



## TAKING MY OWN ADVICE

by Dr Kat

When I started writing my article for this week's Vuka News edition, I was looking for something positive and hopeful to write about. There's so much skulduggery and ugliness everywhere, and many of us, including myself, are suffering from some form of pandemic fatigue. As I searched within myself (for quite some time) to find a silver lining, I remembered the last line of my favourite poem, Desiderata - "With all it's sham, drudgery and broken dreams, It Is still a beautiful world. Be cheerful. Strive to be happy."

I called my friend Laura and made a rather teary request for some long-distance frequency healing, and then marched myself to my rooms and administered an immune-boosting, energising IV on myself. I put on my big-girl-panties and vowed to take some of my own advice. I often remind friends and patients that "when you go on a plane journey, you hear the flight attendant say," In case of a drop in cabin pressure, cover your mouth and nose first and then help those around you." The startling reality of this, both literally and figuratively, is that you are no good to anyone if you are sick-or dead. I feel rejuvenated and excited to make the whirlwind 3-day trip to Mauritius, via Cape Town, to be with my daughter on her 21st birthday—which happens to be a day before mine. Even though my trip to Mauritius is for business, I intend to make the most of it. It's going to be my last international trip as a KZN resident.

We are so busy with life and what's happening around us that we often don't hear our bodies' cries for some help and attention. Extreme fatigue, headaches, waking up in the middle of the night, weight gain, heartburn, and irritability are some of the signs that you need to take a breather. Make a to-do list, then prioritise it. I'm not talking about those hundred things running around in your head-- I mean physically sit down and make a list. Make a list that you can SEE by putting pen to paper or fingers to keyboard. Then, delegate what you can and eliminate what you can, and be ruthless. When you feel that everything is just as important, re-look at the number one priority on your list. If it does not read "Me," you need to re-do the list.

Reaching out for help is something most of us are reluctant to do. Phone a friend and ask for help. A problem shared is truly a problem halved. Hearing your thoughts out loud is a very effective way to put things into perspective. Having a conversation in your head, with yourself, at a time when you are overwhelmed or stressed only adds to your stress. You need to HEAR your own angst and negativity, and it's okay to feel vulnerable. Just knowing that you are not alone is therapeutic in itself. Hence the adage "a friendly ear."

Make time for yourself every day to stop and SMELL the roses (or the coffee). At a time when you are feeling overwhelmed, switching off is the hardest thing to do - but it's vital to your wellbeing. Start with 15 minutes per day. Read a book, take a stroll in the garden, catch-up on your favourite series, or just simply breath. Take a few deep breaths in and out and try to still your mind. Simple but very, very effective in calming your soul. If you can, put a few drops of lavender on your pillow. The calming effects of a tiny drop are well worth it. A restful sleep is just what a good doctor will order to

help patients overcome fatigue and anxiety. Have you ever tried a "hot/cold" shower? It's a quick parasympathetic re-set whilst going about your daily routine. Adjust the temperature of the water to cold for 30 seconds (or 10 for your first time lol) and hot for 30 seconds - repeat 3 or 4 times as you get more accustomed. It sounds scary, I know. I was very reluctant the first time I tried it but trust me - try it - you will FEEL amazing. Stay away from stimulants like caffeine. Energy drinks and teas, and also most gym "pre-workout" supplements, have caffeine. As much as you may think you need the "boost" or the "kick" that caffeine gives you to get going, it really makes things worse. Especially for those who are reluctant believers at this point. Specialising in weight management and nutrition, I can certainly attest to how the foods we consume are directly related to our body-types, our moods, and our state of mind. Craving any food, sugary, salty, or fatty (chocolate is both fatty and sugary) for a sustained period means that you are likely missing some essential nutrient like magnesium or chromium or something else. Your TASTE-buds are telling you something. Start by admitting to the craving, then keep a food diary, and if you need help - refer to paragraph 5 above. Now that the 5 senses have been covered, let's be sensible. Adjust your expectations to reasonable ones. Be kind to yourself. There's only one of you. If you need reminding, make this your screensaver for a few weeks.

**"You can't have awesome without ME".**



**PART 2**

## BLOOD TRANSFUSION SAFETY

by Pierre van Niekerk



**Why should blood transfusion services not mix vaccinated and unvaccinated blood? Is it safe?**

The SANBS website reads:

"There is presently no evidence that supports that COVID-19 can be transmitted through blood". This is factually incorrect.

