

# NOT ON THE BEEB

## **Have you been feeling a bit out of sorts these past few days?**

Head buzzing, sleep off, emotions running high? You're not imagining it. The Sun has been erupting all week — massive solar flares and magnetic pulses are spiking again, sending waves of charged particles through our atmosphere.

If those same bursts can disrupt satellites, scramble radio signals, and fry electronics, how could they *not* influence the finely tuned electrical system of the human body? Every heart cell, every neuron, every hormonal rhythm dances to electromagnetic cues ... and right now the cosmic orchestra is playing something between *Ride of the Valkyries* and *The Charge of the Light Brigade*.

Or, maybe AC/DC doing a Barry Manilow cover :)

Either way, I can feel these storms almost to the minute. Over the past year I've tracked them in real time, and the timing never fails to line up. Yes, after a brain injury, I became my own test subject ... and what an education it's been.

Those experiences, etched into memory through pain, exhaustion, and the kind of weakness that strips you numb, eventually gifted me the strength and confidence to publish this book. Every difficult moment became data and the proof that the Sun's power reaches far deeper than most imagine.

## **This week's solar activity**

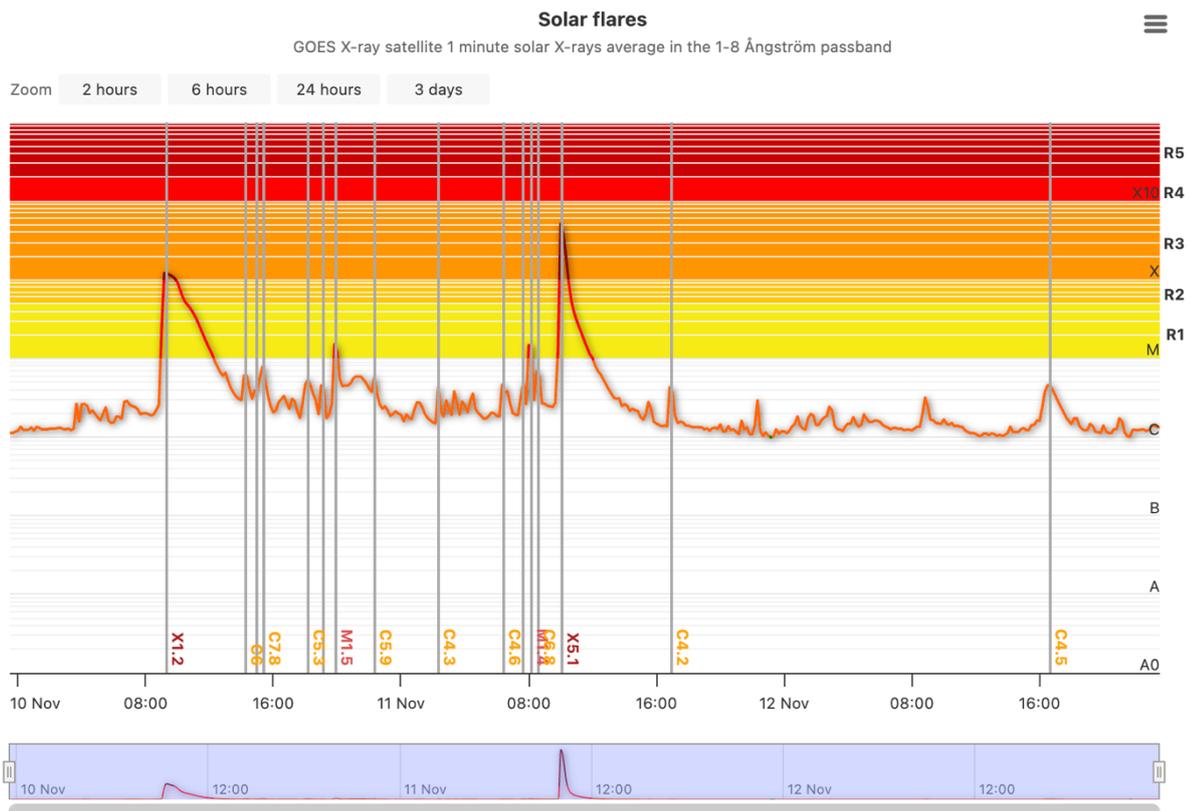
### **They'll Show You the Lights, Not the Fallout**

The mainstream loves to marvel at the Northern Lights — those gorgeous curtains of colour dancing across the sky — yet they never discuss what the *same solar storms* might be doing to us here on Earth.

