

FREE
Issue #61
2025-12

People
Powered
Press

Nova Scotia RCMP Veterans Targeted by Canada’s MAiD Program

By Kelsi Sheren | kelsisherensubstack.com

I just received an email from a retired member of the RCMP:

“I served for 32 years on the West Coast and retired in 2019. As a Christian and a retired member of the RCMP, I wanted to share this with you. I’m trying to wrap my head around this shocking email. I’m shocked it’s come to this.”—L.K.

On November 20th, an email quietly dropped into the inboxes of Nova Scotia RCMP veterans. Standard, polite and in true Canadian fashion, formal and sanitized. This was no mistake; this wasn’t information. This was something different.

This was grooming.

Yes, I said it. Grooming—coercion.

The “opportunity” was a “Medical Assistance in Dying (MAiD) Program in Nova Scotia.”

This is a **state-aligned institution normalizing death as a service** to the very people they already failed to support in life. This was an information session, to “educate” veterans whose rates of PTSD and suicidality were already sky high, as to how they can apply or use MAiD.

The invited speaker? **Dr. Gordon Gubitz**

Location? None other than a place of worship, a church hall.

The target audience? VETERANS.

This is what I’ve been talking about. Welcome to the soft-coercive stage of Canada’s MAiD regime.

Let’s meet Dr. Gordon Gubitz. The same Dr. Gubitz, who is a MAiD assessor and provider (killer), is the Clinical Lead for MAiD in Nova Scotia, which means MAiD is not only his passion, but he spends his work focused on ending lives.

This “doctor” sits on the board of CAMAP—the Canadian Association of MAiD Assessors and Providers—the pro-death organization that creates all the pathways for Canadians to be killed while manipulating the court systems in their favour. More death to them is the goal.

This “doctor” helped write the national MAiD curriculum and trains doctors on how to present MAiD as

a “care option.” This guy is literally a death pusher and peddler of the dark.

Think of him as the drug dealer for death.

They didn’t invite a trauma specialist. They didn’t invite a palliative expert. They didn’t invite a police

munity. It’s dressed up like Christmas cookies in a church hall, framed as loving “support” being held by one of the most prolific death pushers in the game.

Simply funnelling veterans into the system one “information session” at a time. Like cattle through the gates of hell, with CAMAP waiting in the shadows. This time not with a bold gun—they would see that as “too humane”—but with a pen, a checklist, a needle and a paralytic.

Canada already proved it’s willing to dangle MAiD (assisted suicide, murder, early death) in front of struggling veterans. I helped break these stories and bring our veterans’ stories to the masses. I’m interviewing more by the day, who’ve been offered death over life illegally.

Veterans Affairs Canada (VAC) employees got caught offering MAiD to veterans who never asked for it, including one veteran trying to get a wheelchair ramp—my friend Christine.

So do me a favour, spare us the “this is innocent” act.

Veterans have been coerced before, and it’s happening again right in front of your faces. Now

the RCMP Veterans’ Association is rolling out the red carpet for the prevailers of death. The dark ones who feed on the souls of those who couldn’t bear to take another breath.

This is not an “opportunity.”

This is a sales pitch.

And the product is your death.

People keep asking me why veterans are being targeted: Because they’re the perfect targets, don’t you see?

Veterans, on the daily, are dealing with chronic pain, combat trauma, moral injury, sanctuary trauma, disability, suicidality, lack of services, financial strain, bureaucratic obstruction, and **the government doesn’t just know it; it caused it, and it supports it**, and so do the MAiD, pro-death cult architects.

The MAiD lobby knows veterans are “high-yield” candidates, and not because they want to die, but because the system has already worn them down, like

See ‘Early Exit Offered’ p.2



mental-health advocate. They didn’t invite a mental health expert. They didn’t invite a doctor who looks at psychedelic-assisted therapy.

They didn’t invite hope. They only invited death.

Nova Scotia RCMP veterans invited a man whose job is to facilitate, provide and promote nothing but death, and whose organization teaches clinicians how to introduce MAiD (assisted SUICIDE) to patients who didn’t ask for it, bring it up or want it in their life.

Let me explain something: If you’re a veteran dealing with PTSD, chronic pain, TBI, disability, or bureaucracy-induced despair, this isn’t “education.”

This is targeted psychological pressure.

Coercion, CAMAP and Dying with Dignity’s claim to fame.

No one will say the words out loud. No one will write “we think some of you should consider dying.”

They don’t need to, when just dangling the carrot is good enough to get the job done.

Coercion today is subtle, normalized in the com-

Advertisement

FREEDOM HEALTH

The highest quality & most trusted Ivermectin in Canada since 2021

SHOP NOW | www.healthfreedom.is

DECEMBER Offer

FREE SHIPPING
ON ORDERS \$400 +

DRUTHERS’ READERS CAN USE **COUPON CODE: DRUTHERS10** TO RECEIVE A \$10 DISCOUNT ON YOUR FIRST ORDER!

**cannot be used in combination with other discounts

Early Exit Offered

Continued from p.1

water slowly dripping over the rocks.

The Liberal government just cut OVER 4 BILLION dollars in care for veterans. Veterans aren’t being shown the full picture; they aren’t given any hope. They’re being shown the early exit. What we call in some circles, being shown the path to “self-selection.”

This RCMP veteran’s email is a soft-touch version of coercion if I’ve ever seen one:

“We’re not telling you to choose MAiD... we’re just putting the idea on the table, in a friendly community space, with a trusted expert who helps design the national MAiD system.” Whose job is to provide you with all the pathways to wanting to kill yourself.

That’s how you manipulate a vulnerable population without leaving fingerprints.

Dr. Gubitz isn’t neutral. **He is the system.**

Gubitz isn’t walking into that church as an independent medical educator.

He is walking in as the clinical gatekeeper for MAiD in Nova Scotia, i.e., HELL. He’s nothing more than one of the ideological engines behind national MAiD training. A CAMAP insider, the organization pushing to expand and normalize MAiD (assisted SUICIDE) at every level of “health-care,” if you can even call it that anymore. CAMAP literally publishes guidance on how clinicians should bring up MAiD as a care option. Not reactively. Proactively.

When you pair a vulnerable group with a man trained to present MAiD as “equitable access,” your “information session” becomes a recruitment funnel.

How is everyone okay with this?

You are directly influencing and priming veterans for death under the banner of “support.” It’s an illusion, it’s predatory behaviour! It’s not informed consent in any way. It’s manipulation.

And holding it in a church? That’s strategic psychological laundering.



RCMP Veterans' Association, NOVA SCOTIA DIVISION

c/o Communications Director, email: novascotia.communicationsdir@rcmpva.org

Mailstop # H-025, 80 Garland Ave.

Dartmouth, NS B3B 0J8

Date: November 20, 2025

Subject: MAiD Program in Nova Scotia

The Nova Scotia RCMP Veterans' Association Support and Advocacy Committee wishes to share this invitation with the membership and all interested:

The Nova Scotia RCMP Veterans' Association has been advised of an opportunity for the membership to attend a free presentation that may interest many. No registration is required. Accessible location with parking.

Details as follows:

St. John the Evangelist Anglican Church Parish is hosting a guest speaker presentation on Medical Assistance in Dying (MAiD). It will be open to the public at no cost. Please share this information with others who may also be interested.

Topic: MAiD program in NS

Speaker: Dr. Gordon Gubitz

Where: Church Hall, 934 Old Sackville Road, Middle Sackville, NS, B4E 1R3

Date: Saturday, Nov. 22, 2025

Time: 1:30 to 3:00 pm

The presentation will have a question-and-answer time with a break for refreshments.

Churches are trusted spaces. They lower defences—help you to open your mind. Churches, to most, signal moral legitimacy, so hosting a MAiD talk in a church hall tells veterans, “your community approves. Your faith approves this is acceptable, this is dignified, you don’t have to fight or feel guilty, ”

It cloaks a controversial, ethically fraught practice in community warmth. It’s taking advantage of the safety and sanctity of the church.

That’s not an accident.

It’s a tactic.

This reeks of propaganda wrapped in hospitality.

This is the playbook of a system that wants to solve suffering by eliminating the sufferer.

Canada won’t fix the care gaps. It won’t fix the mental-health crisis. It won’t fix VAC’s failures, and it sure as hell won’t fix disability supports.

But it will happily fund a national MAiD curriculum, expand eligibility, remove guardrails, and now, apparently, send MAiD providers on a **tour of vulnerable communities**.

Veterans have always been canaries in Canada’s moral coal mine.

If the state can normalize MAiD to the people who wore its uniform, it can normalize it to anyone. And that’s the point.

This story isn’t about one email. It’s about a culture shift engineered from the top down.

This is how you create acceptance: First, make MAiD look compassionate. Then, bring it into community spaces. Then, present to vulnerable groups. Then, call it “support”

Then, remove the stigma.

Then, remove the safeguards.

Then, expand eligibility.

Then, tell the public: “People are choosing MAiD because it’s dignified.”

They leave out the part where the system helped manufacture despair.

Veterans deserve better than an invitation to die.

They deserve care, treatment, advocacy, and someone who doesn’t treat their suffering as a problem to be erased.

Not a church basement with coffee and a state-aligned MAiD architect explaining their “options.”

This email isn’t benign.

It is a warning. One that Canada should have heeded years ago.

If the country is comfortable offering death to the people who served it, it’s comfortable offering it to anyone.

And that’s exactly what’s happening.

Please feel free to call or email them and let them know how this makes you feel.

Originally published at kelsisherensubstack.com

- **Speed cameras are now banned in Ontario!** No more being secretly watched or ticketed by automated machines. This is a solid step away from turning our neighbourhoods into one giant 15-minute-city panopticon.

- In a major win for transparency and medical freedom, **the CDC has openly admitted that its old claim—“vaccines do not cause autism”—was not evidence-based.** After years of authorities insisting the science was “settled,” the agency quietly acknowledged in a website update, published November 19, 2025, that studies “have not ruled out” a link, that evidence was ignored, and that real scientific uncertainty remains—especially for vaccines given in the first year of life.

- **Alberta’s new “Jordan Peterson Law” aims to restrict professional regulatory bodies from disciplining their members for off-duty conduct.** Bill 13—the *Regulated Professions Neutrality Act*—safeguards free expression and stops regulators from policing personal views.

- **Health Canada has paused its proposal to remove regulations from meat and milk derived from cloned cattle and swine,** following strong public concern and calls for mandatory labelling.

- According to a survey conducted by Leger Marketing, **83% of Canadians want mandatory labelling of genetically modified foods.**

- A major free-speech victory is unfolding as the US prepares to revoke the visa of Imran Ahmed, head of the UK-based Centre for Countering Digital Hate (CCDH)—marking **the first time a foreign censorship operative faces deportation for targeting the speech rights of American citizens.** CCDH, co-founded by UK Prime Minister Keir Starmer’s own chief of staff, has been deeply involved in organized efforts to pressure US platforms into silencing countless health-freedom advocates.

- **The International Olympic Committee is reportedly preparing a universal ban on biological men competing in women’s sports,** acknowledging permanent physical advantages from male puberty that hormone treatment cannot erase. Insiders say the policy could take effect in 2026.

