

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

Rev 6:1-2 “The First Seal” Rider on a White Horse



Rev 6:1-2 And I saw when the Lamb opened one of the seals, and I heard, as it were the noise of thunder, one of the four beasts saying, Come and see. And I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer. (NKJV)



This white horse is a counterfeit of the white horse of truth and freedom Jesus returns on, Jesus horse is symbolic of the Holy Spirit. But in this case this 1st seal white horse is a false spirit an antichrist spirit of deception, bondage and slavery in place of Christ. The crown given to this rider like a king on this horse of deception is a high principality a ruler in the spirit realm; it has a bow in its hand without an arrow, a bow is for releasing something. So this horse and rider releases something over the nations and dominions of all the earth as a conqueror with a certain purpose. This is an antichrist spirit sent out into the world to conquer and to deceive through sin over man's flesh.

As we look into history you can find out what this white horse represents and when it began to conquer the world. In the spiritual realms the only power Satan has over man is what we give him. The things we do in regards to sin opens the doors spiritually for us to fall into bondage, as the wages of sin is death but the gift of God is eternal life Rom 6:23. So in order to conquer the world an event must happen that releases this conquering Spirit worldwide upon nations, to bring the people into a greater state of conquered bondage through sin. As this writer prayed and researched into this, the revelation came of how this rider worked its bondage throughout our history. This 1st seal purpose was released 2000 years ago at Christ's death and resurrection, then John the disciple on Patmos saw this in a vision in 96 AD when the 1st seal had been opened, this vision was some 60 odd years after Jesus had been crucified. This white horse rider moved down through the ages conquering where ever it went on the earth, using

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

doorways of sin in man’s flesh, yet it did not begin to get to its crescendo the peak of its influence internationally until the turn of the 19th century. This 1st seal gained its conquering momentum around the world through the dramatic increase and access to drugs and alcohol worldwide that accelerated with the industrial revolution and international trade at the turn of the 19th century.



The 1st seal was released with a mandate to conquer worldwide, it moved with a spiritual acceleration of sin, bondage, deception, oppression the conquering of people in every nation through addictive toxic substances, cigarettes, drugs (*both legal and illegal*) and Alcohol. As this antichrist spirit increased in realms of darkness the bondage and conflict of men’s souls has grown tremendously around the world with its scuttle deceptions at work opening spiritual doorways for itself to oppress many. This antichrist spirit is now oppressing and afflicting multitudes worldwide through the use of mind-altering addictive substances in particular alcohol and drugs (*well known in deliverance ministries*) included in the mix is pharmaceuticals (*Pharmacia/sorcery*) caffeine (*soda drinks, energy drinks, coffee see information further on in chapter*) and cigarettes (*nicotine*) all bringing mind and body altering false temporal euphoria, a counterfeit to the true Holy Spirit. In modern times in the USA alone 128 thousand people die per year from Pharmaceutical drugs alone, that’s one person every 4 minutes. The world Health Organization states 3 million per year die from alcohol each year. It would be much more than that due to domestic violence and criminal related deaths from alcohol influence as well.

Worldwide, 3 million deaths every year result from harmful use of alcohol, this represent 5.3 % of all deaths.

See: <https://www.who.int/news-room/fact-sheets/detail/alcohol>

This counterfeit spirit described as being on a white horse (*Holy Spirit symbolized as a white horse*) simulates Jesus who comes on a white horse with his crown and Glory leading the armies of heaven in the last days. Be assured this counterfeit White Horse Rider king principality works in conjunction with an army of demons under its command.

Jesus “The Rider on a White Horse”

Rev 19:11-14 Now I saw heaven opened, and behold, a white horse. And He who sat on him was called Faithful and True, and in righteousness He judges and makes war. His eyes were like a flame of fire, and on His head were many crowns. He had a name written that no one knew except Himself. He was clothed with a robe dipped in blood, and His name is called The Word of God. And the armies in heaven, clothed in fine linen, white and clean, followed Him on white horses. (NKJV)

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

Everything that Satan (*master of deception*) does to mankind is a counterfeit deception that gives him a legal right spiritually to oppress and torment man, until men are saved and delivered by Christ's power and authority. This Rev 6:1-2 Conqueror spirit's dominion began to flourish worldwide in the early 1900's due to trade and the expansion of addictive substances such as pharmaceuticals, alcohol, Cocaine laced Coca Cola (*changed to caffeine in modern times*), cigarettes and even the emergence of the worldwide usage of caffeine all addictive substances. These substances are all defiled water so to speak, God's water His Spirit is Holy it's clean and pure.

These substances are a spiritual door they have something behind them this white horse rider antichrist spirit of deception and bondage “sex, drugs and rock n roll baby” I used to be one that was heavily in this bondage. I was conquered spiritually through sin until I was saved and delivered through Christ. If you do a study around alcohol in the world it's very destructive, you find in the Old Testament God warned heavily about such substances as alcohol being spiritually defiled. This worldwide accelerated expansion under the 1st seal from the turn of the 19th century this conqueror Spirit has come. Various other newly created drugs such as Heroin, Opium, Cocaine, Painkillers, Opioids, Sedatives, methamphetamines, P, LSD and Benzodiazepines have become a massive worldwide illegal multibillion dollar drug cartel involving all sorts of agencies.

Increased transportation of import and export goods brought easier access to the drug and alcohol industry all over the world. In the last century with industrial and technological advancements in trade and distribution this has created massive drug and alcohol related problems. The illegal drug trade has spread rapidly in the 19th century oppressing people of every nation truly a conquered world spiritually. The pharmaceutical industries have become multibillion dollar self-governing industries, owned and operated by rich elites such as the Rockefellers and the Rothschilds. The evidence of demonic oppression through these substances can be testified about and seen in many Christian circles through deliverance ministries such as Win Worley, Yvonne Kitchen and other ministries. Many Christians have been delivered from a spirit of sorcery and witchcraft the Greek/Hebrew word for sorcery is Pharmacia which is directly connected in the creation of illegal drugs, alcohol and pharmaceutical drugs.

In the USA alone 64'000 people died from drug usage in 2016 with estimates of 40-60 thousand per year from drug related causes a people conquered (240 thousand plus per year worldwide).

See: <https://www.transformationtreatment.center/resources/overdose/many-people-die-drugs-year/>

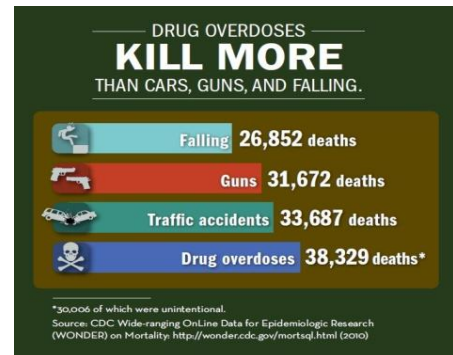
The US has the largest pharmaceutical market in the world with a value of \$339,694 million USD followed by Japan (\$94,025 million USD) and China (\$86,774 million USD). In Germany, the value of its pharmaceutical market is about \$45,828 million USD and in France, it is about \$37,156 million USD. In Brazil, the value of its pharmaceutical market is about \$30,670 million USD. In Italy, the value is about \$27,930 million USD. In the UK, it is about \$24,513 million USD while in Canada it is about \$21,353 million USD. In Spain, it is about \$20,741 million USD.

See: <https://www.worldatlas.com/articles/countries-with-the-biggest-global-pharmaceutical-markets-in-the-world.html>

The real issue is the spiritual undercurrent of this 1st seal, worldwide related deaths are actually uncountable they are outcomes of this conqueror's oppression and deception feeding man's fleshly desires. Remember Satan only comes to steal destroy and kill John 10:10.

“THE BOOK OF REVELATION UNSEALED”

Chapter 5



We cannot underestimate the Devils deceptive ways feeding mans fleshy desires with false counterfeit euphoria that’s leads to bondage and death. Many are asleep undiscerning because of this bondage even in the church. This has truly occurred in every nation in our modern 21st century. Spiritually drugs and alcohol cause oppression, addictions, violence, immorality, corruption, depression, suicide, crime, divorce, adultery, prostitution, all kinds of abuse, impurity and child slavery the increased degradation of sin the list goes on.