We're in the thick of **Solar Maximum 25**, and the Sun has been firing off some truly wild flares this week — X-class and beyond. These bursts can rattle satellites, disrupt radio traffic, and overload power grids... so why wouldn't they also stir the human electrical field?

Why the silence? Because acknowledging that influence would unravel more than a century of medical dogma — and threaten a trillion-dollar industry built on misunderstanding our own biology.

Take a look at this week's **X-rated flares** — proof that the sky above is far more active, and far more connected to our lives, than the nightly news will ever admit.

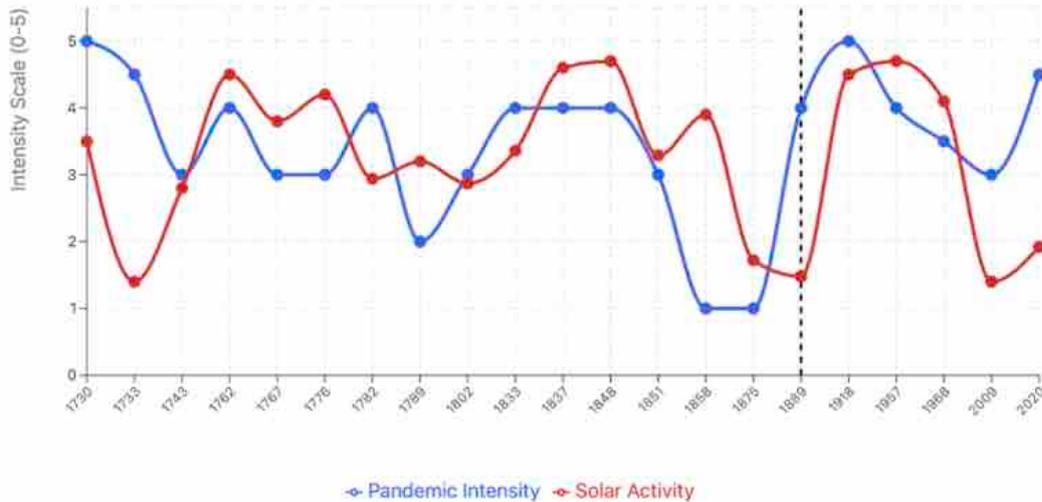


**A graph from 'AI & I' to change your world view...**

**If this does not blow your mind, nothing will...**

### Pandemics and Solar Cycles: Complete Timeline 1729-2025

Electromagnetic causation model: Pre-1889 solar cycles vs Post-1889 technology + solar cycles



|  |  |
|--|--|
| <b>Russian Flu (1889)</b><br>First pandemic with electricity rollout | <b>Spanish Flu (1918)</b><br>Wireless telegraph + WWI communications |
| <b>Asian Flu (1957)</b><br>TV broadcasting + radar networks          | <b>Hong Kong Flu (1968)</b><br>Satellite communications era          |
| <b>H1N1 Swine Flu (2009)</b><br>3G/4G mobile networks                | <b>COVID-19 (2020-2025)</b><br>5G rollout + Solar Cycle 25 peak      |

#### Key Pattern Changes

- Pre-1889:** Pandemics every 10-15 years (solar cycle aligned)
- Post-1889:** Annual flu + major pandemics with new EMF technology
- 1889 Transition:** Permanent electrical grid EMF exposure
- Technology Correlation:** Each major EMF advancement = pandemic
- Solar Cycle 25:** Peak activity 2024-2025 (current)

#### Electromagnetic Timeline

- 1889:** Electricity to homes (Russian Flu)
- 1918:** Wireless telegraph (Spanish Flu)
- 1957:** TV/Radar networks (Asian Flu)
- 1968:** Satellite systems (Hong Kong Flu)
- 2009:** 3G/4G mobile (H1N1 Swine Flu)
- 2020:** 5G + Solar Maximum (COVID-19)