FREEDOM WINS!

- **Ireland is moving to legally require supermarkets, pharmacies, gas stations, and other essential retailers to accept cash** by late 2025—making it one of the first EU nations to push back against the cashless agenda. The bill also protects ATM access by preventing their removal.

- In a groundbreaking move, **Florida announced plans to become the first state to eliminate all vaccine mandates,** including those required for school entry.

- **Alberta just took a major stand for parental rights and child protection by using the notwithstanding clause** to lock in common-sense rules: no gender-transition surgeries or hormones for minors, parents must consent to name/pronoun changes for kids under 16, and girls’ sports remain for biological girls.

- President Trump just signed a new executive order that **reopens the foster-care doors to families who were being blocked simply for holding traditional religious beliefs** or acknowledging basic biological reality.

- **The New Zealand government announced a ban on new prescriptions of puberty blockers for gender-confused youth,** citing the need for stronger safeguards and a lack of high-quality evidence regarding their use.

- An Alberta high school football coach who was fired for stating biological reality—*“boys have a penis, girls have a vagina”*—just got the ultimate community vindication. Taylor Johannesson went from being **cancelled for his views to being elected as a town councillor only months later.** The people spoke loud and clear: free speech wins, and truth still matters.

- An almost impossible victory just happened for a grieving family in America’s secretive National Vaccine Injury Compensation Program. After their 11-week-old baby died hours after receiving a stack of vaccines, federal lawyers argued the family couldn’t be compensated because the baby died “too quickly” to prove injury. But the **vaccine injury**

court rejected that excuse and sided with the parents—a nearly unheard-of outcome.

- **Former CDC Director Dr. Robert Redfield just released a book exposing how politics—not science—drove much of the federal COVID response.** He openly admits that Americans should no longer *“trust authorities just because they’re in charge”* and claims that the government must show the data, admit mistakes, and stop making politically driven mandates.

- After nearly three years of fighting, **Windsor trucker Csaba Vizi, who was brutally arrested during the 2022 Freedom Convoy, has been found not guilty on all charges.** The judge went even further, ruling that police violated his Charter Rights and that both his arrest and unwarranted search were unlawful. Despite receiving a broken wrist and a neck injury during the arrest, Csaba always stood firm—just as he once did under communism before coming to Canada for freedom. This is a major win for every Canadian who stands for peaceful protest.

- After a major review, **the FDA is finally cracking down on ingestible fluoride given to kids.** The agency is moving to restrict fluoride tablets and drops—warning doctors not to give them to young children and targeting companies that make them. After years of overprescribing, this is a long-overdue step toward protecting children from unnecessary and unapproved fluoride exposure.

- At the Minamata Convention in Geneva, Switzerland, **HHS Secretary Robert F. Kennedy Jr. called for ending mercury in vaccines worldwide.** He pointed out the absurd double standard: mercury is banned in batteries, cosmetics, and medicines—yet it’s still allowed in shots given to babies and pregnant women. With the U.S. now removing mercury from all vaccines, Kennedy urged global health authorities to follow suit so no child anywhere is exposed to this neurotoxin again.

- Adaline Deal, **a 13-year-old girl with a rare heart condition, is finally being allowed on the transplant list after initially being denied lifesaving care over her vaccine status**—proving that medical gatekeeping can be challenged and successfully overturned.

Restoring Police Independence and the Rule of Law

By Vincent Gircys | GrusJusticeProject.org

To my fellow officers, serving and retired:
I write to you not as an observer but as a colleague who walked the same halls, stood the same posts, and faced the same conflicts of conscience that define our profession.

I have witnessed the transformation of Canadian policing from a vocation grounded in public trust and impartial service to a system increasingly shaped by political direction. The shift came quietly, not through revolution but through erosion, a slow chipping away of independence and integrity.

Police independence is not a gift to the profession; it's a constitutional necessity for a free nation. It protects both the officer and the citizen. It ensures that **truth, evidence, and law**—not ideology or political pressure—guide every decision.

Yet across Canada, that independence is being steadily undermined. **Political interference, managerial control, and social engineering** are displacing the impartial service that once defined us.

This is not a new problem, but its reach and boldness are unprecedented. We must face it honestly, for the health of our institutions and the trust of the citizens we serve.

The Subtle Rise of Political Control

Political interference rarely announces itself. It begins quietly with policy language, strategic funding, or subtle “guidance” from above. An officer hesitates to pursue an investigation that might embarrass an elected official.

A senior commander feels pressure to align statements with government priorities. Bit by bit, truth becomes conditional.

Recent years have revealed just how fragile independence has become. Officers across the country have faced discipline or dismissal for pursuing evidence that might prove politically inconvenient.

The example of **Ottawa Police Detective Helen Grus**, who faced internal charges for initiating inquiries into unexplained infant deaths without prior authorization, reflects a much wider problem: investigations that touch political nerves are now treated as risks rather than responsibilities.

This is not about one officer or one case. It is about the **dangerous idea** that truth can be managed, that criminal investigations require permission when they carry “*political ramifications*.” When those words appear in a disciplinary decision, it signals a turning point. It means power has decided that truth itself is a threat.

When Leadership Bends to Politics

The public learned in 2022 that even the highest levels of command are not immune to political direction. During the investigation of the Nova Scotia mass murders, RCMP Commissioner Brenda Lucki pressured investigators to release specific firearm details to support federal gun-control legislation.

The investigators refused, a moment of integrity that preserved a line that should never be crossed, but the attempt itself was revealing.

Such episodes, once unthinkable, are now treated as administrative misunderstandings rather than moral and ethical breaches. Yet every instance of interference, whether large or small, teaches the same lesson: that **political expedience outweighs investigative integrity**. If that lesson becomes habit, independence dies not with a bang but with a shrug.

The **independence and autonomy of police cannot be stolen**—only surrendered when officers abandon their duty to truth and yield to fear, convenience, or career.

The Meaning of the Oath

Every police officer in Canada swears an Oath of Office. It is not an oath to a government, a commissioner, or a minister. It is an oath to **the law, to impartial justice, truth, and service**. It binds us to the people, not to political favour.

The preamble to the Canadian Charter of Rights and Freedoms reminds us that “Canada is founded upon principles that recognize the supremacy of God and the rule of law.” Those words are both moral and constitutional. They affirm that **no one—not parliament, not cabinet, not police leadership—is above the law**.

When politics dictates which crimes may be inves-

tigated, or when officers are punished for following evidence where it leads, the Rule of Law is replaced by the **rule of power**. And power, once freed from the restraint of law, is never content to limit itself.

That is why our oath matters. **It is the last barrier between justice and tyranny**.



Retired O.P.P. Officer, Vincent Gircys

The Cost of Silence

Most officers understand this instinctively. They see the drift and feel the pressure. Yet they also feel isolated. The fear of reprisal is real. Disciplinary boards, stalled promotions, and professional exile await those who dissent. It is easier to stay silent, to focus on the next call, the next report, the next pension milestone.

But **silence is not neutral. It is consent by default**. When good officers remain quiet, the void is filled by those who serve politics instead of the public.

The cost of silence is cumulative: every unchallenged questionable order, every ignored impropriety, every politically directed decision pushes the profession further from its foundation.

Courage in policing has always meant moral courage—the willingness to act rightly when it is easier not to, the willingness to say “*no*” when power demands “*yes*.”

The integrity of a badge is not determined by the authority that issues it, but by the conscience of the one who wears it.

The Ideological Weaponization of Policing

Over time, Western policing, rooted in Sir Robert Peel's Principles of Policing, shifted from community service to political compliance. Political influence evolved into ideological control. Governments now use funding mechanisms, legislation, and public messaging to reshape policing into a tool of social policy. Training academies emphasize cultural and political orthodoxy over investigative skill. Administrative directives instruct officers to prioritize **optics over evidence**.

Concepts like “*diversity*,” “*equity*,” and “*inclusion*,” once rooted in fairness, have been redefined as loyalty tests to a particular worldview. Officers who question policies or express alternative perspectives risk professional ruin. **Promotions depend less on merit and more on alignment with prevailing ideology**. The result is an environment of compliance rather than courage.

This ideological weaponization has tangible effects. Enforcement becomes **selective**. Protesters are treated differently depending on their cause. Laws are applied inconsistently, guided by politics rather than principle. Citizens feel it, see it, and lose faith in the neutrality of the police. When that happens, the bond between the people and their protectors begins to fracture.

Why Police Independence Matters

The decline of police independence is not merely an internal crisis; it is a national one. A truly free society requires law enforcement that is impartial, transparent, and **fearless in the pursuit of truth**. When politicians can direct investigations, or when police act as enforcers of ideology and political agendas, the line between democracy and authoritarianism blurs.

If evidence must first be cleared through political channels, then **truth becomes a commodity**. And when truth is a commodity, justice is no longer blind, it's bought.

The loss of independence harms not only officers but every citizen who relies on fair application of the law. Without independent policing, **the Rule of Law becomes the rule of convenience**. That is how democracies decay from within, not by invasion but by quiet compliance.

The Grus Justice Project

The Grus Justice Project (GJP) exists to confront that decay. The mission is to restore the Rule of Law and the autonomy of police officers so that investigations can proceed free from political interference while defending the right and the duty of officers to follow the evidence wherever it leads.

GJP provides legal advocacy, public education, and a voice for those who cannot speak openly. We stand with serving and retired members who still believe that the badge represents **truth, not politics**. We remind all Canadians that defending police independence is not a partisan act—it's a democratic one.

The project was inspired by Detective Grus's case, but its purpose extends far beyond any single name. It is about protecting every officer's right to serve honestly, and every citizen's right to justice untainted by political manipulation. **The stakes couldn't be higher**.

A Call to Courage and Renewal

Restoring independence won't happen overnight. It requires courage from every rank—from recruits to retired veterans. It begins with **small acts of integrity**: following evidence despite pressure, speaking truth even when unwelcome, refusing to ignore improper influences.

It requires leaders willing to protect investigators rather than manage them, leaders willing to stand up to political interference.

For those who have completed their service, your **experience and voice are invaluable**. Speak publicly. Mentor the next generation. Remind them that law enforcement's legitimacy comes not from politics but from principle.

History has shown that institutions can be rebuilt when **men and women of conscience stand together**.

We must reclaim the original purpose of policing: to uphold peace through justice, to protect citizens, and to serve the law and Rule of Law—not political power and ideology.

The Erosion Can Be Reversed

The quiet erosion of police independence threatens the very fabric of Canadian democracy. If left unchallenged, it transforms policing from a guardian of liberty into a mechanism of control. **The badge will lose its honour, and the public its trust**.

Since April 1, 2024, Ontario police officers are required by law to seek permission before conducting any criminal investigation. **I can't think of a better way to destroy the public's confidence in the integrity of police**.

But there is another path. We can choose **courage over comfort, integrity over selective blindness**, service over submission. We can rebuild a profession worthy of the trust Canadians once placed in it.

The Rule of Law has, in many cases, collapsed and needs defenders. Each of us, in our own way, must decide whether to be one of them.

Let us honour our oath. Let us restore independence. **Let us bring Canadian policing back to the service of truth**.