Most of these substances such as alcohol, (*recent pharmaceuticals*) and drugs have been around for hundreds of years but never as accessible through trade by all nations and peoples as they have become in the 19th century. As we all know many newly created addictive destructive drugs have now been made available to the masses as well. As a matter of interest, the generational root cause, spiritually of the child sex slave trade in the world today relates to this antichrist spirit (*conqueror*) of drugs and alcohol causing childhood forced prostitution this can be found in:

Joel 3:3

They have cast lots for My people, Have given a boy as payment for a harlot, And sold a girl for wine, that they may drink. (NKJV)

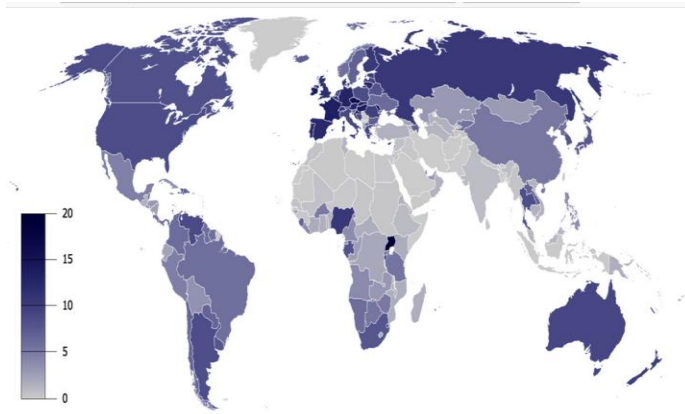
The current worldwide alcohol consumption we now see goes as far back as 10’000 B.C, through archeological records. A study throughout scripture from Genesis to Revelation on wine and intoxicating drink will give you a very clear picture of the spiritual ramifications and effects of this substance. It was during the time of the Roman Republic and Empire (*509 BC Rome became a Republic*) that trade in wine and other alcoholic beverages first grew enormously in that region. In Europe, religion (*Holy Roman Empire*) had a large part to play in the history of alcohol. In the early Christian period, it was the Roman Catholic monks who perfected the brewing and large scale production of beers and wines, which they would sell to the public.

Alcohol, a flammable liquid produced by the natural fermentation of sugars, is currently the most widely used human psychoactive agent around the world today, ahead of nicotine, caffeine, and betel nut.

See: <https://www.thoughtco.com/history-of-alcohol-a-timeline-170889>

“THE BOOK OF REVELATION UNSEALED”

Chapter 5



Total recorded alcohol per capita consumption (15+), in litres of pure alcohol

See: https://en.wikipedia.org/wiki/History_of_alcoholic_drinks

The National Prohibition Act in 1919 in the USA led to the banning of the sale and manufacture of alcohol across the United States between 1920 and 1933 (*many in the USA set up illegal sales such as Al Capone*) after the ban sales sky rocketed in the US. The Conqueror on the White Horse and its antichrist spiritual agenda at this time began to increase worldwide affecting the spiritual realms, all part of preparing the way for the eventual end time’s battle with God spiritually.

This conquering spirit all flows in conjunction with Satan heading towards worldwide deception through sin and transgression by the dragon over man Rom 11:25, Dan 8:23 **“fullness of the gentiles the fullness of transgression/sin”** setting up the stage for the Rev 13:1-10 antichrist **“Man of sin”** to appear, the Rev 13:11-18 **“false prophet”** and the Rev 16:16, Ez 38, 39 final battle of **“Armageddon”**.

In the sixteenth century, alcohol (called “spirits”) was used largely for medicinal purposes. At the beginning of the eighteenth century, the British parliament passed a law encouraging the use of grain for distilling spirits. Cheap spirits flooded the market and reached a peak in the mid-eighteenth century. In Britain, gin consumption reached 18 million gallons and alcoholism became widespread.

The nineteenth century brought a change in attitudes and the temperance movement began promoting the moderate use of alcohol, which ultimately became a push for total prohibition. In 1920 the US passed a law prohibiting the manufacture, sale, import and export of intoxicating liquors. The illegal alcohol trade boomed and by 1933, the prohibition of alcohol was cancelled. Today, an estimated 15 million Americans suffer from alcoholism and 40% of all car accident deaths in the US involve alcohol.

See: <https://www.drugfreeworld.org/drugfacts/alcohol/a-short-history.html>

See U Tube video “The history of Alcohol”: <https://youtu.be/Dwje3iQ4shE>

In modern times after the Spanish flue of 1918, up and into 2019 vaccines were also increasing around the world with multiple vaccines now given to babies, teenagers and all sorts of situations even to travel overseas. Then as of 2019 onwards there has been another explosion of this White Horse Conqueror deception and influence through big pharma experimental vaccines (*Gene therapy Pfizer, Moderna, Johnsen & Johnsen, AstraZeneca*) now coerced and pushed upon entire populations worldwide by rich

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

merchants (*over 3 billion people injected*) this has happened through the Covid 19 pestilence (*manmade plandemic*). Below we break down the 1st White Horse Rider scripture a bit more to open the eyes of our spiritual understanding, to see how this is occurring today in greater dimensions through substance abuse around the world.

Rev 6:2 And I looked, and behold, a **white horse**. He who sat on it had a **bow**; and a **crown** was given to him, and he went out **conquering** and to **conquer**. (NKJV)

“**Bow**” from Strong’s Hebrew and Greek dictionary numbers G5115 - *Toxon tox'-on*

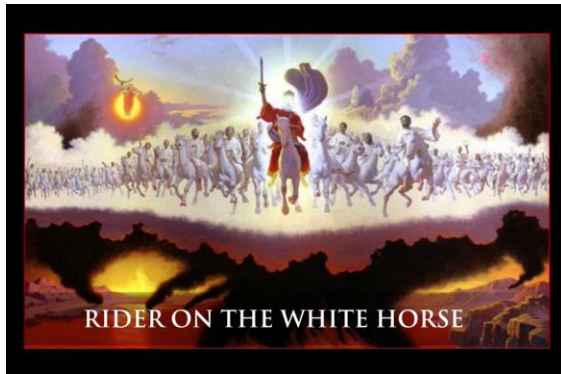
From the base of G5088; a *bow (apparently as the simplest fabric)*: - bow.

Total KJV occurrences: 1

“**Conquering**” from Hebrew and Greek dictionary numbers G3528 – *νικῶω nikaō nik-ah'-o*

From G3529; to *subdue (literally or figuratively)*: - conquer, overcome, prevail, get the victory.

Total KJV occurrences: 28



Christ



White Death

This antichrist “**White Horse Rider**”, the White Horse here is counterfeit to Christ (*author of life Acts 3:15*) and His White Horse found in Rev 19:11-16. This 1st seal “**White Horse Rider**” is a horse of death “**White Death**” as the wages of sin is death Rom 6:23 (*a counterfeit to Christ*). This 1st seal White Horse Rider has a “**Crown**” on its head (*Demonic authority a position as a conquering principality*) it’s very interesting that in our modern times with the emergence of this Coronavirus or “**Corona**” it also means crown. “**Corona**” is derived from ancient Greek meaning “**Garland or wreath**” this comes from a proto-Indo-European root word “**sker or ker**” meaning “**to bend**” to bow down to (*the fear of coronavirus or Corona the Crown - Covid 19 and its variants*).

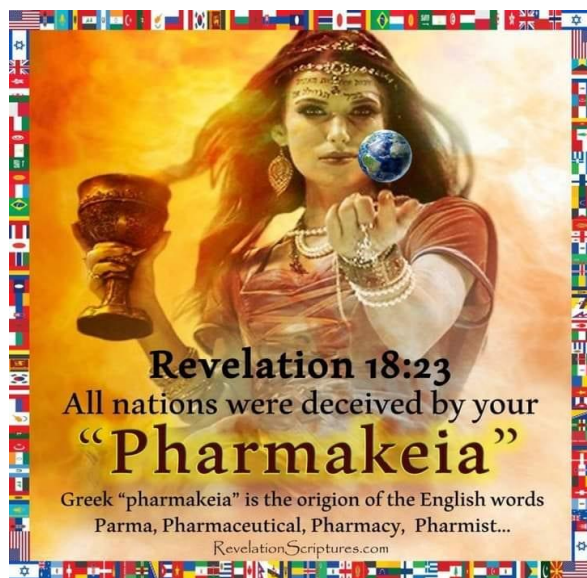
“THE BOOK OF REVELATION UNSEALED”

Chapter 5

*Coronavirus virions are spherical or variable in shape and composed of an outer layer of lipid covered with a crown of club-shaped peplomers or spikes. Within each spike is a helical single-stranded RNA-containing structural protein. Although the term corona was first used in English in the 1500s, it was borrowed directly from the Latin word for “crown.” Corona is derived from the Ancient Greek κορώνη (korōnē), meaning “garland” or “wreath,” coming from a proto-Indo-European root, *sker-* or *ker-*, meaning “to turn” or “to bend.”*

See: https://wwwnc.cdc.gov/eid/article/26/9/ac-2609_article

As an example of a Crown upon wicked ones you can also see ten diadems (*Crowns of rulers of realms*) on the beast in Rev 12, and the ten crowns on the ten horns of the beast of Rev 13:1-3 (*kings who give their power to the beast for one hour*). The “**White Horse Rider**” also has a “**Bow**” in hand with no arrows (*this is a huge clue to what this rider and horse represents generationally*) who went out “**Conquering**” and to “**Conquer**” the people and nations of this world. This antichrist counterfeit “**White Horse Rider**” uses the substances of drugs and alcohol to “**Conquer**” through false euphoria and addictions via the sin and the flesh of fallen man (*lust of eyes, lust of flesh, pride of life*). The word “**Bow**” translated from the Greek means “**Toxon**”, meaning “**Toxic**” or something “**Poisonous**”. This then takes us to another scripture in Rev 18:23 an end of days verse, revealing the connection between “**Pharmacia**” and a manifestation of the 1st seal “**White Horse Rider**” conquering in our generation.