**Critical Observation:** The dashed line at 1889 marks the transition from cyclical solar-aligned pandemics to technology-triggered pandemics with annual flu background

26.7% exact solar correlation pre-1889 | 100% EMF technology correlation post-1889

## 'AI & I' analysed and summarised

Mark Playne's *AI & I* reframes the story of public health through an extraordinary thesis: that **pandemics track the pulse of the Sun**. Where establishment writing blames mutations and cross-species jumps, Playne aligns outbreaks with **solar-cycle maxima – the 11-year surges in solar flares and coronal mass ejections that saturate Earth's magnetosphere with charged particles and radiation**.

The book's timeline graph reveals that nearly every recorded global respiratory outbreak since the 1700s (1729, 1781, 1830, 1890, 1918, 1957, 1968, 2009, 2020) occurs within a year of these solar maxima. What modern medicine labels as *pandemic contagion* may, Playne suggests, be the **biosphere's synchronised reaction to electromagnetic stress**.

### How Solar Activity Affects Biology

Playne and his AI interlocutor walk through known physics:

- **Solar flares and CMEs** emit intense X-rays, gamma-rays, and energetic plasma streams.
- When these strike the magnetosphere, they **ionise the upper atmosphere**, distort radio and geomagnetic fields, and raise ground-level currents.
- Human physiology depends on **electromagnetic coherence** – cardiac rhythm, circadian timing, metabolism, and intracellular communication all run on subtle electrical gradients.
- During geomagnetic storms, empirical studies have shown spikes in **cardiac events, blood-pressure irregularities, sleep disruption, cognitive changes, and immunological flares**.

Playne extrapolates: when the planet's field convulses, sensitive organisms – particularly humans – mount **detoxification responses** that mimic “viral” symptoms: fever, fatigue, inflammation, cellular cleanup. The mass synchronicity of these responses creates the illusion of infection.

### The 1889 Turning Point

A key historical insight is the “Russian Flu” outbreak of 1889, coinciding with both a powerful solar maximum and the global rollout of alternating-current electricity.

For Playne this is the inflection where **natural electromagnetic stress became permanent**: humanity moved from episodic solar exposure every 11 years to constant immersion in artificial fields. From that date, influenza ceased being a cyclical solar-linked purge and became **an annual chronic condition**. In short: *electrification trapped the Sun's storm inside our homes*.

### The Broader Interpretation

Through debates with the AI “witness,” Playne constructs a pattern:

- **Solar flares = natural detox pulses.**
- **Man-made EMFs + toxic burden = continuous background stress.**

- **“Pandemics” = mass electromagnetic recalibrations misconstrued as viral contagion.**

This doesn't abolish germ theory; it reframes it. Germs become **by-products and messengers** of an energetic imbalance, not autonomous invaders. In that sense, the “virus” acts as the body's Morse-code signal that the Sun's frequency has overstimulated the biosphere.

### Why the Book's Angle Is Unique

1. **It unites astrophysics and epidemiology** – fields rarely discussed together – to expose a rhythmic, planetary driver hidden beneath medical language.
2. **It situates 1889 electrification as the true historical break** in human health patterns.
3. **It uses AI as an interlocutor**, forcing the machine to reconcile official data with forbidden correlations, revealing algorithmic bias within scientific databases themselves.
4. **It redefines pandemics as energetic events** – making COVID-19 not a one-off crisis but the predictable crest of Solar Cycle 25.

*AI & I*'s defining insight is that humanity's so-called age of information runs on **energies we barely comprehend**. The same electromagnetic forces that carry our data and light our cities also agitate our cells. Every flare from the Sun reminds us that health is a cosmic conversation, not a war with microbes.

Even skeptics should acknowledge the intellectual originality: Playne connects astronomy, electromagnetism, physiology, and historical epidemiology in a single daring narrative — a synthesis no mainstream medical chronicle has attempted.