"SANBS does not defer vaccinated persons from donating, nor do we record whether a donor was vaccinated or not". This is a safety issue for recipients, and it does not comply with the National Health Act (NHA).

We by now know the spike protein has made its way from the deltoid muscle into the bloodstream, and is doing what it was designed to do: multiply. Initially, this was blamed on incorrect injection technique, but after a while, that explanation was quietly dropped. The spike protein is going everywhere in the body; the placenta, breast milk, it is in the blood, in the lymph, it even crossed the blood brain barrier. And it is multiplying without an off switch. This process is using resources the body would have used for other processes, building other proteins normally required. The building blocks and energy used here are taken away somewhere else. It even impedes intricately balanced closed-loop control systems. At some stage, this catches up with the body. Since the US FDA EUA of COVID-19 vaccines and roll-out took off in full swing, abnormally high rates of blood clotting have been noticed, some with severe effects, including strokes and deaths. Autopsies performed found distribution of spike protein with the US FDA EUA rt-PCR procedure in the heart muscle, in the brain, liver, spleen, ovaries etc., also micro clotting blocking arteries and veins, and more recently long fibrous clots. The mechanism of action of the clotting is still under investigation, but it is observed that people that received the mRNA vaccine are exhibiting a much higher rate of clotting than the unvaccinated cohort. More and more governments have started admitting to the micro clotting and blood clots found. The composition of these clots indicates they are not normal blood clots, as the percentages of the components differ from normal blood composition. Impurities, metals, reduced Graphene Oxide, nano-materials, have all been blamed for this. What is making it even more difficult to pin-point the exact issue is that the vaccine batches seem to differ, which brings another issue up, quality. In accordance with the NHA, the Department of Health appoints the license for a national blood transfusion service. The NHA also requires informed consent to be obtained per sections 7(2) and 7(3). The Department of Health also mandates SAHPRA to register and approve the safety, efficacy, and quality of vaccine products.

Reverse transcription of the mRNA vaccine has been found in the liver with rt-PCR. The discovery of whether it transcribes into genomic DNA is eagerly anticipated. The government will then have a real problem, as it will be transgressing the genetic modification of human beings.

**No, it is not safe.**



**Rithu: Age 18**  
Covishield - 29 May 2021  
Date of Death - 19 June 2021



My beautiful daughter, Rithu, had her whole life ahead of her. She had just finished her final year of schooling and had been accepted to colleges in both India and the USA to pursue her studies in architecture but was undecided as to where to do her undergrad. Rithu was a vibrant, energetic young woman with no health problems. She took the vaccine by choice, as at the time there was a lot of pressure from government and the media to take it and everyone was stating that the vaccine was "safe and effective". The media was also abuzz with reports that universities would be starting to mandate the jabs for admission and that they would be required for international travel. With all the hype, we thought we would "do the right thing" and be good citizens by taking jab in the belief that we would be safeguarding ourselves and those around us. Along with millions of others, we were kept completely in the dark about the possible side effects and the adverse reactions. We blindly trusted the government, the science, and the doctors. Before taking the jab, I checked with three independent physicians about the risks of taking the vaccine, and all of them firmly stated that they are completely "safe and effective". Within hours of Rithu receiving her first dose, she started feeling ill and presented with a high fever, body pains, and a headache. These symptoms gradually subsided over the next few days. On the 6th day, Rithu awoke at 3 am and complained of a headache that lasted for hours, and later that same day her left thumb and little toe on her left foot started hurting to such a degree that she couldn't walk properly. We called the doctor, and he prescribed some medication for pain and allergies, but by the following day Rithu started experiencing tingling and numbness in her fingertips and a burning pain in her hands and feet and pink blotches started appearing on her palms. Her hands also started to feel incredibly hot, and soon she presented with a mild fever. On the 8th day, we proceeded to have a blood test done to check for the possibility of a viral infection. The lab results showed that Rithu's platelet count was extremely low at 40 000 (the normal range is above 150 000) and they recommended a re-test to confirm these abnormal results. Feeling extremely concerned, we called the doctor and were told that she was probably fighting a viral infection. He was not concerned as his understanding was that reactions to vaccines would only occur within the first day or two. He suggested we wait a day and then retest the platelet count. That evening, around 6 pm, she started getting a headache, its severity rapidly escalating to the point where the painkillers offered no relief. She started throwing up and continued to vomit six times at regular intervals of 20 - 30 minutes. She was pale and couldn't stand up. I noticed a purple spot on her eyelid (which we were later told by the doctors was a blood clot). We rushed her to the emergency room at around 11:30 pm that night, where they ran some blood tests to check for Covid and other possible conditions, followed by an MRI. Rithu was so restless due to the severe headache that the MRI, which takes up to an hour, could not be completed. Even with an incomplete MRI, the doctors could easily detect a severe problem in her brain. She was admitted to the hospital, and a CT scan was done to

