

Uncommon Sense

Providing Clarity, Promoting Intelligence

[Quick Links](#)

[Ara's Web Site](#)

[Facebook Page](#)

[Join Our Mailing List!](#)

Click Here to Join!

Issue #264

July 31, 2022

Thank you for being a subscriber of *Uncommon Sense*.

In our ***Self-Development*** column, I explain the importance of supplements, and introduce you to three of them that I think really pack a punch.

The Elephant in the Room column features a guest editorial by Neil Patel which was originally published on July 18th in *The Daily Signal*. It is exceptionally well-written.

The ***From Ara's Journal*** column explores the theme that we are often our own worst enemy -- and I explore that from both an individualistic perspective as well as a national perspective.

The World of Words column closes us out with another good word, and I mean that in more ways than one. You'll see.

OK, let's get started.

Ara Norwood



Nutritional Supplements

Self-Development

I think most of us love food, and do so for a variety of reasons. The smell of some foods is intoxicating. The taste of many foods is very inviting. But our bodies need fuel to survive, and food is one of the most obvious ways we fill that need.

Food, however, can lack the necessary integrity that nature intended. A lot of nutrients get removed when some foods, say, vegetables, are cooked in a certain way.

There are all sorts of vitamins, minerals, and other types of nutrients out there that bring great benefit to the human body, supplementing what we may or may not be getting from the foods we eat. I see supplements as a sort of nutritional insurance – a safety net, ensuring our cells are being treated to the things they need to keep us in a healthier nutritional state of being.

Unless you are deliberately consuming a batch of food that is pretty close to bullet-proof in terms of its nutritional content, you should be taking supplements. And while I am not here to “sell” you on any particular product, I do want to share with you examples of the types of supplements you might want to consider.

Chlorella Stack: This is a unique, one-of-a-kind supplement that is geared for people who are very active. So if you are an athlete, or if you do serious workouts on a regular basis and you need something to help you with your recovery from intense athletic competition or serious workouts (running, swimming, intense fitness routines, etc), you should consider trying Chlorella Stack. It’s provided by a company called [BioTropic Labs](#), and a lot of people swear by it. (They offer other products as well, but this one in particular is amazing!)

Classic: [Reliv](#), based out of St. Louis, offers this powdered supplement loaded with vitamins and minerals, along with plant-based protein. You take it with another one of their products, [Innergize](#), which is an electrolyte replacement powder that comes in two flavors – orange or lemon. So you add these powdered supplements to milk or juice, putting two scoops of Classic into the cups they provide along with one scoop of [Innergize](#), then seal up the cup with the lid they provide, shake it up, and you will have a tasty nutritional cocktail that will keep you quite healthy. Oh, and I should



point out that Reliv is a network marketing company, so you either need to sign up to [become a distributor](#) (although you don't have to actually try to build an actual business out of it) or have the company refer you to a distributor near you who will sell you their products at retail price.

Balance of Nature: This wonderful product has a very popular product involving two supplements in the form of capsules that give you what you need from fruits and vegetables. Their proprietary blend consists of 15 whole fruits and 15 whole vegetables. They are 100% natural and they have very good reviews.

And now for the disclaimers: Please note that you are always advised to consult with your doctor before taking any supplements, and that I am in no way speaking as a medical or nutritional expert, just as a sort of personal coach that wants to alert you to potential products that could possibly be of benefit to you.

The Elephant in the Room

The Left Is About to Pay For Its Energy

Insanity, by Neil Patel

Most politicians and activists have strong views on every political issue. Those views grow from their fundamental political philosophies and beliefs.

The best politicians know how to balance their political ideals with a keen watch on how they affect the lives of everyday Americans—those who voted them into office. Go too far with your ideological preferences in the face of evidence that it's hurting the American people, and you will not go far in politics.

The Democratic Party seems poised to take a beating for forgetting this fundamental maxim when it comes to energy and climate change.



They feel so strongly about the issue that many have lost touch with reality. They have entered a sort of make-believe world.

The coming election is going to bring them back to reality. Republicans are not immune to ideological overstepping. Republicans in general believe in the private sector. They think that free markets offer more benefits for society than government spending and mandates.

The theory has proven correct far more often than it hasn't, but not always. When a so-called private sector line of business becomes so corrupt, so dominated by Washington political favoritism, and so mismanaged that it's offering worse products and worse prices than government options, then even limited-government free market activists need to take notice.

Those who don't will pay a political price. The private student loan industry is a prime example. Created and supported by Republicans, it became so corrupt and so mismanaged that eventually it was impossible to defend. The few who tried paid a political price.

On climate change, the Democrats face a similar dilemma, except with politically apocalyptic consequences. Student loans are important; they affect a lot of people. Energy is different; it affects everyone.

Skyrocketing energy prices cause widespread economic disruption. In the extreme, they lead to starvation, heat stroke, freezing, and death. It's not a policy area you can get wrong. Yet American and global policymakers have deliberately done just that. The left's energy policies make zero sense.

Clean energy is a worthy goal overshadowed by lofty expectations that outpace the pragmatism of working people. For large segments of the left, the climate change issue has become more like a religion than a policy debate. Pesky facts like technological limitations and costs are thrown aside in favor of magic. "Ban fossil fuels and utopia will follow" is essentially the mindset.

In the real world, you have to take into account technological limitations, costs, and other trade-offs. Transitioning energy production too fast can cause real present-day harm. The rich can afford to ignore high prices, slower economic growth, and a reduction in national security.

President Joe Biden campaigned on "getting rid of" fossil fuels. If there were economically efficient alternatives that would allow this to

happen without slamming American families and harming America's national security, that would be a less radical thing to say. Those things do not exist at scale today.