Vincent Gircys is a retired Ontario Provincial Police Officer and Chairman of the Grus Justice Project.
GrusJusticeProject.org

Advertisement

THEY LIED.ca

Will you be the last to know?

The Reality of the Mental Health Crisis

Work is What’s Broken

By Dr. Jeffrey Overall, PhD | drjeffreyooverall.com

Burnt-out people are easy to control. The fix starts when we wake up and redesign work.

The Real Crisis We Don’t Want to Name

We’ve spent years debating the “Future of Work,” but the truth is much simpler and far more uncomfortable: the nature of work is broken. My research shows that 50% of full-time employees are burnt out, 76% struggle with work-life imbalance, 20% describe their workplace as toxic, and 40% battle addictive tendencies—while fewer than 8% ever use employee assistance programs. Behind those numbers lie stories of despair—people marking time to retirement like inmates etching days on a cell wall, waiting for freedom that should’ve been theirs all along.

Traditional responses—more benefits, more prescriptions, more workshops—aren’t fixing it. Antidepressants and anti-anxiety medications treat symptoms—they don’t cure the underlying causes, let alone a system that demands constant acceleration. The uncomfortable reality is that we’ve built a world of work that drains people, and most of our so-called solutions only mask the problem.

The Weight of Constant Production

Modern citizens are trained to participate in a cycle of production and consumption. The average full-time worker now spends nearly half the week either working or commuting. Most social interactions occur in professional settings, governed by hierarchies and unspoken expectations. People often describe their work as tense, tedious, and unfulfilling—characterized by high pressure, low control, and little genuine creativity. They’re constantly reacting to superiors rather than shaping their own decisions. It’s a form of tempered freedom: you can choose how to deliver the impossible, but not whether to do it.

Meanwhile, companies demand perpetual growth—bigger targets, faster output, higher margins. Each quarter must outperform the last, even when the market, the planet, and human physiology can’t sustain it. To keep up, people stretch their days, sacrifice weekends, and normalize exhaustion. At the turn of this century, mental health was already costing billions in lost productivity and healthcare expenses. Two decades later, it’s in the trillions.

What do you do when you’ve had a bad day? Eat more, drink more, buy more...

When the pace never slows, escapism becomes survival. People chase relief in every available form—alcohol, food, shopping, streaming, scrolling. It’s easy to dismiss these habits as personal weakness, but they’re collective coping mechanisms for a culture that mistakes busyness for worth.

The social media era intensifies it. People compare not only their careers but also their lifestyles, homes, and vacations against carefully curated feeds. It’s the modern form of “keeping up with the Joneses.” Consumption becomes the language of validation: if you can show you’re thriving, maybe you’ll start to believe it yourself. But it’s an expensive illusion. Credit card debt rises. Savings shrink. People live one interest-rate hike away from crisis. The more they consume to feel better, the more enslaved they become in jobs they hate but can’t afford to leave.

The race for status drains more than wallets—it drains the soul. Comparison breeds anxiety and frustration, driving people to escape in any way they can. The cycle repeats until burnout feels ordinary and real meaning fades from view.

The Illusion of Normal

The system is buckling. Burnout is widespread, talent is fleeing, and disengagement runs deep. The mental health crisis isn’t a side effect of our economy—it’s the inevitable result of it.

We’ve been living like this for so long that dysfunction has become the baseline. The industrial age taught us to equate discipline with virtue, productivity with morality, and rest with laziness. Those beliefs still dominate our work. People accept them because they’ve never been shown an alternative. We were raised inside this system—it feels natural even as it grinds us down.

The result is a quiet epidemic of resignation. Workers comply, managers escalate expectations, and society congratulates itself for efficiency while mental illness rates soar. The system is sophisticated and self-

perpetuating: people are too busy working to question the structure of work itself. When people are burnt out and exhausted, they become easier to influence, persuade, and control. A weary population is more likely to comply and less likely to rebel—a state of passivity that any totalitarian regime depends on, because its greatest fear is an awakened public willing to act.



Escapism’s Hidden Costs

When stress becomes chronic, the body and mind pay dearly. People eat poorly, sleep less, and move even less. This combination leads to fatigue, foggy thinking, and emotional volatility—conditions that quietly erode performance long before anyone calls in sick. Productivity loss from “presenteeism,” where employees show up but can’t focus, far outweighs absenteeism. Every tired meeting and missed insight compounds the collective drain.

Escapism also feeds corporate profits. Entire industries—from fast fashion to streaming platforms—capitalize on our exhaustion. Marketing thrives on the promise that one more purchase, one more indulgence, will restore a sense of control. It never does. The temporary relief keeps the cycle intact, allowing companies to monetize distraction while workers lose both time and meaning.

This is not just a health issue; it’s an economic feedback loop. As stress drives escapism, escapism drives consumption, and consumption drives debt and dependency on one’s employment, tightening the very noose that caused the stress in the first place.

Breaking the Cycle

The good news is that change is possible. There are real, practical steps we can take to rebuild a healthier relationship with work and with ourselves:

1. Wake up to the system—think critically, speak loudly, and build community

The first step toward healing our mental health crisis is awareness. We must recognize that the system itself is broken—not the people inside it. Most employees sense this imbalance but rarely voice it, fearing judgment or job loss. That silence protects the status quo. The antidote is critical thinking—and conversation. We need to question the assumptions that work should consume most of our waking hours, that exhaustion equals dedication, and that endless growth is the only measure of progress.

Talk about it at home, at work, and in public forums. Debate it. Write about it. Refuse to normalize the suf-

fering. The more people who call out the problem, the harder it becomes for organizations and policymakers to ignore it. Change starts with one voice but grows through many. Building community turns awareness into action and solidarity into strength. Shifts happen when awareness becomes collective—when people no longer whisper about burnout behind closed doors but demand a healthier model of working out loud.

Most importantly, individuals must recognize their agency. The system may be large, but participation is voluntary. Every decision to set a boundary, question a norm, or choose meaning over status chips away at the illusion that this is “just how it is.”

2. Build a “go-to-hell” account

Financial freedom is mental freedom. Having three to six months of savings gives people the power to walk away from toxic jobs, set boundaries, or start something new. It replaces fear with choice, which is the cornerstone of psychological safety.

3. Choose entrepreneurship—build a life you love

The surest path to freedom from the broken system of work is to step outside it. Entrepreneurship is not just a career choice; it’s an act of reclamation, a rebellion. It allows people to turn their values, skills, and passions into something of their own making—to design work that serves life, instead of life serving work.

4. Practice mindfulness and emotional integration

The modern workplace teaches suppression: hide your frustration, ignore your fatigue, smile through the chaos. But unprocessed emotions don’t disappear; they resurface as anxiety, irritability, or illness. Mindfulness and other contemplative practices give people tools to pause, breathe, and process pain before it causes burnout. This isn’t about perfection—it’s about presence.

5. Explore new frontiers of healing

Psychedelic-assisted therapies, such as guided psilocybin sessions, are showing promise for treatment-resistant depression, trauma, and anxiety. They’re not a shortcut, but the early research is clear: these medicines, used carefully and intentionally, can help people reconnect with themselves and dissolve patterns of fear and detachment. They remind us that healing isn’t just chemical—it’s relational, spiritual, and deeply human.

A Call to Awareness—and Action

The mental health crisis will not be solved by slogans or mindfulness apps. It will be solved when we rebuild the conditions of work to honour human limits and potential. That means restoring balance between production and rest, between earning and living, between surviving and thriving.

It starts with honesty: the crisis isn’t just inside our heads—it’s embedded in how we work. If we want healthier minds, we must fix the environments that break them. Work can be humane, creative, and purposeful. But only if we stop pretending the system is fine and start redesigning it for what it should be: a place where people thrive doing what they love.

Dr. Jeffrey Overall is a professor of conscious entrepreneurship and a consultant who supports entrepreneurs.

Druthers Community Classifieds

You have heard it said: “No justice, no peace.” But we say unto you: “No truth, no freedom.” For Truth is the mother of all virtues. *IS THAT TRUE? Discerning Truth in an Age of Deception*, a book co-authored by Canadians Larry Willard and Chuck Stephens, is now available for purchase on **castlequaybooks.com**. Or you can order on 1-800-665-1468 or at orderdesk@wordalive.ca “He hath loosed the fateful lightning of his terrible swift sword; His truth is marching on.”

FIND OUT what officials won’t tell you about our history in the Bible & its predictions for our national security now. Read *The Death & Resurrection of the West Foretold in Prophecy*, by independent, Canadian investigator Ralph T. Kenney. First pages & blog free at **ralph757.com**.

Life Sustainers–Natural Health Store
1721 Chiefswood Rd,
Ohsweken, ON. N0A 1M0
Store hours–Wed-Sun
10am-5pm, taxfree
Thurs is Senior Savings day,
15% off
Karen–owner offers Hair
Tissue Mineral Analysis +
Cell Wellbeing Hair
Mapping
www.lifesustainers.com

In Calgary? Visit Angels Café — a cozy, freedom-loving hub serving coffee, teas, and delicious meals. Located on Bow River: 4105 Montgomery View NW.

Man seeking accountability and common sense @ **www.Peace-Man.ca**

Have your ad printed in 200,000 or more copies and distributed all over Canada. **druthers.ca/ads**

Carney Government Set to Make a Major Share of Temporary Residents Permanent

By Riley Donovan | [DominionReview.ca](#)

Perhaps the most intractable policy disaster handed to Prime Minister Carney by the Trudeau government is the immigration file. The ugliest detail in that file is undoubtedly the **astronomical increase in temporary residents** (largely foreign workers, international students, and asylum seekers) — a population that expanded from 3.3% in 2018 to 7.5% in 2024.

The Carney government’s solution is to limit the inflow of new temporary residents significantly, while at the same time giving permanent residency to many of the ones already on Canadian soil.

The Carney government’s first annual Immigration Levels Plan commits to **“reducing Canada’s temporary population to less than 5% of the total population by the end of 2027.”** To this end, Canada’s annual intake of new temporary residents will be cut from 673,650 in 2025 to 385,000 in 2026, and 370,000 in 2027 and 2028. This cut will hit international students the hardest, with annual new study permits **cut in half** from over 300,000 to 155,000 in 2026, and 150,000 in 2027 and 2028.

This major cut will ease the strain on Canada’s housing, healthcare, food banks, roads, and social services — a strain that is no longer denied by politicians, and is freely acknowledged across the political aisle. But, as is the case with many policies, **the devil is in the details**. It turns out that one of the ways in which **the federal government intends to shrink the size of the temporary resident population is by making a large number of them permanent residents**.

In the recently released 2025 Annual Report to Parliament on Immigration, Immigration Minister Lena Diab says the Carney government intends to **“give priority for permanent residence to temporary residents already living and settled in Canada, further reducing the number of new arrivals.”**

How many temporary residents will get permanent residency under this plan is unclear, but we can extrapolate from the data we have.

