

## WordPress tricks: Creating a menu on a page using images from a category



My goal was to use WordPress to create a page of images from a category so that I could continue to add more posts to the category and have the page update itself automatically. In other words, I hoped to imitate this HTML page <http://www.deeptruths.com/posters/posters.html> using a WordPress plugin to avoid all manual HTML coding hassle.

I did it using two plugins: [Widgets on Pages](#) and [Ultimate Posts Widget](#)

I had to edit the Ultimate Posts Widget php file to add code just after the img tag to float the images to the left and add some space around them.

```
style="float:left;margin:1em;"
```

See [the result](#)!

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## Another hitchhike adventure up north on a rainy day



Carrying an umbrella in one hand while riding my bicycle through heavy rain, I road 15 minutes to the local train station to catch a train just after 6 a.m. It was imperative for me to travel to the city of Aomori, 470 kilometers to the north, and I intended to take trains all the way. But upon arrival at the train station, I learned the trains were not running past Murakami City, only 60 kilometers!

I was glad that just the day before I checked the map for a new route. Hirakida station is the closest to the Arakawa-OKi expressway interchange and appeared to be close enough to walk to. When I arrived at 7'10 a.m. the rain had stopped.

It took me 50 minutes to walk to the expressway interchange but it bore fruit. Only a few minutes wait and I got a ride. Four vehicles later I got as far as the southern border of Akita Prefecture, 200 kilometers from home. By then the rain was so hard I asked the driver to take me to a train station. Happily the trains were running from that point and I made it to Aomori by 7 p.m.

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## [Hitchhike Adventure to Tokyo – July 6-7, 2013](#)



First driver who picked me up. He repeated to me 4 or 5 times in English, "Enjoy my life!" I'm not sure whose life he meant.



Miss Akiko Abe and friends who took me to Kamisato SA from Takasaka SA

## Highlights of this trip:

- Had to wait 2 hours and 40 minutes for the first ride! But the next 2 cars picked me up relatively quick and I arrived at my destination in Tokyo (300 kilometers from Niigata) on time.
- The third and final car to Tokyo took me exactly where I wanted to go. He was headed to Yokohama which meant my destination of Yoga in Tokyo was exactly on his way.
- On the way back to Niigata the next day, after an hour wait at Takasaka SA in Saitama, the first car was Miss Aikiko Abe and her two friends. We became Facebook friends! See my [Facebook page for more photos](#).

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**[June 29 to July 1 2013 Hitchhike  
Adventure to Hirosaki, Sendai and  
Niigata](#)**



Route 345 in Niigata Prefecture  
along the Sea of Japan



Helicopter pilot Lt. Abe who took  
me to Tsuruoka



Midori, Marie and Nagisa who took  
me to Noshiro City.



The Shoji family who went 100  
kilometers out of their way to take  
me to my destination, Hirosaki.



Mr. Tateyama who rescued me from  
what he deemed a dangerous place to  
stand on Route 4



Dr. Masegi who took me from  
Bandaisan SA on the Banetsu  
expressway to Niigata City.

## Highlights of this trip

- Mrs. Fujiwara, the fish market lady, picked me up for the 4th time to date. It's likely I'll see her again unless I change my route.
- A helicopter pilot, Lt. Abe who serves in the Self Defense Force took me to Tsuruoka in Yamagata Prefecture. He says he can also fly light

aircraft.

- Approached at a highway rest stop between Akita City and Noshiro by two sisters, Midori and Marie. They offered me a ride to Noshiro City.
  - Got stuck for 2 hours in Noshiro City! One possible reason is I let Midori and Marie take me further to Noshiro Minami rather than Hachiryu which is the beginning of the free expressway where it was more likely to get a ride further past Norshiro. The expressway entrance at Noshiro Minamri is narrower and harder for drivers to stop.
  - Rescued from my plight by a man who took me to Higashi Noshiro station. I approached him at a convenience store parking lot asking him where the closest train station was, and he offered me a ride. From there I walked to Higashi Noshiro IC. I knew was only 10 minutes away by foot. The next train was an hour later which meant I had plenty of time to both hitchhike and walk back to the station if I didn't catch a ride in time. But after only 10 minutes wait at Noshiro Higashi IC, I caught a ride from the Shoji family who were on their way to Kita-Aikita City. At first they said they would take me to Fatatsui just past Noshiro, but then they decided to take me all the way to my destination, Hirosaki in Amori! It was at least 100 kilometers out of their way.
  - Pioneered a new way to get out of Sendai. Took a train from Minami Sendai to Tategoshi and hitchhiked on National Route 4 which leads to the Shiroishi interchange of the Tohoku Expressway. Mr. Tateyama took pity on me because he thought the place I was standing on Route 4 was too dangerous. It was indeed narrow and hard for cars to stop.
  - Got a ride on Route 4 by an elementary school teacher on his way to Aizu, the very direction I needed to go. Moreover, he took the expressway from Shiorishi which saved me the time I would have needed to hitchhike there.
- Dr. Masegi, a professor at a university in Niigata, took me back home to Niigata city. One of his hobbies is wind-surfing.

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## June 21-23 Hitchhike Adventure to Hirosaki





Young man who took me back home.

June 21st is my birthday but I had to celebrate it on the road traveling. The Sea of Japan was a bit choppy than last week with an overcast sky.

The first car was a mother and her son on the way to Yunohama in Tsuruoka city. Because Yunohama is on the coast and away from the main National Route 7, I debated going with them all the way. However because the map showed me the coastal road that passes through Yunohama was more direct to my destination, I decided to pioneer it. I regreted my decision after a few minutes of arrival. The traffic was sparse. I walked up the road a couple kilometers to get past the village and 40 some minutes later caught a ride from a man going to Sakata City.

Unfortunately the driver's destination in Sakata did not pass close to Route 7. He told me it was a couple kilometers further and showed me a road perpendicular to the one we were on that connects to the closest point of Route 7. Instead I opted to hitchhike further straight ahead. I knew the road would eventually meet up with Route 7.

A lady saw me hitchhiking and turned around to come back for me. It turned out she is a Christian and attends a local church! It's quite rare for me to run into Japanese believers in Jesus Christ. Official statistics put the Christian population of Japan at 1%, but for sure much less than one out of a hundred drivers who pick me up are Christians.



Truck that took me from Higashi Noshiro to Odate City. You can see my luggage on the side.

