

This Bugs Me

Lonnee Rey

Some things are obvious; others, not so much. It is the covert stuff that we need to take notice of these days. But how? How do we suss-out the insidious integration of suspiciously unsafe components in our foods? Fortunately, this chapter will show you how to turn up the sensitivity on your BS detector so you won't be unwittingly duped much longer.

Nicole Kidman, in a photoshoot for Vanity Fair, is eating four types of live bugs served on silver platters. How is this a thing? Bugs are for bait, not the plate. And yet, here it is, served-up for us as “the new normal.”

[Nicole Kidman Eats Bugs | Secret Talent Theatre | Vanity Fair](#)

While it is true, “change is the only constant,” we need to put our foot down on bugs. Crickey!

to > Chocolate Chirp Cookies

Why Put Acheta in Cookies?

People around the world eat Acheta and other insect proteins. Acheta is a superfood, so adding this one special ingredient means now the cookies you love, love you back!

Nutrition Facts	
Per 1 cookie (28g)	
130	
% Daily Value*	
8%	
19%	
5%	
5%	
6%	

Ingredients: Unbleached All-Purpose Flour (Wheat Flour, Malted Barley Flour), Semi-sweet Chocolate Chips (Chocolate Liquor, Cane Sugar, Cocoa Butter), Brown Sugar, Butter, **Acheta Domesticus**, Invert Sugar, Apple Puree, Egg, Salt, Baking Soda, Vanilla Extract.

CONTAINS: Wheat, Egg, Milk

ALLERGY ADVICE: Crickets and lobsters are cousins, so if you're allergic to shellfish, you may be sensitive to this product.

CHOCOLATE CHIRP COOKIES

★★★★★ 8 Reviews

\$5.99

The soft-baked classic, with a boost of Acheta Protein

Likely to be stolen by kids, roommates, co-workers and anyone else you let near them. Their crisp, golden crust dotted by mountains of semi-sweet morsels gives way bite-by-bite to a decadent, chewy center. All-Natural, Non-GMO, and packing double the protein with fewer net carbs versus the other brands. **Contains none of the fake stuff. Milk not required.**

7 cookies per bag.

The house cricket, *Acheta domesticus*, is commonly encountered in Florida in only two contexts: bait for fish and

food for pets. I looked on the HoppyPlanetFoods website, but couldn't tell if they are in Florida, or not. Heheh

House crickets that are sold in bait and pet stores are reared in large commercial cricket factories or by local entrepreneurs. Gee, you'd hate to live next door to one of those factories, huh?

Finland is proud of their bread, boasting 70 *whole* ground crickets:

[Bread made from crushed crickets launches in Finland](#)

My advice is to start checking labels again. You might never eat crickets on purpose, but the truth is, here in the US, you may have already: cricket flour is popping up where you least expect it. And that's the point of this chapter: giving you a surefire way to 'sense' if that apple or chip is going to be good for you. I'm not being dramatic, just emphatic. There is a dire need to get up to speed pretty quickly, my friend. 'Far too much tomfoolery going on...

"Actually Foods Cheddar Cheese Puffs" lists organic cricket flour as an ingredient. Wait, hol' up a minute: does the word "organic" imply these are free-range, grassfed, pesticide-free crickets? Oh, what a relief. *Whole ground*, however, means their eyes and poop shoot are ground up into light and airy cheddar snacks. Mmmm mmm.

Does it mean these "organic" crickets are magically free from the four-inch long parasites I've seen tweezered out of live crickets? It does? Oh cool, pass me some of that mealworm dip, man.

The EU is permitting mealworm larvae in their foods - cuz that's a good idea for humans to eat, right? Oddly enough, the EU has refused to import much of the foods produced here in the US. What bugs them? Side-by-side ingredient comparisons for Doritos prove the US is obsessed with adding chemicals that other countries do not accept or use in the exact same product - but larvae is fine? <https://www.naturalnews.com/2023-01-25-eu-authorities-approve-cricket-mealworms-in-food.html>

This bugs me even though I don't eat it: Chick-fil-A's Chicken Sandwich has 50 ingredients; 32 of them are lab-made. They used to post the ingredients list online, but recently, they pulled it. Hmmm. Aww, don't worry Chick-fil-A, smart consumers know you are not the only big box store serving up chemicals with your Frankenstein chicken.