America became energy-independent during the Trump years. This energy independence brought huge advantages. First, America's fracking boom and the massive expansion of natural gas production that came with it lowered carbon emissions more than any regulation. Second, American energy independence changed the national security dynamic with respect to huge energy-export countries in the Middle East and Russia. Finally, the lower energy prices that followed led to massive economic and manufacturing growth. Many dormant small towns in America literally came alive as a result.

Throwing all this away without an adequate and, importantly, cheaper alternative in place is almost unimaginable from a policy perspective, but that's exactly what happened. By promoting so-called environmental, social, and governance investment standards to choke off fossil fuel investments, by canceling pipelines, and by limiting federal oil and gas leasing, the left has reduced American energy production and left America vulnerable to the rest of the world.

All this has come with very little emissions benefit to boot. It has just enabled Russia, Saudi Arabia, and others to displace American fossil fuel production with their own foreign fossil fuel production.

The result? From Biden's inauguration to the onset of the war in Ukraine—before the much-discussed "Putin price spike," in other words—American gas prices went up nearly 50%. Those prices are up another 15% on top of that since the war began.

There have been huge technological strides in solar, wind, and other renewable power sources, but primarily due to their intermittent nature and a still-huge gap in energy storage (battery) technology, those forms of energy are not yet ready to make up for lost fossil fuel production without massive extra cost.

Giving away a huge economic and national security advantage is political malpractice. Slowing American energy production while begging the Saudis to increase their own fossil fuel production, as Biden did last week, is a botch so foreseeable it should be disqualifying for future leadership.

Energy policy under the Biden administration has been insane. With prices booming, everyone now knows it. Those who got us in this mess should prepare to pay a massive political price.

* * * * *

And that, my friends, is the latest elephant in the room.

From Ara's Journal

We Are Often Our Own Worst Enemy

*"At what point then is the approach of danger to be expected?
I answer, if it ever reach us, it must spring up amongst us.
It cannot come from abroad.
If destruction be our lot,
we must ourselves be its author and finisher.
As a nation of freemen, we must live through all time,
or die by suicide."*



Abraham Lincoln (January 27, 1838)

People hurt other people. Sometimes we do with our words. Other times with our actions. Sometimes we hurt people with our lack of actions. Say you write a heartfelt note to someone on their birthday and they do not reply at all. That may both surprise you and hurt you.

I think, however, it is a truism that we often hurt ourselves by our own actions or lack thereof. Or by our words. (Last week I heard a colleague exclaim, "I hate myself!" I'm not sure why he said that, but I suspect he was reacting to something he did or did not do that was some sort of error. Perhaps he forgot to attend a meeting. Sometimes I hear others exclaim to themselves, "You idiot!" They are being hard on themselves for a shortcoming. But I wonder if they are harming themselves by disparaging themselves. Do they start to accept the myth that they are, indeed, idiots?

Sometimes we hurt ourselves in terms of what we put into our bodies. Whether it is too much of the wrong kind of foods, or whether it is drugs, or alcohol, we can harm

ourselves irreparably. Failing to exercise our bodies, be it through staying limber, through cardio-vascular exercise, or through strength exercises, can cause our physical health to deteriorate.

Other times we put things, not into our bellies, but into our souls. Excess with video games dulls the personality. Pornography has coarsened the decency of many a man. And watching television shows such as *The View*, or worse, *The Bachelorette*, does nothing to expand the mind or the character.

The “we” in “We are often our own worst enemy” can also be a collective “we” – as in a sports team, a work team, a family, a community, or a nation. An athletic team can often have superior individual talent, yet get trounced by a team that has cohesion, yet absent any superstars. Pride, selfishness, arrogance, laziness, and other maladies can cause the downfall of many a sports team, rock band, or work group. It wasn’t the competition that defeated them; they defeated themselves.

Abraham Lincoln’s words, quoted above, and which were applied to our nation, seem rather prescient at this time. As I write regularly in **The Elephant in the Room** column of this publication, the poisons being injected into the body politic seems to be gaining the upper hand. This really could lead to the end of the greatest experiment in human liberty and self-governance ever attempted. It may require the bravery and decisiveness of many would-be defenders of liberty, even to the shedding of blood, in order to save the union. It really may be that dire.

The World of Words

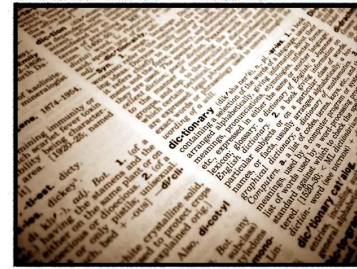
Piety

Building Your Power of Expression

Piety, n.

Pronunciation: pīədē

Meaning: Piety is the quality of being reverent. It usually has a religious connotation. True men of the cloth would be expected to exhibit of a certain measure of piety.



Usage:

- *St. Thomas was a man of exceptional piety and of a deep and contemplative outlook.*
- *She may not be fit for service in the Church, as her demeanor lacks a certain piety, but instead wields a charisma better suited for the motivational speaking circuit.*
- *His face wore a calm look of piety and resignation to the will of God.*

New subscribers, the Special Report "11 Ways to Beat the Odds" should be in your In-Box within 24 hours from the time you subscribed. If you have not received it, please communicate that to me via email (ara@aranorwood.com)

For more information on my work, follow me on Facebook (keyword "Leadership Development Systems") or via my website: www.aranorwood.com

Sincerely,

Ara Norwood
Leadership Development Systems

Visit our website



Leadership Development Systems | P. O. Box 801681, Santa Clarita, CA 91380-1681

[Unsubscribe ara@aranorwood.com](mailto:ara@aranorwood.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by ara@aranorwood.com powered by



Try email marketing for free today!