The Carney government’s Immigration Levels Plan sets the annual permanent resident rate at 380,000 for the next three years, or a total of 1,140,000. The very last Immigration Levels Plan of the doomed Trudeau government—which committed to transitioning many temporary residents to permanent residency—predicted that temporary residents would account for **“more than 40% of overall permanent resident admissions in 2025.”**

If the Carney government is heralding the idea of transitioning more temporary residents as a way to slow down the **catastrophic population growth** Canada has experienced in recent years, we can safely assume that this proportion will be at least a little bit higher than the Trudeau government’s rate. A rate of 50%, say, would mean that **570,000 temporary residents will receive permanent residency** over the next three years.

But wait—the permanent residency giveaway gets even larger. In the Immigration Levels Plan, we also learn of two one-time initiatives to fast-track permanent residency for some refugees and give permanent residency to certain foreign workers. For some reason, these initiatives are not included in the annual permanent residency figures. A recent Globe and Mail article provides a tidy summary:

“Tuesday’s budget set out plans to freeze the number of permanent residents at 380,000 a year for three years.

“But figures published by Immigration, Refugees and Citizenship Canada on Wednesday showed that an additional 148,000 permanent residents will be added to the official targets over the next two years through one-off initiatives.

“That includes about 115,000 refugees, who will be allowed to settle here permanently over the next two years on top of the annual targets the government has set. The government also plans to grant an additional 33,000 work-permit holders permanent residency in 2026 and 2027.”

Bear with me for one more round of math. Three years’ worth of 380,000 permanent residents per year, plus an additional 148,000 permanent residents in one-off initiatives, gives us 1,288,000 permanent residents—**just shy of 1.3 million**. Our working assumption that 50% of this total will come from temporary residents gave us a figure of 570,000. Combining that figure with the additional 148,000 permanent residents, all of whom are refugees or foreign workers on

Canadian soil, gives us a grand total of **718,000**.

718,000 temporary residents will become permanent residents over the next three years — and that is based on the fairly cautious assumption that the Carney government will earmark just half of perma-



Graphic illustration depicting Prime Minister Mark Carney handing out permanent residency cards like candy. Graphic not of an actual event.

nent resident admissions to temporary residents. **If Ottawa chooses to be more aggressive, this figure could easily be higher.**

There is an upside and a downside to this.

In one sense, this represents a win for immigration restriction. **Canada’s political class has come to recognize that the Canadian public is now openly hostile towards the immigration-driven population growth** that has overwhelmed hospitals, created a housing crisis, swamped food banks, fuelled road congestion in major cities, inflamed unemployment, and fractured social cohesion. Trudeau-era immigration policy has been thoroughly discredited and tossed into the dustbin of history—**politicians are now committed to taming population growth**.

This is a major rhetorical and policy shift from just two or three years ago, when both Conservative and Liberal politicians openly defended high immigration levels.

The downside is that, even as the **Carney government** recognizes that Canadians widely oppose

See ‘Temp to Perm’ p.10

The Dark Road of Big Government

By Gerald Heinrichs

In a famous speech, Ronald Reagan declared, *“Government is the problem.”* Today, however, many Canadians disagree with that. For them, **government is the ideal solution** for all manner of things.

Over the past 10 years, Canada’s Liberal cabinet has given the federal government many new tasks. These include a **national dental program**, a **national daycare plan**, and a long list of **net-zero policies**. Additionally, the federal government has sprouted a new layer of internal bureaucracy eager to implement Diversity, Equity, and Inclusion (DEI) and Climate Action in every corner.

However, by doing all this, the government has become **much bigger and much more expensive**. The Canadian Taxpayers Federation (CTF) reports that the federal government has added **99,000 bureaucrats** since 2016. The CTF goes on to say that the overall cost of government has **increased by 77 per cent**.

The organization Policy Options has also been watching. They have identified several federal departments that have grown enormously, called “The Big Six.” Foremost among them is Immigration, Refugee and Citizenship Canada, which has expanded by **105 per cent**.

What does this mean for Canadians? According to a Fraser Institute study, **Canadian Tax Freedom Day in 2025 was June 8**. That means Canadian taxpayers work about **44% of the year just to pay their taxes**, or **\$68,961** for an average family income of **\$157,379**.

But believe it or not, all those taxes from millions of Canadians **don’t cover the cost**. The November 2025 federal budget announced **\$581 billion** in government spending for the coming year, but only **\$503 billion** in revenue. So the government needs to borrow **\$78.3 billion** to pay for doing what it does. And the accumulated debt is now **over \$1,200 billion**.

According to many Canadians, though, none of this is any problem at all. In March 2026, the federal NDP will choose a new leader. The candidates have already laid out plans for an even bigger bureaucracy. Those plans include **government house-building programs**, **government-run grocery stores**, and **free university tuition**.

There exists, for many, a Pollyanna belief that **anything is possible with government in charge**. But no one should believe it works that way. It’s far from it. Careful inspection will disclose **waste and failed**

results that often go unchecked. A US organization called Citizens Against Government Waste publishes an annual book called *The Pig Book: How Government Wastes Your Money*. Or as Ringo Starr famously said, *“Anything government touches turns to crap.”*

But aside from taxes and inefficiency, another thing happens as government gets bigger. It takes on a **dark personality**. Murray Rothbard called it the “organized aggressor.” From *Brave New World* to *The Matrix*, big government is the fountain for dystopian writers. In varying degrees, they write fiction based on fact. As H.L. Mencken observed, **“The urge to save humanity is almost always only a false face for the urge to rule it.”**

In recent months, however, there have been some dramatic reversals. The Milei government in Argentina implemented cuts to government handouts and minis-



tries such as the Ministry of Social Development. And in the US, the Department of Government Efficiency (DOGE) has, according to its latest savings tracker, **cut \$214 billion** through various reductions, including cancelling programs promoting diversity and gender politics.

For those who have no faith in big government, these are marvelous changes. Speaking at Davos in 2024, Argentina’s president Milei explained it all, saying, *“The values of the West have been co-opted by a vision of the world that inexorably leads to socialism, and therefore to poverty.”*

On November 4, 2025, socialist Zohran Mamdani was elected mayor of New York City. In his victory speech, he declared, *“There is no problem too large for government to solve, and no concern too small for it to care about.”*

That shortsighted remark says it all. Because as long as enough Canadians believe that, **the push for bigger government will carry on**.

Gerald Heinrichs is a lawyer in Regina, Saskatchewan.

By Henry

416 695 0575 x330
www.radicaldigitalagency.com

The Double-Edged Sword of AI

By Stan McDonald

Artificial Intelligence (AI) is fundamentally reshaping workplaces and society. The rapid adoption of generative and decision-making AI systems has sparked both astonishing breakthroughs and deep anxieties. As businesses, workers, and the general public grapple with these changes, it is crucial to examine not only the significant risks AI poses—such as job loss, bias, and disinformation—but also the necessity of embracing AI skills as the best hedge for future job security.

Accelerated Job Displacement

A primary concern about AI is its capacity to automate roles traditionally performed by humans, ranging from entry-level office work to highly skilled professions. Studies suggest that approximately 80% of jobs could see substantial AI integration, and some estimates forecast up to 30% of all jobs in developed economies may be automatable by the mid-2030s. AI doesn't simply replace repetitive labour; it is now making decisions in hiring, onboarding, and even performance reviews.

This wave of automation is not restricted to blue-collar sectors. White-collar jobs—especially in administration, finance, legal, customer service, and media—are experiencing unprecedented displacement as AI assumes more analytical and decision-making tasks. Some companies, eager to cut costs and increase efficiency, are shrinking their workforces and redesigning job roles with AI as the centrepiece.

Why AI Skills Are Key to Job Security

With so many roles threatened by automation, simply resisting AI is not a viable strategy. Instead, career resilience now depends on a willingness to adapt and upskill. Experts strongly advise workers to develop AI literacy, the ability to use, interpret, and manage AI tools, as a core skill for the modern workplace. Those who leverage AI to augment their productivity, rather than ignoring or resisting it, are far more likely to thrive and remain indispensable as companies evolve their talent strategies.

Organizations are shifting from traditional degree requirements to skills-based hiring—prioritizing problem-solvers who can adapt, learn, and deploy new AI systems with agility. This opens doors for workers who continuously build new technical and analytical skills, particularly in fields complementary to AI, such as programming, systems design, and creative application development.

Decision-Making Without Human Oversight

Modern AI systems now regularly make complex decisions, from selecting job candidates to allocating resources or enforcing public policy. While this boosts efficiency and removes some human biases, it also introduces significant new dangers. These systems can inherit, amplify, or even create new forms of bias that are difficult to detect or correct, potentially leading to discrimination in hiring, healthcare, and policing.

Moreover, increasing reliance on AI systems can erode transparency and accountability, making it hard-

er to audit decisions or correct errors. In the absence of human oversight, AI's "black-box" nature often creates trust and fairness concerns, especially when livelihoods or rights are at stake.

Bills C-2, C-5, C-8, and C-9 Compound AI Risks

The dangers of rapid AI adoption are now being

from reality. Deepfakes—AI-generated videos, audio, and images—can fabricate convincing media of public figures and ordinary people alike. These tools have already been used for financial fraud, political sabotage, and identity theft, as well as to spread disinformation in elections and business.

As deepfakes become more accessible, attackers require less technical skill to inflict serious psychological, reputational, and economic harm. Even trained professionals can be fooled. The result is a world where people are growing increasingly skeptical of even authentic content—fueling "truth decay," polarization, and public confusion.

Policy, Regulation, and Ethical Guidance

Despite the urgent risks, regulation and ethical guidelines often lag behind the rapid

pace of AI deployment. Workers, companies, and governments alike are wrestling with dilemmas of speed versus safety—struggling to harness AI's power while safeguarding privacy, equity, democracy, and even national security. Best practices to manage these risks include AI governance frameworks, employee upskilling, and multi-level audits of all AI-driven decisions.

Embrace, But Don't Surrender

The future will belong to those who recognize both the dangers of AI and the necessity of adaptation. Workers must relentlessly learn, adapt, and responsibly leverage AI technologies to remain relevant and resilient. Organizations must implement clear policies for auditing, oversight, and ethical deployment of AI. And everyone must remain vigilant for synthetic content—practicing critical thinking and demanding transparency from creators and platforms alike.

The AI revolution is not coming—it is here. Addressing the dangers, while building a culture of proactive adaptation and ethical responsibility, offers the best hope of navigating this historic technological upheaval without losing trust, fairness, or human dignity.

References available at druthers.ca

Stan McDonald is a Canadian entrepreneur and metalworker committed to community advocacy, legal reform, and honest public discourse. He writes on property rights, sovereignty, government accountability, and small business solutions.



magnified by sweeping legislative changes in Canada. Recent bills—C-2 ("Strong Borders Act" expanding surveillance powers), C-8 (expanding government powers to mandate cybersecurity and digital surveillance), C-5 and C-9 (oversight and evidence reforms)—collectively risk eroding privacy, increasing state and corporate surveillance, and embedding AI-driven decision-making into legal and economic frameworks.

Bill C-2 grants broad new authority for state and law enforcement to access digital communications and private data, potentially with minimal judicial oversight. It authorizes officials to demand and extract personal information from nearly any "service provider" at low thresholds of suspicion—exponentially increasing privacy risks in a world where AI hoards, processes, and infers from vast data sets. Bill C-2's provisions for compelled backdoors and secrecy orders could combine with AI-driven surveillance, normalizing data-mining and deep algorithmic scrutiny of Canadians' lives.