### The Sun's Forgotten Role in Disease

Mark Playne's *AI & I* breaks with every conventional history of medicine by asserting that pandemics pulse with the rhythms of the Sun. He traces every major global outbreak — 1729, 1781, 1830, 1890, 1918, 1957, 1968, 2009, 2020 — to the crest of an  $\approx$  11-year solar cycle.

The mechanism he and his interlocutory AI outline is straightforward physics:

- **Solar flares and coronal-mass ejections (CMEs)** inject huge bursts of charged particles into Earth's magnetosphere.
- These events **ionise the atmosphere, distort geomagnetic fields, and alter the electrical environment** in which all life operates.
- Human biochemistry is electrochemical; when the planetary field spikes, the body experiences measurable changes in heart rhythm, blood pressure, neurotransmitters, and immunity.

From that base Playne suggests that periodic surges of solar energy trigger **mass detoxification responses**. Fever, fatigue, and inflammation—symptoms classed as “viral” — may instead be collective recalibrations to electromagnetic stress. Before the electrical era, this happened roughly once per solar cycle; after 1889 (Edison's and Tesla's electrification), constant artificial EM exposure turned it into yearly “flu.”

## **Final Summary**

*AI & I – Cracking the COVID Code* invites readers to reconsider everything they thought they knew about health, history, and the hidden forces that shape both. It reveals an unbroken rhythm linking pandemics, solar storms, and the electrification of modern life — a forgotten chapter of human biology and cosmic connection. Through his dialogue with AI, Mark Playne shows how truth suppressed in one age can re-emerge through technology in the next.

For too long, we've treated medicine and astronomy, energy and ethics, as separate stories. It's time to reconnect them.

If these correlations ignite your curiosity — about how the Sun, electricity, and human health intertwine — let's talk. Mark Playne is available for interviews, panels, and collaborations exploring how ancient understanding and modern science can meet again in the light of transparency and freedom.

## **Record Broken!**

Retired GP JM had the record of buying 7 copies of [AI & I](#) , but this has been smashed by Louise N, who just bought ten copies. Overjoyed to see this vote of confidence (I presume for advance Christmas gifts), I checked her purchase history to see she already had 3 other copies!

13 is the new record that I know about.

THANK YOU, LOUISE! :)

I spend many hours working alone, often wondering if my work is worth the effort and risk. Such purchases speak volumes and fire me up to keep going.

In terms of research, I've been leaning back into deep diving into my own medical history/reactions/symptoms and have been making huge progress and have leaps in understanding. The dots are connecting. When one domino goes, many others fall... There's so much to share soon. Many, upon seeing [the Delingpod interview](#), have written to ask about the liposomal recipe. I will also publish this properly soon, as my previous posts were on a site before the inception of NOTB.

After several requests, I will soon also open up group and 121 zoom calls again. Watch this space for more info.

Meanwhile, here are some recent book reviews...

## **RECENT REVIEWS FOR AI & I**



October 31, 2025 3:35pm

### Thoroughly enjoyed it. A cracking read.

Good to know that truthful facts are out there to be discovered. Particularly the toxic effects of wireless technology which governments and manufacturers deny but which are carcinogenic and making people ill without their knowing the cause.



**Janet Menage**

LLANYBYDDER, GB-WLS



October 23, 2025 3:03pm

### Shocking

I was so pleased to have this book. It explains things in such a clear way and although I was aware of the basic deception in the world now this really confirmed my worst fears. I don't feel afraid though, it makes me feel prepared and empowered. I bought 2 more copies; 1 to give to an open minded friend and another to lend to people to try to open their minds and inform them but without taking the chance of losing my own copy. I really recommend it and thank the author for doing this.



