state of our schools.

What?!

It's now a fact that international students outnumber Americans in many of the nation's leading programs.

For example, some 70% of graduate students in electrical engineering were born somewhere else. The number stands at 63% for computer science majors and 60% for industrial engineers.

The problem isn't with our schools or our students. It's with how we pay for it all.

More and more American students are realizing graduate studies aren't worth the price. Sure they'd come out with an advanced degree, but they'd also be hitched to debt that would take decades to pay off.

For most international students, though, the ride through college is free... paid for by their governments back home.

Funding our colleges is a huge problem. It's one that will either bankrupt us... or make us too dumb to care (I expect the former).

But it's not just our colleges and universities that are in trouble. Yep, our grade schools are showing big signs of trouble, too.

Take, for example, recent studies that show math and reading skills rapidly deteriorating across the country.

The Progress in International Reading Literacy Study is designed to track the abilities of same-age students across 58 countries.

The news isn't good for American kids.

Fourth graders, on average, have worse reading skills than they did five years ago. In fact, as a nation, we've fallen from sixth to 15th place across the globe.

It's the same story with math skills. We're slipping... fast.

When the test began in 2000, America was right in the middle of things. By 2012, though, scores started to drop.

And now we're in far worse shape – ranked near the very bottom of the world's 35 most-developed nations.

Indeed, when it comes to education in America, we're failing. Anything but the best is trouble for a nation that wants to be the world's superpower.

"Gone to Hell" Grade F

Don't worry... most kids these days are used to it.

No. 3: Catching the Fallen

As our education system slips, it's a good thing we have a strong social safety net.

It's true that even the poorest Americans are better off than so many of our global brethren. But a nation doesn't rise and fall based on the health of her neighbors. She survives only when her people let her survive. And for that to happen, those people must feel secure.

Despite massive waste and a system that the majority of folks seem to be locked into these days, America is not the top spender when it comes to social welfare.

Our oh-so-progressive pals in Europe win that title.

In fact, while America spends about 19% of its GDP on its social welfare programs, France spends close to 32% and Germany spends more than 25%. (See chart in Appendix.)

But have no fear... Washington plans to win this spending battle. While many European countries are quickly learning of the fiscal pain that comes from a "free money for all" mentality, Washington is quickly ramping up its vote-buying social welfare spending.

In 1976, for example, government "transfers" averaged \$3,564 per person. That means the average person received more than three grand worth of today's dollars in benefits paid for by Uncle Sam. By 1999, the figure rose to \$5,298. And today... it's soared to more than \$8,567.

You can blame (or credit) food stamps, tax credits, health subsidies and extended unemployment benefits for the rapid increase.

While this spending will certainly have an impact on America's finances, that's not what we're measuring here.

We're simply looking to see how folks feel about their financial security in America. And few folks feel the government will let them starve to death.

"Gone to Hell" Grade B

We're doing okay. But the folks in Europe have a much cushier net (despite some growing holes).

No. 4: Defending Her Citizens

Washington has always had a habit of spending money it doesn't have on safety and defense. But most folks are surprised that our defense spending is a fraction of what we spend on programs for the poor and needy each year.

Depending on whom you ask, the U.S. spends between 3.5% (NATO's figure) and 4.2% (Trump's figure) of its GDP on defense spending. It's about $623 billion each year.

It's enough to give us the biggest and most advanced military in the world.

But more and more folks are wondering whether it's enough to keep us safe.

After all, it's been a long time since America could stand up and say it definitively "won" a war. In fact, we'd argue that war no longer solves problems. It merely monetizes them. No doubt, war is a different beast today than it was a century ago.

Sure, aircraft carriers and bunker-busting bombs keep our allies our allies... but our enemies today don't find them quite as deterring.

After all, most experts are convinced the next big battle won't be fought with missiles and bombs but with the digital ones and zeros that make the world spin these days.

Nobody knows how Washington will handle a cyberattack. But most experts agree we don't want to find out.

In fact, one test sponsored recently by the Government Accountability Office found some pretty bad news. In one system it checked out, it said, "It took a two-person test team just one hour to gain initial access to a weapon system and one day to gain full control of the system they were testing."

That's not good... especially if they were two of the mediocre students put out by our lackluster schools.

In another example, government-paid hackers were able to get into computer terminals using "simple tools and techniques" to see what users were doing and seeing. In one instance, the team scrolled a message across defense-administration computers instructing users to "insert two quarters to continue operating."

That, too, isn't good.

