

# Navy Beans Contain Key Fats That Protect and Heal the Body

*'Since babies are producing millions of cells as they grow, it is essential that the mother eat foods containing healthy fats before, during, and after pregnancy.'*



Dr. Christina Parks



by Dr. Christina Parks | Guest Columnist

**W**e have been indoctrinated in our modern age to think that eating fat is a bad thing. In fact, nothing could be further from the truth. Each cell of your body is encased in a fatty membrane that protects that cell and determines what is

allowed to enter and exit. Further, there are many different types of fatty-acids and the proper composition of our cell membranes helps to ensure that they function properly and are resistant to infection by viruses. Since babies are producing millions of cells as they grow, it is essential that the mother eat foods containing healthy fats before, during, and after pregnancy.

You may have learned in school that the main function of the cell membrane is to protect the cell. We know now that it also functions as the most amazing computer switchboard ever designed. The cell membrane integrates thousands of signals from the environment, other cells, other parts of the body and the cell itself to produce a coherent message that it then passes on to the nucleus of the cell, telling it which genes to turn on or off in response to what is going on! So, you can see how important it is for the cell membrane to contain the proper fatty acids and function properly.

One of the key fats, or phospholipids, that are especially important to the function of the brain, is phosphatidylserine (PS). Studies have shown that supplementation with phosphatidylserine can reduce the symptoms of Parkinson's disease, ADHD, age-related cognitive decline, stroke, low cortisol, and even vaccine-induced neurological problems. In fact, a key study from the lab of Yehuda Schoenfeld demonstrated that phospholipid supplementation was able to reduce vaccine-induced depressive behavior in mice. The authors of the study suggest that phosphatidylserine is likely to be a key mediator of these healing effects. They further explain that the healing effects of phospholipid supplementation may also result from the

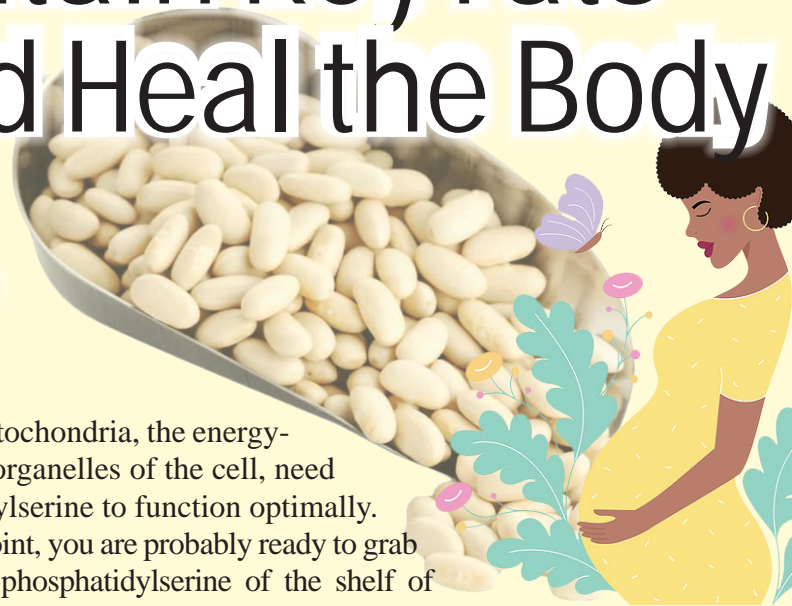
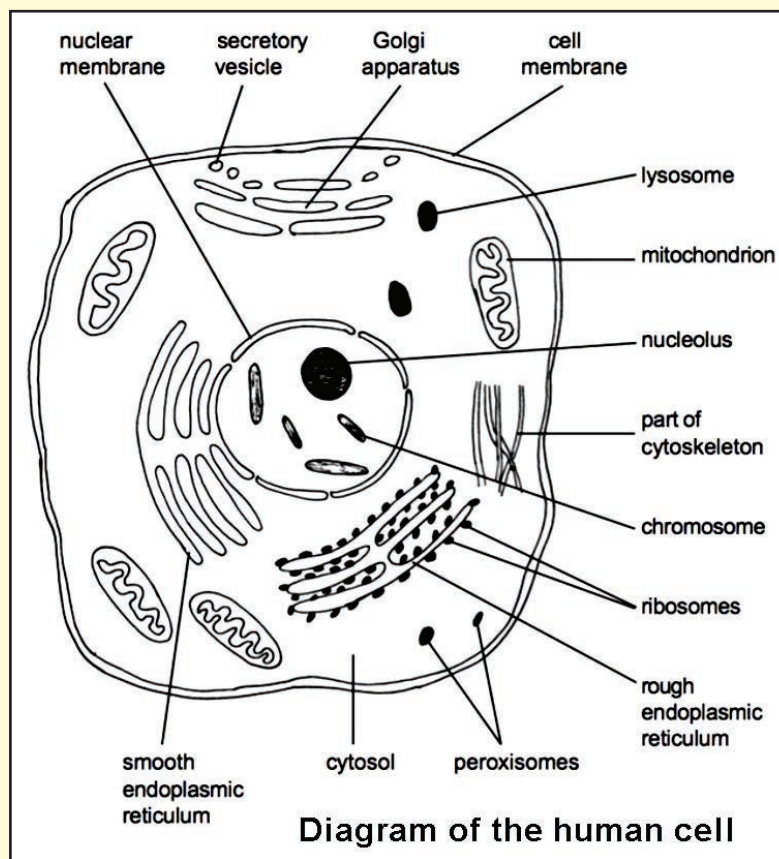
fact that mitochondria, the energy-producing organelles of the cell, need phosphatidylserine to function optimally.