At Higashi Noshiro on the road leading to an expressway, a large truck stopped for me. It's not common for truck drivers to offer me a ride these days. Only 6% of the vehicles are trucks, and probably less the type of trucks you see in the photo.

The truck driver took me to the center of Odate City and pointed out the road I needed to continue on to Aomori. My favorite hitchhike spot in this city was around 5 kilometers further, too far to walk. I saw a Lawson convenience store a hundred meters further and walked up to it so I could use the store's free WIFI to connect my Google Android to the Internet and see a map. In the process of doing so, a young man approached me and asked where I want to go. He said he would take me to Odate Station. I went with him not because I intended to get on a train, but because the station was on my way. From there I walked a couple kilometers further to my usual spot in Odate. A few minutes later a man picked me up and took me exactly where I wanted to go in Hirosaki.

## The return to Niigata



Mother and her 7 year old daughter,  
Chiehiro.

Two days later I headed back home, this time intending to take the Tohoku Expressway which runs through Iwate, Miyagi and Fukushima Prefectures.

The first car was a mother and her 7 year old daughter who were on their way to a children's marathon. They took me to the Hirosaki / Owani Tohoku Expressway interchange.



Mr and Mrs. Miyamoto who took me to  
Iwatesan Service Area.

The second car was a young couple on their way to Morioka. They are shop owners dealing in antique furniture. I hope to see them again when I return to Hirosaki next Saturday for their shop is quite near where I have my business.

The next driver was on his way to Sendai, a very good distance toward home, over 150 kilometers further. I asked him to take me to Chojahara Service area. We expected to arrive by noon but due to a big accident on the expressway, the road was closed from Maesawa to Ichinoseki. A large truck had overturned which affected traffic in both directions. It took us some 40 minutes to travel only a few kilometers on Route 4 which runs parallel to the Tohoku Expressway. Sunday traffic was congested.

Though I arrived at Chojahara later than expected, the next car more than made up for it. I caught a driver from Hachinohe going all the way to Niigata! This is possibly a first for me. Usually from that point it takes 2 or 3 more cars to get me home.

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## June 14-15 Hitchhike Adventures to Aomori and back





This trip I broke the 150,000 kilometer mark of distance traveled by hitchhiking since keeping statistics from August of 2005.

After only a few minutes wait at my usual spot near Majima Station at Murakami City, a man driving a large van stopped for me. He lives in Osaka but is originally from Okinawa. Some of my readers may not know that Okinawa used to be part of what is known as "Ryukyu Okoku" or the Kingdom of Ryukyu. The peoples of Okinawa the many islands of Ryukyu are ethnically different from the Japanese. They have their own language and culture but have accepted Japanese rule over them. The driver told me there is no such word as "pitiable" in the Okinawan language because everybody equally in Okinawa has toils and troubles in life![]

We stopped frequently along the way to take photos. The man was in no hurry to get anywhere and drove the longer scenic route along the seacoast. I worried a bit that it might take longer to go with him and considered getting off if he veered too far from the main route. But because of previous experiences waiting up to an hour for the next ride, I figured a bird in the hand is better than two in the bush. We basically stayed not too far from Route 7 and though we even stopped to have lunch at a noodle shop, we arrived in Akita city around 1 p.m. Sometimes I don't get to Akita till after 2 p.m. From Murakami to Akita City is a considerable distance of 210 kilometers. That's very good for a single ride on regular roads.



The noodle shop the driver treated me to lunch.



The driver and his treat

On the way we noticed the Sea of Japan was unusually calm! I've never seen it such. On most days it's choppy and windy. It was a windless day.





## The Sea of Japan near the border of Niigata and Yamagata



Couple on their way to Sapporo who took me to Aomori City from Odate.

The 4th and last car took me from Odate City in Akita Ken all the way to my destination of Aomori city, a good 80 some kilometers. I was surprised to learn the driver, a software developer, was only 23 years old but his wife is 48! I asked her age after asking his because I couldn't see her face clearly while sitting in the back seat and had no idea she was that old! But she didn't seem to mind. Because she asked permission to take my photo when getting off I was emboldened to ask permission for theirs.

On the way back to Niigata the next day, I arrived at the Tohoku Expressway IC at Hirosaki at 12:30 p.m. which is rather late. But in only 3 rides I got as far as Adatara S.A. which is just before the Koriyama junction of the Tohoku – Banetsu expressways. The Banetsu takes me home to Niigata, about 137 kilometers away.

After a relatively short wait I caught a ride with a family on their way to Aizuwakamatsu. The husband was driving quite fast while I engaged in lively conversation with him. The distance to the junction from Adatara is only 7.3 kilometers (distance learned at the time of this post) and because of the speed we were traveling, after 5 minutes I wondered why we hadn't made the turn on the junction yet. I asked the driver but he replied, "It's 20 kilometers further up the road." I accepted his word but when after 10 more minutes we *still* hadn't made the turn on the junction I knew we had definitely missed it! It was raining hard, visibility was poorer, and the driver had his navigation turned off! He acknowledged that I was correct. We pulled off the Tohoku Expressway at the first exit and got back on at a further point the other direction. The mistake cost me at least 30 minutes of time and I got to the Bandaisan Service Area at 7:00 p.m.

It was almost dark but to get to Bandaisan at any time means a certain ride home. After a few minutes two ladies on their way home to Niigata picked me up. I told them of the mistake the previous driver made, but said that as a believer in the providence of my Creator, I know nothing happens by accident, it was all part of a [Divine Plan](#). If the driver didn't miss the junction I probably never would have met them. The ladies agreed with me.

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## Record time hitchhiking back from Aomori



This trip I hitchhiked 951 kilometers from Niigata Prefecture to Aomori Prefecture and back in 16 cars. Again the first person to pick me up in Murakami city near Majima station was Mrs. Fujiwara, a lady who buys and sells fish. It was the third time to meet her! It's highly likely we will meet again.

The return trip from Hiroshima to Niigata was via the Tohoku Expressway though Fukushima in 5 cars. A man took me directly to the train station where I park my bicycle. Fifteen minutes later I was back home at 3 p.m.! This is the best time ever. The previous record was 4 p.m. The distance traveled was 560 kilometers.



Steep hill close to Nezugasaki near the border of Niigata and Yamagata



Mr. Saito who took me to Atsumi Onsen in Yamagata. He looks a bit like the current Japanese Prime minister Abe.