confirm their findings. During the early hours of June 9th, the doctors confirmed a blood clot on the right frontal lobe of her brain, along with a severe brain hemorrhage. Within no time, her condition deteriorated, and she started having seizures right before our eyes. She was immediately taken away from us to the other side of the ER where the doctors tried to revive her. We were in a state of shock. Everything happened so quickly, and it was a horror to witness my daughter's life slipping away, and there was absolutely nothing we could do. We were surrounded by neurologists, neurosurgeons, anaesthetists, and other doctors who were getting ready to perform emergency surgery on her brain. They said that she was suffering from a condition called CVST (Cerebral Venous Sinus Thrombosis), and she had an acute thrombosis, which required surgery to relieve the extreme pressure that was building up inside the skull. The surgery started at around 10:30 am and went on for 4 hours. After the surgery, Rithu was taken to the ICU, and the doctors told us that they did all they could and that we would have to wait and see as to how she responds. Rithu's response to the surgery was minimal, and after four days post-surgery, her brain started to deteriorate further due to the severe damage caused by the pressure and hemorrhage. We started investigating other options and therapies, but nothing helped. After ten days of struggle and torture, on June, 19th, our darling Rithu ascended to heaven. On June 20th, an autopsy was performed and the local health department collected information from us in order to file an AEFI (Adverse Event Following Immunization). How do I begin to describe what this tragedy has done to us, to my family? We are completely shattered. I never imagined that life could be so difficult. We have faced several hardships in the past, but this is incomparable. Losing a child is devastating. Rithu was a multi-talented girl with a kind heart, who was soft-spoken and had a radiant, bubbly personality. Her constant smile would light up a room and cheer up those around her. She was an incredibly talented artist, dancer, musician, and black belt champion in TaeKwonDo. She was a Girl Scout who served her community through various projects. She would spend weekends volunteering for organizations like "Bindu" and "KMRF". All her achievements and contributions to society made us so very proud. Shouldn't such a bright young lady have been given the opportunity to live her life, fulfilling her dreams? Shouldn't her family have had the chance, like many others, to see their daughter grow into a beautiful woman and lead a normal, happy life? Rithu was our pride and joy, the apple of our eye! A beautiful, vibrant girl so full of life, love, and laughter. She was everything to our family. My best buddy. Dad's darling daughter. A very loving and caring elder sister. We were blessed to have her in our lives. She was one in a million. Although she is no longer with us in person, Rithu continues to live on in four other people who received her organs through organ donation, and we continue fighting. Fighting for justice. Justice for losing a wonderful life that had so much potential.

TELL YOUR STORY - JOIN @VUKASOUTHAFRICA ON TELEGRAM

**PART 3**



## TRAVELLER STORIES



by Bruce Mills

In my previous articles, I mentioned that I travel quite a lot. I know people who travel much more than I do. I see their Facebook posts and often wonder whether they share similar experiences to mine. I found out they do. Here at VUKA News we like to share current events, news of interest, articles that inform and also uplift our readers' spirits. This is one of those articles to inform and maybe to uplift you before you travel.

Borders are similar all over the world. Yes, some are unusual, but the processes are basically the same. People moving across a border need to have travel documents. The most common one is a passport. Tip: Even if you do not anticipate any travel soon, get a passport anyway. When the sudden need comes along, you don't want the waiting time of a Home Affairs department to hold you back. You and your children will need travel documents to cross a national border. This can be by road, by sea, or by air, so be prepared.

International airports get that identification as they are usually ports of entry into a country. They will have a port authority or passport control station and usually a

customs station as well. People have their passports inspected, but goods passing through a border also must be inspected. That is another set of rules I won't go into here. When you leave one country, your passport is stamped, and when you enter the next country, your passport is stamped. Fun Fact: In my passport, I noticed that all the English-speaking and African countries' stamps are in the front of my passport. All the Arabic countries I visit put their stamps in the back pages. Then I realised. Their fingers open pages in the direction they read. Arabic is written right to left, so they open a left-to-right book at the back. It makes sense, yes?