Rev 18:23 The light of a lamp (*Jesus/Holy Spirit*) shall not shine in you anymore, and the voice of bridegroom (*worship and prayer*) and bride shall not be heard in you anymore. For your merchants (*rich men*) were the great men of the earth, for by your sorcery (*Pharmacia*) all the nations were deceived (*lied too coerced demonically conquered spiritually*). (NKJV)

In the Hebrew /Greek Strong’s Concordance the word “**Sorcery**” means “**Pharmacia**” (*A Pharmacy is a dispenser of Pharmacia medicines. Pharmacia also means “witchcraft” which has the root*

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

word drug or poisoner) most pharmaceutical drugs are also white in color (*White Horse*) being crude oil based. In these last days of the end of the age Rev 18:23, this chapter specifically talks about the Babylonian system of the world and verse 23, with great men the merchants the rich men known as traders who deceived the nations by their witchcraft sorcery: **For your (rich/wealthy) merchants were the great men of the earth, for by your sorcery (Pharmacia) all the nations were deceived**”. (NKJV)

"...For your merchants were the great men of the earth, for by your sorcery all the nations were deceived."

—Revelation 18:23

"merchants" - Wholesaler or Trader

"great men" - "powerful men"

"sorcery" -

Greek "pharmakeia" = "pharmacy"

Literally "to drug or poison"

phar·mak·e·ia
(far-mak-i'-ah)

Definition:

1. the use or the administering of drugs
2. poisoning
3. sorcery, magical arts, often found in connection with idolatry and fostered by it
4. metaph. the deceptions and seductions of idolatry

You can say here that in our modern times through the “Whit Horse Rider” gone out to “Conquer” this rider continues “Conquering” through the use of manufactured drugs “Pharmacia”. The rich merchants the wicked ones (*Merchants/Satan*) of this world the oil oligarchs are now partnering with this same “Rider Spirit” through the Corona virus “Crown” controlling the worlds health care systems a demonic “Set Up”, to bring forth the “Fear of Death” to “Conquer” causing many to “Bow” down to “bend” to the system and image of the Babylon beast. All done through propaganda deception promoting a whirlwind of fear (*fear of sickness, fear of death, fear of loss of finances fear fear fear*), this virus comes from the beast/Satan.

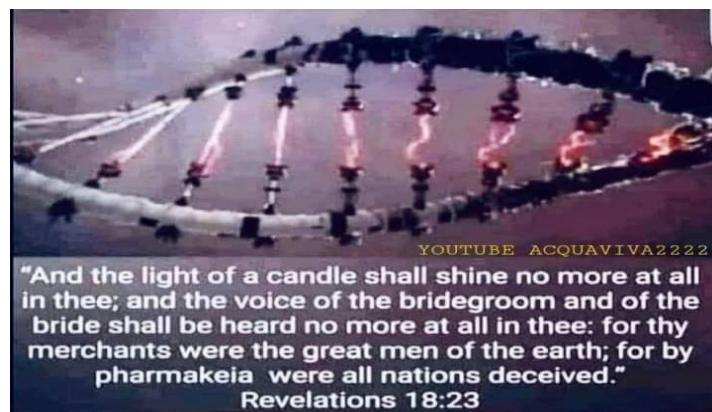
This reminds me of the story of Shadrach, Meshach and Abednego under the “Fear of Death” they refused to bow down to the Image “Set Up” of Nebuchadnezzar Dan 3:1-30. Nebuchadnezzar had commanded along with all his judges, governors, administrators, magistrates, treasurers, and officials of the provinces to all to bow to his image (*sound familiar? Covid mandate?*), to worship it (*Corona virus bow to it*) as a conquered people now forced into slavery bondage (*Socialism/Communism/Marxism/Agenda 2030*) to this beast image. To the three that never bowed to the statue through the fiery trial endured they had a visitation (*Revival Glory*) of the fourth man,” God” that brought forth repentance in the land and the worship of the one true God of Shadrach, Meshach and Abednego.

“THE BOOK OF REVELATION UNSEALED”

Chapter 5



In 2020-2021 because of the Corona virus government policies, Covid 19 vaccine (*Gene therapy at a DNA level in the blood*) injections and lock downs implemented, many are crying out about vaccine damage, food shortages, petrol prices, inflation and business losses all around the world. Yet interestingly the USA stock exchange Dow Jones index (*on 24.11.21 broke 30'000 for first time ever*) is sitting at new 52-week record highs (*21.12.21*) at record breaking numbers 36,500, big pharma is killing it in profits. This is because of the trading of drugs, vaccines and medical supplies to governments around the world through the medical industry, the “**trade over men’s souls**” (*Rev 18: 11-13*) bringing them into bondage conquering the masses through fear with the stripping of human rights and freedoms, this 1st seal “**White Horse Rider**” has been very busy riding across nations “**Conquering**”.



See: <https://www.barchart.com/stocks/highs-lows/highs>

See: <https://www.thebalance.com/dow-jones-closing-history-top-highs-and-lows-since-1929-3306174>

See: <https://www.cmcmarkets.com/en-gb/trading-guides/pharmaceutical-stocks>

This “**Bow/Toxon/Toxic**” of this white horse rider is directly connected to “**Pharmacia**” through toxic medication and drug substances as used also in vaccines (*now mandated around the world since Covid 19*). These types of toxic poisonous substance creations are also found in alcohol, illegal designer drugs such as LSD, Cocaine and Crack Cocaine; GHB; Hallucinogens and Dissociative Drugs; Marijuana; MDMA (*Ecstasy or Molly*) Methamphetamine; Opium, Heroin,

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

and Other Opioids; Rohypnol; Steroids; Synthetic Cannabinoids; and Caffeine (*substance soft drinks, energy drinks and coffee ect*).

Most modern “**Pharmacy/Pharmaceutical/Pharmacia**” drugs are crude oil-based substances known as petrochemicals, which is a known toxic poison to the human body causing side effects, they are toxic and mostly unnatural to our bodies. Spiritually we know that what we do in our lives has the ability to open doorways to the spiritual realms either through repentance from sin to the realms of Jesus Christ and God, or of Satan through sin in the lust of the flesh, lust of the eyes and the pride of life. So, this antichrist “**White Horse Rider**” with a crown and bow conquering many has been ongoing down the generations since its release 2000 years ago, when Jesus opened the 7 seals. Since the turn of the 19th century and the industrial revolution (*WWI*) this first seal has increased its influence around the world bringing many into spiritual bondage.



The natural realms of men are always a reflection and influence of the spiritual realm, one can say Pharmacia drugs (*sorcery/witchcraft*) pushed by the Rev 18:23 (*Babylon*) rich merchants through lawlessness (*antichrist stripping human rights*) have coerced fear driven Covid 19 vaccines upon multitudes in the billions. These wicked ones (*antichrist in nature*) under the Babylonian system have cleared the pathway for the spirit of the lawless one (*Satan/Rev 13:1-10 beast spirit*) the man of sin the antichrist spirit (*1st horse seal behind drugs/Pharmacia and alcohol has many entrance points operating*) to enter the temple of God (*injected into God's temple 1 Cor 3:16*) man's flesh (*many Christians have gotten these vaccines as well because of fear, it effects the entire body*) to defile destroy and conquer the human body bringing demonic sickness and bondage.



“THE BOOK OF REVELATION UNSEALED”

Chapter 5

The Holy Spirit comes to bring salvation, freedom, healing and life more abundantly. The antichrist beast spirit comes “who opposes and exalts himself above all that is called God (*freedom, liberty, love, righteousness, morality, purity, Bride of Christ, prayer and worship*), or that is worshipped (*religions*), so that he sits as God (*over multitudes*) in the temple God (*human bodies*), showing himself that he is God (*thinks he has taken over*)” conquering individuals by deception causing them to participate knowingly and unknowingly in worshipping (*bow down to the system of the beast*) the beast (*Demonic DNA gene therapy alteration as in the days of Noah Math 24:37*). What ever you submit yourself to you become James 4:7, if you don’t worship God by faith (*freedom, love, faith, truth*) you will worship the nature of the beast/Satan through fear (*bondage, anger, fear, deception*) you will worship one or the other spiritually.

