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Where trends are born, not followed

GTM

TRENDS

MAGAZINE

27th

EUROPE AT A CROSSROADS

Between Strategic Autonomy
And Transatlantic Dependence

QUANTUM COMPUTING

The Next
Technology Arms Race

GEORGE AND AMAL CLOONEY

A Love Story
Without Grace

COVID-19 PANDEMIC

What Happened
During And After

COVER STORY

POWER, SPORT, DIPLOMACY

ZLATKO MATEŠA

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27th

*The word "**trend**" is not just a direction of development or a pattern of change—it is the driving force of the future, a power that shapes the world. And that is exactly why you are now in the magazine where **trends are born, not followed!***



About The Global Trends Magazine

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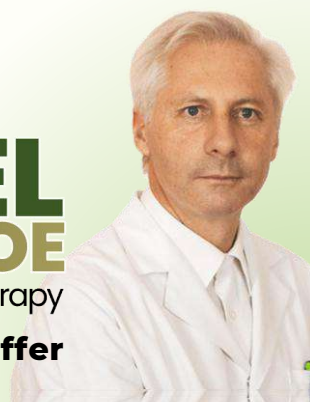


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Dr. Mario Mayrhofer



President's Insight:

To be
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GCBL President & GTM Chairman

They say true joy hides in life's quiet corners—in the curl of steam from a morning cup of coffee, the hum of a favorite song echoing through an empty room, or the warmth of a soul who sees you without words.

Happiness doesn't shout. It doesn't ask for attention. It lives quietly inside us, in moments we often overlook.

But lately, it feels like many of us are just getting by. We move, we talk, we scroll—but it's like we're no longer present in our own lives. We confuse being busy with having purpose. And somewhere along the way, we stopped noticing the little things that used to move us.

Maybe it's time to pause.

Let's put aside the anger, the grudges, the disappointments others left behind. Let's choose softness. Let's try to see what we've forgotten to notice—the sunlight through a window, a kind word, someone who really listens.

If we always look at the world through a filter of fear or frustration, it will seem cold and hopeless. But if we let in just a little light—if we let ourselves see things differently—our experience of life can shift. The world might not change, but how we live in it can.

Take a break from the noise. From the news. From the pressure to keep up. Even just for a day.

Because in the end, what we're really after isn't more noise or more distraction—it's peace. It's that quiet kind of happiness that grows from being kind, from slowing down, from paying attention. It's the feeling that life still holds beauty, even in difficult times.

We all want to feel again. To stop just surviving and start truly living.

When we do that—when we allow ourselves to feel—we start to understand how precious happiness really is. And once we remember that, no-one can take it away from us.

Especially not now. Because to love and be loved, we first have to let love in. Even if it's been asleep for a while.

When we do, everything changes. We stop seeing each other as strangers or threats. We start seeing what we share—the same hopes, the same fears, the same deep wish to be okay.

We're not as different as we think. We all want to feel joy. To feel safe. To belong. And maybe that's the real revolution—not one that begins in the streets, but one that begins quietly, inside us. The day we choose kindness. The day we choose to care. The day we choose happiness—not later, but now.

President's INSIGHT



Editor's Note:

STIFLING THE Global Leadership Status Quo

Nicole S. Farrell, GTM Chief-Editor

There is the familiar stoic line: "No means no.". It is typically associated with a deep social paradigm or human rights rhetoric, however, it has stealthily and figuratively seeped into the fabric of pushback culture. The 'Cancel Culture' too.

While some leaders get their egos stroked by 'Yes Men' and 'Yes Women' in their administrations, there are individuals at the highest ranks and lower-tiered ranks who refuse to be strong-armed or bullied. With increasing regularity, decades-old practices, attitudes, acceptance, tolerance and even policies are being not only frowned upon but fiercely challenged.