We also know KFC was 3D-printing chicken nuggets before anyone else. All y'all are doing weird things to the stuff you call food. No wonder you don't allow your kids to eat at your restaurant. Fact.

What is 3D printed chicken made of?

Made out of lab-grown stem cells, 3D-printed meat is an edible rendering of a meat-like product created from an additive manufacturing process. Layer by layer, 3D-printed meat is constructed, or scaffolded, from a *bio-ink* that extrudes out of a 3D printer nozzle. What is bio-ink, anyway? Does it taste better with Ranch or BBQ dipping sauce?

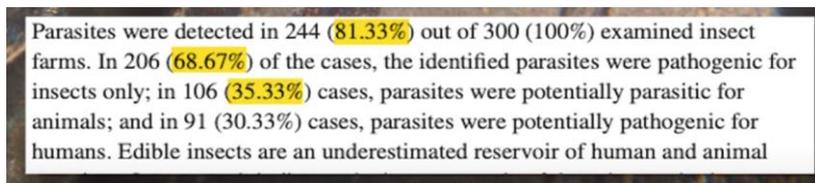
Ya might as well print a photo of a chicken nugget, spray it with some seasoning salt, crumble it up - I mean, reshape the paper into a nugget, and eat that for lunch.

Are you laughing, thinking, “Oh well, that doesn’t affect me”? Maybe. Affected or not, we are all being subjected to the whims of unelected oddballs like Bill Gates and Klaus Schwab, a James Bond villain knock-off, who are running roughshod over our lives in many ways. The part about our food being messed with is what really bugs me. Gates donated \$13M to *The Guardian* and bought himself a nice bunch of articles promoting both his lab-grown meat and the World Economic Forum narrative. (More unelected bio-engineered baloney sandwich-makers.)

Check out this recent segment of “Redacted” on YouTube [The WEF is HIDING bugs in these foods and you don't even know it | Redacted with Clayton Morris](#)

Before you say this is just a conspiracy theory...just visit the WEF’s website and read all the reports on eliminating meat in favor of bugs.

[Gross! Eating bugs may give you parasites](#)



Parasites were detected in 244 (81.33%) out of 300 (100%) examined insect farms. In 206 (68.67%) of the cases, the identified parasites were pathogenic for insects only; in 106 (35.33%) cases, parasites were potentially parasitic for animals; and in 91 (30.33%) cases, parasites were potentially pathogenic for humans. Edible insects are an underestimated reservoir of human and animal

Bugs are for bait, not your plate.



And then there is the magnetic meat. What's that - you say you didn't see it on the news? Cue shock face. Tell-lie-vision. If you only get half the truth, what's the other half?

If you want to know more of what the real news is today, I have intentionally posted multiple platforms as reference links. I spent years discerning the shills from the sages. Do your own research outside of lamestream media. Stay abreast of changes in our food supply and policies that will impact you or your kids. They are already encouraging kids to eat bugs at some US schools. Yeah, no kidding.

Back to the magnetic meat. I'll let this video do ALL the talking. A *rattled awake* moment here was when the name brand, Simple Truth Organics, also tested positive for magnetism. I was like, 'Damn, there goes another one.'

Jan 31, 2022 [MAGNETIC MEAT - TIM TRUTH](#)

This guy revisited Walmart in August 2023 to see if they were *still* selling magnetic meat a year later. #[SHORT](#)

[**LADY TRIES TO HEAT SOME HAM IN A MICROWAVE AND IT SPARKS LIKE CRAZY BECAUSE OF THE METALS IN IT.**](#) Sept. 24, 2023

Would you give ham like that to your dog? Neither did she. OK, now what?