2Th 2:3-4 Let no one deceive you by any means; for that Day will not come (*Jesus return*) unless the falling away comes first (*hardened hearts against God*), and the man of sin (*antichrist Rev 13:1-10 Obama helped with funding to create Covid 19 and its release against Trumps administration with Fauci and China behind closed doors all during Obamas two terms 2009-2016*) is revealed, the son of perdition, who opposes and exalts himself above all that is called God (*the worldwide church in lock down “shut down” because of Corona “Covid 19” with the WHO order mandates through the UN, the dragons seat of power*) or that is worshiped, so that he sits as God in the temple of God (*Beast system vaccines injected into men’s bodies, the church gatherings under his dominion of control, shutting it down worldwide for months on end shutting down corporate worship and prayer*), showing himself that he is God (*worldwide control through Covid fear, mandates and vaccines a conquered world until God Himself moves in His Glory for Harvest Rev 14:14-16*). (NKJV)

See video “Divine Image Destroyed by Christine Beadsworth”:

<https://www.bitchute.com/video/ckY32fyEy4SQ/>

Satan desires man to bow down to him to his destructive ways to worship him as the beast, through fear, control and whatever evil means he can come up with, he comes to steal destroy and kill John 10:10. These experimental gene therapy vaccines have caused hundreds of thousands of deaths and serious adverse reactions all around the world such as myocarditis heart disease, blood clots, neuron disorders, skin disorders, nervous system damage, miscarriage problems, sterilization, womb damage along with a myriad of other medical conditions, all denied by those pushing the vaccines.

Article Sept 28th 2021:

UK hospital data shocks the world: 80% of COVID deaths are among the vaccinated... COVID deaths up 3,000% after vaccine wave.

A deadly combination of science fraud, institutional coercion, bribery, Big Tech censorship, government force and media propaganda are bringing the world to its knees. There is NO real-world data showing that covid-19 vaccines reduce the risk of hospitalization and death. Right now, [hospital data from the United Kingdom is shocking the world](#), providing serious evidence of

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

vaccine failure and vaccine-induced death. In the UK, up to 80 percent of COVID deaths are currently coming from vaccinated people. COVID deaths across the UK are now 3,000 percent more frequent than they were at the same time a year ago, when the population was “unvaccinated.”

*For over a year, vaccine efficacy was tirelessly promoted, **even though absolute risk reduction** for all the COVID vaccines on the market was less than two percent, a meaningless number. To make matters worse, the vaccines are increasing the rate of iatrogenic death and making more people susceptible to severe respiratory disease, priming human cells for antibody dependent enhancement.*

UK Public Health mortality data shocks the world

The UK’s Yellow Card Scheme, a vaccine injury and medical error surveillance system, shows a clear pattern of vaccine failure. COVID vaccines are increasing hospitalization and death for people who could have easily gone on with their lives, healthy and VAX-free. Instead of being coerced into risky, compounding vaccine experiments, thousands of sick and dying people could have faced a potential infection and recovered with durable, natural immunity.

UK hospital data shows that covid-19 deaths are 3,000 percent higher now compared to this time last year, and it’s not the “unvaccinated” who are dying in greater numbers. The latest data from Public Health England shows just how dangerous vaccine worship and coercion is. From February 1, 2021 to September 12, 2021, the unvaccinated represented just 28 percent of the covid fatalities while the vaccinated represented 72 percent of the deaths!

*Public Health Scotland confirms the same pattern of vaccine failure. From August 14, 2020 to September 12, 2020, Scotland recorded just seven covid-19 fatalities. After coercing a large portion of the population to take the covid vaccines, Scotland recorded 222 covid-19 deaths just a year later, during that same period of time. This covid-19 death spike is 3,071.4% higher after a mass vaccination campaign. Most shocking of all: 80 percent of these deaths are occurring in the vaccinated. (Related: The “**fully vaccinated**” will experience **enhanced disease** when re-exposed to new coronavirus variants.)*

Vaccine’s purported 95% efficacy is a total fraud in the real world, actually increases risk of death.

Even though the unvaccinated are coerced to test more frequently for travel, education and work, their numbers are still similar to the “fully vaccinated.” The data shows that COVID cases are relatively equal among the vaccinated and unvaccinated. From August 21, to September 17, 2021, there were 69,639 positive cases recorded among the unvaccinated population, and 79,613 cases among the vaccinated population, with 60,923 of these cases deriving from the “fully vaccinated.” Clearly, the vaccine doesn’t prevent COVID, and may even be a driving force for new infections in the unvaccinated.

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

Most shocking, the rate of death is not 95 percent lower in the vaccinated group. From August 14 to September 10, 2021, Scotland registered 208 covid-19 deaths. There were 41 deaths in the unvaccinated, 9 deaths in the partially vaccinated, and a shocking 158 deaths in the fully vaccinated. If the 95 percent efficacy of the vaccine was real, then 95 percent of the deaths would occur in the unvaccinated and only 5 percent would be in the vaccinated. However, up to 80 percent of the deaths are in the vaccinated and only 20 percent of the deaths are in the unvaccinated. The vaccines are currently INCREASING the risk of death in the UK by 400%!

See: <https://stuartbramhall.wordpress.com/2021/09/28/uk-hospital-data-shocks-the-world-80-of-covid-deaths-are-among-the-vaccinated-covid-deaths-up-3000-after-vaccine-wave/>

Adverse Drug Reactions, the official European Union database of suspected drug reaction website is now reporting 30,551 fatalities and 1,163,356 adverse drug reactions from COVID vaccines Pfizer, Moderna, Johnson & Johnson, and Aztra Zeneca through November 13, 2021 based on the data submitted to its system.

See: <https://speakingaboutnews.com/data-shows-1163356-adverse-drug-reactions-and-30551-fatalities-by-covid-19-vaccinations/>

The new CDC data through October 1, 2021, records 16,310 deaths besides 778,683 cases of injuries following COVID-19 shots. There are also another 23,712 permanent disabilities, 87,814 Urgent Care visits, 75,605 Hospitalizations, and 17,619 Life-Threatening injuries. That includes 2,102 fetal deaths from pregnant women who took a COVID shot.

See: <https://deeproootsathome.com/early-cdc-warning-list-of-severe-adverse-reactions/>

Pharmacia: The Septuagint and a Greek Testament contains forms of the following word Pharmacia fourteen times in fourteen verses. The following definition of Pharmacia is found in Vines Expository Dictionary of Old and New Testament Words, under “Sorcery”.

PHARMACIA (or-EIA) (Eng, pharmacy etc,) Primarily signified the use of medicine, drugs, spells; then, poisoning; then sorcery....In sorcery, the use of drugs, whether simple or potent, was generally accompanied by incantations and appeals to occult powers, with the provision of various charms, amulets, etc.

The Greek word Pharmacia is a noun. Depending on the context, it may refer to (1) the medicinal use of drugs, (2) the medicinal use of drugs along with spells, (3) poisoning someone, or (4) the use of drugs in sorcery, which is a medieval term of occult magic. The only way the word Pharmacia is used in the Bible is in reference to occult magic that includes the use of drugs.

Vines dictionary also states that when drugs are used in occult magic they are used along with incantations, charms, amulets ect. This is consistent with what they have already learned.

See: <https://pharmakia.org/wp-content/uploads/2019/05/Pharmakia-Excerpt-Chapter-4.pdf>

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

Pharmaceutical drugs are made from petrochemicals

Pharmaceutical drugs are made from petrochemicals, which are derived from fossil fuel. That explains one reason why people who use them experience nasty side effects

See: <http://encognitive.com/node/2183>

Strong's Concordance: toxon: a bow

Original Word: τόξον, ον, τό

Part of Speech: Noun, Neuter

Transliteration: toxon

Phonetic Spelling: (tox'-on)

Definition: a bow

Usage: a bow.

See: <https://biblehub.com/greek/5115.htm>

Toxon | definition of toxon by Medical dictionary

*The word **toxon** means "bow," and **toxin** means "poisonous." The genus name *Taxus* is thought to be derived from some combinations of these words.*

See: <https://medical-dictionary.thefreedictionary.com>

Toxin Definitions: from The American Heritage® Dictionary of the English Language, 5th Edition.

noun A poisonous substance, especially a protein, that is produced by living cells or organisms and is capable of causing disease when introduced into the body tissues but is often also capable of inducing neutralizing antibodies or antitoxins. *noun* A poisonous or harmful nonbiological substance, such as a pollutant.

from The Century Dictionary.

noun Any toxic ptomaine. *noun* A specific poison of albuminous character, immunization with which leads to the production of a specific antitoxin.

from the GNU version of the Collaborative International Dictionary of English.

noun A poisonous product formed by an organism, such as a pathogenic bacterium, a plant or an animal, usually having a high molecular weight, often a protein or a polysaccharide, but occasionally a low-molecular weight agent such as tetrodotoxin.

from Wiktionary, Creative Commons Attribution/Share-Alike License.

noun A toxic or poisonous substance produced by the biological processes of biological organisms.

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

from WordNet 3.0 Copyright 2006 by Princeton University. All rights reserved.

noun a poisonous substance produced during the metabolism and growth of certain microorganisms and some higher plant and animal species

Etymologies from Wiktionary, Creative Commons Attribution/Share-Alike License

Latin toxicum.