On the political front, we have been witnessing firsthand the unrelenting and unapologetic stances from nations' leaders who dare to challenge what they consider to be blatantly unfair biases, economically detrimental moves, demonstrations of power-mongering and too much insistence on the premises and patterns of yesteryear. With this shift, the unspoken chants echo - No, we will not be moved. No, this is not acceptable. No, we will not cower in fear. No, this cannot be supported.

In commercial and corporate sectors, even though it's forced at times, leaders are making uncomfortable decisions that position them to achieve sustainable growth and team development. With the entertainment industry, the surge in independent management cannot be denied. They are all abandoning the "But we've always done it this way." chorus.

The most unlikely of allies among global leaders have banned together in a concerted effort to disintegrate the foundations of folly before they are concretized. The sometimes subliminal and sometimes outright message is clear - the status quo will not be given a warm place to flourish.

It gives rise to the age-old idea that good things can indeed come from the bad. How the leaders of countries, regions and businesses will traverse the rest of 2025 will be of interesting significance. The trajectory of global leadership will be a telling tale for generations to come. We must also consider that there are unprecedented examples of younger leadership, and with that brings a new dynamic, mindset, drive, focus and vision. The world is restless and tired. They don't care to be swaddled in the folds of unnecessary red tape, heartless attacks, myopic attitudes, flippant antics and arrogant behaviour anymore.

2025 might very well one day be rated as one of the most interesting years in history. And so, we wait.

Editor's NOTE



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The

Jorge Mario Bergoglio
(1936-2025)

**SHEPHERD
OF HOPE**

IN MEMORIAM

Sacred Goodbye, Global Trends Magazine, 27th Edition 2025

goglio

RD



IN MEMORIAM



The **SHEPHERD OF HOPE**

Sacred Goodbye, Global Trends Magazine, 27th Edition 2025

In an era marked by division, polarization, and a loss of faith in institutions, one man has quietly but profoundly changed the spiritual and moral discourse of our time. Pope Francis, born Jorge Mario Bergoglio, is not just the 266th Pope of the Roman Catholic Church. He is a living bridge between the sacred and the broken, between tradition and transformation—a shepherd of hope for a world in turmoil.

A Humble Beginning

Born on December 17, 1936, in Buenos Aires, Argentina, to Italian immigrant parents, Jorge was the eldest of five children. His father, Mario, worked on the railways; his mother, Regina, cared for the home. They were a modest, working-class family, and it was from these roots that Francis learned compassion for the poor, the value of simplicity, and the strength of faith in hardship.

At the age of 21, Jorge's life changed forever. Stricken with severe pneumonia, he underwent the removal of part of his lung. That brush with death left a permanent physical scar but also deepened his spiritual life. He once said, "Illness was a turning point—it taught me to depend only on God." It was then that he heard the whisper of his calling.

The Quiet Priest Who Walked With the Poor

Ordained as a Jesuit priest in 1969, Bergoglio was known for his intellect, humility, and unshakable commitment to social justice. He refused the comfort of a private car, choosing instead to ride the bus through Buenos Aires' crowded streets. He lived in a small apartment, cooked his own meals, and spent much of his time in the city's poorest neighborhoods—offering more than just prayer, but presence.

One story from this period stands out. On a rainy afternoon, a street child approached him, barefoot and shivering. Bergoglio took off his own shoes and socks and gave them to the boy, then walked the rest of the day barefoot. "The Gospel," he later said,

“

"I am old enough; I have come to realize that no war has a true purpose. No war offers new perspectives, none solves the root problems; it only makes them worse. Every war leaves behind a world that is worse than the one before."

— Jorge Mario Bergoglio, Pope Francis



Funeral in Rome (Photo: CNN)

"is lived on the streets, not behind gilded altars."

Becoming Pope - and Changing Everything

On March 13, 2013, to the surprise of many, Cardinal Bergoglio emerged on the balcony of St. Peter's Basilica as the newly elected Pope. He took the name Francis—not after a previous Pope, but after St. Francis of Assisi, the patron saint of humility, peace, and care for creation. It was a bold signal that a new kind of papacy had begun.