At this point, you are probably ready to grab a bottle of phosphatidylserine off the shelf of your local health-food store. Not so fast. One thing my research has revealed to me is that man-made supplements are different from the nutrients made

by living things. They often do not have the same positive effects and can even be toxic because the body does not recognize them. This is one of the reasons that I have been a proponent of obtaining key nutrients through food. Animal products have widely been recognized as the best source of important phospholipids. One reason why I have been concerned about the uncritical promotion of vegan and vegetarian diets is because they often do not address the necessity of animal-derived vitamins, such as vitamins D, A, K and the various B vitamins. They also often do not address the potential for deficiencies of key phospholipids, such as phosphatidylserine.

In an article about the benefits of phosphatidylserine, Dr. Josh Axe elaborates: "Modern production of fats and oils decreases their natural phospholipid content, including phosphatidylserine. Modern low-cholesterol and low-fat diets lack up to 150 milligrams per day of dietary phosphatidylserine, while a vegetarian diet may undersupply as much as 200 to 250 milligrams per day."

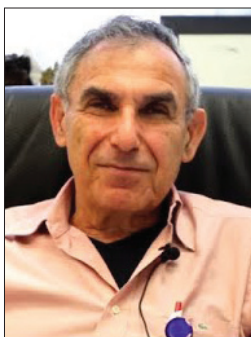
The main animal source of phosphatidylserine for supplementation is cow brain, as the brain incorporates large amounts of PS. However, this source is no longer recommended due to the risk of Mad Cow Disease. The main vegetable source of phosphatidylserine is soy lecithin. However, many people are concerned about the ingestion of soy products because they contain high amounts of anti-nutrients that can be harmful to the body. So, what ARE good, widely available, clean sources of PS that our readers can obtain?



# Navy beans

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If we are looking for animal sources of phosphatidylserine, a rich source of it is an egg yolk. At the same time, an egg yolk provides loads of other vital nutrients. According to Dr. Chris Masterjohn, egg yolks “are *unparalleled* in their supply of choline,” a key building block for acetylcholine, the chemical messenger, or neurotransmitter, that plays a critical role in brain and muscle function. Choline intake is especially important during pregnancy because, as a “brain-building nutrient,” it is essential for fetal brain growth and development. Abundant in omega-3 fats, vitamins A, B, D, E, and K, essential minerals, and amino acids tryptophan and tyrosine, egg yolks offer exceptional nutrition for your mind and body. In order to best absorb and utilize the PS in eggs, do not cook the yolk hard, but allow it to remain in a largely liquid state, as in an over-easy fried egg or a poached egg.