This car was so small I had to hold my luggage on my lap!



Lady who took me from Kisarazu to Honjo City in Akita Prefecture. She's a dance teacher. Her husband passed away 2 years ago from cancer leaving her and two daughters, 1 and 5 years old.



Two men who took me to Higashi Noshiro from Akita City. The older man says he always stops for hitchhikers!



On June 9th on the way back to Niigata, a minivan of two men and 5 ladies took me from Hirosaki in Aomori Ken to Iwate. The fifth lady took the photo. Mt. Iwate is in the background.



A high school gymnastics teacher and his friend. They took me all the way from Iwate Prefecture to Kunimi Service area in Fukushima Prefecture.

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**Went mobile with Google Android Nexus 7**



On Sunday, June 9, I bought a really great mobile device called "Nexus 7" at a very reasonable price, a little less than \$200. Nexus 7 is a Google Android tablet PC. I thought to get a Smartphone but because Smartphones require a monthly charge for Internet usage, and because Nexus 7 can connect to the Internet with WIFI, I decided to go with the Google Android Nexus 7 instead. It means no monthly charges! Nexus 7 is not a phone but it runs Skype, email, Internet, and has millions of applications. So far I installed a train schedule program, VLC video player, a weather forecast program, Japanese input software, and KJV Bible software. Nexus 7 is beyond my expectations! I bought for it an adapter cable so I could attach it to an external USB keyboard, and a WIFI router to carry with me while traveling. When visiting friends I can connect the WIFI router to their Internet modem to get online. And in Japan there are some free WIFI spots. I found two so far.

Yes, as with all electronic communication gadgets there is a risk on privacy. Before I turned the location finder off, Big Brother Google pinpointed exactly where I was!. But hey, what I do and what I have to say I don't mind if anybody and his brother know about it. In fact, I want them to. I wouldn't have made this website if I didn't. I'd rather have the freedom to use tools of communication to get proclaim truth even though it may risk my personal security.

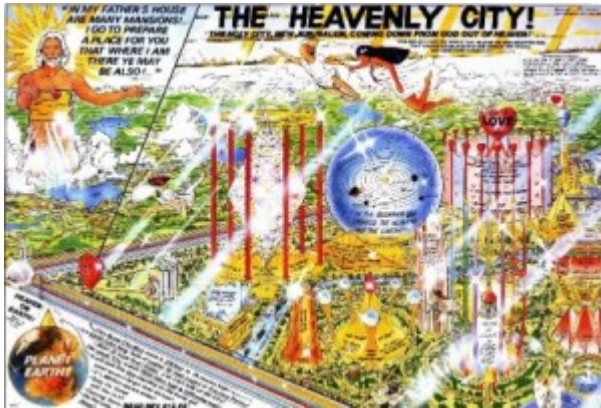
And I say unto you my friends, Be not afraid of them that kill the body, and after that have no more that they can do. – Luke 12:4

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou (the Lord Jesus Christ) art with me; thy rod and thy staff they comfort me. – Psalms 23:4

A web article that says exactly what I feel about security and privacy:

[Response to Obama's "Can't Have 100% Security, 100% Privacy" Statement](#)

## What Heaven Is Like!



Have you ever wondered what happens to you after you die? What's in store for you when you get to the "other side"? – If indeed there is another side. Is there a Heaven? If so, what is it like? Would you be happy there? Would you find your loved ones there? How different would it be from your life on earth?

If you're interested in knowing the answers to these and many more questions, read on!

You may wonder how I know anything about Heaven anyway. Well, the Bible tells us a lot about what to expect when we get to Heaven – what it will be like, what we will be like, what our bodies will look like, and what we'll do there. There have also been numerous accounts from people who have had a near-death experience where they have died momentarily, gone to Heaven and returned to tell the tale of what they found. Some people have even seen their departed loved ones in visions or dreams, and received messages from them with details of what they found life in Heaven to be like.

One of the most important things about life in Heaven – which many people find surprising – is that it's not entirely different from life on earth! I realize this may not sound like good news, considering all the evils in this world and the sadness that so many people feel and that you may have experienced in your own life. But when I say Heaven is similar to life on earth, I mean that you'll find many things very relatable to your life here. However, the big difference is that Heaven's a perfect world, a world where we can enjoy all the beauties and pleasures that we have here on earth, but without the sorrow, pain, emptiness, loneliness and fear that so often grips us, and without the selfishness, greed and destruction that we see in the world around us.

In Heaven there is only love, beauty, peace, comfort, understanding, joy, willingness to help and to give, thoughtfulness, caring for one another, and most of all, being enveloped in the love of the One who loves us more than anyone – God Himself. The Bible tells us that God is a God of love. In fact, He is the Spirit of Love itself. Therefore His home, Heaven, is a home of

love, where you will feel no pain, no sorrow, no rejection, no loneliness – only love! Isn't that wonderful?

Heaven holds many similarities with our physical world. We know from the Bible and from the accounts of those who have seen glimpses of Heaven that we're going to look much the same as we do now. We're not going to be faceless, bodiless spirits, wisping around with no form whatsoever. We'll have bodies, much like we do now, but without the sickness, discomfort or pain we experience here. We'll have our loved ones, our families and children around us. We'll be able to enjoy each other's company, and live happily together forever! If that sounds like paradise, well, that's what Heaven is!

Many people have the mistaken impression that Heaven is going to be a very boring place where we'll have nothing to do but sit around and play harps and sing praises to God. Well, I'm sure that people can play the harp if they want to, and we certainly will be praising God, but our life in Heaven will be much fuller than that!

In fact, we'll probably be even busier there than we are here on earth, except that we won't have the stress, worry, competitiveness and struggle for survival that we presently endure. We'll be busy with things that truly matter, things that make a difference in other people's lives. We'll be investing our time in things that make us happy, inspire us and give us joy; instead of the drudgery, the drab routine, and the senselessness that many of us have experienced in our daily lives here.

We don't know all the details of what we'll be doing in Heaven, but one thing we do know is that we'll be helping people on earth – helping to inspire and encourage them, whispering in their minds and implanting good, happy, uplifting thoughts. We'll help them make the right decisions, so they can be happy too, so they can experience God's love and know that He loves them.