See: <https://www.wordnik.com/words/toxin>

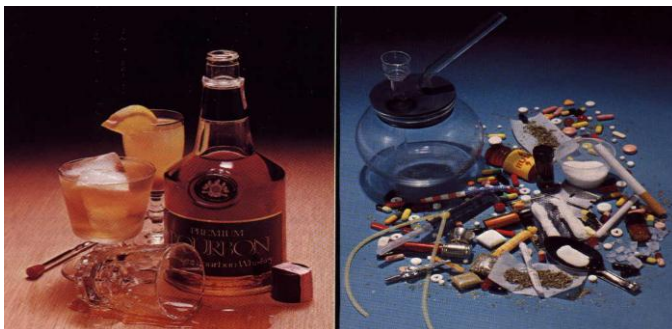
To go even further removing scales from eyes, let's dig even deeper into another deceptive area of worldwide conquering of this 1st seal and its doorways into our lives :

To expand things a little more which I know will be controversial to some (*who love their cuppa*) another seemingly harmless substance Tea (*caffeine in tea*) began coming forth 5000 years ago in ancient China in both civilisations, caffeine became an integral part of their cultures, limited in access only to certain groups. These substances then both came into Europe around the 16th century. Caffeine (*coffee beans*) was first discovered and used in Arabia by the Arabs 1000 years ago in Muslim nations (*1000 years after the 1st seal was released*) as a drug, an addictive mind-altering substance.

See U Tube video “Caffeine and Adenosine Receptors”: <https://youtu.be/jOfquPE1cnU>

When it comes to caffeine (*see page 11 testimony*) a basic seemingly harmless substance in coffee and tea please use some grace and wisdom in what's being revealed here. This is a sensitive subject and many will mock what is being said here (*do the research*) due to a lack of understanding. The truth is truth it's what's behind these addictive (*conqueror*) substances spiritually, that's the issue here. The Caffeine itself is harmless until consumed even science tells us this simple substance is mind altering literally, what it opens up spiritually is the concern. There was also a major shift an acceleration of items like Coffee and tea that came onto the worldwide trade scene during and after WW1 (*19th century 1st Trumpet see chapter 9*), you also had Coca Cola in 1905 and other addictive caffeinated soft drinks following.

Testimony about alcohol and caffeine use



“THE BOOK OF REVELATION UNSEALED”

Chapter 5

I used to be an alcoholic and drug user before I was saved in 1997. I was sovereignly delivered from drinking alcohol and taking drugs I know longer had those urges from salvation forwards. It was about 12 months later at Christmas time I decided to have half a glass of beer. As soon as I took a mouthful of beer I felt an oppressive demonic spirit settle over me it scared the daylight out of me so I never touched it again. In 2001 after a major deliverance and fasting period (40 days) I began getting headaches at work from an oppressive demonic spirit. One day at work during one of these headaches the Lord prompted me to drink a bottle of Coca Cola, so I did and my headache disappeared. I asked Him why that was ? He said “you need to stop drinking caffeine, it is a drug that these headaches are caused by through an antichrist spirit of drugs and alcohol, the same spiritual doorway as alcohol”. I then asked the Lord to confirm this.

Not long after this occurrence at work I was given a tape with Bob Jones and Paul Cain (*major Christian Prophets*) on it talking about how God had revealed to them that the White Horse Rider of Rev 6:1 the 1st seal was called Cocaine & drugs that it had gone out into all the world to conquer. Around the same time a well-known controversial preacher from the USA was preaching on stage (*Kenneth Copeland*) he had strong pain in his right arm he asked the Lord what was causing it. He then said God told him to stop drinking caffeine as it was attached to an antichrist spirit coming against his spiritual authority causing the pain (*Right arm/hand symbolizes authority in Scripture*).

A few years later at a prayer group meeting in New Zealand Gods spirit fell and deliverance began on some Christians by the Holy Spirit. One newish Christian girl fell to the floor screaming as she went through deliverance it got every ones attention so they all prayed for her. It turned out to be an antichrist spirit of alcohol and drugs she had been oppressed by, causing much anger in her life from her past. After the deliverance took place her whole countenance changed, she became much lighter and more joyful.

Over the years I have met several Christians who testified also about how God had spoken to them not only about alcohol but also caffeine to stop taking the substances due to demonic oppression. God is the same yesterday today and forever He speaks truth, it’s knowing the truth that sets one free. Many are caught up in cycles of demonic warfare and problems, after being saved deliverance are needed.

On another occasion the night before I went to church, I had a dream of a certain Pasta who was bathing a baby in a pool of defiled water on the wall above they water were demonic type symbols. The next day I attended church and this same pasta from the dream happened to be speaking, during his preaching he spoke about alcohol use, he gave permission for the church members to drink wine and intoxicating beverages as long as you didn’t get drunk. To young Christians who didn’t have any discernment or maturity the pasta just threw them into bondage. This was the defiled water in the dream the night before the Lord was exposing to me, God knew what this pasta was about to speak about the next day.

It is identifying the doorways that lead to being oppressed by demonic influences then shutting those doors down hats helps keep your healing. Interestingly in one place in scripture it indicates that alcohol mars ones discernment between what is Holy and unholy:

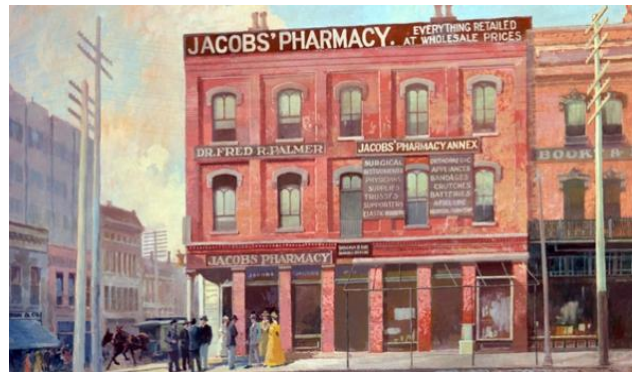
Lev 10:9-10 "Do not drink wine or intoxicating drink, you, nor your sons with you, when you go into the tabernacle of meeting, lest you die. It shall be a statute forever throughout your generations. That you may distinguish between holy and unholy, and between unclean and clean. (NKJV)

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

This white horse conquers enslaves and deceives the world through addictions, drugs and alcohol. When Coca Cola first started in 1886 in Atlanta, it was created in Georgia, by Dr. John S. Pemberton a medical pharmacist. Coca Cola gained its name from its two main ingredients Coca leaf used to make cocaine and the Cola/Kola nut which contains caffeine both are mind altering drugs. When Coca Cola was first made it was made with the leaf of the Peruvian Coca and Coca alcoholic wine it was called “French wine Coca” then it was changed to Coca Cola due to alcohol being outlawed in the US.

The Peruvian Coca plant has a cocaine substance in the leaves a stimulant suppressor of hunger, thirst, pain and fatigue it's a drug claimed as beneficial for the health (*temporal false euphoria*). The recreational product of the Coca plant is Cocaine a highly illegal addictive drug worldwide. According to the New York Times Coca Cola still legally imported tones of Peruvian Coca leaves well into the 1980's for its product recipe. Coca Cola claimed they extracted ingredients from the Coca leaf minus the cocaine for use in its drink all done under strict regulations. In 2012 French scientists found trace amounts of alcohol still in Coca Cola they say it was a natural occurring situation.



See: <https://www.coca-colacompany.com/stories/the-chronicle-of-coca-cola-birth-of-a-refreshing-idea>

See: <https://www.georgiaencyclopedia.org/articles/business-economy/john-stith-pemberton-1831-1888>

See: <https://www.andeanleaves.com/product/coca-leaves/>

See: <https://en.wikipedia.org/wiki/Coca>

See U Tube Video “The untold story of Coca-Cola”: <https://youtu.be/CfRsCPSQWks>

See U tube video “Coca Cola’s Secret Ingredient REALLY Used to be Cocaine”:
<https://youtu.be/yeRoPfA3mxQ>

Coca Cola from 1886-1929 (*Coca Cola says they removed the cocaine in 1903*) the soft drink was marketed as a tonic it contained extracts of cocaine as well as the caffeine rich Cola/Kola nut. It wasn't until the early to the mid-19th century that Coca Cola took off with 1 billion bottles sold per day worldwide by 2014. At first Cocaine was put into Coca Cola to get sales by getting people addicted to it this then stopped, they then laced it with increased caffeine to continue that addictive trend.

See: <http://factmyth.com/factoids/coca-cola-used-to-have-cocaine-in-it/>

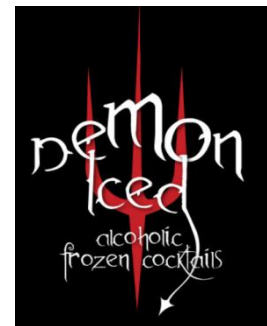
“THE BOOK OF REVELATION UNSEALED”

Chapter 5

Caffeine is used worldwide in every nation in tea and coffee products in energy and soft drinks, coffee & tea went widespread in most nations during and after WW1 (*1st Trumpet*). Coffee and tea was used a lot prior to WW1 but then went worldwide in promotion & sales in the early 1900's. This opened doors for the Antichrist spirit to oppress individuals on a mass scale around the world, in the last 100 years especially. Most would not understand or realize what has happened spiritually, unless you are saved in Christ and gain true spiritual decrement to understand this from God, you would not know you are blinded and conquered by spiritual darkness hence the revealing chapter.