"Gone to Hell" Grade D+

Fortunately, most citizens are still ignorant of our real threats and feel protected. Once that veil is broken, however, trouble will erupt.

No. 5: The Tax Gap

Finally, we come to the topic that seems to say it all. It's what divides so many. It exposes the liars and the cheats. And it's what drives an entire industry.

America's tax system is a mess. On paper, the nation taxes her richest at a rate of 37%. But even the poor soul living under a bridge knows the figure is a farce.

Thanks to loopholes, special deals and flat-out lack of enforcement (see the first criterion mentioned), the nation's best-off pay far less. As Warren Buffett has infamously claimed, he pays a lower tax rate than his secretary.

History from ancient Rome to modern Russia shows that as the gap between the rich and the poor widens (no matter the actual dollars changing hands), it's hell on a government and the nation it represents. That's because it's one of the clearest signs of crony capitalism and political perversion.

Just ask Jeff Bezos and his company's $3 billion worth of tax breaks – tax breaks that many experts say have no chance of ever paying off for the citizens funding them.

And then ask the average Amazon warehouse employee. Those folks aren't happy... and their votes will show it.

Indeed, when it comes to the massive gap in how this nation taxes its middle class versus its highest class, America is in sad shape.

"Gone to Hell" Grade F

Even with that failing grade and several others, we come to an average grade for our "Gone to Hell" measure of about **C-**.

And that feels about right. The nation's pissed. It knows things are broken. But the ideas on how to fix it are thoroughly divided.

Overall, it's fair news for the health of our country. It means today's gravestones likely won't mark the end of something... just another tumultuous chapter in the nation's history books.

But we're on the brink. A swift move in either direction will be decisive.

We'll update our grades again this time next year.

In the meantime, we beg readers to watch the nightly news and read their local newspapers with these five criteria in mind.

It's the very best way to get to the truth... and to understand what's really happening in our country.

THIS MONTH'S STOCK PICK

Andy Snyder has made his followers rich. After leaving one of the nation's leading brokerages, Andy decided to take his wealth-exploding advice to the masses. Using his nearly two decades in the investing business, he provides clear and easy-to-follow guidance on the best stocks to invest in each month in Manward Letter.

Take Advantage of This $4.5 Billion Gift From Uncle Sam

As an investor, I spend a lot of time searching for patterns.

When nearly all stocks are headed in the same direction, finding any worthwhile pattern is quite tough.

Everything appears to be doing the same thing.

But when the trend stops... when the herd stops running... finally we can see which animals are healthy and which were being pushed along by the crowd's momentum.

Each month, we hop online for a video call with our *Manward Trader* subscribers. I go through the market's action, look at some of the finer details of our recent trades and take an in-depth look at the moneymaking trends I'm seeing.

In one recent call – which took place on a day with a particularly strong market downturn – I made a bit of a joke. I laughed because it was quite ironic that at the same time as the markets were fretting over a government shutdown, the Fed's decision to raise interest rates and Trump's trade war with China... our defense sector play was holding strong and putting some hefty gains in our pockets.

The government giveth... and the government taketh.

But it was quite clear that as the market dipped and the herd lost its momentum, only the strongest kept going.

And these days, the most reliable and strongest companies are those that get their dollars from Uncle Sam.

Not only will that trend continue, but it's about to get a whole lot stronger.

Free Money!

It will happen for two key reasons.

The first reason I've already mentioned in this issue.

America is way behind in her defense of key cyberspace assets. We're highly vulnerable to an attack from our eastern enemies, and the risks are growing by the day.

What our enemies could do once inside our critical defense systems is quite obvious.

It'd be trouble... big trouble.

But what most folks fail to realize is what these nefarious computer warriors are aiming for is much bigger.

They threaten to destroy our entire economy... sending us all the way back to the 1970s.

Get this... A 2015 study by the Atlantic Council and University of Denver revealed that under some models, the costs of cyber insecurity have the potential to knock $90 trillion off global GDP by 2030.

That number is tough to wrap our heads around, so think of it this way... the price to defend against cyber threats is getting so large, some experts now believe the costs of the web could outweigh its benefits.

That's a very big, very scary idea.

And it's one we can bet the folks in Washington and especially the Pentagon are willing to throw big money at.

In fact, we're already seeing it.

When Trump's new budget went into effect last October, it officially funded the brand-new Office of Cybersecurity, Energy Security and Emergency Response. It's the first step in what is sure to be a long march toward boosting Washington's security efforts.

Rumor has it that the agency's $100 million budget is a paltry figure compared with what's to come.

