

Politics & Work: Keep Quiet to Keep Your Job

*Casual Political Discourse is
Now More Common, but It's
Still a Bad Idea at Work*
By Robert G. Yetman, Jr.

The advent of the so-called “new media,” through which every individual can express himself publicly via a range of well-established online mechanisms, has helped to create a world in which average folks are more inclined than ever to make known their political opinions. The societal barriers to this expression appear to be coming down in proportion to the rate at which new ways of expressing ourselves are being produced, and the trend is so strong that many believe such expressions can now be made in the workplace with zero ramifications...but that is a mistake.

There are two problems with political expression at work. The most

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Here Come the Gun Grabbers

*Militant Anti-Gun Advocates Begin a Fresh
Initiative in the Wake of the CT Massacre*
By James L. Paris & Robert G. Yetman, Jr.

Following the horrific events that unfolded in Newtown, CT, there has been no lack of effort on the part of progressives to use what happened as an excuse to further their agenda of collectivism and attempt to marginalize the U.S. Constitution in the interest of “safety.” Predictably, the biggest fuss that is being raised is in the area of gun control, where long-time advocate Senator Dianne Feinstein of California wasted no time in preparing another bill designed to make substantial inroads into the American citizens’ right to keep and bear arms. Feinstein’s bill is very broad in scope, and she has promised to waste no time and initiate action on the measure at the start of the 113th Congress in January 2013.

Among the bill’s features is a ban on the sale and manufacturing of 120 specifically-named firearms, “certain other” semiautomatic shotguns, rifles, and handguns that can accept a detachable magazine and possess at least one “military characteristic,” as well as semiautomatic rifles and handguns with fixed magazines that can hold more than ten rounds. Additionally, so-called high-capacity magazines...defined in the legislation as those that can hold more than ten rounds...would be banned entirely. There are other

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restrictive provisions, as well, and for people who are wondering what happens to the targeted firearms they own currently, there *is* a “grandfathering” provision. However, a look at the grandfathering provision reveals that it’s not a simple case whereby you will be allowed to keep what you already own without further action on your part, but where you will have to submit to a background check, be photographed and fingerprinted, and the specific type of the firearm, as well as its serial number, will have to be logged and available to authorities.

Some readers may remember Feinstein as the author of the 1994 assault weapons ban which became hugely unpopular and expired in 2004 on the basis of the law’s sunset provision. This new, proposed legislation would be an expansion of the previous ban, and would put a lot of currently lawful gun owners potentially on the outside, looking in. There is some debate, at this writing, of just what the climate is right now for making an attempt to strengthen gun control laws. While the immediate days following the CT massacre saw great public support for legislators to “do something,” that sentiment seems to be losing enthusiasm as the initial shock has given way to more thoughtful consideration of the matter of firearms ownership and of the 2nd Amendment to the Constitution. Nevertheless, there will most definitely be an attempt by gun grabbers to make a move, and you need to take it seriously.

Many ardent guns rights advocates subscribe to the “when you pry my cold, dead hands”

philosophy to their firearms ownership; in other words, they will never, no matter what, willingly give up their guns to any governmental authority. Popular now among pro-gun people is the sharing of ideas regarding the best way to hide and store guns, ammunition, and accessories. The problem with this hardened approach is that few people, realistically, will be truly willing to give up their otherwise-comfortable lives and serve a prison sentence of some length instead of turning in their guns. While it seems unlikely, even in this current anti-gun climate, that circumstances will arrive at that point any time soon, we don’t know that, for sure, and also, there’s no way of knowing how values and ideas may evolve in the coming decades on the whims of a growing block of voters that seems increasingly readier than ever to simply accept the idea that government knows best. The point is this: take these threats seriously *now*, and make every effort to crush them *now*. It’s a romantic notion to decide that you’re going to hide the guns you’re not supposed to have, but what happens if you kill an intruder with one of them – how will you explain *that*? We’ve seen over and over, in municipalities throughout the U.S. that have had strict rules about firearms ownership, circumstances where a citizen shot an intruder or other attacker and was then himself charged with a crime because he owned the gun unlawfully. Make your stand now – be sure to contact your elected representatives and let them know that you will actively work against their re-election should they support any proposed legislation that strengthens existing gun laws.