Yehuda Schoenfeld

If we are looking for non-toxic plant sources of phosphatidylserine, Wikipedia advises that “Only small amounts are found in dairy products and vegetables, with the exception of white beans and soy lecithin.” So, while most vegetables contain little to no PS, the small, white, navy bean contains a significant amount of phosphatidylserine, even relative to animal sources. Not only is the navy bean a nutritional powerhouse, the finding that the navy bean contains key phospholipids, which are essential to brain health and generally only found in animal products, is truly exceptional. Dr. Axe details the many benefits of navy beans, which are “rich in antioxidants and micronutrients...[and] are also a great source of plant-based protein and fiber”:

They feature disease-fighting antioxidants and important nutrients like folate and vitamin B12. These beans also ... provide gluten-free protein and fiber. ....

**L**ike all white beans, they are known for their high levels of phosphatidylserine, a fatty substance that plays an essential role in brain health. .... These essential molecules increase the levels of brain chemicals that work to improve memory and brain cell communication.

Research suggests that phosphatidylserine may help slow down age-related cognitive decline.

These molecules in navy beans have also been shown to combat depression and improve symptoms of Parkinson’s disease, a brain disorder that causes difficulty with balance and coordination.

Navy beans are a great source of polyphenols, which are rich in antioxidants that help fight free radicals and prevent damage to our cells. Because of their antioxidant content, navy beans have been found to fight inflammation and help modulate immune responses.

Navy beans also contain apigenin, a type of flavonoid that has been studied for its many health benefits, including its ability to fight diabetes, amnesia, Alzheimer’s and depression.

According to the USDA, one cup (about 182 grams) of cooked navy beans contains approximately the following (DV is Daily Value):

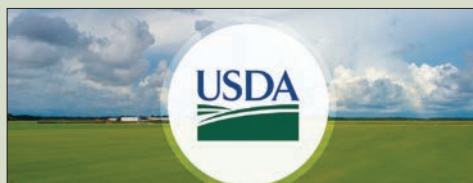


Image: USDA.gov

- 255 calories
- 47 grams carbohydrates
- 15 grams protein
- 1.1 grams fat
- 19 grams fiber
- 255 micrograms folate (64 percent DV)
- 1 milligram manganese (48 percent DV)
- 0.4 milligrams thiamine (29 percent DV)
- 262 milligrams phosphorus (26 percent DV)
- 4.3 milligrams iron (24 percent DV)
- 96 milligrams magnesium (24 percent DV)
- 708 milligrams potassium (20 percent DV)
- 0.4 milligrams copper (19 percent DV)
- 126 milligrams calcium (13 percent DV)
- 0.3 milligrams vitamin B6 (13 percent DV)
- 1.9 milligrams zinc (12 percent DV)
- 5.3 micrograms selenium (8 percent DV)
- 0.1 milligrams riboflavin (7 percent DV)
- 1.2 milligrams niacin (6 percent DV)
- 0.5 milligrams pantothenic acid (5 percent DV)
- 1.6 milligrams vitamin C (3 percent DV)



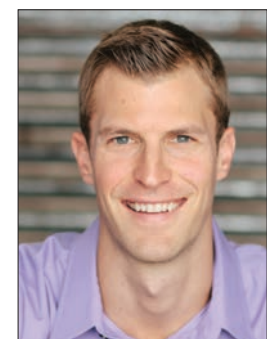
Navy beans being harvested and loaded for market. Photo: Youtube

‘Navy beans are a great source of polyphenols, which are rich in **antioxidants that help fight free radicals and prevent damage to our cells.**’