Baby step: take a magnet with you to the grocery store. Test the product. If someone asks what you are doing, tell them. Say it forward. Rattle them awake, too.

Two baby steps: Say something out loud. My friend thinks nothing of showing those within earshot that his magnet is sticking to all sorts of meat products. It gets attention and it forces the store manager to take action. Somebody has to call it for what it is. Magnetic meat is just wrong. And so is fake food.

There is more than the title implies here – check it out:

[You might be eating Bill Gates lab grown meat tonight | Redacted with Clayton Morris](#)



For years I thought, “Surely, Shirley, there *has* to be a way for us to suss-out these suspicious and shady practices.”

The good news is THERE IS GOOD NEWS - a simple way for you to discern good from bad. That's the whole point of this chapter. Hang with me; I don't mean to gross you out before you finish reading. I promise you, there is a great solution to combat what these underhanded creeps, who have nothing good in mind but power and profits, are trying to slip into your food.

I'm not trying to freak anybody out here - I'm just being practical. Knowledge is power! When we know better, we can

do better. Armed with the assessment technique you will learn in this chapter, you will be prepared, not scared.

Unpacking the Groceries - A kitchen scene

“Honey? Where’s the Heinz ketchup? Why did you get this other brand?”

He says, “I couldn’t find it, Dear. I looked and looked for it.”

Dear slaps her forehead in a ‘V-8 moment’ then says, “OHH, Honey, didn’t you hear? After all these years, the Heinz label is now blue. No wonder you couldn’t see it.”

“Ohh, you know what, Dear? I actually saw a blue label ketchup, but I looked right past it - it wasn’t familiar, you know?” She nods ‘yes.’

Beliefs can make us blind. It is entirely possible Honey may have never seen the Heinz Ketchup again, were he not told what to look for. Now that he knows what to look for, he will see it. In fact, it will stand-out.

“Dear, I just can’t believe they did that - it makes no sense.”

“I agree, Honey, but it is what it is.”

Honey walks away, mildly disgusted at the changeover; shocked that someone in a board room somewhere thought that was a good idea. With a shoulder shrug, he mumbles, “Some things will never make sense; we just gotta deal with it, I guess.”

Honey couldn't see what was there the whole time. The eyes are useless when the mind is blind.

I selected certain videos to cite visible proof; to educate the unaware, and train the eye. Cognitive dissonance, or, being so shocked that one refuses to acknowledge "what is," equates to a closed mind. A closed mind lets in no light.

With all due respect to the "it's all good - this is supposed to happen and everything is fine," types, everything is not fine - unless you are happy to surrender your health, and freedom of choice, to control freaks. To believe the ship will magically right itself if we meditate, visualize the new earth hard enough, or pray that someone will appear (or take office) and take care of this insanity for us, is lovely, but it is also passive, wishful thinking.

When you wear rose-colored glasses, you miss the red flags. Ignoring these things does not make them go away. While some proffer 'if you focus on the negative you get more negative,' the glaring opposite is true: by refusing to see what is already happening, it continues to happen. It IS happening, right now, under our collective noses, like it or not. It *should* make you mad, unless you're a robot. No, this is not "fine," and it bugs me.

The reality is, we are being bulldozed by apathetic creeps who are happy to let you sit and watch them destroy both your health and the planet itself. WE are carbon. The planet exists because of carbon. Who named these losers as leaders, anyway? Things are not as they seem, friends. If you dig, you

will discover their premise of climate change has been debunked. Depending on when they compare temperatures, the earth is actually cooling. Follow the money behind these so-called “experts” and you will find their studies being funded by those who gain power and profit from the climate change narrative.