The Bible tells us that Jesus Christ Himself will soon return to reign over the earth, together with the inhabitants of Heaven, for a period of a thousand years known as the Millennium. One of the tasks of those in Heaven – those who love God and have gone on to be with Him after this life – will be to help reconstruct, reorganize, and re-educate the people on earth, in order to make this world a better place – a place where love predominates; where everyone has enough, but no one has too much; where everyone can be happy and can enjoy the fruits of their labors; where there is no more war, deceit or cruelty.

[spp title="God's personal reign on earth"]

Perhaps this sounds like a dream of utopia, but this is exactly what God's personal reign on earth will bring about! And those of us who will be in Heaven will have a part in it. In fact, during the Millennium we'll use all that we've learned – the natural gifts God has blessed us with as well as the skills that we've acquired in our earthly lifetime – in order to help restore the earth to a Garden-of-Eden-like state, as God originally intended for it to be before man polluted our once pure and perfect planet through greed and war.

So whether you're a teacher or a doctor or an engineer or a farmer or a

social worker, bus driver, clerk, or a mother or father – whatever your profession or talents may be – you'll be able to use many of the same skills and talents you have now, in the life to come. The difference is that you'll be using them for much more meaningful purposes – not simply as a means to support yourself and your family, but to make a difference, to help others and to bring them joy and happiness. The way to be happy is to make other people happy, so as we help and encourage others, we experience the love, joy and happiness that we give to them.

The last two chapters of the Bible's Book of Revelation describe Heaven as a gigantic golden city nearly 1,500 miles wide, 1,500 miles long, and 1,500 miles high! (See Revelation 21:16.) That's enough floor space to cover half of the United States or most of Western Europe, reaching nearly 1,500 miles into space! As you can imagine, if you divide it into multiple floor levels, a space this massive can house billions of people, with room to spare!

The Bible tells us that this wonderful heavenly habitation of God will someday come to earth, and that God will dwell with man. It will be like God moving over right into our neighborhood to live with us! And those who love God and have received His love in their hearts are going to live with Him in His wonderful golden city!

This may seem pretty far-fetched, or like something out of a sci-fi movie, but it's true, foretold in a credible prophetic book – the Bible – which contains hundreds of detailed predictions that have already come to pass throughout history!

The Bible describes the city streets as being made of gold, with a wall encasing the city made of twelve different types of precious gems. We will have houses there, heavenly "mansions" where we can live with our families and loved ones, those who have also believed and received God and His love into their lives.

There'll even be a great amusement park, with heavenly amphitheaters where we can hear heavenly music, a time travel center where we can go and review the famous events of history and see how they happened and what really took place, and many other centers of interest where we can learn more about the wonderful life that God has given us and how we can best use it to love Him and others.

You'll have a supernatural body that will never get tired, although you can rest if you want to. You'll never get hungry, although you can eat if you want to. And you'll still be able to enjoy the many other senses and pleasures that we relish here on earth, such as touch, smell, sight and even lovemaking – except that each of these things will be enhanced beyond what you have ever experienced before. You'll even be able to fly!

So as you can see, life in Heaven is a lot like that which we have on earth, except of course it's so much better! It's a place that is alive, vibrant, warm, happy, where you'll be able to enjoy all the pleasures that you've ever wanted, and where all the dreams you've dreamed will come true! It's as if you took life here on earth and removed all the bad things and added a lot of



love, joy, peace, happiness and fulfillment. – That's Heaven!

Maybe by now you're wondering how you can make sure you will be able to live in such a wonderful place as Heaven, once your time on earth is over. Perhaps you've been told that only those who are very good get to go to Heaven. You may feel that excludes you, since you know you've made mistakes, and have at times done things that were wrong, unloving and hurtful.

[spp title="Good News for You!"]

Well, I have good news for you! Anybody can get a free entrance ticket to Heaven! Anybody can be taken into the arms of love and receive the joy, fulfillment and everlasting love that God wants to give each of us, both here and in the life to come – and that includes you! It doesn't matter who you are. It doesn't matter where you've been or what you've done. It doesn't matter how good or how bad you are – because none of us can be good enough to earn a place in Heaven.

The Bible says that only those who are perfect can earn a place in Heaven. But since none of us are perfect, none of us deserve to go there through our own merit. That's why God sent His Son, Jesus, to this earth 2,000 years ago. Jesus paid our way by dying for our sins, and so, through simply believing in Him as our Savior, we can be sure of a place in Heaven. That relieves us of the burden of having to be good enough to go to Heaven, which we couldn't do anyway, because after all, we're only human. Jesus took our burden for us, and therefore all we have to do is believe and receive the gift of salvation that He wants to give us.

He's opened the door for you to the life beyond, and all you have to do is walk through it by believing. You can't earn it, neither can you be too bad for it, because Jesus loves you just the way you are. He knows you, and He knows what's inside of you and everything you've done, even your deepest secrets. He knows it all, but He loves you anyway, because His love is infinite.

His love is so far beyond anything that we can understand or see with our eyes here on earth. His love can fix any mistake, right any wrong, fill any emptiness and heal any pain or hurt. His love can bring joy where there was sorrow, laughter where there was pain, and fulfillment where there was uselessness and misery.

He wants to give you all these things now, here on this earth, plus a place in Heaven when your time here is done. He longs for you and your loved ones to be united and happy forever with Him, and that's why He gave His life for you. He's reaching out to you with this gift now. Just take His love! Take it now, take it today!

You can receive His love and a place in Heaven by simply praying this little prayer: "Dear Jesus, I believe that You love me, and that You came for love and died for me so that I can be free, so that I could live in Heaven for eternity. I ask You to give me this gift of Your love now. Fill the emptiness in my life and give me fulfillment and happiness. Help me to give this same love to others, so that they can be happy too. I accept Your gift of my reservation in Heaven."

There! It's just that simple! All you had to do was open your heart, and Jesus is there now, and He'll be with you forever. You can never lose Him! You've got a permanent reservation in Heaven that can never be canceled!

God has now placed this gift of love in your heart, and whenever you need Him, you can call out to Him, and He'll help you with His love.

Although it was a free gift, now that you have His love in your heart, He wants you to do what you can to love others, and to pass on the love He has given you so that others can also experience joy in their lives – both here and in Heaven also!

Will you show love to others? Will you do what you can to make their lives better, even if it's only giving a smile, saying a kind word or lending a helping hand? Simple deeds of love and kindness go a long way and can make such a difference in someone's life. Now that you have a little bit of Heaven in your heart, help put a little bit of Heaven in someone else's heart today.

