

tweet

6225 2022-12-23 19:30:38 +0300 <amerix> Each time I want to fight for Africans, I use only one hand because the other hand is busy trying to keep away Africans who are fighting the system are always angry when I advocate for food instead of synthetic pills. Nothing can replace the nutritional value of food. Agents of the system want you to remain slaves so of buying those synthetic supplements called PREGNACARE for pregnancy, - Eat fresh fish, - Eat eggs, - Eat Liver, - Eat butter, - Eat tallow or lard, - Drink bone broth, Those s eating fish deep-fried in seed oils, It is useless. The rancidity of seed oils destroys the plentiful Omega 3 in fish. Better deep fry your fish in: - animal fats - butter - coconut oil Ea

606213168266723328 2022-12-23 12:00:35 +0300 <amerix> The holy Scripture COMMANDS you to fast. It is not a suggestion, it is a COMMAND. It is an ORDER! #FoodFriday was designed to live on drugs. The drugs for hypertension or diabetes do not cure these diseases. These drugs hide the symptoms while the cause continues to wreak havoc. By o remind you that metabolic diseases are curable and reversible. - T2 Diabetes is reversible. - Hypertension is reversible. - Gut & skin allergies are reversible. - Thyroid auto se relatives are forcing you to marry. Or your agemates are marrying. That's their problem. What should worry you is: - Do I grow my food? - Do I own cows & goats? - Am

1612783841579765763 2023-01-10 15:10:06 +0300 <amerix> If you are reading this tweet, Drink two glasses of water now. Save your kidneys. #BetterTogether nts think when their children speak fluent English after getting addicted to TV, it is success. TVs cannot replace parents and teachers. Children should first learn their native langu children away from TV. Switch it off. TV numbs their curiosity. TV stunts their social development. TV depresses their brain health. TV teaches them bad manners. TV re-program

0300 <amerix> If you are a man who grew up fatherless, Make this your year of greatness. Buy a piece of land and build your house. - Even if it is a half. Buy and build a home.

1612420285734477825 2023-01-09 15:05:28 +0300 <amerix> WALKING is good for your health. Walk daily. Target 10,000 steps every day. #BetterTogether from addiction if his SOUL is still dirty. Addiction to smoking, alcohol, masturbation & prostitution is a disease deep in your soul. Cleaning a man's soul begins with overcoming an with a broken SOULSET is: - addicted to masturbation & porn - alcoholic - emotional & chaotic - depressed with anxiety attacks - struggling with erectile failure & am

43738716160 2023-01-09 09:05:41 +0300 <amerix> Good morning, Three things you should focus on this year - Your health (Body) - Your skills (Mind) - Your character (Soul) should discard this year - Gambling/Betting - Masturbation & porn - Alcoholism - Promiscuity - Procrastination - Simping These are destructive habits with fatal consequen

be surprised that the child she tells you is her "Cousin's daughter" "Sister's son" "Friend's daughter who likes me" "My adopted son" - could be her biological child. But because y

cestors did not fight wars for you to cry because of rejection. Why do you cry because of someone who fears a cockroach? Rejection is part of a man's life. Before you cry, go to a

x> Men, Symptoms of a pussified man: - Carrying her handbag - Wearing matching clothes - Her photo as your phone wallpaper - Drawing tattoos to please her Your funeral is s

rix> "You are an incel" "Who hurt you?" "You have a small dick" "No woman loves you" "You are mean and broke" Words used by damaged women once you refuse to be manipi

n focusing on your self-development, - and learning to say NO. People will reject you. Not because you are bad, but because they can no longer misuse you. They will mock and c

s ugly. Anger escalates the problem. Showing anger against your disloyal woman is a form of weakness. If your woman is disloyal and disrespectful, stay away from her. Don't g

09336278933504 2023-01-07 16:00:24 +0300 <amerix> Men, If your wife borrows a bank loan without consulting you, You are a refugee in that marriage. End it. #MasculinitySa

ay away from men who - Gossip - Spread rumours - Celebrate when another man is persecuted - Hate on successful men - is always around women These are defective men

0 <amerix> Men, Stay away from men who - Talk and gesture like women, - Touch you when they are talking to you, - Text you "I miss you". They will soon start sending you the

ncy photoshoots are messages to her ex-lovers, real father of the baby or other women, " I've slept all over but see I am pregnant." " Brian thought if he dumps me, I will not be pre

ity photoshoots are for simps, cucks and soyboys. Pregnancy is sacred. Keep it private. Inside that pregnancy is an angelic life being nurtured. Protect your baby's sacrosanct lif

me women for punishing you. Blame yourself. You refused to see through the hypocrisy of the feminine nature. You thought romance makes women loyal. Romance is fiction. It

NOT involve yourself with models, actresses, musicians and showbiz celebrities. They are loyal to their fame, They are addicted to the attention they get from random people, Mar

t in a relationship with a woman, - be firm & strict. No photos of your children online. Women get excited to share photos of children online for validation from strangers. Th

24 +0300 <amerix> Men, Never apologize or appear to be apologizing. Never be on the defensive. The moment a man starts apologizing or getting defensive, then trust me, the v

0300 <amerix> Men, Never give attention to angry women. They will drag you down the cesspit. Never lose sleep because of creatures who have been convinced to believe that a

ar, No funding women's lavish lives, Don't pay a woman's college fees, - You are not her father! Don't pay a woman's rent, - You are not a charity organization. Use that money t

Judge a woman by her past, that's where her soul resides. Judge a man by his competence, order and discipline, that's where the strength of his future resides. - Don't ignore her p

Level up your business, Put much effort and focus on expanding your portfolio, What is your business? What do you sell? What do you solve? Share your business in the comme

al reminder: Do not date, flirt or sleep with another man's wife. You will be killed and we shall use you as an example. Your disgraceful body will be thrown in a pit while your filthy

+0300 <amerix> Men, This year 2023, It is the year of PERSONAL LEADERSHIP. Take control of your life by signing a binding contract with yourself. Ruthlessly focus on your go

00 <amerix> Men, This year, Don't tell people your goals, Don't tell people your plan, Don't be on social media telling people "new year, new me" Keep quiet. Execute in silence