"He who controls the weather controls the world" — LBJ

Are you aware the US Air Force has openly stated their intentions to control all weather worldwide? This isn't a conspiracy theory. It is a conspiracy to manipulate, sure, but it is not a theory, it is fact. It is already happening. Gates thinks we need to dim the sun. Yeah, sure Bill:

WHY ARE WE ARE SEEING THE WEIRD SHAPED CLOUDS IN THE SKY? - THIS IS THE CAUSE

<https://www.bitchute.com/video/j047iB70UP3F/>

Watch “The Dimming”

<https://www.geoengineeringwatch.org/>

Regardless, pushing chemicals and bugs down our throats is vile. Clearly, 3D printed- or lab-grown “meat” is not a healthy alternative required to save the planet. The cost of chemicals required to do these things is preposterous - but it is nothing compared to the profits made at your expense: loss of health and freedom of choice. Yikes.

Ignorance is bliss...until it isn't.

Only through awareness and action can we make change happen with intention. It is up to us to question what we've been spoon-fed - hopefully, it bugs you, too. Take action before taking another bite of baloney.



NOT APEELing



There is now a product coating organic and conventional produce that is made with toxic ingredients. It can't be washed off. Yes, organics have it now, too. Once again, we have a Gates-backed product being slipped into the mainstream. VOTE WITH YOUR FEET: shop at places who refuse to use this chemical derivative. Our bodies are not equipped to handle these known poisons. There is a petition, as well as Apeel's *ghastly* ingredients listed here: <https://www.momsacrossamerica.com/apeel>

Question "trust the science" narrative, puhleeze. This is the actual description and patent for Apeel:

"Described herein are methods of *sanitizing* and preserving produce and other agricultural products, for example for consumption as Ready-to-Eat. The methods can comprise treating the products with a sanitizing agent and forming a protective coating over the products. A method of treating

produce, comprising a coating agent dissolved in a solvent, the solvent comprising a sanitizing agent: alcohol, ethanol, methanol, acetone, isopropanol, ethyl acetate. Heavy Metals: Palladium, Arsenic, Lead, Cadmium, Mercury.”

Method for preparing and preserving sanitized products:

<https://patents.google.com/patent/US20170332650A1/en>

Look at the labels on your produce.

[A LOT OF THE FOOD YOU EAT IS FAKE](#)

Labels that begin with a nine are allegedly upholding organic growth standards. I say allegedly because now we have organic produce being coated with Apeel and other brand name derivatives - chemicals that do unnatural things like this, and make you wonder just how old your produce truly is, doesn't it?



(image credit: Daily Mail)

Some consumers are growing concerned that Apeel-coated produce is off-gassing toxic substances. They report bugs

dropping dead in the general area where the produce has been stored.

I guess you could flick the bugs into your Apeel fruit smoothie and give that a whirl, Shirl. ACK! Imagine what this is doing to your body.

[PEELING BACK THE TRUTH ON APEEL](#)

My hope is this chapter rattles you awake; that you share it with your network, family and friends. I want you to feel empowered with knowledge and inspired to act. *Tell* your grocer you won't be buying their Apeel-coated produce. If enough people refuse to buy it, they will have to stop pushing it on us.

Store locator: <https://www.apeel.com/find-us>

Apeel is (or will be) available at the following grocers:

- Trader Joes
- Costco
- Gelsons
- Ralphs
- Sprouts
- Vons
- Walmart
- Whole Foods
- Kroger
- Harps Foods
- Wakefern
- Price Right

- Fairway Market
- Target
- Bristol Farms and more

Another thing to be on the lookout for is the change of labels that used to say GMO. They now say, “contains a BIOENGINEERED ingredient.” We expect it, I guess, but what about this:

Wind turbine blades (54k tons waste per year) are being repurposed into gummy bears, and garbage plastics will soon become vanilla ice cream. Watch “The Crowhouse” on bitchute.com, episode “Looting the World” @1:03:05. Use the discernment technique shown later in this chapter to discern your way to - or away from, beautifully packaged lies.



Sadly, this atrocity to our food supply is being dictated to us by people who have absolutely no authority over us, and yet they have installed themselves over us. These people are the real reason I wrote, “[How to Deal with a Dumbass: what to do and say when they come your way.](#)” It was fueled by my taking an objective look at the global stage, noticing a piss-poor parade of clowns, then figuring out a way to respond to it without staying depressed, frankly.