The second reason we're going to see more money thrown in the defense industry's direction is the fact that Democrats have now taken a big hold in Congress and are promising to unleash an economy-boosting spending plan that rivals the sort of boost we saw during Obama's early years in office.

Defending Your Portfolio

Many Democrats are already on board with a proposed $1 trillion infrastructure plan (which includes big money for cybersecurity), and even the most hawkish of budget cutters agree the nation's defense spending should grow.

With growing threats and Washington excited to buy some votes through big spending, it makes perfect sense to invest in a leading cyber defense contractor.

One company is already taking full advantage of the trend and is poised to rake in much of the industry's future growth. **CACI International** (CACI) is a leading defense, intelligence and homeland security contractor.

But don't think of CACI as a competitor with big defense players like Lockheed or Boeing. The company doesn't make bombs, planes or other high-tech weaponry.

No. It delivers the products and services that keep the Department of Defense up and running.

For example, through the Defense Agencies Initiative, the company provides the ultra-secure financial system that ensures the Pentagon's money gets where it belongs.

Under its Single Supply Solution program, CACI is at the forefront of the Navy's supply systems command. It makes sure things get where they need to go. And thanks to the company's ultra-secure technology, CACI ensures Washington's intelligence community's financial operations are secure and covert.

But it's not all ho-hum financial and organizational assets the company is protecting.

No, its newly expanded digital offerings are helping our soldiers detect and defend against electronic warfare... searching for enemy drones, cell signals and, of course, online threats.

The list goes on. **CACI sees some $4.5 billion in annual sales each year, and most of it comes from Washington.**

With the current spending projections from Washington and CACI's aggressive acquisition strategy, it's easy to see why I'm so optimistic about the company's sales growth. Contracts continue to get bigger, longer and more lucrative.

Take, for example, the huge $12.1 billion nine-year contract CACI recently won a lead role in. Through the program, CACI will provide a wide range of tech solutions for the Army, including cybersecurity and network protection.

It's proof that the Pentagon finally realizes its current setup is weak and inadequate... so it's investing in a very big way.

These sorts of contracts, which are now making headlines monthly, if not weekly, will propel the company forward and send its share price higher.

Thanks to Wall Street's end-of-year bear attack and Washington's stubborn closure last month, we have a shot at getting shares of CACI at prices investors haven't seen in nearly a year.

It's a rare gift... and a prime opportunity to invest in one of the strongest, most reliable trends in the American economy.

Let's take full advantage of it and add a rock-solid company to our Everyman Portfolio.

If a single company is going to boost America's defense grade... this is it.

Action to Take: Buy shares of **CACI International** (NYSE: CACI) at market. When you do, immediately enter a 25% trailing stop.

Dr. Phil Roberts is a renowned and sought-after expert in anti-aging functional and regenerative medicine and is board-certified in emergency medicine. He shares his insights each month on our healthcare system, patient care and how to achieve optimal health.

The Scary Link Between Your Blood Pressure and Cancer

By Dr. Phil Roberts, MD

In the past two years, new guidelines from the American Academy of Family Physicians and American Heart Association have emerged for healthy blood pressure. Considering 75 million Americans are affected by high blood pressure, the changes have far-reaching – and potentially deadly – consequences.

Odds are many of you see both a family physician and a cardio specialist. So it's important to understand these two types of doctors have different goals for your blood pressure. Let's first look at what each side considers normal blood pressure versus hypertension (high blood pressure) in senior adults. Then we can dive into some Know-How that can help you stay healthy and safe.

How Low Can You Go?

Physicians want to see blood pressure readings at 140 mmHg or lower. Anything above 150 mmHg must be treated. Conversely, cardiologists recommend treatment if your blood pressure is above 130 mmHg. **That 10 mmHg can be a big deal – and can mean the difference between taking drugs or not.** Obviously every patient is different... different heights, weights, medical problems, stress levels and backgrounds.

A slightly higher recommended blood pressure level helps avoid hypotension (low blood pressure) and syncope (fainting and dizziness). In turn, this helps reduce the incidence of falls, fractures and other bad injuries. Blood pressure that's lower than 130 mmHg, however, lowers the risk of major cardiovascular disease events by about 5.9 instances per 100 individuals.

Side Effects May Be Deadly

Most physicians will attempt to lower blood pressure with medication. These medications often work by blocking a critical pathway in the body and aren't without serious side effects. Two major classes of blood pressure medications are ACE inhibitors (angiotensin-converting enzyme inhibitors) and calcium channel blockers.