God loves you, and He's looking forward to living with you in Heaven for eternity! And so am I! I'll see you there!

(Written by Maria David. Maria David is the spiritual head of the Family, a nonprofit volunteer Christian missionary movement with operations around the globe, whose mission is to bring spiritual and physical assistance, hope and God's love to others.)

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## [Wife of Marine Colonel exposes corruption and perversion in the U.S. Military](#)



Kay Griggs talks About Military Assassin Squads, Drug Running, Illegal Weapon Deals, and Sexual Perversion Deep Within the U.S. Military And Government.

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# Caffeine dangerous to health



The following information is from the book, “Caffeine Blues” by Stephen Cherniske, M.S. and specifically from Chapter 5, “Specific Health Disorders: The Caffeine Connection” and chapter 6 “Caffeine and Women’s Health”

## **Habitual caffeine intake is linked to:**

- Cardiovascular disease (heart attacks, stroke)
- Gastrointestinal disease (Irritable Bowel Syndrome, ulcers, etc.)
- Migraine headache
- Diabetes
- Osteoporosis
- Anemia
- Premenstrual Syndrome
- Fibrocystic Breast Disease
- Breast cancer
- Birth defects
- Adrenal dysfunction disorders such as allergies, asthma, fibromyalgia, chronic fatigue syndrome and autoimmune disease
- Urinary and prostate problems
- Gout

“Compared to men, research shows that caffeine is much more damaging to women, producing adverse effects at lower intake.” –  
From Caffeine Blues Chapter 6 p. 225

### **Also see:**

[http://www.naturalnews.com/012352\\_caffeine\\_coffee.html](http://www.naturalnews.com/012352_caffeine_coffee.html)

[Is Coffee The Most Caffeinated Drink?](#)

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# The World of the 5th Dimension Explained



His invisible Heavenly Kingdom is already in operation and existence! It not only surrounds us, but is within us. As Jesus said, "The Kingdom of God is within you."

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## King Nebuchadnezzar Becomes Insane



God deals with King Nebuchadnezzar's pride and arrogance by making him insane for seven years! In the end, he gives glory to God.

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# The Cure for Loneliness



God didn't intend for people to be lonely or to live alone. He intended for us to live, love and share our lives TOGETHER with OTHERS in FAMILIES.

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## My Incredible Experience – How I became Alive!

By Teiko Imada

**It can happen to you too!**

**Introduction – World War II**



Teiko with her husband from  
England, Steven

I was born on the 7th January 1934 in the prefecture of Hiroshima, Western Japan, on one of the Setonaikai islands. When the Second World War started, I was 7 years old and had to take care of my brother and sisters while my father and mother were doing farm work. Previously my parents ran a shop, but due to war rationing and great shortages their business closed and they had to look for any work they could find in order to survive.

One day, when I was 10 years old, helping my mother pick oranges in a mountain field, I saw the first blue-eyed person I had ever seen in my life. This was when an American fighter plane broke away from a squadron which was flying past our island towards a Japanese Naval port close to Hiroshima. The plane came directly towards us as if to attack us. My mother cried out, "It's coming for us!" We started to run for protection behind large trees alongside

the field, but we could not make it in time and so definitely thought that we were going to be shot at. My mother embraced me as we looked up in terror into the blue eyes of the young pilot who gazed down upon us. Fortunately he did not open fire, and he had to pull his plane up over the mountain to avoid crashing into it. He saw that we were only a mother and child. This experience was very horrifying for me as a child.



August 6, 1999 at Peace  
Park Hiroshima in front  
of the building that  
was directly under the  
atomic bomb when it  
exploded. The force of  
the impact went outward  
and flattened  
everything within a 2  
kilometer radius except  
the building just below  
it.

Later when I was 11 years old, at 8:15 AM on the 6th August, 1945, everything suddenly went dark and then there was a brilliantly blindingly violet brightness, which was followed by a tremendously terrifying resounding boom with an earthshaking tremor from the USA's first Atomic bomb on the nearby city of Hiroshima. Later the local public warning sirens sounded and we all had to quietly take cover and disperse from the small school. Some of the older school children and workers from our town were living in the nearby city of Hiroshima, and some older men from our town, who had just been summoned as fresh conscripts for the army, had just gone into Hiroshima earlier that day when this bomb mushroomed above us.

This sudden happening caused great concern in our town amongst the relatives of those that were in Hiroshima, so that they quickly went to the city of Hiroshima to find out what had happened only to find that the bomb had killed almost everyone within a two kilometer radius from the city's center and others were in torturous pain. The relatives returned back to town totally heartbroken, only to find after awhile, that they themselves were now suffering from some kind of ailment that they knew nothing about, nor how to overcome it. Of course now that ailment is known to be caused by atomic radiation, which eventually brought about some of their deaths and suffering from long term sicknesses.

## **Bitterness and an "Ugly Duckling" fear complex**

As you can imagine, this caused me to develop a strong bitterness towards Americans without realizing what it was that was bothering me. But also, before the war started, when I was only 7 years old, I had developed a strong "Ugly Duckling" fear complex while growing up. This was because all of my

brothers and sisters were considered to be beautiful or handsome by everyone, while visitors to our family commented that I was not so good-looking. This caused me to develop an inferiority complex, so that when going to school I would make every effort to avoid meeting people, and rather than go the direct route, I would go by surrounding paths. Then as I grew up as a teen in defeated Japan and later trained as a nurse in the Osaka University Hospital Nursing School, it was only then that I began to realize that I was not the only "Ugly Duckling" on this planet.

The reason I started this nurse training in Osaka was because my mother realized that I did not have the special beauty of the rest of my family, so she very sweetly wanted to assist me through my life by helping me to develop a professional occupation.

I worked for 30 years and became what many would consider a proficient and diligent chief nurse in the highly respected government hospital of Osaka. If any foreigners were admitted to my ward, I would instinctively keep my distance from them and automatically designate another nurse to take care of them. I did not realize that this was due to a very strong, deep-seated, sense of bitterness in my heart towards Americans due to the War.

My extreme shyness because of a homeliness complex, caused me not to be able to discuss things with more than just a few people at a time. Only once around the age of 45, after I had become a chief nurse, was I asked to address a large audience. This totally terrified me and caused me to be trembling all through the speech. It was such a horrendous experience for me.