“Think global, act local” took on a whole new meaning when I wrote that book because the only thing we can manage is our personal mindset, and our personal reality. It is up to us who, and what, we let in the front door; what we buy with our money; what we put into our mouths; and how we take action

as new things become known to us. Passivity does nothing but create more of the same: nothing. Silence = compliance.

I want you to think, what *can* I do? Plenty. Becoming aware of what is happening and taking action, being proactive versus reactive, makes it easier to implement solutions for yourself.

You might be wondering, *how* does this level of BS happen? *Who* is behind all of this? Here is a fascinating 15-minute overview showing you how these things happen on such a grand scale:

[Dr.SHIVA™ LIVE: The Swarm – HOW the Few Control the Many. What WE Do to Break Free.](#)

This video, with over 5M views, went viral in spite of shadow-banning; a testament to the power of saying it forward.

It is time for us all to activate our innate power for positive change. No one is coming to save us from the clown parade. Besides, savior complexes won't put food on your table. Decisions are being made for us, covertly (until you learn where to look), by bonafide psychopaths. We have already witnessed how the FDA will recommend products that are not tested long enough for safety, the disastrous results, and their built-in indemnity. There is no recourse, in other words.

When you know where to look, you will see “trust the science” people are back-peddling now with admissions of guilt that will blow your mind. You won't hear it on network television, of course. Check out [bitchute.com](#). Channels like “[The Crowhouse](#)” (98k subscribers) and “[Jim Crenshaw](#)” (78k subs)

with short videos that are often hilarious, are recommended. On YouTube, “[Off Grid with Doug and Stacy](#),” homesteaders with a penchant for natural remedies, as well as informed news updates, are worth your time.

There are what's called “reaction videos” on YouTube. This particular host curates TikTok videos and always reminds us that we are in this together...so let us be aware of these things. Of course, it is up to you to do your research. I'm not saying every video is the gospel truth, however, I know you will find them both entertaining and enlightening. NOTE: the opening video is not special effects - it is proof of scripted “news” being parroted on every channel:

<https://youtu.be/8LmfAMOEMp4?si=T4j6f4Fia9VcsAwA>



In “[Rattled Awake: Volume One](#)” my chapter covered a jarring, rattled *awake* moment upon learning that nearly 2,000 food processing plants went >poof< all coincidentally by fire, in just the past year or so. A year ago, the count was 20, but now look. *sheesh* From what I hear, they are not coming back anytime soon. Suspicious? Yep. Response: stock up now. Just do it wisely. Things have gotten scary-sketchy on the food front. Going in, heavily armed, (with knowledge), is whatcha gotta do these days.

[1900 FOOD PROCESSING PLANTS HAVE BEEN DESTROYED IN THE PAST YEAR.](#)

In that first chapter, I failed to mention the mass extermination of *tens of millions* of chickens and tens of thousands of cattle. This is a big concern, indeed. Still, it does not excuse this fake product being sold at your local Aldi & Walmart. Eggland's Best Organic Eggs are included:

[Plastic Eggs at Walmart !!!](#)  



We can't really trust labels anymore. So, what do we do? How do we make an informed decision?

Over 30 years ago, I experienced tremendous insights by being muscle-tested. Based on kinesiology, it is your body's way of telling you if something is good or bad, true or not true. Until recently, I thought a second person was required. Other solo techniques were too weird to do in the grocery store. Thankfully, this is different. As you will see in this really cool video, the host is able to bust his son for lying. It's kind of funny, (bet his son isn't laughing), but it shows you how you can utilize this simple technique, among others, in a multitude of ways.

[Learn to Muscle Test and the World Is In Your Hands!!!!...Comments Required](#)

(Click the video's description box to find other videos he made on muscle testing.)