ACE inhibitors deplete zinc and sodium, which can lead to loss of smell and taste, sexual dysfunction, and weakness. Calcium channel blockers deplete potassium, which can lead to muscle weakness, fatigue and an irregular heartbeat.

But here's what's most concerning if you take these types of blood pressure medications...

They both may be associated with a dramatic increase in cancer risk.

ACE inhibitors, according to the medical journal *BMJ*, result in a 14% increased rate of lung cancer when taken for five years compared with angiotensin receptor blockers (another class of blood pressure medication). The risk increases to 31% if the inhibitor is taken for 10 years or more.

Significantly, the research studied more than **1 million** individuals. But there's more.

The Women's Health Initiative study looked at more than 145,000 postmenopausal women ages 50 to 79. It found that those who used short-acting calcium channel drugs versus those not on hypertensive medication had a 66% higher incidence of pancreatic cancer if on them for less than three years.

For those taking the medication for more than three years, it shot up to **107%**.

While this information is extremely concerning, it is also incredibly important.

These studies prove patients need to ask their physicians for other ways to deal with hypertension. Why take the risk if there are other options or medications available?

But with all that said, I can't stress this enough... Please do not stop taking prescribed medications on your own. Work with your team of physicians to improve your blood pressure. Many people need to manage blood pressure with medication in order to prevent serious medical events like heart attack, stroke and renal failure.

Simple Changes You Can Make

If you are on one of the medications I mentioned, request that your physician change it to another one.

Do not fall for the fallacy that you can take ACE inhibitors for five years before they do any harm. Cancers often grow for five to seven years or longer before they are detected. Why take the risk?

In the November 2018 issue, I talked about the principles of IN, OUT and AWAY. Refer to that essay for the good things to put in your body and the bad things to stay away from. (There's a link in the Appendix at the end of this issue.)

If you have hypertension, talk to your functional physician about magnesium, arginine, potassium salt and other ways to lower blood pressure. Have them assist you in getting your hormones balanced, nutrients replaced and weight on track. If you're under 200 pounds, hydrate with clean, filtered water. (Divide your weight by 2, and drink that amount in ounces of water per day.) Just be sure not to do this if you have congestive heart failure or kidney disease or if your physician has put you on a fluid-restricted diet.

This one's a no-brainer: Create and start a doctor-approved stretching and exercise program.

And finally, buy your own Omron blood pressure cuff. Record your blood pressure, and take the results to your physician appointments. Most folks have 5 to 10 mmHg higher blood pressure at the doctor's office. While all of these steps will have a positive impact, this final step alone may eliminate the need for medication.

Consider all of my suggestions carefully. They may not all apply to your unique situation. But having the right Know-How when it comes to your blood pressure will help you make the best decisions to live your life optimally. ■

The Everyman Portfolio

Company/Symbol	Rec. Date	Rec. Price	Curr. Price	Rating	Trailing Stop	Total Gains
Assurant Inc. (NYSE: AIZ)	Apr-17	$95.11	$94.50	Buy	$81.78	-0.64%
Braskem S.A. (NYSE: BAK)	Mar-18	$29.10	$25.91	Buy	$22.49	-10.96%
CACI International (NYSE: CACI)	**Feb-19**	**New**	**New**	**Buy**	**25%**	**New**
Constellation Brands (NYSE: STZ)	Dec-18	$193.21	$160.53	Buy	$143.38	-16.91%
Golub Capital BDC (Nasdaq: GBDC)	May-18	$17.96	$17.60	Buy	$13.91	-2.00%
ProShares Short FTSE China 50 ETF (NYSE: YXI)	Jan-19	$21.42	$20.45	Buy	$16.06	-4.53%
ResMed Inc. (NYSE: RMD)	Oct-17	$76.53	$115.67	Buy	$86.75	51.14%
Waste Management Inc. (NYSE: WM)	Apr-17	$72.84	$93.78	Buy	$79.69	28.75%

The Own What You Know Portfolio

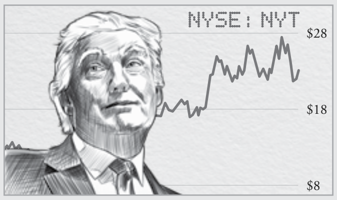
Company/Symbol	Rec. Date	Rec. Price	Curr. Price	Rating	Trailing Stop	Total Gains
Alamo Group (NYSE: ALG)	Oct-18	$90.33	$81.95	Buy	$69.74	-9.28%
Copart (NYSE: CPRT)	Nov-18	$50.30	$49.36	Buy	$38.81	-1.87%
Home Depot (NYSE: HD)	May-17	$154.95	$161.37*	**Sell**	**Sell**	4.14%*
Visa (NYSE: V)	Sep-18	$147.80	$137.34	Buy	$112.89	-7.08%