Navy bean soup Photo: Youtube

*Dr. Christina Parks is an educator, researcher and scientist who gained widespread recognition following her appearance before the Michigan State Legislature on August 10, 2021 where she forcefully challenged the COVID-19 policies. Opinions expressed by columnists are uncensored and are not necessarily the views of the Most Honorable Elijah Muhammad, the Honorable Minister Louis Farrakhan, the Nation of Islam or The Final Call. Please consult the page 28 “How To Eat To Live” article by the Most Honorable Elijah Muhammad in the current issue of this newspaper.*



Dr. Josh Axe

Nation of Islam Research Group

# DePopulation Briefs

“Before the vaccine was made, I warned us in the Name of Allah that this was a death plot....The way to get rid of two to three billion people [is] to offer you a vaccine.”  
—The Honorable Minister Louis Farrakhan, *Swan Song*

## Senate Hearing Exposes Fallacies of COVID-19 Policies

Newly re-elected Senator Ron Johnson, the incoming ranking member of the Senate’s Homeland Security & Governmental Affairs Committee, held a roundtable discussion: “Covid-19 Vaccines: What They Are, How They Work and Possible Causes of Injuries.” Johnson invited speakers from both sides of the COVID response narrative to meet in Washington on December 7-9, including the heads of all the agencies and private corporations that are playing a part in the government’s depopulation program. Even though official hearings like this are routinely filmed, strangely, the senate’s video staff did not show up for the session. A private organization, the **Informed Consent Action Network (ICAN)**, filmed the event and the informative testimonies can be seen on its website [TheHighwire.com](http://TheHighwire.com). Here are some highlights:



Sen. Ron Johnson

**Dr. Ryan Cole, MD, pathologist**  
“What was Dr. Fauci’s holy grail of vaccines? HIV. Where are we with HIV and a vaccine? 40 years later—we don’t have one. Why? HIV also has a spike protein... it always mutates ahead of our efforts. We don’t have coronavirus vaccines for a very simple reason: they always mutate ahead of our vaccine efforts and always will. We’re playing whack-a-mole with a virus. That’s why early treatment was so important—not chasing an always-mutating virus with a vaccine.”

**Dr. James Thorp, MD, OB/GYN**  
“What I have seen in my clinical practice has been a substantial increase of infertility, miscarriage, fetal death and fetal malformation.”

**Dr. Renata Moon, MD, Pediatrician**  
“I have a government that’s telling me that I have to say [the COVID injections are] ‘safe and effective’ and if I don’t, my license is at threat....We’re seeing an uptick in myocarditis, an uptick in adverse reactions.... Something is extremely wrong.”  
“A typical package insert has a great deal of information in terms of adverse reactions....[When] I looked at the package insert that I pulled from the mRNA product, I unsealed the box it came in and pulled this out and this is what it looks like: It’s blank. It says, ‘INTENTIONALLY BLANK’ on it.”



Dr. Peter McCullough • Dr. Robert Malone

**Dr. Peter McCullough, MD, MPH**  
“All the vaccine mandates should be dropped immediately. We need immediate funding for vaccine injury centers of excellence across the US for screening, detection, diagnosis, prognosis and management. ...What is at stake here is death.”

**Dr. Pierre Kory, MD, MPA**  
“We had an entire health system telling us to stay home until our lips turned blue. There are plenty of [repurposed] drugs that have been shown to have antiviral properties. They were very quickly identified around the world and widely used but not in this country.”

**Dr. Paul Marik, MD**  
“In my hospital...they wanted me to use Remdesivir. We know according to the WHO, Remdesivir increases your risk of kidney failure 20-fold, your risk of renal failure 20-fold and increases your risk of dying by about 4%. It has no place in medicine, yet the federal government will give hospitals a 20% bonus...if you prescribe this toxic medication.”

**Dr. Robert Malone, MD (inventor of mRNA vaccine)**  
Sen. Johnson: “Is this a vaccine or gene therapy?”  
Dr. Malone: “As I have said repeatedly, it came out of a gene therapy research program. These and the adenoviral vectors are absolutely gene therapy technology applied for the purpose of eliciting an immune response.”