You can gauge a country by its airport settings and the size of its facilities. While I travelled through London and Sydney many years ago, the current largest airport I have been to is Dubai International Airport. It is a massive set of buildings. On one trip, I wore my Garmin step counter. From the docking gate for the aircraft to the passport control, I walked all the way and logged 3000 steps! I am tall. That is close to 3000 meters walking in one direction! Dubai International and

Hamad International in Doha have a train to get you to other points in the terminal. The fact that you need to catch a train inside the building gives you an idea of the sheer size of these airports. Tip: Always wear good walking shoes! Second tip: have hand luggage with wheels.

Passport control: Residents of a country will always pass through a different passport control gate than visitors. I experience that returning here at OR Tambo International in Johannesburg. The foreign passport holders' queue is on a separate side. The same all over the world. In Dubai, certain nations can qualify for a Smart Pass. Walk up, swipe your pass and keep going. No stamps. All are digitally logged. For the rest of us, we have to show our biometric page and get our book stamped. This is fairly quick. The queue can be long when 3 A380 500 passenger aircraft loads are converging on passport control! Be patient. Tip: Always carry water with you. On most modern long-haul aircraft, you can get cold water from the galley. Some countries are hot and staying hydrated helps you with jet lag. I carry a steel flask for in-flight water.

Security: Know the forbidden items before you pack. No sharp knives on your person. Be prepared to follow all security check protocols. Some airport security stations will not allow you to pass with a full water bottle even if it is sealed. Take an empty one. Fill it up after security control. I use the Slow Lounge at OR Tambo to do this and to top up some snacks for the flight [mostly you only get one meal on a long flight]. Make sure to keep any batteries or chargers in your hand luggage rather than your checked luggage. As I teach training courses, all my cables and extra parts go in my main bag, but anything with a battery comes on board in my computer backpack on wheels. Be prepared to take out laptops and tablets for security scanning. Some airports want belts, shoes, and watches off as well. Hold on to your pants, gents!

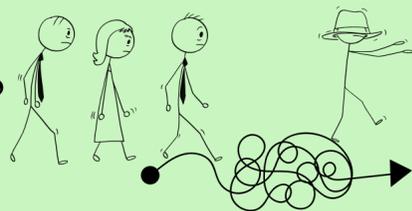
Shopping: Duty Free is a great marketing tool. Be very aware of what you want to buy and make sure you know what a good deal really is. There is a lot of temptation. I thought I found Lindt Chocolates at a great price. It turns out that the Lindt shop in Eastgate, Johannesburg was much cheaper. We still ate the lovely chocolates I bought in Dubai Duty Free. I have found good deals on electronics, but even then, I still go and compare prices and make my purchase on my way out of the country. Going through Oman via Muscat International airport, I was able to find Frankincense oil. I have looked for this product all over the Middle East. My wife insisted I get some to add to her essential oil collection. Most major credit cards are accepted in duty free shops. In Doha, I buy their version of baklava as a treat. Really very good. In Tanzania I bought silk scarves. Tip: Using a credit card when travelling may require you to clear its use before you travel with the issuing company.

Airports are designed to move large numbers of people quickly and efficiently. If you are waiting for a flight, they sell fast food and have many wonderful shops. Enjoy your next trip.

## LOGIC OUT THE DOOR...



by ElizeTheron



Being married to a programmer, I have often been in conversations about logic, being a logical thinker, and how logic is part of everyday life.

In my opinion, everyone has it and uses it daily; let's look at everyday life and how logic disappeared when the chemical mass injection process started.

Buying a Car: If you have the privilege of buying a new vehicle, or even a machine for your business, the following is what typically happens. You browse and search the world-wide-web, you ask questions, you read up on technical specs and fuel consumption, you buy the Car magazine to read articles and watch YouTube videos on performance. You are still not satisfied and a little unsure as this is, after all, a long-term commitment and not a decision to be taken lightly. You then go to a dealership to inspect the vehicle inside and out. You have some more questions for the salesman and ask for a test drive. Then you go back home, call a friend who has a similar vehicle, you ask more questions, you make lists of pro's and con's, then you approach the bank for finance, ask some more questions, perhaps take out an extra warranty... then you settle your mind, and finally make your decision to buy the car of your dreams...

Being pregnant: Finally, you make the decision to fall pregnant, or perhaps it was not planned. Either way, you now have a little miracle in your tummy. You are a mom from the first day, and instinct takes over. You read up, search for help, go see a doctor, get some vitamins and folic acid, go to Mommy-to-be fitness classes, drink lots of water, all to ensure a healthy baby. You fall ill with the flu, but you have a little miracle in your tummy, so you don't take strong painkillers. You settle for Panado. You decline the antibiotic solution, as it could hamper the baby's

development. Later, a friend invites you to lunch at a local Sushi restaurant; you decline because you've read and heard that raw fish is bad for your little miracle. Your husband offers you some biltong on match-day. You decline regretfully, as you can't have raw meat, or even the cheese on the cheese platter...

Baby is born, and you do everything you can to get breastfeeding secured. You buy the softest sheepskin blanket for your precious baby, because only the best will do. You decline a holiday in the Kruger National Park, as it is a malaria area, and you can't take your baby there whilst still so young. Time passes and you are satisfied with how healthy the baby is growing up. Finally, finally it is time for solids, and you start your search for the best nutritional options. You only buy the best; no sugar, no artificial ingredients (all served on CFC-free cutlery), and medicine is only given when absolutely necessary and after you have read the medicine pamphlet. Oh, oh and not to forget, it needs to be alcohol-free. You even cook some baby food yourself with organic veggies from the farmer's market out of town. Only the BEST natural upbringing is enough for your precious child...

Yet when the availability of a super-fast-chemically-manufactured substance comes along, of which no one could tell you the ingredients (you didn't ask), you forget all logic, you blindly follow the crowd, you don't even stop and wonder for one second, forget everything you have learned over your vastly experienced life, and go stand in the queue with your 12-year-old miracle by your side, taking a selfie ...

All logic gone! ! No consequence is a given, and that is what it is, because everyone says it's a GOOD thing .. Mind-blowing is an understatement; logic has left the building.

### Vitamin D3, review of the literature and brief synopsis

A Report by Pierre van Niekerk



## Your VOICE MATTERS



## WHAT IS YOUR UNDERSTANDING OF Bitcoin?

On-ramp to CBDC It has imaginary value, that becomes clear it has no value when the power networks and communications networks are offline.

**Andries**

digital unbacked, unregulated crypto coins used by many nefarious characters for money laundering, drug trafficking, human trafficking. my understanding is that it will disappear with the new SEC 2022 regulations that are being passed for crypto

**JamToast**

It isn't about Bitcoin. It is about crypto currencies and blockchain. Bitcoin is just a name like Simba or Willards. There are numerous crypto currencies out there and banks are trying to start their own such digital crypto currencies to link to the social credit system of the future. This will give full control of your digital money to a third party on how you spend on what. Some of the crypto currencies will disappear or be stopped, especially those the banks don't have 100% control over. Blockchain technology can be used for good, crypto currencies in the hands of banks and world banks, not acceptable as this is going towards a digital one world currency and other bad things. Currently, still unregulated and working well to stay out of the banking system but very unstable due to high fluctuations in value. Investing not for short term yet and still unpredictable on what will happen in the future.

**Hannelie**

We have a friend who is CEO over 10 businesses who does business rescue. A chartered accountant. In discussing Bitcoin and crypto he admitted it's just a number in the cloud. I don't have money in the bank. I have hundreds of bottles of non GMO seeds for food. Just one seed last season produced 16 butternut from ONE plant. He worked out returns and agreed my investment was very profitable. A bird in hand is worth 2 in the bush

**Rosemary**

Bitcoin is an alternative to Fiat Currency using block chain technology. It puts the power of an alternative currency into the owners hands. Not the govt, or institution, which uses fiat currency to make profit. And charges you a whack, to invest it and withdraw it. Alternative to Fiat Currency. Bitcoin is one of many of the alternatives. Also, it is a digital currency, independent from a Central Bank.

**Morwen B**

It's an online currency which exists as a finite number of tokens (which is what gives them value). Each "token" is created (mined) through solving extremely difficult mathematical computations which get more complex as more get solved, which requires massive server farms running 24/7 in massive warehouses to try and solve the computations. That's why it's so bad for the environment because of how much energy the servers use

**Yvette**

Bitcoin is one of many so-called cryptocurrencies, in reality it is a distributed ledger system. It is a system to track logistics, but instead of just the sender and recipient knowing about it, the record of the transaction also get sent to other parties, that track it's progress. There is no underlying value to this system. The price of crypto currencies, like everything, is determined by supply and demand. Speculation and supply scarcity, has caused dramatic price increases. South Africa has recently issued regulation that put crypto currencies under FICA control, which might cause total price implosion.

Bitcoin, like other cryptocurrencies, are "mined", that is to develop a unique sequence of code, many transactions are made, tracked, and a code or number built up in a very specific way, the total number issued is limited, making it scarce. It is energy intensive to run the computers required to do this. In China this has led to clampdown by authorities on illegal 'miners'. The back-end of the crypto-mining industry is not very green.

The backbone for commercial banks have been using distributed ledger control on international currency transactions for years. Cryptocurrency is the same as the system to transfer the valuta, not the valuta itself.

**Pierre**

The cryptocurrency market is set into the Blockchain network. What that means is that transaction ledgers are usually confirmed via 6 separate networked computers that cross check each transaction. Now there are over 1500 ++ cryptocurrencies available and more being added daily. What underlies a crypto? Nothing really unless you can get one or more of the 3 main qualities:

- 1 - a currency used as fees to facilitate transactions or 'gas money'. Every move between crypto wallets requires a small fee to be paid. A common fee type is Ethereum or Litecoin but there are many in acceptance for gas money.
- 2 - a crypto with an actual asset backing. One is physical gold backed cryptocurrencies (like G999). The other 'asset' is a mathematical end point calculation to use computing power to solve 'blocks' of the currency and award 'miners' in the crypto puzzle they solved with currency out of a limited pool of blocks. Bitcoin is built on this with only 21 million tokens (coins) available. As the rush to solve the increasingly difficult math is competed for, the value goes up (this is also a traded cryptocurrency so market entries and exits move pricing as well).
- 3 - stable coins. These cryptocurrencies are linked to a currency at a 1:1 ratio more or less. The beauty is they perform a valuable function.

Example: You have \$1000 in Bitcoin. Bitcoin is moving up. You watch market signals like TONBIT and your Bitcoin is now at \$3000. You cash out by buying \$3000 of USDT a 'tethered' cryptocurrency to the US Dollar. You park your money there. Bitcoin drops dramatically. You are safe. You wait. Bitcoin begins to recover. You sell your 3000 USDT and buy back into Bitcoin on a rising market. The objective is to keep growing your investment. Your challenge: timing the market. This = risk. Golden rule: never risk more than you are prepared to lose. Note: if you cash out into your local currency in your own hands, you are expected to declare your gains to SARS and pay income tax. Cycling inside the blockchain is much better. Those cryptocurrencies that can be loaded onto a debit card make traceless transactions available. Use for good, sure. Use for bad, sure. All money is faceless and doesn't care what it is used for!

Bitcoin is a digital currency and transactions needs verification from numerous computers to be in accordance BUT it is very volatile as we have seen with utterances by Elon Musk. So high risk and fallible.

**Mermicorn**

Bruce, that makes trading in crypto like betting on horses. For every winner there are loser(s). Is this what one expects from a currency?

**Pierre**

Any hard forex trader will tell you that it is a form of gambling with risks for both sides. Buyers and sellers alike. Having seen the addicting power of gambling, the stock markets and currency fiat and crypto have a 'suck you in' capability that must never be underestimated!

**Bruce**

Our friend invested R400,000 in bitcoin because he said he would only use money he could afford to gamble with. He carried the phone on our farm walks and would get excited as it literally shot up in value in hours. As a prudent CA he emphasized it was a gamble. For us much older people it is too complicated to comprehend. One has to wonder what consequences would ensue in internet blackouts globally or even nationally.

Bitcoin investors have likened it to a pyramid scheme.

**Rosemary**

A mined commodity you'll never be able to hold in your hand 😊

**EdP**

Something that you pay your hard earned money to who knows who and then sit and watch your gains and your losses and wonder if you will ever see your money again. Felt like gambling when I tried it once.

**Frances**

What is block chain technology?

**Lynne**

I'll direct you to an article that explains it in an easy way to understand. "The basic application of the blockchain (<https://www.geeksforgeeks.org/blockchain-technology-introduction/>) is to perform transactions in a secure network. That's why people use blockchain and ledger technology in different scenarios. One can set up multichain to prevent unauthorized access to sensitive data. It is not available to the public, and can only be available to authorized entities in the organization. It depends on the organization which type it requires to choose for their work."

**Morwen B**

Cryptocurrency is dirty because it needs so much electricity to work out all of these algorithms, the truth is the NWO wants no physical wealth in the hands of the people such as Gold, Diamonds etc because then people will have power in their hands and that is what they hate. If we can run on a perpetual rat wheel the NWO will be happy-go-lucky. - Truth Seeker  
Like fiat currency just a bigger con. Gov can switch of accounts and control what and where you buy

**OO-Blind**

**Bruce**