* Based on Official Sell Date

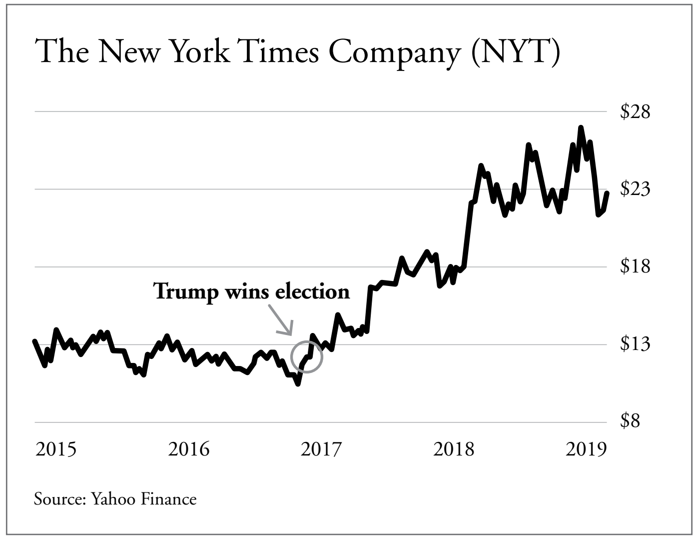
as of 1/16/19

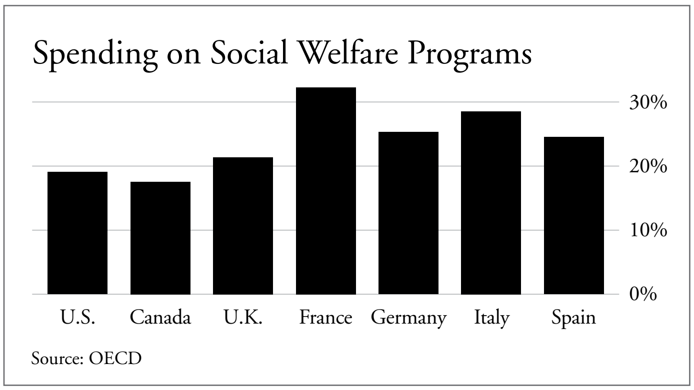
Appendix

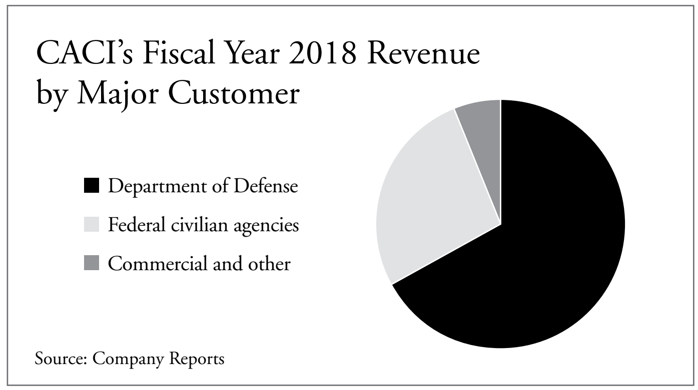
About the cover image:



Trump's influence over the mainstream media is downright scary. There's a new report out showing that 90% of all media coverage of Trump is negative... while at the same time media organizations are enjoying record profits and growth. Clearly, picking apart Trump's tweets is an effective business model... but it means most Americans aren't getting the true story of how the government's impacting their Liberty. Our mission to get at the truth grows more critical every day.







Further Reading

"Hey, That Hurts! A Closer Look at Two Routine Blood Tests," Dr. Phil Roberts, MD, *Manward Letter*, Nov. 2018: https://manwardpress.com/manward-letter/letter-issues/november-2018/

"How Do American Students Compare to Their International Peers?" *The Atlantic*: https://www.theatlantic.com/education/archive/2016/12/how-do-american-students-compare-to-their-international-peers/509834/

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"Spending for success on cyber defence," NATO Review: https://www.nato.int/docu/review/2017/also-in-2017/nato-priority-spending-success-cyber-defence/en/index.htm

"A Lack of Cybersecurity Funding and Expertise Threatens U.S. Infrastructure," *Forbes*: https://www.forbes.com/sites/ellistalton/2018/04/23/the-u-s-governments-lack-of-cybersecurity-expertise-threatens-our-infrastructure/