**Edward Dowd, Wall Street analyst**  
“In 2021, in ages 25-64, the employed people [in the US] covered under Group Life [insurance] experienced a 40% excess mortality. As quoted by the CEO of an insurance company, just a 10% increase in excess mortality is a ‘once in a 200-year flood,’ so 40% is off the charts.”

## Sura 22: The Judgment

*In the name of Allah, the Beneficent, the Merciful O people, keep your duty to your Lord; surely the shock of the Hour is a grievous thing.*

*The day you see it, every woman giving suck will forget her suckling and every pregnant one will lay down her burden, and you will see people as drunken, yet they will not be drunken, but the punishment of Allah will be severe.*

*And some people dispute about Allah without knowledge, and follow every rebellious devil —*

*For him it is written that whoever takes him for a friend, he will lead him astray and conduct him to the punishment of the burning Fire.*

## Sister Ava Muhammad



“Now the whole world knows there is a direct causal connection between these products and the deaths of thousands of people, along with hundreds of thousands of adverse events (injuries) in this country alone....Even more shocking is that these numbers are being dismissed as inconsequential or coincidental....In addition, they are people who were simply living their lives until they were coerced and cajoled by the government into subjecting themselves to fatal injury. The 1976 swine flu pandemic mass vaccination campaign was abruptly canceled after 53 deaths. In less than 6 months the COVID vaccines have killed more people than all available vaccines combined over a 15-year period (1997-2013).”

# 2

“Dr. Anthony Fauci, Bill and Melinda Gates, you want to depopulate the Earth? What the hell gives you that right? Who are you to sit down with your billions and talk about who can live and who should die?”

—The Honorable Minister Louis Farrakhan, *The Criterion*

## SUDDEN DEATH Pandemic Revealed in New Book

A former fund manager for BlackRock, the largest corporation in the world, has written a book titled *Cause Unknown: The Epidemic of Sudden Deaths in 2021 and 2022*. Financial analyst Edward Dowd details insurance industry data showing that in 2021, group life policyholders ages 25 through 64 — a far healthier subset of the general population than people outside that age group — suddenly experienced 40% excess mortality, compared to 32% in the general population. These are not numbers that can be associated with a “pandemic”; they are proof of depopulation—the poisoning of a population slated for removal.

American disability statistics are equally revealing. Since May 2021, the overall U.S. population has experienced an 11% increase in disabilities, while the employed — which is about 98 million out of a total population of about 320 million — experienced a 26% increased rate of disability. So, notes Dr. Joseph Mercola, “something was introduced into the workforce that caused working-age people to die.”

Edward Dowd has been a severe critic of the COVID-19 plotters and what he sees as the mathematical certainty of a financial collapse—which he says elites intended to blame on the “pandemic.”

In a recent interview with Dr. Mercola Dowd reveals that “When this product [the COVID shots] came to market, I was very suspicious because I know a lot about health care. I was on Wall Street and I used to analyze health care stocks. I knew that normal vaccines took seven to 10 years to prove effectiveness and safety. This was an experimental



Jacques Cousteau

vaccine, a non-traditional gene therapy that had never been tested on humans. I read the literature on the animal tests and they were an abomination...

“Then in early 2021, I started hearing anecdotes that people were getting sick and/or injured, or died, from distant friends and relatives. I started reading about sudden athlete deaths, [and] suspected the vaccine right away. I didn’t have the data that I have now, but I said to myself, ‘You know, I’m going to look at insurance company results, funeral home results.’ That eventually led to excess mortality statistics.”

“What I’ve learned through my own personal experience is that Pharma is, on the whole, mostly fraudulent. Most drugs that have been approved by the FDA [U.S.

Food and Drug Administration] aren’t really all that safe and effective. They have to recall so many drugs every year. The FDA has been wholly captured by the pharma industry. Seventy to 75% of the drug approval pharma arm of the FDA comes from pharma fees, directly from the companies, so this has been corrupted for a long time.