Worldwide drugs and alcohol are now an epidemic as one of the largest legal and illegal industries in the world covering every nation and people group on earth. It is worth billions of dollars annually supporting large portions of the GDP in international economies. It is generally agreed that the trade in illegal drugs alone is a multibillion dollar global business, with more than 50 million regular users of heroin, cocaine and synthetic drugs worldwide this would be 200 million (*underestimated*) if cannabis is included. The world has truly been conquered by this white horse King (*Antichrist Sprit*) of Rev 6:1-2.

While sharing this 1st seal revelation in Uganda Africa at end times conferences in 2018 and 2019 many were convicted over their Caffeine drinking. At a conference a Pasta said his wife and mother had been telling him to stop drinking a case of Coca Cola each week as he was addicted to it, he heard the message and said God then convicted him to stop. On many caffeine related drinks, you will find demonic imagery symbolism. These are just some examples of caffiene drinks, this is in your face demonic oppression and symbolism satnicacally branded drinks, what do these elite luciferian corporate owned companies know that you don't ?. Satan doesn't hide it any more, eyes need to be opened to see, stop being hoodwinked by the conquerer the 1st seal Rider.



“THE BOOK OF REVELATION UNSEALED”

Chapter 5



See: <http://www.tomatobubble.com/id970.html>

Truly as prophesied the white horse conqueror has conquered the world through deception as scripture states. It's very interesting even in the worldwide church apart from third world nations, coffee is a luxury, after worshipping Jesus Christians stop to get their coffee fix at the end of a service. Is this truly a conquered people ? through deception until delivered ?. Even the well known Star Bucks seems to have promoted its coffee through demonic symbolism; I'll let you be the judge.



Starbucks Coffee Logo



Two types of the Order of *Baphomet* (Satan) Logo



“THE BOOK OF REVELATION UNSEALED”

Chapter 5



Caffeine is a nervous system stimulant it's the world's most popular Psychoactive drug. The addiction to Caffeine in soft drinks and coffee can cause many medical problems even death such as gut ingestion issues, diabetes, rotten teeth, dehydration, gout attacks, breast tissue cysts in woman, increased heart attack, headaches, reduce fertility, insomnia, anxiety, muscle breakdown, addiction, high blood pressure, fatigue, diarrhea, jitters, miscarriage it can cause allergies and forceful heart contractions.

See: <https://www.caffeineinformer.com/harmful-effects-of-caffeine>

See: https://www.healthline.com/nutrition/caffeine-side-effects#TOC_TITLE_HDR_11

See: <https://www.healthline.com/health/caffeine-effects-on-body>

See: <https://www.steadyhealth.com/articles/health-problems-relating-to-caffeine>

See Articles:

Why Coffee Was Once Known As ‘Satan’s Drink’

15 Aug 2019 by Carrie Importers Coffee



Like most sane people, I can't start my day without my morning cup(s) of coffee. But the quintessential morning pick-me-up wasn't always as popular or as commonplace as it is today. Coffee first appears in

“THE BOOK OF REVELATION UNSEALED”

Chapter 5





modern lore, as far as historians can tell, in the 9th century, when Arab shepherds noticed that their sheep became extra alert when eating coffee beans. Shepherding isn't the most stimulating of jobs, so I'm sure they would have tried just about anything to stay awake. According to *Aleteia*, Islamic clerics learned how to cultivate the plant, and quickly coffee spread throughout the Muslim world.

At that point, the Muslim world included the Arabian Peninsula, most of Northern Africa and the Levant, Sicily, most of Spain and Portugal, and some other regions in the Southern Mediterranean. Around the late 16th century, coffee made its way to Europe. 16th century Europe, for those of you who don't know, wasn't the most progressive of places. These were the same people who believed that sneezing gave Satan the opportunity to enter the body, and the person who sneezed needed the help of God to exorcise the devil. That, friends, is why some people believe we say “bless you” when someone sneezes, although other theories suggest it was to do with the deadly Bubonic plague that ravaged parts of the world and killed an estimated 50 million people in the 14th century.

Back to coffee being labeled ‘Satan’s drink’:

Coffee was not received with open arms in Europe, due to its “infidel” origins. After being at war with Muslims for centuries, it's no wonder Europeans nicknamed coffee “Satan’s drink.” But since “all roads lead to Rome”, coffee eventually got to the Vatican. More specifically, it arrived at Pope Clement VIII's office. Yup, your morning brew is Satan’s drink. Thankfully, the Pope was considerably more open-minded than his advisors and decided to try Satan’s drink anyway. He had the following reaction: The legend goes he said: “This devil’s drink is delicious. We should cheat the devil by baptizing it.” And he did. Once the coffee was blessed, people quickly caught on that it was the best thing ever, and the rest is history.

See: <https://www.2oceansvibe.com/2019/08/15/why-coffee-was-once-known-as-satans-drink/>

First Seal	Second Seal	Third Seal	Fourth Seal	Fifth Seal	Sixth Seal
White Horse	Red Horse	Black Horse	Pale Horse	Great Tribulation	Heavenly Signs
					
Deception	War	Famine	Pestilence		
Revelation 6:1-2	Revelation 6:3-4	Revelation 6:5-6	Revelation 6:7-8	Revelation 6:9-11	Revelation 6:12-17

Regular Caffeine Consumption from Coffee Cola or Energy Drinks affects brain structure

By UNIVERSITY OF BASEL JUNE 2, 2021

Coffee, cola or an energy drink: caffeine is the world’s most widely consumed psychoactive substance. Researchers from the University of Basel have now shown in a study that regular

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

caffeine intake can change the gray matter of the brain. However, the effect appears to be temporary.



No question – caffeine helps most of us to feel more alert. However, it can disrupt our sleep if consumed in the evening. Sleep deprivation can in turn affect the gray matter of the brain, as previous studies have shown. So can regular caffeine consumption affect brain structure due to poor sleep? A research team led by Dr. Carolin Reichert and Professor Christian Cajochen of the University of Basel and UPK (the Psychiatric Hospital of the University of Basel) investigated this question in a study. The result was surprising: the caffeine consumed as part of the study did not result in poor sleep. However, the researchers observed changes in the gray matter, as they report in the journal *Cerebral Cortex*. Gray matter refers to the parts of the central nervous system made up primarily of the cell bodies of nerve cells, while white matter mainly comprises the neural pathways, the long extensions of the nerve cells.

The daily dose of caffeine is part everyday life for many people. Apparently, however, regular caffeine consumption alters brain structures. A group of 20 healthy young individuals, all of whom regularly drink coffee on a daily basis, took part in the study. They were given tablets to take over two 10-day periods, and were asked not to consume any other caffeine during this time. During one study period, they received tablets with caffeine; in the other, tablets with no active ingredient (placebo). At the end of each 10-day period, the researchers examined the volume of the subjects’ gray matter by means of brain scans. they also investigated the participants’ sleep quality in the sleep laboratory by recording the electrical activity of the brain (EEG).

Sleep unaffected, but not gray matter: Data comparison revealed that the participants’ depth of sleep was equal, regardless of whether they had taken the caffeine or the placebo capsules. But they saw a significant difference in the gray matter, depending on whether the subject had received caffeine or the placebo. After 10 days of placebo – i.e. “caffeine abstinence” – the volume of gray matter was greater than following the same period of time with caffeine capsules. The difference was particularly striking in the right medial temporal lobe, including the hippocampus, a region of the brain that is essential to memory consolidation. “Our results do not necessarily mean that caffeine consumption has a negative impact on the brain,” emphasizes Reichert. “But daily caffeine consumption evidently affects our cognitive hardware, which in itself should give rise to further studies.” She adds that in the past, the health effects of caffeine have been investigated primarily in patients, but there is also a need for research on healthy subjects.

Although caffeine appears to reduce the volume of gray matter, after just 10 days of coffee abstinence it had significantly regenerated in the test subjects. “The changes in brain morphology seem to be temporary, but systematic comparisons between coffee drinkers and those who usually consume little or no caffeine have so far been lacking,” says Reichert. Reference: “Daily Caffeine Intake Induces Concentration-Dependent Medial Temporal Plasticity in Humans: A Multimodal Double-

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

Blind Randomized Controlled Trial” by Yu-Shiuan Lin, Janine Weibel, Hans-Peter Landolt, Francesco Santini, Martin Meyer, Julia Brunmair, Samuel M Meier-Menches, Christopher Gerner, Stefan Borgwardt, Christian Cajochen and Carolin Reichert, 15 February 2021, *Cerebral Cortex*.