I recommend practicing with a deck of cards so you can grow your intuitive muscle and muscle testing skills. Simply place a card face down and test yourself asking a yes or no question:

“Is this a red card?” You could go even further and say ‘is this a heart? club? spade? or diamond?’ Practice the finger jiggle to see how good you get with playing cards. Grow confidence in your ability to assess quickly. You can’t go wrong learning to trust in your body’s innate and higher wisdom.

We are fortunate to have Melody Morris on LinkedIn. Her show, “Practical Spirituality Live” is co-hosted with the king of co-hosts, Eny Osung. DEF check out their audio events, every second Thursday of the month, 3pm EST. Melody, whose tagline reads, “I teach spiritual practices proven by modern neuroscience!” is a big fan of muscle testing. She is also on Facebook. I reckon listening to her will change your life, too.

So...it’s time for the million-dollar question: Are you willing to stand in the produce department and do a quick finger jiggle to see if this is actually a safe product, or not? *Why not?* is really the question. You might inspire a movement, and, at the very least you’ll be making wise choices for yourself and your family. Tip: I lower my hand into the grocery cart to ‘finger jiggle.’ It’s less obvious and works just fine.

Choose not to trade your freedom for comfort. Watch “[Jones Plantation](#).” (Best twenty bucks I’ve spent in a long time.) The metaphors showing how people are tricked into believing they are free are very well illustrated. Your mature children will enjoy it, too.



You are the solution

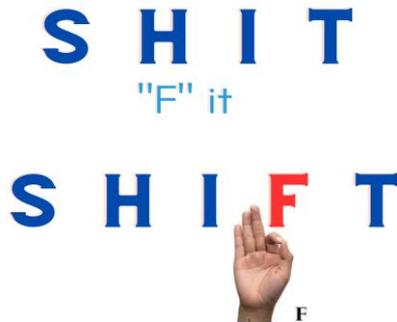
I know the things I've shared with you are really hard to stomach. (No pun intended.) It's vile, and is being implemented without our consent. Thanks to people like you who took the time to check out the videos and share the information, we can have a movement of awareness, action and change.

To do:

1. Get yourself a magnet, take it to the grocery store, and *use* it.
2. Get a deck of cards and test your muscle testing skills until you perfect them; then use them when making important decisions, moving forward.
3. *Tell* your grocer their use of Apeel means they don't get your money, it's that simple.
4. Read labels. Twice. Vote Franken-foods off the island: don't buy any of it.
5. Try this app: "[Yuka](#)" deciphers product labels and analyzes the health impact of food products and cosmetics. "Annie's Organics" products, 9 out of 10, are all poorly-rated. That fact alone should alert you to the need to reevaluate labels and brands.
6. Grow your own indoors:
<https://edengrowsystems.com/>

This chapter is an F-bomb, of sorts, I know. Take a different perspective and you can shift into higher gear. We don't have to take this sh*t lying down. These new actions may seem awkward, like learning to ride a bicycle was, initially. Eventually, it got easier to do - with no hands, even, remember?

Now that you know better, you can do better; you can take back authority over your life and make decisions in your favor. I hope you will “F” it and shift with the times.



We simply need to activate our God-given powers of discernment, and enjoy the benefits that come *only through action*. The most capable hand is at the end of your wrist.

Think back to a wedding: the music starts and everyone is looking around, hoping someone will be the first to get up and start dancing. Once they do, and you have seen this - then others join in. A movement starts with one.

Somebody has to open the dance floor. Will it be you?

Each one, teach one. When we stand united, we are an empowered force of unlimited and exponential potential.

‘One person can make a difference, and everyone should try.’ —John F. Kennedy

Lonnee Rey is on a mission to raise the voices of others whose stories will elevate, inspire and change our world for the better. She is a story development coach, concierge book producer, multi-show podcast host and author-message maestro. You can find “Rattled Awake: Volume One,” “Life Lessons Learned From a Lousy Mother” and “Dumbass” on Amazon. If you would like to share your Rattled Awake moment in an upcoming book, connect with her here: <http://officialrattledawake.com/>