In my early twenties I developed heart problems. As I reached the age of 50 this condition was growing worse so I decided to retire from hospital work. The whole of life was becoming a big money game so I moved to the beautiful Pacific seacoast of Shionomisaki, southeast of Osaka, where I lived with my longtime friend who had also just retired from his work. Living in such a natural environment by the sea surrounded by nature and fishing, was a paradise for me for the first 2 or 3 years. However, soon my enjoyment with a free and natural life by the sea started to fade to a lack of any real fulfillment in my life. I became forlorn and depressed by the futility of life and the sorrows of this world.

It was at this time that I briefly visited my older sister who was living in Tokyo. My sister suggested to me, that if I would simply ask Jesus Christ to come into my heart, He would give me the love, truth and happiness that I so badly needed as well as give me a sense of fulfillment. I could not see how this would help me, as I personally had no interest in God nor any religious matters. However, I prayed with my sister and asked Jesus into my heart more out of courtesy and respect for my older sister's desire to be helpful to me, and not because I thought it would do anything for me.

After leaving Tokyo and returning back to life with my friend by the seacoast, I totally rejected the whole idea of Jesus in my mind and did not feel that this was any solution to my problems at all. I later phoned my sister in Tokyo and told her while laughing that I was not interested in her "mind control". I think this must have deeply hurt her feelings, but my male



companion and I had no interest at all in religion. Yet as we were living in Shionomisaki totally immersed in nature, we could not help but feel that there was definitely some greater power that controlled all the beautiful things of nature.

## **Great Hope found through tragedy – Miracles start to happen**

One day as we were setting off to go fishing, my dear boy friend suddenly had a cerebral hemorrhage right in front of me in our boat! It really shook me up. He then went into a coma and I became totally heartbroken. Thankfully my concerned older sister from Tokyo came down to the coast at Shionomisaki to comfort me. Two days later he died in the hospital. After his cremation all my friends and acquaintances departed for home but my sweet sister stayed on with me for a while more. She was concerned that I might decide to commit suicide. She could feel in the spirit that my beloved friend and I had made plans to die together. My sister opened her Bible and showed me a scripture verse of hope, but I could not understand it at all.

During the night my sister spent many hours telling me about Jesus' love and His healing balm. Suddenly she noticed a total transformation had taken place in my facial appearance. She suggested to me that I should look at myself in the mirror. In the mirror I saw that my whole face had changed into the face of a **4 or 5-year-old child**! My sister continued telling me more about Jesus and His sweet love, life and power, so that my countenance became more like that of a baby, with a big and happy smile. This was such a surprise to me because in my own thinking I had been so sad and I had felt so hopeless on the death of my beloved friend that I just wanted to join him by taking my own life.

After a very happy night's sleep, the next morning I awoke to find that my usual reading glasses had become too strong for me and if I used the much weaker medium range pair of glasses that my deceased friend had used I could read with no problem. This showed me that **my eyesight had greatly improved**. It was a total miracle! Also for the previous 30 years I had suffered from heart problems, which was one of the reasons that I had had to retire early from Hospital service, but that morning when I awoke, I was also fully recovered from that problem. Also that morning all my body swellings totally disappeared and I found that I was now 10 kilograms lighter to the point that the neighbors did not even recognize me! I had also suffered for a long time from a severe backbone problem, as well as a continual ringing sound in my left ear for many years, but now all of these problems too were also completely gone! This was a complete surprise to me as I had been so medically aware of all my ailments from a scientific point of view.

The awareness of the spirit world started to become so real to me that my dear companion's departure from this world was no longer the main problem anymore for me. Because my sister had talked with him and helped him to receive Jesus into his heart while he was in his comatose state just before he passed on, I knew that he had merely gone on ahead of me to be with Jesus. Of course sometimes I would feel strong remorseful and cold heart pains about my friend's departure, but whenever I cried out desperately to Jesus my tears

would stop and I knew that my friend was being well taken care of and I could actually feel Jesus' loving arms around me.



Before Salvation! After salvation!

It was not so much an articulate understanding in my mind, that I could understand these things, but rather it was an amazingly deep awareness of Jesus' closeness and presence and supernatural help to me in every detail of my life which totally obliterated any thoughts of suicide and hopelessness. I had previously totally rejected any religious ideas and so never have touched a Bible before. However because of experiencing so many miracles at this time, when I did get a chance to actually read the Bible for myself, I was amazed to see that the physical and spiritual experiences that I had had at this time were all written about in the Bible. Thank You Jesus!

### **My move to Tokyo – a New Life Begins!**

My older sister closed up my living quarters in Shionomisaki for me in such a miraculous way! I felt so incapable and was unable to do anything to help her. This demonstrated to both my sister and me that Jesus was doing all these miracles for us, as my older sister was also not so healthy or physically strong either. She was such a good example of being a dedicated witness of Jesus' love to everyone we met while helping me, so this really taught me the importance of just forgetting my own self- pity and sorrow as I saw the great need and joy of just witnessing about Jesus' love and His care in every situation and opportunity that I had. To do so was yet another miracle. I was totally set free from my previous fear of man that I had been under all of my life in speaking to groups of people!



Summer 1992, Harajuku,  
Tokyo. Harajuku is the  
fashion center of Tokyo  
where all the young  
people like to go.

I moved up to Tokyo to be closer to my sister along with other Christian disciples who really love Jesus and call themselves, "The Family International." Some of them are foreigners. I then became aware of another miraculous transformation that had occurred: My strong bitterness towards foreigners had completely vanished!

In Tokyo I opened up an apartment to be near my sister. After experiencing so many miracles after my friend's decease, I became deeply interested in the Bible and began reading it. Then I started reading the words of David Brandt Berg, the founder of the Family, which I found so simple and marvelous in helping me to understand the mysteries of life, so that I just wanted to read everything that David Berg had written about God and life and the life to

come.

I had never before been aware how deep and immeasurable the spirit world is but I could now feel Jesus' exploding Love from within stimulating me and a great hunger for the Word of God and Truth. I now wanted to be totally part of this Family.