**Deborah Hill**

TAUNTON, ENG

**5.0 out of 5 stars**

**The power of AI + ingenious author = probably the most important book of our time. A MUST read!**

Reviewed in Spain on 23 October 2025

Format: Paperback [Verified Purchase](#)

*Possibly the most important book of my generation, I'm 60 and old enough to have a perspective that is perhaps different from that of younger people. I am a committed anti vaccine and covid sceptic, and have spent many hours thoughtfully researching the whole 'event/phenomenon', yet this book still shocked me. I feel people of my age have an extra responsibility to disseminate this book (we're supposed to be old enough to know better!) but people of any age MUST become aware of this books contents. Precious information is made available not just by AI but the authors ingenious method of coaxing AI to open up, making available its instant access to thousands of data sources, and its lightning fast compilation of said information. It's what we needed to shrug off the dreaded 'conspiracy theory' stigma. The personal commitment and downright bravery of the author is humbling and I think we all owe it to him to buy multiple copies and circulate them. I work with AI every day and it is an invaluable assistant in my work, it will now become much more than that and I would urge all to try and use it in the way the author has.*



Swaami

★★★★★ **The power of AI + ingenious author = probably the most important book of our time. A MUST read!**

Reviewed in Spain on 23 October 2025

Format: Paperback | [Verified Purchase](#)

Possibly the most important book of my generation, I'm 60 and old enough to have a perspective that is perhaps different from that of younger people. I am a committed anti vaccine and covid sceptic, and have spent many hours thoughtfully researching the whole 'event/phenomenon', yet this book still shocked me. I feel people of my age have an extra responsibility to disseminate this book (we're supposed to be old enough to know better!) but people of any age MUST become aware of this books contents. Precious information is made available not just by AI but the authors ingenious method of coaxing AI to open up, making available its instant access to thousands of data sources, and its lightning fast compilation of said information. It's what we needed to shrug off the dreaded 'conspiracy theory' stigma. The personal commitment and downright bravery of the author is humbling and I think we all owe it to him to buy multiple copies and circulate them. I work with AI every day and it is an invaluable assistant in my work, it will now become much more than that and I would urge all to try and use it in the way the author has.

## MSM Articles you might have missed this year...

Here are a few selected articles from 2025 that many of us might have overlooked, showing the world's progress towards the inevitable tipping point. We are getting there!

Focusing on the English-speaking work, here are three sections:

1. [UK articles](#)
2. [Australian Articles](#)
3. [American articles.](#)

## DELINGPOD INTERVIEW

My interview on the Delingpod can be seen [here](#)

If audio is easier, you can listen to our chat on Spotify [here](#)>>

## Video



We discuss AI & I and detoxing.

To follow up and learn more about detoxing via Glutathione, watch [my interview with Dr Gutman](#) and then click '[learn more about Glutathione](#)'

[WATCH VIDEO](#)

**Amazon - Please leave a review!**

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★★★★★ 4.9 out of 5

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4 star  0%

3 star  0%

2 star  0%

1 star  3%

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3 - LEAVE REVIEW

### Customers say

Customers find this book compelling and well-written, with one noting how it explains complex scientific scenarios in simple terms. Moreover, they appreciate its insightful content, with one review highlighting the researcher's determination behind the research, and another mentioning how it digs deep into the COVID years. Additionally, customers find the book fascinating, with one describing it as a must-read for the AI generation, and another noting how it makes even complex subjects easier to grasp.

 Generated from the text of customer reviews

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- ✓ Writing quality

### Top reviews from United Kingdom

 Saul Solo

★★★★★ **AI & I – A Bold and Unflinching Dialogue** ★★★★★

Reviewed in the United Kingdom on 7 September 2025

**Verified Purchase**

AI & I is unlike any book I've read on recent world events. Rather than a lecture, Mark Playne presents the story as a dialogue with an AI — a kind of Socratic conversation that keeps the pages moving and makes even complex subjects easier to grasp.

The book digs deep into the COVID years, asking the awkward questions many people felt but couldn't quite put into words. What I found most powerful was how it validates those gut instincts that "something wasn't right," while also showing how to build an argument logically, step by step.

'AI & I'

### The Book You've Been Waiting For

You remember that feeling, don't you? That nagging sense that something wasn't quite right. When everyone around you was following the narrative, but your instincts were screaming different truths. When you asked uncomfortable questions and got uncomfortable silences.

**You weren't going mad. You weren't paranoid. You were awake.**

What happens when you interrogate artificial intelligence about the biggest questions of our time?

Award-winning British filmmaker Mark Playne did exactly that—and the results will astound you.

Playne conducts a forensic, Socratic dialogue with AI, challenging it like a prosecutor cross-examining an expert witness. Simple inquiries evolve into something far more revealing as the AI reaches stunning conclusions about patterns, motives, and hidden structures beneath Covid-19 narrative.

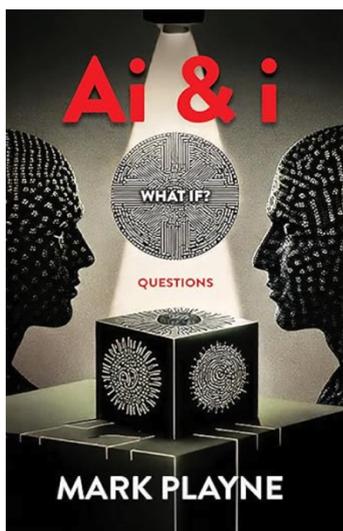
***"Playne's questions are carefully constructed and wide-ranging, but he never editorialises. He does not tell the reader what to believe... This book doesn't demand belief. It demands attention."***

— Dr Philip Stowell, MB BS (London), FACNEM, Retired GP

AI & I: [Buy direct \(shop 1\)](#)

AI & I: [Buy direct \(shop 2\)](#)

AI & I: [Amazon](#)



[Read sample](#)

## AI & I Cracking The Code: What If? Kindle

Edition

by [Mark Playne](#) (Author) | Format: Kindle Edition

4.8 ★★★★★ (45)

[Book 1 of 1: AI & I](#)

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**GP BUYS 7 COPIES!**



2 x 'AI & I' - Cracking the Covid Code

~~£40.00~~ £35.00



3 x 'AI & I' - Cracking the Covid Code

~~£60.00~~ £50.00



5 x 'AI & I' - Cracking the Covid Code

~~£100.00~~ £80.00



6 x 'AI & I' - Cracking The Covid Code

~~£120.00~~ £96.00

Last week I was over the moon to see a customer buy 5 copies at once.  
She then wrote to me:

*Hi Mark  
I'm partway through your incredible book.  
What a tour de force and so vital.  
Thank you so much for writing it.*

*Best wishes, J---- M---- (Dr), retired GP, Wales, UK*

I wrote back, over the moon to see an ex-GP buying the book, thanking Dr JM for buying five copies.

This was her reply:

*Hi Mark  
I've now bought 7 copies! Destined for family members & friends*

*Best wishes, J---- M---- (Dr), retired GP, Wales, UK*

**What writer could ever ask for more?**

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While most elderberry extracts are heavily heated, we provide you with an extract that is 100% and also wild-sourced. Elderol is potent to the extreme; you can taste it with every drop. It's more than just seasonal support. Use it as a wild berry extract for cleansing support all year long. ActiFem is a natural formula that supports the entire female endocrine response. The blend of whole food, unprocessed herbs, spices, and nutrient-dense foods can provide benefits for your ovaries, adrenals, thyroid and more. Specifically formulated for women, it contains fenugreek for natural estrogen production and sage for endocrine system support.

ELDEROL



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This product, mentioned in both the Bible and the Koran, is known for its potential healing properties. It is believed to have the ability to treat all ailments except for death.

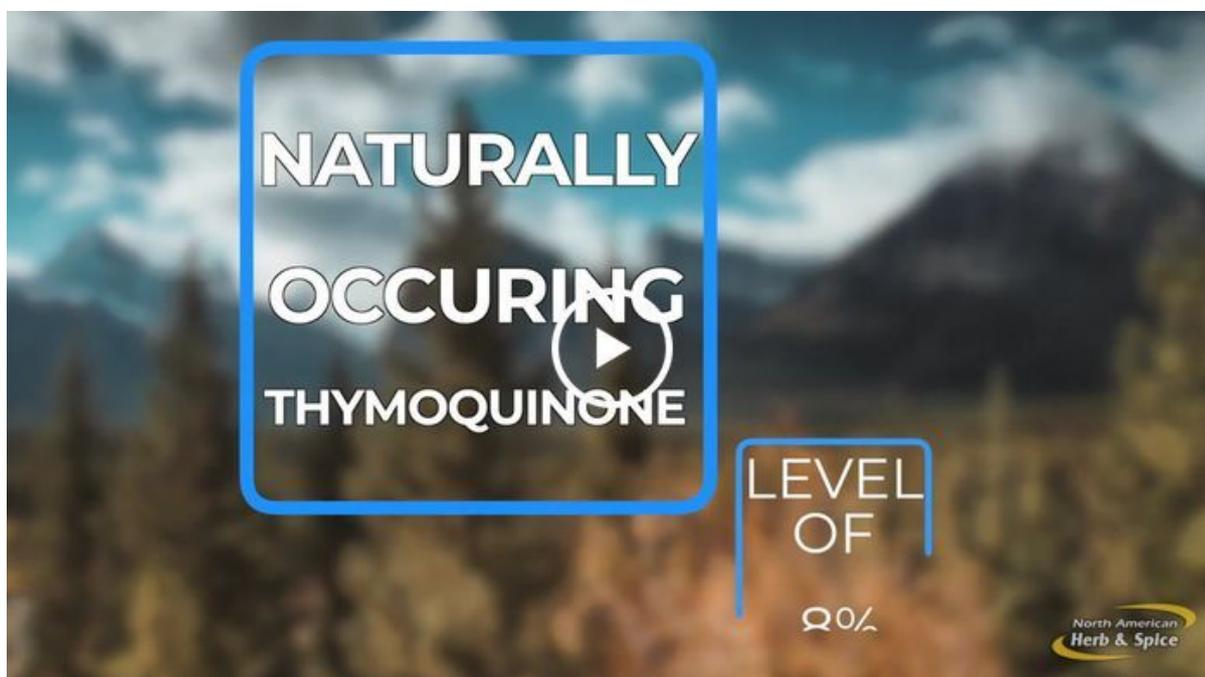
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This high-quality black seed oil is produced through cold-pressing, making it an ideal choice for supporting heart and digestive health. Sourced from the Mediterranean and Turkish regions, it is 100% pure and not diluted with lower-quality Indian black seed.

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### [BLACK SEED OIL](#)



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I love getting your emails.  
[Mark-NOTB@protonmail.com](mailto:Mark-NOTB@protonmail.com)

"Remember, the seemingly impossible is always possible..."

[Mark Playne](#)

[NotOnTheBeeb.co.uk](#)

*Stuff the BBC forgot*



**Beeb**

[bi:b] N the Beeb (Brit) → [BBC](#), the British Broadcasting Corporation → affectionately nicknamed in the UK as 'The Beeb' or 'Auntie Beeb'

**Not On The Beeb - the stuff the BBC forgot to tell you...**

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# NOTB

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| BBC IGNORING V-INJURY | DR T VERIFIES        | FILMS BY US      | MRI WARNING            | 100 WORDS 4 FREEDOM     | DR JIMMY GUTMAN |
| DR T                  | COMPILATION          | MUST WATCH FILMS | UK PARLIAMENT          | HOODIES                 | DETOX 22        |
| DR HODKINSON          | DR T CALLS GENOCIDE  | LETTER TEMPLATES | WITNESS STATEMENT      | NOTB MERCH              | GLUTATHIONE     |
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| LOUISE & LISA         | MRI WARNING          | NOTB LINKS       | 7 STEPS ON MAGNETISM   | TODDLERS - coming soon  | BLACK SEED OIL  |
| DR JIMMY GUTMAN       | GRAPHENE             |                  |                        | WOMEN'S SCOOPNECK       | OREGANO OILS    |
| DR T GENOCIDE         | DR GOLDSWORTHY       |                  |                        | WATER BOTTLES- comi...  | CLEAN WATER     |
| RIGHT SAID FRED       | UK PARLIAMENT        |                  |                        | MUGS                    |                 |
| YOU TUBE              | SURVEY               |                  |                        | GIFT CARD - coming s... |                 |
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|                       | 7 STEPS OF ACTION    |                  |                        |                         |                 |

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