“...There’s a giant cover-up going on, as far as I’m concerned. The data that I’m going to talk about today is there for the global health authorities to see. They see what I see, and at this point it’s negligence, malfeasance, a cover-up and a crime.

“That’s why I’m here, because I don’t believe anybody has a right to tell me what to do with my body, and I can’t believe this actually happened. The numbers I’m going to reveal to you are now a national security concern.”

Food and Drug Administration] aren’t really all that safe and effective. They have to recall so many drugs every year. The FDA has been wholly captured by the pharma industry. Seventy to 75% of the drug approval pharma arm of the FDA comes from pharma fees, directly from the companies, so this has been corrupted for a long time.

“One American burdens the earth much more than twenty Bangladesh’s. This is a terrible thing to say. In order to stabilize world population, we must eliminate 350,000 people per day. It is a horrible thing to say, but it’s just as bad not to say it.”



## Gov. DeSantis Calls for Grand Jury to Investigate Vaccine Makers

Florida Gov. Ron DeSantis announced that he is petitioning his state’s supreme court to impanel a state-wide grand jury to probe any wrongdoing pertaining to COVID-19 vaccines.

“Florida law prohibits fraudulent practices, including the dissemination of false or misleading advertisements of a drug and the use of any representation or suggestion in any advertisement relating to a drug that an application of a drug is effective when it is not,” the governor’s petition states.

“The pharmaceutical industry has a notorious history of misleading the public for financial gain. Questions have been raised regarding the veracity of the representations made by the pharmaceutical manufacturers of COVID-19 vaccines, particularly with respect to transmission, prevention,

efficacy, and safety. An investigation is warranted to determine whether the pharmaceutical industry has engaged in fraudulent practices. The people of Florida deserve to know the truth,” the petition notes.

He further stated that “The Surgeon General (Dr. Joseph Ladapo) will oversee the Public Health Integrity Committee, a committee of expert researchers charged with assessing federal decisions, recommendations, and guidance related to public health



Florida Gov. Ron DeSantis at a press conference in front of several vaccine-injured people.

and health care. The Surgeon General would then receive input from the committee to ensure public health policies are tailored for Florida’s communities and aligned with state priorities.”

Gov. DeSantis said that he has communicated with governors of several other states that are considering taking similar actions.

## Vaccine Corner

Today the work of Dr. Jonas Salk (right) is viewed with pride by doctors because they say the “vaccine” he introduced in 1953 eradicated the disease poliomyelitis. But The Most Honorable Elijah Muhammad forbade Nation of Islam members from taking it. Within days of recipients being given Salk’s vaccine, reports of “vaccine-associated polio paralysis” began surfacing. According to one report, “Within a month, the mass vaccination program against polio had to be suspended. Salk’s vaccine had caused seventy thousand cases of muscle weakness, one hundred and sixty-four cases of severe paralysis and ten deaths. Three fourths (75 percent) of the victims remained paralyzed for the rest of their lives.”



And it was later found that a contaminant was introduced into the vaccine in the form of Simian Virus-40—a cancer-causing agent. Between 1955 and 1963 around 90 percent of chil-

dren and 60 percent of adults in the U.S. were inoculated with Salk’s cancer-contaminated polio vaccines. It has now come to light that Dr. Salk was part of an odious trend in the United States medical establishment that was thought to have been banished after the horrors of Nazi Germany. Salk vaccinated 8,000 patients at two institutions for the mentally disabled in Michigan, and then infected them with wild influenza virus made from dried, infected mouse tissue. Salk later conducted another medical experiment on some of the 3,400 mentally disabled children at the Watson Home for Crippled Children and the Polk School near Pittsburgh.

More recently, the polio vaccine has actually caused polio in Pakistan, India, Nigeria, and U.S., among other nations. According to a 2010 article in the *New England Journal of Medicine*, outbreaks of vaccine-derived polioviruses (VDPVs) have been occurring at a rate of once or twice per year, since the year 2000.