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Editor-in-Chief: James L. Paris Managing Editor: Robert G. Yetman, Jr.

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obvious is that you will offend someone who does not agree with you. If you are, for example, a die-hard conservative, and your manager is a just-as-die-hard liberal, your political ideas will put you in disfavor with your manager. When you hear a favorite entertainer of yours make a statement that reveals political inclinations that stand in opposition to yours, how do you feel about that entertainer going forward? The distaste we generally have about those who disagree with us politically tends to run far deeper than we would like to admit. It is just very difficult, on an emotional level, to disassociate the person from his political ideas.

The other issue is that the vast majority of people who go to work simply want to focus on their jobs in a productive, non-controversial, and non-threatening climate. Even if someone may generally agree with your political ideas, there is an excellent chance that he does not want to become bogged down in anything that takes away from the mission of work and personal advancement within the company. One must remember that as pervasive as political discourse now is throughout society, something that is about as pervasive is concern about personal economic viability, and anything that jeopardizes that viability is understandably frowned upon by most others.

Many take the position that they should have the right to express their political opinions at work, free from any negative ramifications that might arise. The First Amendment to the Constitution, however, is not a unilateral and boundless protection of free speech. The First Amendment is solely concerned with the matter of government suppression of free speech, and if you are fired or otherwise punished for your political expression at work, it

is not a First Amendment issue. Ultimately, employers have great latitude in the way they can structure the workplace environment, and it is very easy to terminate an employee whose political expression is deemed disruptive.

If you feel the urge to express yourself politically, there are ways to do it so that you keep yourself free from trouble at work. For one thing, you will surely have a circle of friends with whom you can “let off steam” about anything political in nature, and so that should help to keep you sane. Also, if you are someone who likes to be very public about your political feelings and share them through a blog, a Twitter account, or some other similar sort of medium, it is a great idea to do so through a *pseudonym*. If your goal is to help effect change through your outspokenness, all that really matters, ultimately, is the expression of your ideas – no one has to know who you really are. The only downside to writing about your ideas under a pseudonym is that you will remain anonymous, so if it is desperately important that the connection of your ideas to your true identity be well-known, then this won’t work. However, until you find yourself in a position where you do not have to rely on an employer for your economic well-being, this can be a great avenue to take.

It is tempting to want to discuss issues about which we feel passionate, and there are few subjects that inspire passion more than politics. However, mindful of the mantra that “the more things change, the more they stay the same,” those people who rely on the traditional company environment for their paychecks are advised to resist that temptation and keep their mouths (and their Twitter accounts) shut on that issue.

Build Your Business with a Smaller Customer Base

Familiarize Yourself with the Concept of “Deeper Relationships” for a Better Business

By James L. Paris

We spend a lot of time talking about how to build traffic to your Internet business website (s), and for good reason; website traffic is the online equivalent of people walking through the door at Walmart. That said, there is a bit of a misconception that says you must have a massive following in order to make any kind of decent money from your Internet marketing efforts. If you can generate a huge following, that’s fantastic, and you should strive to make your base of followers as large as it can be. However, it is also very important that you cultivate *deep* relationships with the followers you have, and the more visitors with whom you can establish and maintain these deep relationships, the fewer overall fans you must have.

What is meant by “deep relationships?” We’re talking about having connections with people, followers, who think so much of you and your website or blog that they can be relied upon to purchase practically anything and everything you introduce into your product line. We can even go so far as to use the word “fan” to describe these folks. That’s really what a business wants – fans...people so devoted to the business that they will buy it all: the expensive products, the not-so-expensive products, and everything in between. We all know “crazy” sports fans, do we not? Perhaps some of *you* are crazy sports fans. If you are, you surely have a variety of products emblazoned with your favorite team’s logo. Mugs, glasses, t-shirts, jackets, lamps, you name it...if you’re nutty for your team, you may have as much of their stuff as you can reasonably afford. How about entertainers? How many times have you mentioned the name of an entertainer and heard someone say something like, “Oh, I LOVE that guy; I have all his stuff?”

If you have a favorite musician, there’s an excellent chance that you have all of his CDs (or whatever form it is in which you buy music these days). If you have a favorite actor, there’s a great chance you’ve seen every movie in which he’s appeared. The truth is that people and businesses rely as much on customers who will buy “everything” there is to buy as they do on having a larger number of less-devoted followers.