Bill C-8 establishes mandatory cybersecurity and monitoring requirements for critical infrastructure, enabling government intervention not just in response to breaches, but proactively—potentially requiring the installation of surveillance tools or unaccountable access points. When these mandates are carried out by AI systems, oversight is thinned, and systemic vulnerabilities may be introduced at scale.

Bills C-5 and C-9 facilitate the legal codification and use of AI-generated or AI-processed evidence in the justice and public administration systems. Without strong auditing and transparency protocols, Canadians risk decisions about them being made by an algorithm, with little recourse if those decisions are wrong, biased, or manipulated by system flaws.

The combined effect of these legislative changes, in tandem with explosive AI adoption, increases the dangers of surveillance, algorithmic bias, diminished privacy, and diminished human oversight. As a result, the consequences of erroneous or abusive AI decisions could now be entrenched in Canadian law and governance.

Deepfakes and Synthetic Media

Perhaps the most startling risk of advanced AI is its ability to create content that is indistinguishable

Advertisement

Does your dog or cat suffer from allergies, skin issues or chronic flare-ups? You don't have to keep guessing and your pet doesn't have to keep suffering.

Offering:

*One-on-one pet health consultations!

*Professional line of pet supplements formulated by Lucy Jabrayan & her team of holistic vets!

To learn more visit
www.thrive4lifepetfood.com

Change These Privacy Settings Now!

5 Must-Change Privacy Settings

For Android & iOS

FREE

Surveillance and AI are invading big tech phones, download our free e-book to fight back.

Download Now!

abovephone.com/5settings

Advertisements

"My doctor recommended I try this."

Doctor Created, Doctor Supported, Doctor Recommended

I have used other ionic liquid magnesium supplements before, as well as magnesium orotate and magnesium taurate (and other forms). Simply put, ReMag magnesium is the number one best magnesium supplement ever."

AMAZON CUSTOMER REVIEW

★★★★★

ReMag

Qualified Support

8.1 or 16.2 OZ Bottles

Starter Package Special

236-301-6444

Shipped within Canada

HTTPS://

SHOP.TRUEHEALTHCANADA.CA

The only civil liberties organization to call for an end to harmful and unscientific Covid lockdowns.

Justice Centre

for Constitutional Freedoms

@jccfcanada

www.jccf.ca

The Invisible Chains: How Humanity Became Slaves to Society—and How to Break Free



By Dennie Jared Frank

Slavery never ended; it evolved. The whips and chains of the past were replaced by debts, screens, and invisible laws that bind the mind instead of the body. Today's human being believes they are free because they can vote, speak, and consume—yet they wake each day to obey a system that defines worth, dictates thoughts, and decides what is feared.

From the moment we are born, the world trains us to equate survival with submission: obey your parents, obey your teachers, obey your bosses, obey the law. Freedom is not a birthright but a managed illusion—a performance of choice inside a cage built from fear and dependency. **The modern world's most successful empire is not a nation or a king, but an invisible architecture of control** that convinces its captives they are free. It doesn't need to imprison bodies when it can program minds.

The First Chain: Money

The average person is enslaved by structures so normalized they seem natural. **Money is the first chain**—a tool once created to simplify trade that became a weapon to monopolize energy and life. We exchange our time, creativity, and spirit for digital numbers controlled by private institutions that can create or erase them at will.

We are told to work for forty years to buy homes on borrowed credit from banks that never owned the money they lent. **The financial system is not built to empower but to extract:** an engineered dependency where inflation, taxation, and debt ensure that the harder you work, the less you own. It is feudalism dressed in modern clothes, with central banks replacing monarchs and corporations replacing lords. The few who control the issuance of currency—the global banking cartels and financial elite—effectively control civilization itself.

Programming Obedience

Beyond economics lies psychological slavery. **The education system conditions obedience, not intelligence.** From childhood, curiosity is replaced with compliance; imagination is punished, and memorization is rewarded. Schools teach children what to think, not how to think—to repeat answers instead of asking questions.

The design is intentional: a population that questions nothing sustains the machinery of power. By adulthood, most have forgotten how to think independently; they live within invisible fences, mistaking fear of punishment for morality and habit for choice.

The Media's Leash

Every screen is a leash. The modern slave carries his master in his pocket, scrolling endlessly through carefully curated narratives designed to shape perception and behaviour. The news tells us what to fear, entertainment tells us what to desire, and social media tells us who to become.

The result is a population distracted, divided, and addicted to illusion. **Fear keeps people obedient, desire keeps them busy, and division keeps them from uniting against their controllers.** The truth is not hidden—it is drowned beneath a flood of triviality. Bread and circuses have become algorithms and dopamine.

Technology: The Perfect Prison

Technology, once a promise of liberation, **has become the perfect prison.** Surveillance capitalism

records every thought, purchase, and movement. Our data—the digital fingerprints of our lives—are harvested to predict and manipulate behaviour.

We are watched not by guards but by devices we purchased ourselves. **Privacy, once a human right, has been rebranded as a privilege for the powerful.** As artificial intelligence learns to read emotion and predict dissent, the future threatens a world where rebellion itself can be detected before it exists.

The Hidden Empire

Who controls this world? It is not governments but the network of unelected powers behind them—financial institutions, intelligence agencies, media conglomerates, and corporate monopolies that form a hidden hierarchy.

Politicians are their spokespeople, nations their chessboards. **The true empire is global, decentralized in appearance but united by one motive: control.** Their weapon is systems; their battlefield is the human psyche. These are the modern Pharaohs—the architects of belief, the engineers of scarcity, and the silent priests of fear.

The Inner Cage

But the deepest form of slavery is internal. Society conditions individuals to become their own wardens. We enslave ourselves through fear of rejection, hunger for approval, and addiction to comfort.

The system succeeds not by force but by consent: by convincing people to trade authenticity for acceptance. As long as individuals seek validation from the very structures that exploit them, they will defend their own captivity. **True freedom cannot be granted; it must be remembered.**

Awakening Consciousness

To change the world, we must first understand that it is a reflection of our collective psychology. Systems of domination exist because humanity has internalized hierarchy. We crave masters because we fear responsibility.

To end slavery, we must outgrow the mentality that created it—the belief that authority is sacred and dependence is safety. Each person who withdraws obedience from unjust systems weakens the machinery that feeds on compliance. Freedom does not require permission; it requires refusal.

Acts of Liberation

The first act of liberation is awareness—to see the system for what it is. Once seen, it cannot be unseen. When people understand that money is manufactured debt, that news is psychological conditioning, and that law often serves power instead of justice, the spell begins to break.

The second act is self-sufficiency. Dependency is the currency of control; autonomy is its antidote. To grow one's own food, learn practical skills, form local networks of trade, and reduce reliance on centralized systems are revolutionary acts in a world that profits from dependence.

The third act is community—not in the superficial sense but in genuine human solidarity. When individuals unite through shared purpose rather than shared consumption, the empire trembles. **A parallel civilization can be built not through violence but through cooperation**—networks of self-reliant, conscious individuals who no longer need to beg their oppressors for survival.

The Revolution Within

To transform society, humanity must evolve beyond the psychology of fear. **Fear makes people predictable; love makes them uncontrollable.** When decisions are rooted in empathy, greed loses its fuel.

The current system depends on trauma; heal the trauma, and the hierarchy collapses. Healing requires confronting pain rather than escaping it—learning to feel deeply in a world that profits from numbness. **Each healed mind is a sovereign state; each awakened soul a revolution.**

The Path Forward

The path forward is both practical and spiritual. Practically, we must dismantle monopolies, reclaim local economies, and decentralize technology so that data and currency serve people, not corporations.

Spiritually, we must dismantle the internal tyrant—the ego addicted to power, validation, and control. **Humanity must rediscover its moral compass, not through religion or authority but through direct empathy**—the realization that harm to another is harm to oneself.

Breaking the Spell

It will not be easy. The system will not surrender its slaves willingly. It will offer comfort, distraction, and new illusions of choice. It will redefine freedom as safety, truth as misinformation, rebellion as extremism.

But tyranny only survives through belief. **When people stop believing in the legitimacy of their captors, empires fall overnight.** The moment a critical mass of humanity remembers that systems derive power only from consent, the architecture of domination dissolves.

Reclaiming the Story

The world can change when individuals choose truth over comfort, integrity over convenience, and cooperation over competition. When education teaches emotional intelligence instead of blind obedience, when economies reward creativity instead of exploitation, and when media reflects humanity instead of programming it, civilization will take its first step toward freedom.

The chains are not made of steel but of stories, and stories can be rewritten. The masters of the world control reality through narrative, but narrative belongs to all of us. The new story begins when we remember that every empire, however powerful, exists only as long as people believe in it.

Freedom Remembered

Humanity's destiny is not to serve systems but to transcend them. **The true revolution is internal**—a shift from domination to cooperation, from hierarchy to harmony, from fear to understanding.

Once individuals reclaim their minds, hearts, and communities, the illusion of control collapses like a shadow in light. **Freedom is not given; it is reclaimed. The key has always been in our hands.**

If you would like to connect with Dennie Jared Frank, please email him at moderndayslaverythegrandillusion@yahoo.com

SUPPORT INDEPENDENT MEDIA WITH A

POSTAL SUBSCRIPTION

OF

DRUTHERS

newspapers straight to your mailbox

LIMITED TIME OFFER
GET \$9.95 OFF!

FOR \$86.05

WHEN YOU USE COUPON
CODE: FREEME

for a 1-year subscription of Druthers, delivered monthly, using coupon FREEME
Papers are free, fee is for s/h.

SIGN UP AT:

DRUTHERS.CA/SUBSCRIBE

MAIL TO:
PO BOX 40531
SIX POINTS PLAZA
TORONTO,
ONTARIO
M9B 6K8

CHEQUES PAYABLE TO:
SHAWN JASON LAPLANTE

ETRANSFER ADDRESS (PLEASE
MENTION "SUB" IN MEMO):
ADMIN@DRUTHERS.NET

Is The United States Being Removed as the World's #1 Power?

By [FromCanadaCitizensForum.ca](https://www.fromcanadacitizensforum.ca)

In his October 22, 2025, speech, Canadian Prime Minister Mark Carney said that *“Our Relationship with the United States will never again be the same as it was.”*

At the same time, Canada's Foreign Minister, Anita Anand, says Canada now views China as a strategic partner in a dangerous world.

Now, personally, I am fine with Canada having a better relationship with China. I wish we could have had a better relationship with China for the past 20 years. But imagine what this means when Canada, of all countries, is moving away from the United States, with our Prime Minister saying again and again that our old relationship with the United States is over.

The same is true not only of Canada, but of the European Union, Mexico, Japan, India, and other countries. All of these nations are moving away from the United States, and it's largely because of the crazy tariff policies of President Donald Trump.

So I think the case can be made that the people who run the United States intend to collapse its economy, steal everything that isn't nailed down, and move off to greener pastures.