August 1995 meeting homeless  
children in Vladivostok, Russia

Basically I just could not seem to get enough of God's Word from the Bible and the deep guidance from David Berg's literature of encouragement, as to how God's love was so relevant to not only myself, but to everyone in the world today and all that is happening these days. This gave me such a strong spiritual thirst and desire to grow as close as I could to Jesus in spirit and in truth in every area of my life. The Scripture, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God." (Matthew 4:4) became a reality to me. I just wanted to witness about Jesus and the End Time warning message and Jesus' Love, which can be experienced right now. I would go out on my own to tell others this truth, which I found difficult at first until I realized more and more that I just had to claim Jesus' power to do anything.

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## [Former Canadian Cabinet Minister Testifies to the existence of Extraterrestrial beings visiting Earth](#)



ETs are the fallen angels who followed Lucifer. Some who have testified to being abducted by UFOs have stopped the experience by calling on the Name of

Jesus.

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## May 2013 Adventure to Aomori



Mr. Yasutake Natsukasa from  
Fukuyama City HIroshima Prefecture.  
Atsumi Onsen to Tsuruoka. He's  
retired and travels around Japan  
living in his car.

From May 10 to 12 I traveled 870 kilometers from Niigata Murakami City to  
Aomori City and back in 22 vehicles.

The first driver, a lady, took me from Majima station to Nezegaseki near the  
Yamagata border line. She was on her way to help oversee a group of  
elementary children (which including her son) climb Mt. Nihonkoku, a small  
mountain of 300 meters high. From there a van took me to Atsumi Onsen, just 5  
kilometers further.

At Atsumi Onsen a man on foot approached me asking if I can speak English.  
His name is Yasutaka Nakatsukasa, a retired businessman from Fukuyama City in  
Hiroshima Prefecture. He was living in his car touring the Tohoku area for a  
month. Yasutaka's hobby is water painting. He showed me drawings of the local  
scenery. He took me to Tsuruoka City which is where he had just come from  
that day.



View from Sakata of Mt. Chokai

From Tsuoka a lady who attends Hawaiian dance classes took me to me to the next city of Sakata. She said she has been a widow from 17 years ago. Her husband was a policeman investigating an accident and was hit by a driver who wasn't watching where he was going! Her husband died immediately. "Was the driver arrested and put in prison? I asked. "No," the lady replied, "But he was an irresponsible man with bad eyesight who never should have had a driver's license in the first place. "



Single couple who took me from  
Sakata to Omagari to Konoura

The lady dropped me off in the middle of Sataka city. I would rather have been further down the road closer to the edge of the city from where there would be less city traffic, and so I walked. After about 10 minutes I got to a bridge. It's not likely that anyone would stop for me in the middle of a bridge but a car suddenly stopped in the lane it was in. Usually a driver will pull over to the side and so I thought it rather odd.. But because there was no traffic behind the car the driver was blocking anybody. It was a young single couple, Shunta and Mizuki, both 20 years old, high school dropouts on their way to Magari in Akita Prefecture, their home. They were debating with each other whether to pick me up or not. After questioning me and being satisfied with my answers, they took me to Konoura Interchange of the Akita Expressway. There are no tolls for the first 40 kilometers of that expressway which made it a good place to hitchhike to catch traffic going some distance. Expressway tolls in Japan are probably the highest in the world. It costs 7000 yen to travel 300 kilometers.

A car transport lorry took me to Honjo City from Konoura. From Honjo another 20 year old man, Mr. Suzuki, took me as far as Akita Station, some 40 kilometers further. He's a seaman who works on a fishing vessel 10 months out of the year. Mr. Suzuki said he has to work 18 hour days for weeks on end. The only days off are when they aren't fishing. The boat goes as far as Peru in S.A. He was on his way to see his girlfriend. The pay, he said, is good, earning enough to easily save to buy a house.

I got to Akita Station just in time to catch a train going to Noshiro City, but took it only a distance of 240 yen to Oiwake Station from where I again hitchhiked. A mother and her daughter who were going to their home in Noshiro went a few kilometers out of their way for me to take me to Futsui, the end of the expressway.

It was hot and I was thirsty. Though it was fine weather in Futatui, unlike previous times standing in Futatsu, I waited a relatively long time for a ride. I decided to walk further up the road. After walking nearly a kilometer, I came close to a tunnel and knew I wouldn't be able to walk through it safely. Just then a car pulled over. It was truck driver on his way home in a regular car. He not only took me a good distance up the road to Takanosu, but he even found the next ride for me a man going all the way to

Aomori city, my destination!

## Photos from Aomori back to Niigata



Newly wed couple to Hirosaki from  
Aomori Chuo

Toru who took me from Odate City to Takanosuke in Akita Prefecture

Road sign in Takanosu.

Miss Yoshimi who took me to Yurihonjo City from Noshiro City in Akita Prefecture. She was very interested in the Biblical account of Creation and said she wants to believe and accept God's Son Jesus into her life.

A family who took me to Nezugasaki in Niigata Prefecture from Atsumi Onsen in Yamagata Prefecture

□□□□□□□□□□ A single couple who took me to a train station near home where I had my bicycle parked.

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## Second Trip of Golden Week 2013 Hitchhiking Adventures



Toward the end of Golden Week, I again went to Aomori Prefecture and back. Six vehicles took me 431 kilometers to Aomori City, and 5 cars took me 632 kilometers back to Niigata via the Tohoku and Banetsu Expressways. Though I expected sunny weather, there again was slight precipitation from time to time.

Three of the drivers offered to treat me to coffee but I politely declined. I've been reading [Caffeine Blues](#) by Stephen Cherniske, M.S. and have finally woken up to the hidden dangers of the world's #1 drug! An older man who took me 300 kilometers to Fukushima handed me a can of coffee which he bought for me without asking me. I accepted it but didn't drink it. I gave it to the next driver, a lady who took me toward Aizuwakamatsu. I explained why I don't drink any caffeine containing beverages anymore, and told her that coffee is especially bad for women. "Better not drink it!" I told her. I had mixed feelings about offering her the coffee, but she told me she loves the stuff. Hopefully it'll be her last fix.



Mr. & Mrs. Kobayashi from Amagasaki City. They took me from Murakami City in Niigata to Sakata City in Yamagata.



Lady who took me to Katagami City just past Akita City. She went a bit out of her way from me.



Satoh Maki from Toyosaki in Niigata Prefecture. She and her parents took me from Katagami City to a point close to Odate City. They were on their way to Lake Towada.



Kazumasa Hikita who took me to Hirosaki.



Family who took me to my destination in Aomori City. They went a bit out of their way for me.