We recommend

1. [Study Shows Coffee Drinking Habits Shaped by DNA Variations](#) James Kelly, SciTechDaily, 2014
2. [Espresso, Latte or Decaf? Cardiovascular Symptoms and Genetic Code Drive Your Desire for Coffee](#) Mike O'Neill, SciTechDaily, 2021
3. [Scientists Find It Is Better to Drink Coffee After Breakfast, Not Before – Here’s Why](#) Mike O'Neill, SciTechDaily, 2020
4. [Coffee Drinking Could Improve Your Health Range](#), SciTechDaily, 2012
5. [Lower Death Risk in People With Diabetes Who Drink Green Tea and Coffee Daily](#) Mike O'Neill, SciTechDaily, 2020
6. [Caffeine Withdrawal](#) Karima Sajadi-Ernazarova et al., StatPearls, 2020
7. [Increased caffeinated coffee consumption associated with decreased risk of depression in women](#) MedicalXpress, 2011
8. [Regular caffeine consumption affects brain structure](#) MedicalXpress, 2021
9. [Sodas and energy drinks can supply a surprising caffeine jolt](#) Phys.org, 2006
10. [FDA Identifies a list of 223 Most Needed Meds to Address Urgent Medical Conditions](#) RP, 2020

See: [Regular Caffeine Consumption – From Coffee, Cola, or Energy Drinks – Affects Brain Structure \(scitechdaily.com\)](#)

Caffeine Withdrawal

Continuing Education Activity

Caffeine is a central nervous system (CNS) stimulant of the methylxanthine class and is one of the most widely used drugs in the world. Unlike other psychoactive drugs, it is legal, cheap, and not regulated in almost all parts of the world. As a result, individuals who habitually drink caffeine-contained beverages may develop a physical, emotional, and psychological dependence on it and may experience a caffeine withdrawal syndrome after abrupt cessation of caffeine intake. This activity reviews the pathophysiology, presentation, and diagnosis of caffeine withdrawal and stresses the importance of the interprofessional team in its management.

Objectives:

- Describe the pathophysiology of caffeine withdrawal.
- Review the signs and symptoms of caffeine withdrawal.
- Outline the management options available for caffeine withdrawal.
- Explain interprofessional team strategies for improving care coordination and communication to advance the treatment of caffeine withdrawal and improve outcomes.

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

Introduction

Caffeine is a central nervous system (CNS) stimulant of the methylxanthine class and is one of the most widely used drugs in the world. Unlike other psychoactive drugs, it is legal, cheap, and not regulated in almost all parts of the world. Individuals who habitually drink caffeine-contained beverages may develop a physical, emotional, and psychological dependence on it and may experience a caffeine withdrawal syndrome after abrupt cessation of caffeine intake. Multiple studies have demonstrated that caffeine-withdrawal syndrome is a clinically relevant entity and is included in the Diagnostic and Statistical Manual of Mental Disorders (5th ed.; DSM–5; American Psychiatric Association, 2013).^{[1][2]} Physicians working in the emergency departments (ED) and the hospital must be familiar with this syndrome when they encounter patients with relevant symptoms, as they overlap with symptoms such as anxiety, depression, mood disorders, insomnia. They also can be the cause of abnormal vital signs, such as tachycardia, increased respiratory rate, and low or elevated blood pressure, and as such, can present a diagnostic challenge and/or be a cause of unnecessary workup in ED.^{[3][4]}

Etiology

Beverages containing caffeine are ingested to prevent or relieve drowsiness, stimulate the central nervous system, and improve performance. Regular and chronic use of caffeine produces physical and psychological dependence. The research studies have validated that avoidance of withdrawal symptoms plays a vital role in habitual caffeine consumption in addition to the dread of pure physiologic withdrawal symptoms. Some of the rich sources of caffeine intake are coffee, tea, green tea, yerba mate, energy drinks, caffeinated soda (cola-type), and chocolates (mostly dark).^[2]

Epidemiology

The true incidence of caffeine withdrawal syndrome is unknown. It has been reported that in North America, 80% to 90% of all adults use caffeine regularly. The mean daily intake in the United States (US) is 280 mg, which is equal to about one or two mugs of coffee or three to five soft drinks. The major sources of caffeine in the US are coffee, tea, and soft drinks. So-called energy drinks are also gaining popularity in recent years. A total intake of no more than 400 mg per day is the accepted safe level; this would typically be four cups of coffee, ten cans of cola, or two energy drinks. There is a wide variation in the caffeine content of beverages.^{[3][5][6]}

Pathophysiology

Caffeine is a competitive adenosine receptor antagonist, thus blocking endogenous adenosine, thus preventing the onset of drowsiness, caused by adenosine. Individuals who regularly consume caffeine have increased the number of adenosine receptors in their central nervous system (CNS) and become more sensitive to the normal physiologic effects of adenosine. In classical drugs of abuse, such as amphetamines and cocaine, adenosine stimulates dopaminergic activity in the nucleus accumbens, thus producing dopamine-like effects in that part of the brain, which accounts for its addictive potential.

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

However, caffeine does not induce a release of dopamine in the nucleus accumbens but leads to a release of dopamine in the prefrontal cortex, which is consistent with caffeine reinforcing properties. Caffeine also stimulates glucose utilization in a caudate nucleus, which mediates motor activity and regulates the sleep-wake cycle.[7]

After oral ingestion, caffeine is rapidly and completely absorbed into the bloodstream, with peak blood levels reached in 30 min to 45 min. Caffeine is metabolized by the liver and is excreted by kidneys via urine. It is quickly eliminated, with a typical half-life of four to six hours.[5] Caffeine produces a variety of physiological effects on the cerebral vascular system, blood pressure, respiratory functioning, gastric and colonic activity, urine volume, and exercise performance.

Low to moderate doses of caffeine (20 mg-200 mg) produce reports of increased well-being, happiness, energy, alertness, and sociability, whereas higher doses are more likely to produce symptoms of anxiety, jitteriness, and upset stomach.[2][6] Caffeine is known to cross the placenta and decrease blood flow to the placenta, although the specific effects on a fetus are not known. It is also unknown, what effects caffeine withdrawal symptoms in a pregnant mother has on a fetus.

Toxicokinetics

Caffeine is rapidly and completely absorbed in humans within 45 minutes of ingestion. Peak plasma concentrations are achieved between 15 and 120 minutes after oral ingestion. Its physiologic effects are a result of inhibition of adenosine activity and phosphodiesterase - among others. The mean half-life of caffeine is about five hours. This may range from 1.5 to 9.5 hours depending on some influences (e.g., pregnancy, obesity, use of oral contraceptives, smoking, altitude). Tolerance, especially to the stimulant effects, develops over time, and cessation of use results in withdrawal symptoms.

History and Physical

Withdrawal from caffeine causes mild to clinically significant distress and impairment of normal functioning. The severity of symptoms vary from individual to individual, and most commonly include a headache, fatigue, decreased energy/activeness, decreased alertness, drowsiness, decreased contentedness, depressed mood, difficulty concentrating, irritability, and feeling foggy/not clearheaded. The severity of symptoms varies from mild to extreme. The incidence or severity of symptoms increased with increases in the daily dose. Still, abstinence from low doses, such as about one small cup of coffee per day, also produced symptoms of withdrawal.

Some studies have shown that the incidence of a headache is about 50%, and the incidence of clinically significant distress or functional impairment is 13%. Typically, the onset of symptoms starts 12 to 24 hours after caffeine cessation, peaks at 20–51 hours, and may last up to two to nine days. One study has demonstrated that caffeine withdrawal occurred after as little as three days of caffeine exposure, with a somewhat increased severity of withdrawal observed after seven or 14 days of exposure.[8]

Thus, in taking a history from a patient with the suspected caffeine-withdrawal syndrome, it is useful to elicit the information about habitual intake dose (caffeine maintenance dose) and the duration of caffeine consumption, time of the last drink, any history of previous caffeine withdrawal episodes and their severity. Some signs of caffeine withdrawal include: impaired behavioral and cognitive performance, decreased or increased blood pressure, decreased motor activity, increased heart rate,

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

hand tremor, increased diuresis, skin flushing, flu-like symptoms, nausea/vomiting, constipation, muscle stiffness, joint pains, and abdominal pain. [3][5][4][9]

Evaluation

The evaluation of patients presenting with symptoms of caffeine withdrawal should include an establishment of adequate differential diagnosis in order to exclude other clinically significant conditions, such as migraine headaches, meningitis/encephalitis, intracranial hemorrhage, space-occupying lesion of the central nervous system, carbon monoxide poisoning, pre-eclampsia, hypertensive disorders, depression, anxiety, panic attacks, acute glaucoma, dehydration, analgesic or other substances abuse, and mood disorders. [3][9] Maintaining a high index of suspicion, as well as taking a thorough history and performing a good physical examination, should be sufficient in establishing a diagnosis of caffeine withdrawal syndrome.