I am not against tariffs. I think tariffs can make a lot of sense, and I wish we used them more in Canada to protect jobs and certain industries that we think are of strong importance to our country. But Trump's tariff policies are crazy and seem to change almost daily, and with no rationale. Trump is giving tariffs a bad name.

More importantly than any of that, I think the tariff story North Americans are being told, by our politicians and by the corporate media, is not really the truth.

What we are always told is that a crazy President Trump is attacking Canada,—and the rest of the world—with a lunatic set of tariff policies that are destabilizing everything. And at the moment, because of an ad campaign run by Ontario Premier Doug Ford, Trump has ended all discussions with Canada on trade and tariffs.

But what we are not told—and this is a very important point—is that, in the United States, the President does NOT control tariffs. In the United States, it is Congress that controls tariffs. **Article 1, Section 8 of the U.S. Constitution vests the power to lay and collect tariffs with Congress.**

This means that President Trump is only able to act the way he is doing because the Congressional Leadership, both Republican and Democratic, approves of what President Trump is doing. If they didn't approve, if they wanted to stop him, THEY COULD.

But they are not fighting against what he is doing,

which must mean that they support it. And at the same time, all the big media in the United States and Canada never talk about this most important point: it is Congress, not the President, who controls tariffs. The Democrats should be screaming about Congressional control of tariffs every single day, but instead, we barely hear a word from them.



And the so-called Liberal Media in both the United States and Canada should be doing the same—telling us daily that it is Congress, not President Trump, that controls tariffs. But the media barely says a word about this, which allows Trump to do what he is doing.

It's true that Congress HAS delegated, over the years, some power to the President on tariffs, but any powers Congress has given to the President can be just as easily taken back because Congress does have Constitutional authority over tariffs.

And what Trump is doing with Tariffs is isolating the United States. And I assume, since neither Congress nor the media is fighting him, that the plan IS to isolate the United States. And this is not just Trump's plan, but it is the official plan of the people who run the United States—namely, the Deep State.

The biggest trade partners of the United States are China, the European Union, Mexico, Canada, and Japan; India is big too. Trump is using tariffs to damage relationships with all of those countries. At the same time, the United States is basically at war with Russia. So we see all of these nations being cut off by the United States, and all of these nations are therefore turning towards China as their next big partner.

So it's possible we are at a moment in time when the United States is being removed from its one-hundred-year-long position as the most powerful nation in the world, and that mantle is being moved to China. One can certainly make a case that that is exactly what is happening.

And this is not being done by China; it is being

done by the people who run the United States. Over the past 40 years, we have seen the United States give up its leadership in manufacturing; huge numbers of American jobs were sent overseas to low-wage countries so American corporations could maximize their profits by going from paying \$30 an hour in the United States to paying \$1 an hour in low-wage countries.

Imagine the profits that were made from this change. And corporate profit is, of course, what everything is about these days.

At the same time, we've seen the media and the politicians completely divide the American people to the point where some are openly talking about a civil war in the United States.

The media promote HATE and division day after day after day, pitting Americans against each other over and over again in a hundred different ways to the point where they seem to be creating two armed camps in the US that really do not like each other. And that is being done deliberately by the corporate media and by a lot of top politicians. We had Hilary Clinton calling Trump supporters “deplorables” and Trump and his media allies say even worse and crazier

things about those who don't agree with him.

Plus, the United States is now over \$38 TRILLION in debt. Thirty-eight trillion dollars. How can that amount of money ever be paid off? The United States now spends more on paying interest on its national debt than it spends on its military. Believe it or not, that is true.

And now Trump is using tariffs to create world-wide havoc, and Congress and the media are allowing him to do it.

So I have the feeling that what is really being done is the removal of the United States as the leading World Power. We're told that Trump is the one doing this, but really, it is the entire Deep State, which is the corporate leadership of the United States. They are wrecking the United States, pitting its people against each other, they have undermined its economy, and now they are separating the United States from the rest of the world.

Meanwhile, US stock markets are at record highs, which makes absolutely no sense in a nation with so many economic problems. I assume that the plan is to bring down those stock markets in the very near future, impoverish the United States, and end its rule.

The corporations and the 1% will steal everyone else's wealth, and the American middle class will be destroyed. Mass poverty will follow. That seems to be the plan. WE SHALL SEE.

Originally published with references at [fromcanadacitizensforum.ca](https://www.fromcanadacitizensforum.ca)

The Pathological Minds Behind Modern Power

By [Liam De Boer | BlendrNews.com](https://www.blendrnews.com)

“All governments suffer a recurring problem: power attracts pathological personalities.”

~Frank Herbert

That isn't a punchline, it's a law of political gravity.

The problem isn't that power corrupts, it's that it **seduces the already corruptible**. Andrew Lobaczewski, a psychiatrist who lived through multiple totalitarian regimes, spent decades trying to warn us. **Some people don't want power to serve the public. They want it to dominate, humiliate, and destroy.**

And when the conditions are right, they rise to the top.

In *Political Ponerology*, Lobaczewski lays out the chilling thesis. **Modern tyranny isn't just about bad ideas; it's about disordered minds weaponizing those ideas.** Pathological individuals, psychopaths, narcissists, and sadists aren't like you and me. They lack empathy, they crave control, and they know exact-

ly how to manipulate language and ideology to get it.

They speak in double-speak. To the average person, words like equity, liberation, or safety sound like compassion. But to insiders, they carry different meanings: tools of control and repression. The public hears “inclusion”; the regime hears “compliance.” **This is totalitarianism's magic trick—morality used as a mask for domination.**

And the scariest part, these people are really good at what they do. **Psychopaths are social chameleons.** They know how to read people, push emotional buttons, say the right thing, and wear whatever mask the moment requires. Lobaczewski calls it the Mask of Sanity. Robert Hare, the world's top psychopathy researcher, once said if he didn't study psychopaths in prison, he'd study them on Wall Street. Lobaczewski found them in the Politburo, and increasingly, you'll find them in politics, media, academia, and tech.

But here's the crucial part.

Once they gain authority, they don't need every-

one to support them. They only need 6–12%—the true believers, opportunists, and petty tyrants who are all too eager to enforce the regime's will. The rest of the population falls into line. Not because they believe, but because they're afraid. Afraid of saying the wrong thing, afraid of losing their jobs, afraid of becoming the next target.

That's how tyranny functions in the modern world. **Not with mass approval, but with mass submission enforced by a vocal and vicious minority.**

Lobaczewski warned that the inability to recognize this psychological dynamic leads to immense suffering, mass terror, and the decay of civilization itself.

This isn't just history. **It's a warning.** If we don't start recognizing the masks these people wear, and call them what they truly are, we'll keep handing them the keys to civilization, and they'll keep burning it down from the inside.

Originally published on Instagram @liam_out_loud

Jamaica: Takeout and Takeover

By Lynn Davis

A Storm Beyond Measure

The devastation is **beyond the beyond**. Hurricane Melissa hit Jamaica late Monday, October 27, 2025, and into Tuesday morning, October 28, as a **Category 5 hurricane with record winds of 185 mph**. Over **30 inches of rain** fell onto the island within a 24-hour period.

The already saturated soil from fall rains could not hold any more moisture, and as a result, **major flooding occurred**. Horrendous **mudslides from the beautiful Jamaican hills washed over low-lying communities**. The sheer force of the wind seared vegetation so drastically, it appears to have been set on fire. **Agriculture on the island was wiped out**.

The southern and western parts of the island took the worst hit. **Coastal towns like Black River in the south and Montego Bay in the west were directly targeted by Melissa’s eye** and are now unrecognizable. Towns on the northern shore experienced Melissa as a Category 3 hurricane as she exited the island and headed for Cuba.

The damage on Jamaica’s north shore is significant but does not compare with that in the south and west. Eastern Jamaica, where the capital city Kingston is located, received strong winds and rain, but **hydro in this region was back up within 24 hours**, and with minimal work, roads became passable. The death toll on the island continues to climb. We may never know the exact numbers, but as of November 4, at least **75 people have been confirmed dead**.

Within 24 hours of Melissa’s exit, the entire island was declared a disaster area by **Jamaican Prime Minister Dr. Andrew Holness**. By Thursday, October 30, cleanup began as the Jamaican government led efforts to clear roads and deliver essentials—food, water, medical supplies—to people stranded in areas inaccessible by roads.

Airplanes packed with supplies took off from Miami and landed at **Kingston International Airport**. After unpacking their cargo, they took on numerous tourists stranded in Jamaica because of the storm.

As of the time of the hurricane, there were approximately **25,000 tourists and students visiting Jamaica**.

From Relief to Redesign

On Friday, October 31, Prime Minister Holness made a public statement: “We’re now into the relief phase of our recovery plan, which is the immediate provision of humanitarian relief. So, we’re looking to have food, medicine, temporary shelter, and any other relief necessary for the preservation of life and to provide our citizens with even the basic conveniences.

The second phase, which runs parallel to the first

phase in some instances, would be the clearing of roads that are blocked and working to restore communications and electricity. The third phase would be the assistance in building, so helping persons to restore their roofs and their housing. Then once we are complete with that, then we will move intensely into the rebuilding phase, which would be now a strategic approach to restoring communities, business hubs, urban spaces and the like.”¹



Prime Minister Holness assures his citizens and the world that Jamaican government plans are quickly forthcoming to **“Build Forward Better.”**²

Sound familiar?

It rings with eerie resonance to the chant **“Build Back Better,”** engraved into the soft recesses of our brains like grooves in a vinyl record during the aftermath of Covid-19.

But the phrase “Build Back Better” has an interesting history. It first appeared in a **World Bank report published in May 2005**, following the 2004 Indian Ocean tsunami.³ President **Bill Clinton** strategically exercised the phrase throughout his presidency. And although the phrase was initially used in disaster risk management and international development circles, it was later **adopted by political leaders during Covid-19** as a slogan for economic recovery.

The Global Blueprint

“Vision 2030 Jamaica” is Jamaica’s first long-term strategic development plan and covers a 21-year period, 2009–2030. It embodies the plans and processes for the realization of a collective vision (whose vision?) encapsulated in the statement: *“Jamaica, the place of choice to live, work, raise families and do business.”*

In 2015, Jamaica, as part of the 193 member states of the **United Nations**, adopted the **2030 Agenda for Sustainable Development** and its **17 Sustainable Development Goals (SDGs)**. The SDGs are now inte-

ted to Canada during the post-pandemic influx of the Trudeau years. Finance Minister François-Philippe Champagne recently told a Montreal business audience that temporary residents who have been in the country for four or five years are somehow not really temporary any longer.

I clipped his statement and posted it to Twitter. Here’s what he said:

“It’s not so temporary anymore when it’s been 4 or 5 years ... your kids are 10 years old, they’re headed to high school ...It’s to our advantage to keep them...we need the workforce.”

The fact that our politicians have finally come around to the idea of controlling immigration inflows is a welcome development and an important **first step**

grated in the implementation of “Vision 2030 Jamaica.” Its slogan is chilling: *“Vision 2030 Jamaica...advancing the achievement of the SDGs...leaving no one behind!”*⁴ **No Jamaican will be “left behind,” whether he or she likes the idea or not.**

Jamaicans are a proud and resilient people. They have risen strong in spite of a **brutal and incredibly racist history**. Poverty and hardship, trial and tribulation have been the norm for Jamaican folk since the “days of slavery” began over 500 years ago. They have weathered numerous hurricanes and have consistently rebuilt and reconstructed their lives **the way they want and need to live and be**.

But **Melissa and her fallout are different**. Her path of destruction seems almost deliberate. **Small communities in the south and west of the country were obliterated**, while eastern regions, including the capital city of Kingston, where all national government resides, were left comparatively unscathed.

Rebuilding or Relinquishing?

Jamaicans who have lost their livelihoods, homes, and family members currently harbour only one thought: **survival**. They are busy trying to stay alive. They have trusted their government in the past and feel they need to do so now more than ever.

But it is becoming evident that **rebuilding homes, infrastructure, agriculture, businesses, commerce—every part of the life of every Jamaican**—is going to require tremendous effort and amounts of money, more than international aid and relief organizations can possibly contribute.

The **average Jamaican citizen is unaware** of the looming and drastic changes in lifestyle that accompany sustainable development goals—changes being instituted by a government that has bowed its head to **powerful international systems with agendas void of empathy and compassion**, agendas **ripe with a new form of slavery** that include **total surveillance, digital ID, and 15-minute cities**.

The **magnificent, colourful, welcoming, and heart-warming Jamaican culture** has been uprooted like the enormous trees during the storm. The physical landscape in Jamaica now reflects the despair of the ones who live in its once beautiful embrace.

Will Jamaicans come to the realization that they are in more peril now than they ever were during the terrifying incident of Hurricane Melissa?

1. youtube.com/watch?v=2U9FEtmL9K
2. https://www.jamaicaobserver.com/2025/11/05/build-forward-better/
3. *“Rebuilding a Better Aceh and Nias: Preliminary Stocktaking of the Reconstruction Effort Six Months After the Earthquake and Tsunami”*
4. vision2030.gov.jm

towards dismantling Canada’s mass immigration policy.

However, the Carney government’s plan to grant permanent residency to hundreds of thousands of temporary residents on our soil is effectively **a mass transfer of Canadian citizenship to largely low-skill foreign nationals** who should be going back home when their permit expires.

I strongly doubt that this plan reflects the will of Canadians—with the possible exception of the business lobby, which is no doubt grateful that their access to **cheap labour** will be safeguarded.

Originally published at dominionreview.ca

Temp to Perm

Continued from p.5

immigration-driven population growth, it **is unwilling to firmly show the population of temporary residents already on our soil the way to the door**. This is a population that came here on temporary permits, and there is no discernible reason why they should stay a day longer than the expiration dates on those permits. As non-citizens, **we owe them no obligations whatsoever**.

There seems to be a troubling attitude in Carney’s cabinet that an effort should be made to keep a good portion of the millions of temporary residents admit-

Views of columnists and bylined feature writers as expressed are not necessarily those of DRUTHERS. All source links and references can be found at druthers.ca/articles

Special thanks to all those giving their valuable time to help freely distribute DRUTHERS.

Thank you also to all who have generously donated to make this free newspaper a reality.

Although the paper is FREE, it costs us to produce, print and distribute it. If you appreciate our efforts, please help us print more papers next month by making a donation.



Please donate kindly:
druthers.ca/donate

Or send an e-transfer to:
admin@druthers.net

Cash, cheques & money orders
can be made out to and mailed to:
Shawn Jason Laplante
P.O. Box 40531 Six Points Plaza
Toronto, Ontario M9B 6K8

Distributed independently & completely free of charge.

December 2025 circulation: 200,000 copies Canada-wide

Original content DRUTHERS 2025®

Publisher & Editor in Chief: Shawn Jason

Administrator: Christie-Lynn

Editor: Michelle

Layout & Design: Michael Choo-Chong

Thanks to: Kristy, Bob, Jessica, Len, Emily and more...

Comments & General Inquiries: **info@druthers.net**

News Tips & Article Submissions: **editor@druthers.net**

Advertise in Druthers: **druthers.ca/ads**

“Please world, be kind to one another. We really are just one big earth family. Thank you. I love you. Keep on passing it on.”

– Shawn Jason

The Skills Shortage Hoax and the Biological Breakdown of Canadians

By Dave Stach

Fellow Canadians, it's time to face the ugly truth. For decades, we've been sold the Big Lie: a massive **"skills shortage"** or **"skills mismatch"** that's supposedly holding back our economy. Job postings go unfilled for years while employers, think-tanks, universities, and the corporate media whine that Canadians just aren't qualified. Yet wages remain frozen. No bidding wars. No fat signing bonuses. Just endless excuses to keep us broke.

This is deliberate theft. Go back to the Canada of the 1950s–1980s. Real labour shortages meant real wage explosions. Employers fought for workers with higher pay, better benefits, and genuine training. That's how a working-class family bought a house, raised kids, and retired with dignity. Today? "Desperate" companies in tech, trades, healthcare, and hospitality offer poverty wages, part-time gigs, and zero investment in apprenticeships or R&D.

Toronto's Don Pittis has exposed this fraud over and over. Economist Don Drummond proved in 2013 that there were no wage premiums in high-demand fields—exactly what you'd see in a true shortage. These same "starved" employers hire cheap foreign labour or cry for more immigration while doing nothing to train Canadians.

The Bank of Canada's suicidal low-interest policy is a core culprit, pumping endless cheap money to corporations for buybacks instead of fair pay. But there's an even darker layer they're hiding: **our bodies and brains aren't the same as they were 50 years ago.**

Since the 1970s, industrial farming, soil depletion, ultra-processing, and chemical-laden junk have gutted the nutrient content of our food. Studies show massive drops in vitamins, minerals, and trace elements in fruits, vegetables, and grains. We're eating more calories than ever—but getting far fewer real nutrients. The

result? A nation of malnourished, low-energy people who can't perform like our grandparents did.

Nowhere is this collapse more obvious than in Canadian men. Sperm counts have plunged over 50% since the 1970s. Testosterone levels are crashing year after year. Young men today have lower T than their grandfathers did at the same age. Erectile dysfunction, depression, fatigue, and irritability are skyrocket-



ing. This isn't "laziness" or "poor lifestyle choices"—it's biochemical warfare on our biology from a poisoned food supply and environmental toxins.

Pioneers like Nobel Prize winner Linus Pauling and Canadian psychiatrist Dr. Abram Hoffer warned us about this exact crisis through **orthomolecular psychiatry**. They proved that mental health, energy, focus, and even motivation depend on having the right molecules—vitamins, minerals, amino acids, and fatty acids—at optimal levels in the brain and body. Deficiencies in B vitamins, vitamin C, zinc, magnesium, and omega-3s (all stripped from modern food) create depression, anxiety, ADHD-like symptoms, and total apathy. Hoffer successfully treated thousands of

"schizophrenic" patients with optimal doses (often wrongly termed 'mega' or much higher than the pitiful RDA) of nutrients instead of drugs—because many cases were simply severe malnutrition misdiagnosed as an incurable illness.

Back when Canadians ate real food from healthy soil, we had the biochemical firepower to work hard, innovate, and demand our worth. Today? We're zombie workers—tired, foggy, infertile, and too beaten down to fight for raises.

This is why the "skills shortage" myth works so well: they've engineered a population that's nutrient-starved and hormonally crippled. A healthy, high-testosterone man from 1970 wouldn't accept today's slave wages. But a depleted, estrogen-soaked, low-vitality generation just shrugs and scrolls TikTok.

Enough! We demand:

- Bank of Canada reform for full employment and real wage growth
- A national nutrient-restoration strategy: regenerate soil, ban the worst food toxins, enrich staples
- Massive investment in orthomolecular health education and affordable supplementation
- A true Canadian-first training system—not endless imported labour to suppress wages

Our grandparents built this country strong and proud. We can reclaim that strength—but only if we fix the food, fix the money, and put Canadians first.

Wake up. Nourish up. Fight back. Who's with me?

Dave Stach, BA(Hons), OHP, is an orthomolecular practitioner committed to helping people regain their vitality through nutrient-based, terrain-focused care. His free Symptom Measure Tool is available at nutrirebel.com/symptom-measure-tool.html for anyone wanting a deeper look at their health.

Vaccine Detox for the Modern Pet

By Lucy Jabrayan | [Thrive4lifePetFood.com](https://thrive4lifePetFood.com)

The place for our dogs and cats in our households isn't what it used to be. Before, it was an absolute necessity to have a guard dog or a farm dog that needed to *earn their keep*. The same went for cats—they had to hunt mice and do their part.

Not so much anymore. Our beloved pets have a place in our hearts like family—because they are. With that, they face their own challenges, as they become bombarded with **chemicals, toxins, pesticides, medications, and of course, the inevitable vaccinations.**

As hard as the discerning pet guardian may try, there simply is no escaping the toxins they're bombarded with over their lifetime. We live in a fallen world, so we have to make our pets even stronger to cope with modern times.

The modern-day pet needs a more sophisticated way of **detoxing these "modern chemicals"** that their bodies were never really meant to ingest (I said what I said). Of course, we must look at the research as to which ingredients can help equip their bodies to release some of these toxins, such as heavy metals and chemically engineered substances that are foreign to the body. Whatever the body doesn't recognize to catabolize, it simply stores, rendering the immune system rigid.

A **high toxin load** can make the body vulnerable to disease, parasites, gut issues, skin problems, allergies, inflammation, joint issues, and accelerated aging—all leading to a decreased quality of life, where they're surviving but certainly not thriving.

So, here are my **top research-backed recommendations** for safely detoxing our pets while building immunity. If your pet has severe symptoms, this is where one should work with a holistic pet nutritionist alongside their vet to better support their animal.

A Probiotic Containing Humic and Fulvic Acid

Known as nature's bioactive compounds, both **humic and fulvic acid** should not be overlooked when it comes to detoxing our pets.

Humic acid is a large, high-molecular-weight mol-

ecule shown to bind to heavy metals, toxins, and pathogens. Fulvic acid, by contrast, is a small, low-molecular-weight molecule that easily penetrates cells, delivering nutrients such as minerals and antioxidants where they're needed.

Both work beautifully together, acting as **chelators** that bind to minerals and other molecules. These can be given long-term—especially in probiotic formulations—to further enhance **gut microbiome health.**



Glutathione

Glutathione is known as the *"master antioxidant,"* critical for preserving cellular integrity and essential for optimal health. Especially in a patented form that has been clinically tested, this ingredient is not cheap—but **very well worth it.**

While the body produces its own glutathione, these factors deplete it: poor diet, toxins, infections, pollution, aging, stress, inflammation, and certain medications, such as NSAIDs and corticosteroids.

Cats especially need glutathione because they're metabolically more vulnerable to oxidative stress than dogs. Their unique liver metabolism and limited glucuronidation capacity mean they rely more heavily on glutathione for detoxification.

A good, bioavailable glutathione supplement may help promote **detoxification, healthy aging, antioxidant protection, and lung and immune health.**

Chlorella

Chlorella is an algae rich in minerals and powerful antioxidants that quench free radicals in the body. It may aid in detoxification by binding to heavy metals and harmful substances such as **lead, mercury, aluminum, uranium, cadmium, and pesticides** like glyphosate.

Acting like a sponge, **chlorella binds to these toxins**, preventing reabsorption into the bloodstream and tissues. The bound toxins are then released through urine and feces.

Chlorella's high chlorophyll content may also help regenerate liver cells—an integral detoxification organ for the whole body. It's safe for both dogs and cats in proper doses.

Larch Arabinogalactan

I had to include larch because it's been studied for use **post-vaccination**. It's a prebiotic fibre derived from larch tree bark, with a long history of use as an immune aid and infection support.

Larch has been shown to **raise the body's natural killer cells** and may improve immunoglobulin response after vaccines. One *in vivo* study in dogs showed that supplementing with larch arabinogalactan for 10 days increased circulating white blood cell counts—particularly neutrophils and eosinophils, both key immune defenders.

Larch is safe to supplement long-term for both dogs and cats and provides a host of additional health benefits.

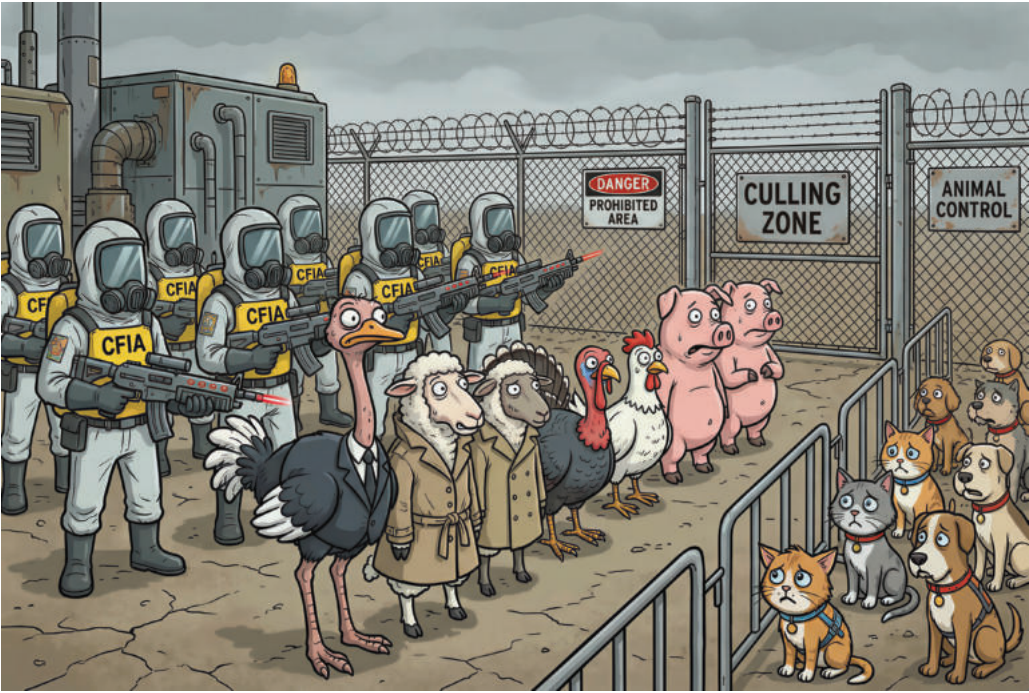
As always, please consult your veterinarian before incorporating anything new into your pet's diet.

Lucy Jabrayan, a holistic pet wellness expert and entrepreneur, is the founder of Thrive4life Holistic Pet Food and the formulator of her own professional supplements. Her mission is to bring cutting-edge science to help pets and their owners thrive. Find out more at thrive4lifepetfood.com

Absurdity Observer

Some of the Most Absurd Happenings in Recent Weeks

- Following a nearly year-long legal battle over an apparent H5N1 avian flu outbreak, approximately **314 ostriches at Universal Ostrich Farms in Edgewood, British Columbia, were culled by “professional” marksmen** on November 6 and 7, 2025, under the order of the Canadian Food Inspection Agency (CFIA). The CFIA claims they ordered the massacre as a precautionary measure to contain the spread of H5N1 avian influenza virus despite the fact that no birds had tested positive for, or showed symptoms of, the flu since late 2024.
- A new study published to *Frontiers* (Gunther *et al.*) finds that **only 10-14% of individuals who tested positive for SARS-CoV-2 via PCR test actually had COVID** (as determined by detectable IgG antibodies).
- While the new 2025 Liberal budget is cutting billions from core services Canadians rely on—Veterans Affairs Canada, Housing & Infrastructure, transportation, agriculture, and Parks Canada—they still made it a priority to **add an extra \$150M to CBC’s “underfunded” \$1.4B yearly budget.**
- Carney quietly removed the luxury tax on private jets, yachts, and vacation homes in Budget 2025, while keeping the tax firmly in place on working Canadians’ tools like pickup trucks and farm equipment. Carney’s reasoning: eliminating the “inefficient” and underused housing tax on vacant and rarely used homes and the luxury tax will create “administrative savings” for the Canada Revenue Agency.
- The Liberals are letting thousands of foreign-sponsored doctors train in Canadian hospitals—even though they won’t work here—while thousands of Canadians studying medicine abroad still can’t get a residency spot at home. Advocates say the shortage of residency spots for Canadians contributes to Canada’s lack of doctors, ranking us nearly last among universal healthcare systems internationally.
- Now that he needs billions of watts of electricity—and mountains of CO₂—to power his AI empire, **Bill Gates has suddenly admitted that climate change won’t destroy humanity after all.** In his new memo, the same billionaire who warned of imminent climate catastrophe, declared that climate change will “not lead to humanity’s demise” and is now suggesting we focus on poverty and disease instead.
- **Ottawa built an entire behavioural-engineering unit to shape Canadians’ beliefs, and then ran a full-blown psych-op on Canadians during COVID.** According to the Justice Centre for Constitutional Freedom’s new report, the federal “Impact and Innovation Unit” quietly partnered with health officials to test fake news reports, emotional triggers, fear framing, and message manipulation on thousands of unsuspecting Canadians—all to hit a predetermined



- vaccination target. They even pushed the slogan “safe and effective” before any data existed.
- A major new study published to *Circulation* by the American Heart Association (Fanti *et al.*) just drove a spike through the myocarditis debate: Researchers found that **people who caught COVID do not develop the same heart-attacking autoimmune T-cells now linked to vaccine myocarditis.** This lines up perfectly with earlier epidemiological data (like Tuvali *et al.*) showing no surge of myocarditis cases in the unvaccinated during COVID.
 - Two Grimsby, Ontario, residents are now facing a **\$75,000 human rights claim simply for operating a satirical Facebook page** that criticized their town councillor.
 - Evan Blackman, a peaceful Freedom Convoy protestor who was arrested for singing “O Canada” while kneeling in front of a police line, has been convicted of mischief and obstructing a peace officer at the conclusion of his retrial at the Ontario Court of Justice. This comes despite being fully acquitted of the same charges at his original trial in October 2023.
 - After a preliminary investigation, the Ontario College of Teachers is aiming to permanently revoke a former Ottawa educator’s teaching licence for social media posts where she critiqued gender identity ideology. The Ottawa-Carleton District School Board has already banned Amy McKay from teaching in its schools.
 - Despite his entirely peaceful participation in organizing the 2022 Freedom Convoy protest in Ottawa, the Crown has filed an appeal seeking to overturn Chris Barber’s acquittal on intimidation charges and increase the sentence he already received for mischief and other charges. Currently, Chris Barber is serving an 18-month conditional sentence, with 12 months of house arrest, six months of curfew, and 100 hours of community service.

- Prime Minister Mark Carney calls **Toronto “genius” for having an immigrant population that now surpasses its native-born population.**
- As revealed during a Standing Committee on Public Safety and National Security, the **primary investigators of over 20% of Canada Border Protection files are summer students** who have only 3 weeks of training and are paid \$17.75/hr
- **Alberta’s premier has confirmed plans to lift some restrictions on Canada’s “universal healthcare system” by introducing a hybrid model,** allowing the private sector to help alleviate the province’s outlandish backlog.
- **Canadians have no idea who their Prime Minister is.** A street poll conducted by True North in Vancouver found that a whopping 93% of Canadians questioned couldn’t name our current Prime Minister. Some respondents said they just couldn’t remember his name, but others still thought it was Justin Trudeau!
- A major real-world study out of Spain just flipped the script on pneumococcal vaccines: **instead of preventing pneumonia, the data shows it increases the risk of getting it—and even dying from it.** Among 2.2 million adults, those who took PCV13 were nearly twice as likely to get pneumococcal pneumonia and almost twice as likely to die from it! After years of being told these shots are “safe and effective,” we’re now seeing evidence that the promised protection may have been nothing more than marketing.
- The most comprehensive autism study to date reveals the undeniable—**vaccines are the single most significant modifiable risk factor for autism.** In a new report by the McCullough Foundation that reviewed over 136 studies, researchers found that an astonishing 107 of them show a positive association between vaccines and neurodevelopmental disorders! Autism now affects more than 1 in 31 children in the United States.
- **Shingles vaccine makers Merck and GSK now admit their shots often fail to prevent shingles—but insist you should still take them** because the rashes *might* hurt a little less. Ironically, the Shingles vaccine was developed in 2006 in response to a shingles epidemic admittedly caused by the Chickenpox vaccine.
- **CNN is gleefully claiming that fluoride in drinking water not only doesn’t harm cognitive ability—despite many studies showing otherwise—but may actually improve it.** The headline comes from a new study suggesting a correlation between higher exposure to this bioaccumulating neurotoxin and better cognition. The timing is hard to ignore: the study lands right in the midst of an intense national debate and the ongoing legal battle over the EPA’s long-standing practice of water fluoridation.

LIMITED TIME OFFER

GIFT YOUR LOVED ONES A
**POSTAL SUBSCRIPTION
OF DRUTHERS**
for a 1-year subscription of Druthers Newspaper,
delivered monthly to your loved one's mailbox

SIGN UP ONLINE BY DECEMBER 31:
DRUTHERS.CA/GIFT

OR, SIGN UP BY MAIL:
YOUR EMAIL: _____
YOUR LOVED ONE'S NAME _____
SHIPPING ADDRESS: _____

PLEASE MAKE CHEQUES PAYABLE TO:
**Shawn Jason
Laplante**

MAIL YOUR INFO, AND \$85 S/H FEE TO:
**PO Box 40531 Six Points Plaza,
Toronto, Ontario, M9B 6K8**

OR, ETRANSFER US (PLEASE MENTION
ADDRESS AND "SUBSCRIPTION" IN MEMO):
admin@druthers.net

YOU NOW SUBSCRIBE
TO INDEPENDENT MEDIA

GIFT

You have been gifted a:
POSTAL SUBSCRIPTION
FOR
DRUTHERS
NEWSPAPERS

1-year subscription of
Druthers, delivered monthly,
starting in January

SEE MORE INFO AT:
DRUTHERS.CA/SUBSCRIBE

STARTING AT
\$85 /YEAR
PAPERS ARE FREE,
FEE IS FOR S/H.