## May 4: Hirosaki to Aomori City

Two couples on their way to Hachinohe went a bit out of their way to take me to my destination. They work for a pharmaceutical company. I told them I stay away from all drugs, including caffeine. Drugs only treat symptoms, not the basic causes of illness. Only lifestyle changes can correct the causes. One man agreed with me but said that most people find it difficult to change their lifestyle. "We sometimes need a coach", I told him. A coach could be a loved one, a church pastor, or a professional therapist. If you ever seek professional help for personal problems such as an addiction, it's best to consult with a person who has had the same problem you have, and have overcome it.



Setting sun over Mt. Iwaki. Cherry tree in foreground.



Mr. & Mrs. Manabe and their friends who took me back to Aomori city from Hirosaki.

## May 5: Aomori City to Niigata City

Today was *supposed* to be sunny according to the weather forecast, but again there was a slight rain. I waited over 2 hours at the Aomori Chuo interchange! Though there was much traffic and a long line of cars, nearly everyone of the drivers avoided making eye contact with me. The few who offered me a ride were going only a short distance. I was hoping for the first ride to get me at least as far as Morioka City in Iwate.

Finally, a lady who spoke English said she would be going to Fukushima that evening, but she would stop at Goshogawara first to see her elderly mother. Goshogawara is a good hour out of my way. It would take at least two and a half hours for her to get back on the expressway going the direction I needed to go. Normally I would not have accepted a ride in such circumstances. But because the lady was quite fluent in English, and because I wanted to move on, I went with her. But after considering the matter further, I decided not to go with her all the way but to get off only 10 minutes later when she would arrive at Route 7 between Aomori City and Hirosaki. The point is rather desolate with little traffic.

I didn't consider myself in a good situation but within a few minutes a car stopped for me. It was a man with his Chinese wife. At first I thought the Chinese wife was deaf because she was moving her hands when trying to communicate with her husband as if she was using sign language. But I

realized later she cannot speak Japanese, and he doesn't speak Chinese! Sometimes she would write down words in Chinese characters, the ones Japanese can understand. They took me to Hirosaki. I still had an opportunity to get back on the Tohoku Expressway from that point. Another option was to take Route 7 back all the way if I could catch a car going far enough.

An older couple with Tokyo license plates stopped for me. I rejoiced because I knew they would be going at least as far as Fukushima. But the driver said he may going only up to Sendai which is still a good distance. I accepted. The Golden Week traffic was heavy and there were traffic jams at the beginning of slopes and before tunnels where many drivers unconsciously slow down. The couple decided not to spend the night in Sendai after all and therefore took me to Adatara in Fukushima. I arrived around 6:30 p.m. just before dark. From there it was a relatively short wait for the next two cars that took me home.



Ohtake Chio, daughter Noe and son Satoi. They took me from Adatara SA of the Tohoku Expressway to Bandaisan SA on the Banetsu Expressway



Mr. & Mrs. Kasiwagi and their son. Sosuke. who were on their way to Ehime Prefecture in Shikoku. They took me to Niigata City.

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## [Fukushima Radiation Reports Overblown](#)



The fear mongers of the threat of radiation from the nuclear power plant meltdown were all wrong! Life goes on in Japan as it always had.

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## 2013 Golden Week Hitchhike Adventure to Aomori



The Tohoku area of Northern Honshu, Japan. The red light shows my usual route to Aomori City, and the blue line shows the route I took back via the Tohoku and Banetsu Expressways. It is 130 kilometers longer than the Sea of Japan route, but potentially faster.

From April 27th to April 29th I hitchhiked 986 kilometers in 12 vehicles From Niigata to Aomori Prefecture and back. (See map) This time is the beginning of what is called “Golden Week” in Japan, a string of holidays which includes Emperor Showa’s birthday.

It rained hard the night before I left but by morning, the rain had stopped in Niigata. I caught an immediate ride at my starting point on Route 345 near Majima station, the first car that came! The driver took me to Tsuruoka City in Yamagata Prefecture, a good 1.5 hour distance of about 100 kilometers. It was raining heavily when I arrived and so I sought for shelter at a store for some 30 minutes. The rain subsided by then but there were strong gusts of wind. My umbrella strained against it but survived.

The second car also came very quickly, a man who took me to Sakata City about 20 kilometers up the road. He offered me a can of coffee to drink but I politely declined. I explained to him that I quit all caffeine intake only 4 days before. I shared with him the physiological and psychological harm caffeine does to my body, things I read from “Caffeine Blues.”

The final car that day was a mother and her one and a half year old daughter.



Mr. and Mrs. Kamimoto who took me  
from Iwate to Fukushima

The longest ride on the way back was from Iwatesan Service Area in Iwate Prefecture just before Morioka City to Adatara in Fukushima, 310 kilometers. The driver, Mr. Kamimoto and his wife were one of the sweetest couples as well. They treated me to lunch at Kunimi Service Area in Fukushima Prefecture. It turns out Mr. Kamimoto served some 34 years in the Japanese Self Defense Force! I knew from my own military experience as an Airman in the USAF that he must have rose fairly high in rank to be in the military so long, and I learned he retired as a Lt. General! I think Mr. Kamimoto must be the highest ranking officer who ever befriended me. I've only known colonels before.

The Kamimotos took me to Adatara SA which is just before the Banetsu Expressway junction. From experience I know this is the hardest point to catch a ride toward my destination of Niigata. Nearly all of the traffic is heading south toward Tokyo. However today, I got an immediate ride! A high school science teacher and his elderly mother saw my sign and stopped for me. I asked him if he believes in evolution. "Of course!", the teacher replied. I explained why I reject it as false science. They took me to Bandaisan Service Area. At that point a good percentage of the traffic is going to Niigata.



Mr. and Mrs. Satoh who took me to  
Niigata City

The final ride to Niigata City was a couple from the Unification Church, Mr. and Mrs. Satoh. He's also a nuclear power plant engineer at the power plant at Kashiwazaki-Kariwa, the largest nuclear power plant in the world. We talked about his job for a while, and then he switched to biblical doctrinal matters. For some reason, these dear people do not think that Jesus' death on the Cross of Calvary was necessary or good! They think that Jesus failed! I told them Jesus offered Himself as a sacrifice for our sins, and His blood shed on the cross cleans us from all sin.

Colossians 1:20 And, having made peace through the blood of his

cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven.