

# FOLLOW YOUR HEART TO THE GULF

The never ending challenges of life really make you wonder sometimes. Am I doing the right thing, can this get any worse, is this really what it looks like, and numerous other questions are repeated endlessly. So what exactly do you believe, and how do you know what is real, and if you are doing the right thing?

I think the only solid undeniable response to anything is to follow your heart, and your gut instinct. Never in my life have I felt better than when something I do makes my heart sing, and my whole being resonate with joy, simply from following my heart, and listening to my gut. Some of the saddest moments can be overcome a lot easier, when your response comes completely from your heart. Do what you feel deep in your soul that you need to do. It is the right thing for you.

Right now, we have a really tragic crisis on our own American soil. The main stream media is blocking the information from reaching our citizens, including the very ones that are directly being affected. If you believe in Karma, this one will be a doozy for those who chose to do nothing.

When the Gulf oil spill first happened, I like most everyone else, was upset, but really thought they would contain the issue rather quickly. After all, weren't safe guards put into effect for that very possibility? But then, as day after day turned into week after week, I became sick in agony for what this tragic toxicity was doing to our Gulf, the marine life, and our country. I lived right in the Gulf coast, and saw, felt, and breathed in this tragedy from start to shortly after they supposedly capped the spewing well. I say supposedly because I don't really believe much of anything that is reported by BP, our Coast Guard, or even our Government about this oil ~~spill~~ **GUSHER**.

So, what is the truth about this catastrophe? Well, I go by first hand experience, and what respected scientists are speaking out about, without regard to the muzzles they are supposed to have. One such authority is Dr. Riki Ott, toxicologist and humanitarian, who has advised that three tough choices exist for Gulf Coast residents: 1) Leave, 2) Stay and wear a respirator, or 3) Become painfully ill. Now why would she say such a thing? Because she is a marine biologist, has a degree in marine toxicology, and has experienced firsthand the devastating effects of the *Exxon Valdez* oil spill. Her only goal is to help both

people, marine life and of course the rest of the ecological system affected. She has nothing to gain, but possibly a lot to lose by speaking the truth that the main stream media, EPA, BP, and our government refuses to publicly acknowledge. Who knows what they have done and will do for silence.

From my own experience, I could smell the oil in the air, I started to get sore throats, I had shortness of breath, and blood in my nose mucous. I sometimes felt like I had the flu, or was coming down with a bad cold, and then the next day, it would be as if I had nothing. Some days my dogs didn't want to go outside, and never ran around and played outside anymore. Then I started to watch the weather, and wind patterns, and I noticed that the days I was sick, the wind was out of the south, or southwest. Then one night ( and every time thereafter ) I turned on the water to brush my teeth, and the water smelled funny. Yes, it didn't taste the same either. I knew then that the people of the gulf were in trouble, and I and my family had to get out of there. I want all the people to get out of there. I don't believe the toxicity can be reversed any more, it will have to, as nature allows, dissipate. I don't know how, or how long, but what other way is there?

Then I read about EPA whistleblower Hugh Kaufman. He has come forth from the Environmental Protection Agency, charging the EPA with helping BP to downplay the environmental impact of its supposed cleanup efforts. Mr. Kaufman explained that the "dispersant" Corexit is **meant to cause internal bleeding** and IntelHub reports that evidence of acid rain and human suffering due to chemicals has become so clear, it is logically impossible to discredit it. You can read this report [HERE](#). And a media black-out continues. Think about what he is risking to tell the public the truth. Kudos to Mr. Kaufman.

And then there is Ryan Heffernan, a volunteer with Emerald Coast-keeper. She noticed a bag of oily debris floating off in Santa Rosa Sound, ran up to BP's HazMat-trained workers and asked if they would retrieve it. "No, ma'am," one replied politely. "We can't go in the ocean. It's contaminated." But apparently it is okay for the residents and tourists to play in the sand, swim in the water, and breathe in the air. In fact, BP gave 25 million dollars to Florida for tourism advertising. What did those ads say? The beaches are not oiled, the water is safe, yadda, yadda, yadda. That's a tragedy in itself. BP, the EPA and any others that know the truth yet lie and cover it up should be held accountable for inflicting illness, even death on the public, and the animal kingdom. Putting the almighty dollar ahead of life whether it be human or animal has to stop immediately. I believe that puts us on a collision course for

extinction, or at the very least total immorality.

So what can the Gulf coast residents do about this toxicity short of moving? Michael R. Harbut, M.D., M.P.H. is a Clinical Professor of Internal Medicine at Wayne State University, Director of the Karmanos Cancer Institute's Environmental Cancer Program & Past Chair of the Occupational & Environmental Medicine section of the American College of Chest Physicians. He is Chief at the Center for Occupational and Environmental Medicine, P.C. **and has treated many patients with solvents and petroleum exposures.** He has provided up-to-date information for physicians which you can [READ](#), but how to guard against the exposure to the extent the toxicity has permeated the Gulf coast is simply, GET OUT OF DODGE. Really. It is in the air, in the water, in the sand, it is everywhere. So unless to stay healthy you want to continuously wear a respirator, and a hazmat suit, leaving is really the only alternative.

I know, that is not a realistic alternative to some people, they have a house with a mortgage, a job, family. The list goes on, but cutting short one's life, or at the very least complicating your life with a debilitating or fatal illness is a grave concern, and plaguing residents everyday. We, the rest of the nation need to help these residents. Help them to relocate, help those that are already sick, help expose the truth about the BP Gusher, and put an end to the BP tragedy. Our government is not doing anything to help now, and I don't see that helping hand extending in the future either. Our tax dollars are going to support the largest government, with the smallest benefit to the taxpayers our country has ever seen. Let's instead support each other, and change our country the way we perceived Obama's "**Change**" campaign was supposed to do.

Please go to our website as seen below and follow your heart.

Written by: Colleen Sonntag

Joyful Hearts, Inc. is a non profit charity dedicated to helping children and families in America. Please visit our website <http://www.joyfulheartsinc.com> for more information. *One Joy Scatters A Hundred Griefs* ☺