Now, you are not likely a high-profile professional entertainer or owner of a popular sports franchise, but the same principle absolutely applies to you. As a matter of fact, this may be *more* important to you, simply because of the obvious disadvantage you have, by comparison, of not being as popular with the general public – you may not be able to rely as heavily on large numbers of people who will buy one of your items; you have to rely much more on a smaller handful of loyal customers, and given that, you want those customers to be driven to purchase as much as possible from you.

One of the nice things about this approach is that it allows you the opportunity to do the very best job you can do for your followers. Note that going down this road does not mean that you simply forget about driving traffic, but it does allow you to balance your traffic generating efforts with the work associated with producing more products and enhancing the relationships you already have in place.

Niche marketing. The goal of niche marketing is to become the big fish in a small pond. Some business owners are entranced by the idea of becoming a huge fish in a big pond, but that is difficult to accomplish, as well as

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unnecessary, depending on what it is you are really after. There are a lot of headaches associated with “being big,” and unless there’s some overriding benefit to you in doing so, it’s a mistake. Instead, your focus should be to “drill down” to find that smaller but much more adherent audience.

This comes up when people first think about subject areas and domain names for their Internet businesses. One of the mistakes they will make is to go too big; that is, they will select topic areas and domains that are so broad in scope, that they have no choice but to go up against a large number of competitors who are also fighting for a piece of that same pie. What drives these people is the perception that by going after a wider audience, they will be more successful. The problem with that, however, is that the bigger the audience you chase, the more difficult the competition. The ideal, instead, is to build your topic and domain around a keyword phrase that engenders enough interest so that it creates a good opportunity for you, but which is not *so* popular that it attracts a level of competition that makes it difficult for you to reasonably compete.

Success timelines. So often, when you go on a diet, or go back to school to finish a degree, or otherwise start some project of substantial size where there’s the promise of a grand payoff at the end, it can be easy to get discouraged along the way. If you tell yourself that there’s no way to be successful unless you accumulate 1 million followers, then you’re setting yourself up for exactly that sort of discouragement. It would be like deciding one day that you want to be a competitive runner, and begin by entering marathons, when the superior decision would be to start running much shorter races. One of

the important reasons for this approach is that it shortens your success timeline, thereby empowering you to continue investing time and energy (and sometimes money) into what you’re doing.

Here is the neat thing that makes this even better. When we talk about having that especially-devoted following, it does not preclude us from having a following that is not as devoted but is still a following, thereby making each member of *that* group a potential customer, too. In other words, we’re not talking about having, say, 1,000 devoted customers, and nothing else. We’re talking about having 1,000 devoted customers, and then many thousands more who are still followers to a lesser degree but who can still be relied on to purchase from you on occasion. That’s a key point of which some people all too frequently lose sight in all of this, because they think in terms of all or nothing—it really *can’t* be that, anyway; if you have some number of especially-devoted followers, you *will* have additional followers, as well, who may not be as devoted, but who will still be potential customers whenever you release something new.

Ultimately, when considering ideas for your business, when deciding on just how to allocate your time in a given day, it’s usually a good idea to think in terms of those elemental moves you can make that lead most directly to a bag (even a small bag) of money. Developing and nurturing a devoted following is a great step in that direction. Try to dissuade yourself from becoming too sidetracked with the effort to become big, because that’s usually not nearly as beneficial to your bank account. Small and focused, cultivating the adherent following – *that’s* the ticket.

Debt-Free Living & Survival Prep

To Stay Ahead of the Game as Conditions Worsen, Be Sure Your Debt Load is Small

By James L. Paris & Robert G. Yetman, Jr.

When we discuss survival preparedness, too few among us pay attention to the importance of financial soundness. We tend to laugh off any prospective threats from creditors by deciding that the individuals who run the lending institutions will themselves be in such dire straits during distressed conditions that they will have no time for us. Given that, perhaps the better strategy is to actually go *deeply* into debt in the weeks and months *preceding* a collapse...what do you think?

The previous sentence is not to be taken seriously, even outside of the obvious moral implications. Here's the thing: Some preppers have difficulty thinking in terms of distressed conditions that are anything other than apocalyptic in nature. Hollywood has done its part in planting fantastic images in our brains, and we all agree that these realities would represent the ultimate in a survival environment. However, there is a variety of survival scenarios that are far, far likelier in the way of what we will more certainly encounter, and in most of them, the people and places that loan money will be operating just fine, thank you very much. The obligations you have at the outset of more typical survival situations will stay with you until the direst of circumstances take hold – short of a world that looks like a scene out of *The Road Warrior*, your debts will remain.

The goal for which you want to try is to become entirely *debt-free*. Remaining unencumbered by debt can be very valuable when conditions begin to deteriorate. As the economy worsens, lenders and debt collectors will be even more aggressive in their collection efforts. We saw a glimpse of this in the early stages of the economic collapse of a few years ago. Those with outstanding debts

heard more frequently from their creditors who saw what was going on in the economy and didn't want to be left holding the bag. Their strategy was to make it clear to consumers that they weren't going anywhere, and that timely payment was expected.

That said, perhaps the most beneficial reason, from a prepping standpoint, for remaining debt-free is that you will be less dependent on a higher-paying job, something that will become scarcer as things get bad. This also more easily frees you up to work for yourself and/or work from home, a circumstance in which it may be a little tougher to make the same kind of money you can as an employee in a large company during normal economic conditions.

Another benefit to your survival preparations is that by remaining debt-free, you can focus more directly on your prep efforts, and have more funds available for the goods you need to be truly prepared when conditions worsen.

As for how to *become* debt-free, the usual answers are well-known to everyone. For one thing, you have to resolve to buy on credit only those goods and services that you absolutely need and cannot afford without the use of debt. The most important individual mechanism, though, may be the strategy of organizing your debts from lowest to highest balance, and making a focused effort at paying off each, one by one. By working in that fashion, it is easier to make tangible progress, and you enjoy the added psychological benefit of realizing a victory each time a debt is fully paid. It sounds like a simple strategy, but it is probably the most effective one for the person seriously interested in becoming completely free of financial obligations.

Three Refinements for an Even Better Blog

By Robert G. Yetman, Jr.

Whether you maintain a blog for the express purpose of enhancing your credibility as an author, or as something that stands alone for the purpose of getting out a particular message you want to relate, you want to be sure that your platform is as sharp as it can be. What follows are three more ways you can improve *your* blog so that it is as interesting, as readable, and as high-quality as possible.

Don't participate in the comments back-and-forth on your own blog. This journal has before talked about the fact that it's almost always a good idea to have the comments section of your blog activated, so that readers can become further engaged not only with that particular article but with your blog, more generally. However, it's best to leave the commenting *to* the readers. If you become an active participant in the commenting at your own blog, in addition to getting sidetracked from creating new content, you will necessarily get dragged into an unfortunate give-and-take with the critics who invariably post comments in large part to create drama for the sake of drama itself.

Even shorter is better. It's an established rule of blogging that you want to keep posts on the short side. A commonly-cited rule of thumb is that between 400 and 800 words is an ideal length, with the absolute parameters resting from 250 to 1,000 words. The reason for the brevity is that the online medium is generally best engaged by those people looking to consume information as efficiently as possible. However, a lot of writers are finding that blog articles of even shorter lengths are actually garnering the most attention for them. What does this mean for your post lengths? It means that while the 400 to 800-word guideline is still perfectly viable, no longer should you be put off by posts that are

no more than 150 to 200 words. Not only are those posts more easily read, but posts of that length give you more time to focus on creating the next piece of fresh content.

The greater your headline, the greater the interest. Headlines that really sizzle or otherwise compel the reader to want to look further are the first important steps to getting that reader deeper into your article, so it's worth it to spend some time developing article headlines that jump out at whoever might come across them. Here is a simple example: Let's say you are a writer of ebooks on fitness and nutrition, and you just completed a post on the most dangerous sport for teenagers, which, by many standards, is *cheerleading*, of all things. Which would make a better title for your article, "The Dangers of Cheerleading for Teenagers," or "The Most Dangerous Sport for Your Teen...and It's Probably Not What You Think?" That's a quick, off-the-cuff example, but you get the idea; the problem is that, too often, solid writers who piece together a quality article will allow themselves to get a bit lazy when it comes to the title, and that's a big mistake. The title will always...ALWAYS...be the component of the article that a reader sees first, and so it is in your best interests to put a little extra thought into it and make it as compelling as possible.

You work hard at your writing efforts, and it would be a shame to turn the positive flow that comes from those efforts back around on yourself, simply because you neglected to pay close attention to the fundamentals. Assembling great article titles, keeping your posts brief, and staying away from the comments section are just three good basic rules to follow if you want your blog to truly take on a life of its own.

The Jim Paris Perspective

Notes and Thoughts on the Realization of Bible Prophecy in the Current Day

The Sandy Hook Tragedy

Like most people, I have become jaded and am not usually affected by tragedies and events that do not involve me, my friends, or my family directly. There are two events in my lifetime that I would say stand out as exceptions: the September 11, 2001 attacks and the shooting at Sandy Hook Elementary. I will tell you that when I discussed the Sandy Hook tragedy with a friend that day I became choked up and honestly felt like I had been run over by a truck. The idea that twenty children in kindergarten could be brutally murdered like this made me physically ill. The idea of young children being slain has really brought a new level of evil into this world.

The first issue that needs to be addressed here is the immediate politicization of the event itself. It was just a matter of a couple of hours before the liberal media began bringing out the 'ban the guns' folks to tell us why we need more restrictions on firearms ownership. I remember one interview in particular with Michael Bloomberg, the Mayor of New York City. He was engaging in his tired, old mantra about banning guns when the interviewer asked him how that would have made any difference in the Sandy Hook shooting. He went on to say that we can't just take this one situation and make that assessment that we need to look at the larger picture. This was enormously disingenuous, since that is exactly *what he was doing*. If you are going to take the news event of the Sandy Hook massacre and use that as a platform for your argument on new gun laws, then take ownership of the facts of the situation.

The mother of the shooter legally owned the guns that were used. She was the first victim of the shooter that day. No one supports the idea that everyone should be allowed to legally own firearms. There are already ample laws on the books that regulate firearms purchases. The shooter, having a history of mental problems, would never have been allowed to legally purchase a firearm, but, as well all know, evil people and mentally deranged people do not follow the law.

I am fascinated how the real issue here can be completely missed by the media. Why is there no safety provision in schools today to deal with armed attackers? What would be so crazy about having at least a couple of staff members at each school armed in the event of an emergency such as this? The most important and least reported fact about this tragedy was that it took law enforcement twenty minutes to arrive on the scene. Twenty minutes is an unbelievable amount of time for an armed attacker to build up a casualty count. In fact, I am surprised that the number of victims was not triple what it was. This is not a criticism of the local police. From all accounts, this is a quiet Connecticut suburb and there was no precedent for an event like this.

The truth is that most communities are not prepared for a tragedy like Sandy Hook, and that is the point. Bloomberg said in response to the idea that the principal of the school may have had

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a chance if she was armed, "I don't know what the gun would have done." Well Mr. Bloomberg, she may have been able to shoot him before he got down the hallway to the children.

December 21, 2012 - What Happened?

I was really surprised how many Christians became caught up in the whole 2012 event. The Mayans even denied that their calendar was in any way a sign of the end. Nonetheless, the idea of the end of the world coming on Dec 21, 2012 built up for years and ended as a complete dud. Matthew 24:42-44:

"Watch therefore, for you do not know on what day your Lord is coming. But know this, that if the householder had known in what part of the night the thief was coming, he would have watched and would not have let his house be broken into. Therefore you also must be ready; for the Son of man is coming at an hour you do not expect."

We need to be continually reminded as believers that the Lord's return cannot be predicted. Nonetheless, the faithful continue to fall for these dates over and over again. I don't know when the next 'big date' is, but I am sure there is another one already set that people will be buzzing about in 2013.

We Have Already Gone Over a Financial Cliff

The past several weeks the discussion has been focused on the so-called 'fiscal cliff' and a series of automatic spending cuts and tax increases that would go into force if a plan to balance the budget within ten years was not passed by Congress. At the time of going to press on the newsletter this month, the Senate had passed their version of a plan. It was hyped like a prize fight. Meetings and votes taking place into the middle of the night, all great fodder for the making of a movie. As the parties jostled with each other back and forth and the president returned for a break from his vacation, we were finally informed that a deal had been reached. The Senate version of the budget included \$1 of spending cuts for every \$41 of new taxes. Are they kidding? Is this the best they could come up with? Watching this all transpire was the final piece of evidence I needed to conclude that there really is little hope of saving this country from a complete financial collapse in my lifetime.

Learning from Publishing My New Book, 'How To Pray For A Financial Miracle'

It has been a fantastic learning experience going through the process of self publishing my latest book. The book is available as a print book through the print-on-demand service of Amazon.com, called CreateSpace. It is also available as a Kindle book, as well. I am still amazed at how easy it was to launch the book. I have learned so much about the process and continue to share new ideas and information with those that are members of our e Book training program.

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One example: Amazon pays royalties when someone borrows your book from their lending library. This is money that you can earn above and beyond the royalties for Kindle sales. In November alone I earned \$53 just from the book being borrowed by members of Amazon Prime. The money paid out for the 'borrows' is in addition to royalties on outright sales.

We continue to emphasize the importance of developing multiple streams of income. In addition to the other income sources we already enjoy, this new book will be creating at least two more deposits each month into our corporate bank account. As the economy continues to get worse, your best investment, in my view, is to continue to cultivate more such income streams.

Of course, one of the most exciting benefits of publishing your own book is the collateral promotion you receive. Every copy of the book has multiple references to my various websites and training programs. I am also benefiting by being invited as a guest to appear on a series of radio and TV programs to discuss the book, as well.

Tracking Chips, Scanners, and the Mark of the Beast

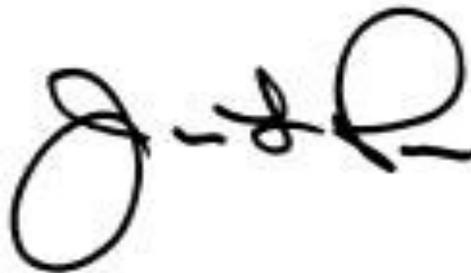
From The Associated Press -

To 15-year-old Andrea Hernandez, the tracking microchip embedded in her student ID card is a "mark of the beast," sacrilege to her Christian faith — not to mention how it pinpoints her location, even in the school bathroom. But to her budget-reeling San Antonio school district, those chips carry a potential \$1.7 million in classroom funds.

Starting this fall, the fourth-largest school district in Texas is experimenting with "locator" chips in student ID badges on two of its campuses, allowing administrators to track the whereabouts of 4,200 students with GPS-like precision. Hernandez's refusal to participate isn't a twist on teenage rebellion, but has launched a debate over privacy and religion that has forged a rare like-mindedness between typically opposing groups.

When I read stories like this one I realize how close we really are to the implementation of the Mark of the Beast. My wife and I visited Disney over the Christmas holiday, and I was reminded how the biometric technology for the Mark is already in place. If we wanted to be able to return to the park after leaving, we would have to agree to a finger scan. This system has

been in place at Disney for several years and every time I visit I am reminded of this technology every time I walk through the turn styles and see the scanner devices. While having dinner up in St. Augustine last year I noticed the servers using a



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Editor-In-Chief

finger scanner to access the cash register and process credit card transactions. We know that technology for the Mark of the Beast is here, from that I think it is reasonable to believe that it won't be too much longer before the antichrist makes his appearance.

Counteracting the Effects of Low-Dose Radiation

By James L. Paris & Robert G. Yetman, Jr.

Low-dose radiation. Most people are familiar with it from the routine x-rays taken in medical facilities, but the subject spiked in popularity not terribly long ago when it was revealed that the TSA's new "backscatter" x-ray machines were not working properly, and were emitting higher levels of radiation than they were supposed to. The new machines have since been replaced at a number of the airports at which they were being used (but not at all of them), but the larger issue is the threat from low-dose radiation that can now hit us from a variety of sources.

The insidiousness of the low-dose radiation exposure threat is that it is *cumulative*; while any one incident of exposure is negligible in terms of the health risk, the concern from doctors has to do with the problems that can develop over time when someone is exposed to even very small amounts of radiation.

Suffice it to say that low-dose radiation is all around us, and while there is no reason to become overly paranoid about the threat it poses, it's a good idea to augment your diet and supplement regimen in order to help put the odds of a long, cancer-free life more fully on your side.

Chlorophyllin. Chlorophyllin, a powerful antioxidant, is the water-soluble form of chlorophyll (the substance that makes plants green). Chlorophyllin has also been shown to cause trouble for cancer cells trying to replicate by preventing them from binding to cells and damaging them. You can ingest chlorophyllin supplements, and, if you do, it is sug-

gested that a dosage of between 2 and 4 mg per day per kilogram (one kilogram is equal to 2.2 pounds) may be useful in the effort to protect DNA.

Broccoli and other dark greens. Variations of the same idea at work here; these foods contain a lot of chlorophyll, and so it is smart to not only supplement with chlorophyllin, but also to make dietary changes so that the natural foods you eat are substantially comprised of the elements that have been shown to be so beneficial in protecting the body's cells from radiation damage.

Tincture of burdock root. This is something that can come in handy in the days following a known radiation exposure, such as from an x-ray at the doctor's office or from an airport scanner. Burdock has long been known in herbalist circles as a blood purifier and can be used in circumstances like the one at issue here to help remove radioactive isotopes from the body. Take a few drops of burdock root tincture three times a day for the several days following your exposure to radiation to help remove these isotopes.

You should already be following a regimen of vitamin and mineral ingestion, including supplementation. If you're not, start doing so, and make sure, specifically, that you are getting enough Vitamin D, which is key in lower your susceptibility to radiation. On that note, it is a good idea to raise your Vitamin D ingestion in the weeks before and after a specific exposure event, if that is possible. Stay aware, and stay healthy!

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Post-Cliff Investing for the Traditional Portfolio

By Robert G. Yetman, Jr.

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Many survival-minded people will still depend on traditional investments during manageable economic conditions. Accordingly, it is a good idea for us to take a look at the issues that will now become prominent for traditional investing, given that the matter of the “fiscal cliff” appears to be (sort of) resolved (as of this writing, there is no deal, but it is believed that a deal is very imminent). What are the issues to which investors should give thought *now*?

Pare down government debt holdings.

Those investors holding a great deal of long-term U.S. Government debt might want to re-think that position. Prices are currently very high, while rates are very low. Given the condition of the economy, it’s unlikely that we’ll see rates move upward this year, but that *gives* you this year to go ahead and begin reducing your long-term U.S. debt holdings in a measured way in anticipation of the higher rates that are around the corner.

Look to adding weightings in cyclical stocks.

While rates *are* low and the market’s waters seem calmer, stocks that are less *defensive* and more *cyclical* should see better days in 2013; ETFs (exchange-traded funds) are always a good way to engage this sector. One sample ETF to consider is the Vanguard Industrials ETF (symbol: VIS), the holdings of which include General Electric, Caterpillar, Boeing, and a host of other companies that generally rise and fall with the business cycle (classic cyclical behavior).

Anticipate a bit of a rebound in tech stocks.

Technology stocks struggled in the latter part

of 2012, but with the resolution of the fiscal cliff, it is probably a safe bet that *some* improvement will be realized, and, on that basis, it may be a good idea for you to consider expanding your exposure to tech in the early part of 2013. Apple has dropped about 25% from its September high, and a more stable market will see that sort of decline as a good buying opportunity. There may be some stabilization afoot in Facebook stock activity, too, which might finally lead to a demonstration of just how social media companies can actually be worthwhile investments. A great way to consider accessing this sector for your portfolio is through (again) an ETF, and one to look at might be the Vanguard Information Technology ETF (symbol: VGT). An ETF like this one samples a variety of technology and technology-related stocks, and so it allows an investor to access the sector without making a sizable bet on any one stock from an industry that is inherently volatile.

There will, of course, be numerous challenges to portfolio viability as 2013 wears on, and the resolution of the fiscal cliff, to the extent that it will really prove to be a resolution at all, in no ways means that those assuming a worst-case economic scenario should be at all calmed. In fact, the way in which it has been resolved creates more problems, longer-term. That said, smart investing right now requires one to have one foot in more “traditional” instruments, as well as one in areas that exists almost exclusively for troubled times. The stock market is by no means the no-brainer it once was, but it’s important to recognize pockets of opportunity where they exist.