Treatment / Management

Re-administration of caffeine typically reverses withdrawal symptoms rapidly. Individuals who are determined to rid themselves of caffeine dependence should be advised to decrease caffeine consumption gradually to prevent the caffeine-withdrawal syndrome. Some symptoms, such as a headache, can be effectively treated with over-the-counter analgesic medications. Gastrointestinal symptoms, such as nausea or vomiting, can also be treated with over-the-counter medications. On the other hand, constipation that is frequently reported during the caffeine withdrawal period can be mitigated by increasing dietary fiber consumption or over-the-counter medications that promote bowel function. Oral or intravenous hydration and rest/sleep can alleviate many symptoms of caffeine withdrawal as well. [5][4][8]

Differential Diagnosis

The differential diagnosis for caffeine withdrawal can include, but is not limited to:

- Other sources of headache, including migraines
- Lack of sleep/chronic fatigue
- Hypothyroidism
- Anxiety disorder
- Depression
- Infections

Deterrence and Patient Education

The public perception of caffeine is as of a drug with just a trivial impact on human health compared to other drugs. However, caffeine is the most commonly used drug in the world, so it makes it a major public health concern. Many of the individuals who develop a dependence on caffeine are unable to reduce consumption despite the knowledge of recurrent health impacts associated with continued caffeine use. The high-risk population is teenagers, adolescents, students, heavy-duty workers, and night shift workers especially. Caffeine withdrawal should be a high index of suspicion in these group of the patient presenting with headache, fatigue, decreased energy/activeness, decreased alertness, drowsiness, decreased contentedness, depressed mood, difficulty concentrating, irritability, and feeling foggy/not clearheaded. Individuals determined to overcome caffeine dependence should be advised to gradually decrease caffeine consumption to prevent the caffeine-withdrawal syndrome. ‘

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

Enhancing Healthcare Team Outcomes

Healthcare providers and patients alike must be aware that there are some preliminary studies on mice that showed that caffeine withdrawal in a habitual chronic user may change the activity of antidepressant medications within monoamine, adenosine, and glutamate systems[10]

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We recommend

1. [Caffeine](#) Justin Evans et al., StatPearls, 2020

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

2. [Alcohol Withdrawal](#) Richard Newman et al., StatPearls, 2020
3. [Acetaminophen/Aspirin/Caffeine](#) Ibrahim Altabakhi et al., StatPearls, 2020
4. [Barbiturate Toxicity](#) Jolee Suddock et al., StatPearls, 2020
5. [Nicotine Addiction](#) Allen Widysanto et al., StatPearls, 2020
6. [Caffeine Self-administration, Withdrawal, and Adverse Effects Among Coffee Drinkers](#) John R. Hughes et al., Journal of American Medical Association
7. [DNAnexus Developing NGS Workflows with Geisinger, UCSF GenomeWeb](#), 2012
8. [Reply to Areta et al.: Time to withdraw and let the myth rest](#) B. Gualano et al., Journal of Applied Physiology, 2017
9. [BEHAVIORAL TREATMENT OF CAFFEINISM: REDUCING EXCESSIVE COFFEE DRINKING](#) R. M. Foxx et al., Journal of Applied Behavior Analysis, 1979
10. [Caffeine \(1, 3, 7-trimethylxanthine\) in Foods: A Comprehensive Review on Consumption, Functionality, Safety, and Regulatory Matters](#) Melanie A. Heckman et al., Journal of Food Science, 2010
11. [Caffeine Withdrawal Article \(statpearls.com\)](#)

See: [Caffeine Withdrawal Article \(statpearls.com\)](#)

THE HARMFUL EFFECTS OF CAFFEINE November 21st, 2011

Caffeine containing beverages such as coffee and black teas have no nutritional value, but have been drunk for their stimulating effects. For a long time, the popularity of caffeine has led people to ignore the initial discoveries of caffeine's harmful effects on health. Now the dangers are fairly clear, and it is hard to refute the evidence of the many difficulties generated by this addictive drug. Possible negative effects from caffeine use and abuse include the following:

Negative Influence on Vitamins and Minerals:

- Caffeine's diuretic effect causes loss of potassium, calcium, magnesium, zinc and other minerals, the B Vitamins, especially thiamin, B1, and Vitamin C.
- Caffeine, and particularly coffee, reduces absorption of iron and calcium, especially when it is drunk around mealtime. These minerals are extremely important for women. Osteoporosis and anemia are thus more common with regular coffee users.
- In children and adolescents, caffeinated drinks interfere with the essential minerals needed for growth and development.

Irritation of Gastrointestinal Tract:

- Caffeine promotes ulcer production, aggravates existing ulcers and aggravates heartburn.
- Caffeine stimulates acid secretion in the stomach. Ten and a 1/2 ounces of coffee (two small cups) provokes an increase in HCl output for more than an hour in a healthy person. In someone with an ulcer, the effect is greater and lasts more than two hours. In addition, caffeine interferes with the healing process in the GI tract.
- Caffeine relaxes the smooth muscle in the colon and can lead to diarrhea. The laxative effect of caffeine can also create a dependency.

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

- The volatile oils in coffee which create its characteristic flavor and aroma are called caffeols. They can irritate the lining of the stomach and digestive tract.

Effects on Cardiovascular System:

- Caffeine clearly increases the risk of cardiovascular disease, through a number of negative cardiovascular effects.
- Caffeine raises the blood pressure. Hypertension is a risk factor in atherosclerosis, and heart disease.
- Caffeine increases cholesterol and triglyceride blood levels, also risk factors in cardiovascular disease.
- Heart rhythm disturbances and arrhythmias, though usually of a mild type, occur with caffeine. Disturbances include a generally increased heart rate and excitability of the heart nerve conduction system, leading to both palpitations and extra beats.
- Caffeine also increases norepinephrine secretion, which causes some vasoconstriction (restricted blood flow).
- Caffeine inhibits the enzyme phosphodiesterase, which is responsible for destroying cyclic AMP. This interferes with the control of fat and blood glucose levels. This causes marked and prolonged elevation of blood glucose and free fatty acids. This tends to raise cholesterol levels and thus increase the risk of atherosclerosis.
- Because of the cardiovascular stimulation of caffeine, it seems reasonable to assume that drinking 4 to 5 cups of coffee per day would increase the incidence of myocardial infarction.

Effects on Central Nervous System:

- Caffeine has a number of metabolic effects as a central nervous system stimulant. Common side effects of caffeine use include excess nervousness, irritability, insomnia, “restless legs,” dizziness, and subsequent fatigue.
- Headaches commonly occur as a result of caffeine use.
- Psychological symptoms of general anxiety or panic attacks may also occur.
- Hyperactivity and bed-wetting may also develop in children who consume caffeine.

The Exhausting Effects of Caffeine:

- The adrenal exhaustion/stress/fatigue/hypoglycemia syndrome is associated with caffeine use.
- Both stress and sugar intake tend to pressure and weaken the adrenal function, resulting in fatigue.
- Caffeine can override this fatigue and restimulate the adrenals, eventually leading to chronic fatigue, adrenal exhaustion, and subsequent inability to handle stress and sugar intake.
- Caffeine has an overall effect of increasing blood sugar (especially when it is sweetened), by stimulating the adrenal glands.
- Caffeine decreases the amount of sleep people get but does not decrease the need for sleep. Thus coffee users are often suffering from sleep deprivation.

Association of Caffeine Intake with Increased Cancer Incidence:

- Bladder cancer is associated with caffeine intake. Bladder cancer is aggravated by the combination of nicotine and caffeine due to the mild dehydration that results from the use of these two drugs.
- The occurrence of ovarian cancer is increased in women with an association of long-term coffee intake.

“THE BOOK OF REVELATION UNSEALED”

Chapter 5

- Pancreatic cancer, which is very deadly, has also been in question as occurring more frequently with increased coffee use (more than three cups per day).
- Prostate enlargement and cancer may also be attributed to increased caffeine intake.
- There is a higher incidence of stomach cancer with more than five cups per day.

Kidneys: Caffeine is also correlated with kidney stones, possibly as a result of its diuretic effect and of the effects of chemicals used in processing coffee.

Fibrocystic Breast Disease: Fibrocystic breast disease may also be consequence of caffeine use. Some women are more sensitive to caffeine use and they experience increases in size and number of cysts with increased use of caffeine. They experience a reduction of disease when they stop using caffeine.

Special Concerns During Pregnancy:

- Birth defects have been noted with higher levels of caffeine use during pregnancy. Caffeine crosses the placenta and affects the fetus.
- It has mutagenic effects. It breaks chromosomes in the nuclei of cells. It interferes with the repair of DNA.
- Spontaneous abortions are more frequent with coffee drinking early in pregnancy.
- Caffeine also gets into breast milk, so it is wise to limit its use during the nursing period to prevent having a jittery and irritable baby.

COMMON SYMPTOMS OF CAFFEINE ABUSE

Nervousness	Headache	Increased heart rate
Anxiety	Upset stomach	Irregular heartbeat
Irritability	GI irritation	Elevated blood pressure
Agitation	Heartburn	Increased cholesterol
Tremors	Diarrhea	Nutritional deficiencies
Insomnia	Fatigue	Poor concentration
Depression	Dizziness	Bed wetting

COMMON SYMPTOMS OF CAFFEINE WITHDRAWAL

Headache	Constipation	Runny nose
Craving	Anxiety	Nausea
Irritability	Nervousness	Vomiting
Insomnia	Shakiness	Cramps
Fatigue	Dizziness	ringing in the ear
Depression	Drowsiness	Feeling of cold
Apathy	Inability to concentrate	Tachycardia.

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Chapter 5

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See: <https://www.vitalianaturalmedicine.com/news/the-harmful-effects-of-caffeine/>

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