From the very first moment, Pope Francis broke with tradition. He asked the crowd to bless him before he blessed them. He paid his own hotel bill the next morning. He refused the luxurious papal apartment, choosing instead to live in a modest guesthouse. And then came his messages: mercy over judgment, inclusion over exclusion, service over power.

Champion of the Forgotten

Francis has become the voice for those whom the world too often ignores: migrants, the poor, the imprisoned, the elderly, the environment, and the outcast. He washed the feet of Muslim refugees

Pope Francis

(born **Jorge Mario Bergoglio** on December 17, 1936, in Buenos Aires, Argentina) is the **266th Pope of the Roman Catholic Church** and the first **Pope from the Americas**. Elected in 2013, he is known for his humility, emphasis on mercy, concern for the poor, and advocacy for dialogue, peace, and environmental protection.

Before becoming pope, he served as Archbishop of Buenos Aires and was a member of the Jesuit order. His papacy has focused on reforming the Church and promoting a message of compassion and inclusiveness.

and women on Holy Thursday. He visited slums in Kenya and prisons in the United States. He opened the Vatican's doors to the homeless, even converting parts of it into shelters.

In 2015, he released *Laudato Si'*, a groundbreaking encyclical calling for urgent environmental action and denouncing the "throwaway culture" that sacrifices the Earth and the vulnerable for profit. It wasn't just a church document—it was a global wake-up call.



Pope Francis, April 2025 (Photo: WSJ)

A Pope of Firsts

Pope Francis is the first Jesuit Pope, the first from the Americas, and the first non-European pope in over 1,200 years. But beyond these historic milestones, he is also the first to speak so openly about doubt, mental health, and the need for a church that listens before it speaks.

He has reached out to the LGBTQ+ community with a simple but revolutionary phrase: “Who am I to judge?” He has spoken openly about corruption in the Church and championed transparency and reform. His critics accuse him of being too progressive; his followers say he’s simply being Christ-like.

The Gentle Revolution

Pope Francis has not rewritten doctrine, but he has redefined tone. He has changed hearts not by decree, but by example. His leadership is not that of a monarch, but of a pastor who leads by walking behind his flock, making sure no-one is left behind.

He has said, “Rivers do not drink their own water; trees do not eat their own fruit. The sun does not shine on itself... Living for others is a rule of nature. We are born to help each other.” It is this vision of shared humanity that defined his papacy.

“

Every war leaves the world worse than it found it.”

— Jorge Mario Bergoglio, Pope Francis

A Legacy of Love

In his late 80s, Pope Francis moved with frailty, often supported by a wheelchair. Yet even as his body weakened, his spirit never wavered. Until his final days, he radiated a quiet strength—reminding the world that true greatness lies not in dominance, but in compassion.

Now that he is gone, his legacy lives not in monuments or titles, but in the countless lives he touched. In a fractured world, Pope Francis did not just preach love—he lived it. And in doing so, he left us not just memories, but a lasting call to mercy, justice, and hope.

Article **END**

A Phone Call from the Heart

Pope Francis had a unique and deeply personal habit—he often responded to letters from ordinary people and, on occasion, even called them personally. Not long after his election, an elderly Italian widow, grieving the recent loss of her husband, had written him a heartfelt letter expressing her sorrow and loneliness.

One day, her phone rang. On the other end of the line, a gentle voice said: “Hello, this is Pope Francis. I received your letter and wanted to tell you that you are not alone.”

At first, she thought it was a prank. But when she realized it truly was the Pope, she broke down in tears. Later, she shared that the call had been one of the most healing moments of her life.

This simple act—a phone call to someone in pain—captured the essence of Pope Francis’ philosophy: “The Church must be like a field hospital after battle—where there is pain, there must be love.”



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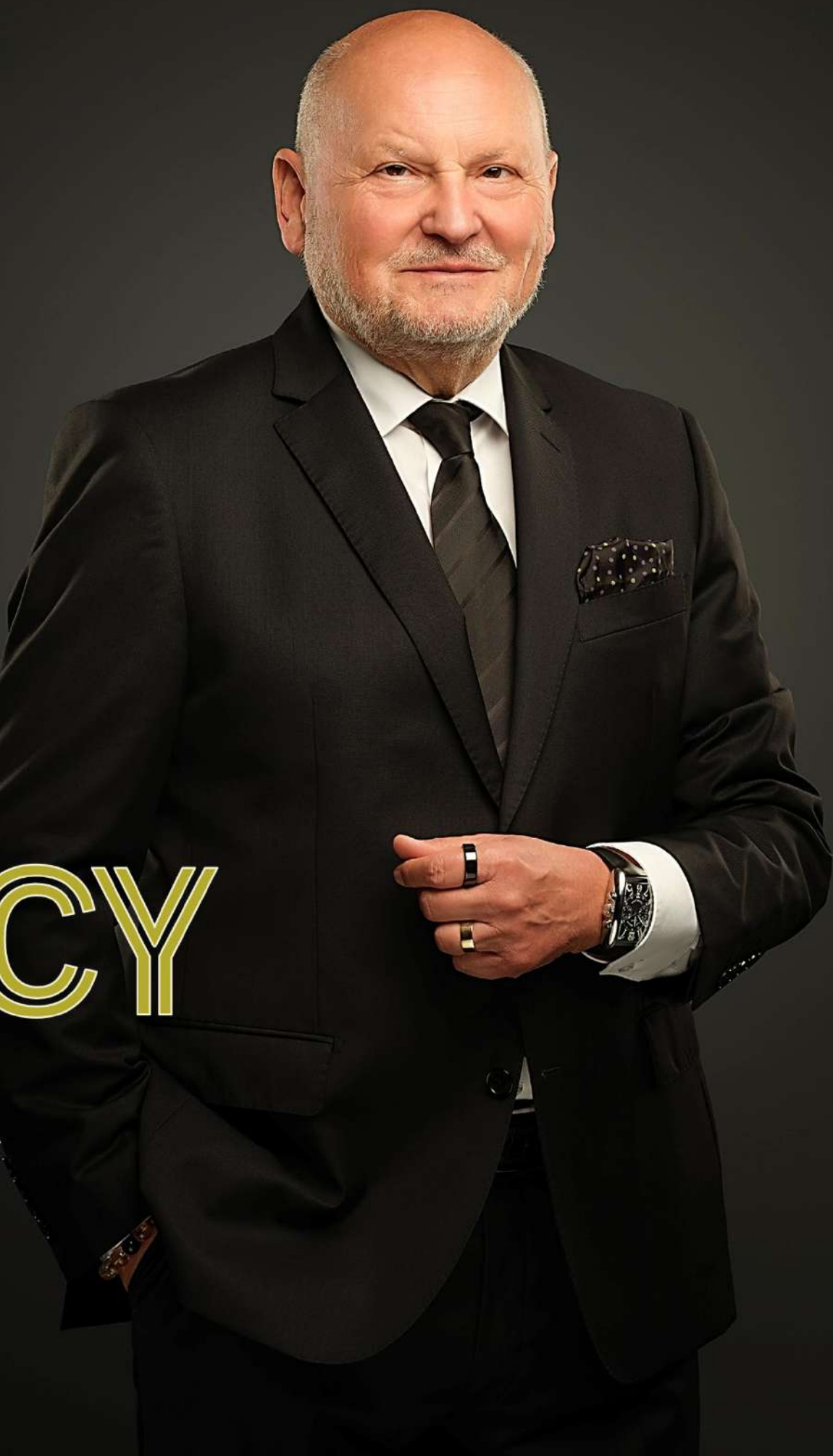
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POWER, SPORT, DIPLOMACY ZLATKO MATEŠA





ZLATKO MATEŠA POWER, SPORT, DIPLOMACY

Photo: Branimir Kralj

When you think of a statesman with a cool, down-to-earth demeanor, it is quite possible that former Prime Minister of Croatia, Dr. Zlatko Mateša, is one person who may come to mind.

A Global Citizen with Deep Roots: Who Is Dr. Mateša?

An alumnus of Harvard University in the United States of America, his educational experience and qualifications extend beyond borders and disciplines. Although his impressive list of official and professional experience is long—with Board appointments, consultancy work, being the Co-Founder of the Zagreb School of Economics and Management, and a plethora of titles—he is adamant about living a life that isn't always about professional labels.

As a hobby, he takes to the skies as a private pilot, and just as he soars during flight time, he figuratively continues to soar in his various pursuits, steering the wheel of progress,

development, and fulfillment with focused precision. Still professionally active, he holds various positions, including President of the Croatian Olympic Committee and Honorary Consul of Mongolia in Croatia.

Leading with Heart: His Role in Croatian Sports

Regarding his role with the Croatian Olympic Committee, he spoke with much pride about his beloved country, its professional athletes, and his colleagues who work alongside him.

"I've been the President of the Olympic Committee for more than twenty-three years and (I'm) probably the longest-serving President of any national Olympic Committee in Europe. The



Zlatko Mateša with George W. Bush, former President of the USA



With Gao Zhidan, Minister of the General Administration of Sport, China.

“

So, tourism and sport are definitely connected.”

– Zlatko Mateša

Executive Board and myself are all volunteers, so we are doing it with the heart. We are all keen to improve all aspects of Croatian sport and we are quite successful in doing that because for the last three or four Summer Olympics, we were among 15% of the best countries in the world concerning the medal table, which is a huge achievement for a country like Croatia with less than four million people. So, we are very proud of that. We have some very, very worldwide known athletes from the NBA and Major Leagues in basketball or football in Europe and the USA. So, we're really proud of all of that.”

Sports Tourism: A National Growth Strategy

Based on his experiences with the Croatian Olympic Committee, what is his view on sports tourism and its merits?

“Tourism and sport are quite interrelated, and let's say, in the case of Croatia, our income from tourism is around 13 billion euros annually and no less than 10% is coming from sports. So, tourism and sport are definitely connected. Croatia has the largest chartered fleet in the world for sailing and we also have professional clubs which are doing camps. They add very much to Croatia's tourism and that is why we have a Minister and Ministry of Tourism and Sport as part of the Government because we are very aware that they are closely connected.”

The Person Behind the Public Image

When it comes to personality, what does he think the public doesn't know about him?

“True. As a public figure, on a daily basis, you are



With Thomas Bach, the IOC President

always exposed to the media, public opinion, social networks. Mostly, people don't know anything about you. They only have a perception. It may be far from your real personality. So, sometimes it's very difficult to think about yourself as a public figure because it's totally different from your personality or what you really are. At the end of the day, you want to be perceived as a normal person.

The highest compliment that you can get from the public or the media or even the people around you is that you are a normal person. It's very rare but extremely important. So, for me, it was important for me then (as Prime Minister) and now to see me as a normal person."

Governing in Crisis: Lessons from a Post-War Era

What is one thing he learned about himself during his time in office?

"Yes, it is quite difficult to be the Head of the Government but during my period in the office, it was extremely tough because it was the post-war period in Croatia. There were a lot of displaced persons and they needed to be cared for.

“

The highest compliment that you can get from the public or the media or even the people around you is that you are a normal person."

– Zlatko Mateša

It was quite challenging.

What I really learned from that is that you have to take care of your family, your friends, your kids. Not to expose them to the public. Keep them out of that business and the interest of the people because it is the only solution if they want to survive during your time in office. I was very happy and proud that I succeeded in doing that with my family and kids. I preserved them from



With His Excellency, Pope John Paul II.



With Bill Clinton, former President of the USA.



With His Excellency, Pope John Paul II.

“

I tried to develop these types of skills among all of my associates, my Ministers and my business companions because loyalty, you cannot learn.”

– Zlatko Mateša

the public eye. I take very good care to keep my friends from high school, the faculty and the street where I grew up close to me. Every week, we are playing water polo and football. Just trying to keep that relation with the people you really like. Because in politics, you do not have a lot of friends. The sooner you accept that, the better for you.”

Loyalty and Teamwork: The Two Pillars of Leadership

What are two profound lessons that he learned during his tenure as Prime Minister that made a positive lifelong impact on him?

“Lessons. Yes, you learn a lot of lessons during your time in office. But if you ask me for two that made a positive impact, definitely, firstly, it would be (about) loyalty and secondly, teamwork. In my view and in my experience, that is a precondition for any successful relation in the Government or in business as well. So, I tried to develop these types of skills among all of my associates, my Ministers and my business companions because loyalty, you cannot learn.”

The Global Chessboard: A Shift Toward Asia

What are his thoughts on today’s geopolitical landscape?

“After the fall of the Berlin Wall and the end of the Cold War, there is a perception that the geopolitical division is known to everyone. You have the U.S. on one side, Asia on the other side, you have Europe, the European Union.



Meeting Al Gore, former Vice-President of the USA.

Almost everything seems to be normal and easy to recognize as a relation but recently, everything's changed. During the aggression of Russia and Ukraine and everything that happened with that, global changes happened in connection with that.

You have a new geopolitical situation. You definitely have a shift of power towards Asia, China, India and other countries. And the European Union is quite weak because of the system and organization of the Union, which is quite bureaucratic.

Then, you have the new situation with President Trump in the U.S., which is based on the fact that he wants to make some changes in U.S. politics to force others to recognize that the USA is a country to be respected in any sense. So, with this new geopolitical situation, the outcome is not known as yet but my prediction is that definitely the trend is that power is shifting towards Asia."

Why He Joined GCBL: A Global Platform for Peace and Respect

What attracted him to the Global Chamber of Business Leaders?

He first said, "I am very proud to be an Ambassador

“

You definitely have a shift of power towards Asia, China, India and other countries."

– Zlatko Mateša

*of the Global Chamber of Business Leaders, and thanks to President **Dejan Štancer**, I have the privilege to be part of a globally recognized organization."*

About his intentions, he stated, "The main aim is to be connected with other people but with respect and cooperation. That is something that attracted me to the Global Chamber of Business Leaders.

They promote cooperation, respect and a peaceful way of doing politics and business, which is quite rare today."



Dejan Štancer, President of the GCBL, and Mitja Laharnar, GCBL's Technology Director, with the Mateša couple.

(Photo: Jadran Lazic)

A Desperate Global Need: Peace, Truth, and Dialogue

What is a worldwide circumstance currently that he thinks needs a desperate call for peace and cooperation?

"Peace and cooperation are key words in my opinion because of the world we are living in now, full of fake news, full of social media attacks, full of misinformation and also media, which more or less is not at the level that it used to be—to be very polite.

The need for discussing something in peaceful and cooperative surroundings with other people who you respect is something that can be extremely important in today's world.

That is something that we are missing and that is something that is promoted by the Global Chamber of Business Leaders with its initiative "Global Coalition for Cooperation and Peace" at the right moment to promote such a global idea."

"If I could change anything in this world, for sure, it would be more respect between people, between different cultures and religions. That is the part we are missing badly and it is the only thing that can save us in the future.

So, look at the people who are sitting on the other side of the table as friends and try to understand them and try to help them. It's the only way we can change our situation now."

A Final Message to the Next Generation

"My message to the world in general and the younger generation would be to try to take a more critical and intellectual approach to social media and the news that you are listening to or reading every day.

To be aware that that is just technology. Also, try to respect other people, other opinions, other religions and be more friendly to the people sitting next to you."

Article **END**

The Cost of Our Division is WAR

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Dr. Mario Mayrhofer is a general practitioner based in Klagenfurt, Austria, specializing in anthroposophic and palliative medicine. He holds Diplomas in Anthroposophic Medicine and Palliative Medicine from the Austrian Medical Association.

Dr. Mayrhofer practices at the Parsival Therapeutikum, located at Jaques Lemans Platz 1 (Domgasse 3) in Klagenfurt.

His clinic offers treatments for various conditions, including complementary integrative cancer therapy, mistletoe therapy, neurodermatitis, asthma, hay fever, susceptibility to infections, gastrointestinal and liver diseases, exhaustion and burnout, blood pressure disorders, spinal and joint diseases, thyroid disorders, and psychosomatic illnesses.

Patients have rated Dr. Mayrhofer positively, with an overall rating of 4.5 out of 5 on DocFinder. They commend his empathy, trustworthiness, and the quality of treatment provided.

Integrative Medicine:

ISOREL MISTLETOE Cancer Precursor Therapy

Dr. Mario Mayrhofer, General Practitioner, ÖÄK Diploma in Anthroposophic Medicine, ÖÄK Diploma in Palliative Medicine

Due to the achievements of modern medicine, treatment outcomes in oncology have significantly improved. Nevertheless, the overall mortality rate across all types of Cancer remains around 60%. Early diagnosis continues to be the most critical factor for successful treatment and long-term survival.

Most types of Cancer develop over long periods of time. For certain malignancies, defined precancerous stages, either facultative or obligate, are defined. These can be detected on the skin using magnification cameras with pattern recognition software, or on accessible mucous membranes through gastroscopies or colonoscopies.

Depending on the findings, such precancerous lesions are either surgically removed (e.g., polyp removal) or monitored regularly through a strategy of 'watchful waiting' as is the case with cervical cell changes.

But this raises an important question: Are there meaningful interventions or health-promoting strategies to prevent the progression into aggressive Cancer? Can Mistletoe Therapy be rationally applied even in these early stages?

To approach these questions, we should give attention to the stepwise model of tumor development.

The Multistep Model of Carcinogenesis

According to current scientific understanding, Cancer arises through a multistep biological process. Over the course of many years, a tumor can develop undetected by the immune system. It appears at first harmless but gradually becomes more aggressive, immune-evasive and ultimately deadly to the host organism.

Stage 1 – Initiation:

Multiple genetic mutations are required for a cell to transform into a Cancer stem cell. At this point, the cell's repair mechanisms are no longer sufficient to ensure regulated cell growth and division. Biologically, these cells still appear normal under the microscope.

Stage 2 – Promotion:

The cells now begin to differ morphologically from healthy cells. This stage is especially significant as it is highly susceptible to influence by external factors. Nutrition, hormones, physical activity, disrupted circadian rhythms (e.g., due to shift work),

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Integrative Medicine:

ISOREL MISTLETOE Cancer Precursor Therapy

prolonged psychological stress and emotional strain can all either promote or inhibit tumor development during this phase.

Stage 3 – Conversion:

At this point, an in situ carcinoma has formed, that is a localized form of Cancer which has not yet developed the capacity to metastasize. These early forms are found in polyps or cervical lesions and may remain in the body undetected for years.

Stage 4 – Progression:

This is when Cancer becomes invasive, typically growing larger than 1 cm and forming connections to blood and lymphatic vessels. The disease now has systemic implications as tumor cells are present in the bloodstream and possibly in other organs, though often still dormant. Unfortunately, Cancer is most often diagnosed at this advanced stage.

Opportunities For Early Intervention

When we closely examine this multistage process, it becomes clear that there are meaningful ways to interrupt tumor development before it reaches the destructive phase of progression. Many lifestyle factors play a key role but the question also arises whether any pharmacological intervention is possible, ideally free of the burden of severe side effects.

This is where Mistletoe Therapy proves beneficial. It has been shown to stimulate both the innate and adaptive immune systems and to exert tumor-inhibiting effects, both cytotoxic and cytostatic, on malignant cells. All this, with minimal side effects.

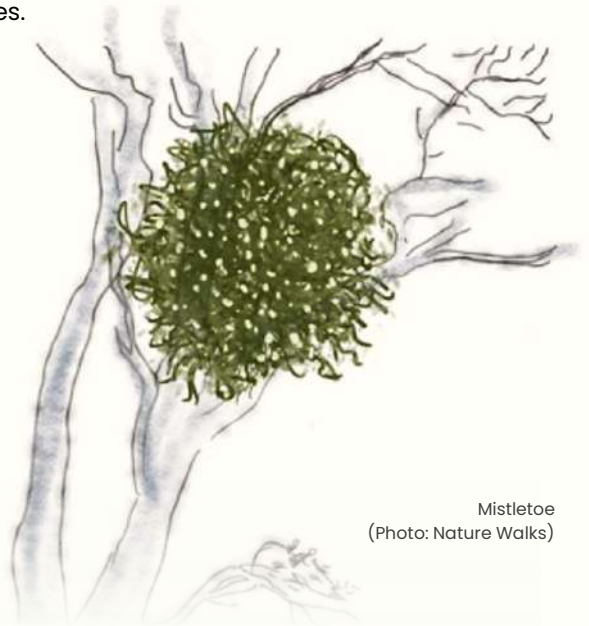
In practice, mistletoe is administered subcutaneously once or twice per week over a period of three to six months. In some cases, treatment is extended, especially if precancerous lesions regress slowly or do not respond to therapy.

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The physician selects the mistletoe variety based on the host tree (e.g., fir, apple, etc.).

Many patients recognize the value of applying Mistletoe Therapy prophylactically in early disease stages.



Mistletoe
(Photo: Nature Walks)

Clinical Experience and a Case Example

Longstanding clinical experience supports the efficacy of Mistletoe Therapy, even in the early stages of Cancer. Several small clinical studies confirm this. One particularly interesting case illustrates the potential:

In October 2022, an otherwise healthy 82-year-old woman underwent surgery for a colorectal tumor measuring over 3 cm. A portion of her colon and rectum was removed. In a follow-up colonoscopy in August 2023, a large polyp occupying half the circumference of the ascending colon was found and removed. Then, histological analysis revealed a precancerous lesion and an early-stage carcinoma. The oncologist recommended yet another extensive bowel resection but the patient refused. Seeking an alternative, she opted for Mistletoe Therapy.

She began receiving Isorel A, a mistletoe extract from fir, administered subcutaneously twice per week. All subsequent follow-up examinations, including imaging and colonoscopy, have shown no pathological findings to date. The patient also

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reports excellent physical and emotional well-being.

In this case, the rationale for using Mistletoe Therapy was to harness its immunomodulatory and anticancer properties to prevent recurrence, whether in the colon or elsewhere. A second bowel resection could have resulted in short bowel syndrome - a condition that severely compromises quality of life, especially in elderly patients.



Mistletoe (Photo: USGS)

Mistletoe For Reducing Cancer Risk

Mistletoe Therapy may also be useful in Cancer prevention. This includes individuals exposed to occupational carcinogens, those with a family history of Cancer, people under chronic stress or working night shifts and smokers. While clinical evidence is still limited - there is, for example, one small study on children affected by the Chernobyl

disaster - initial findings and experience suggest a potential preventive benefit.

Chronic inflammation in organs such as the esophagus, stomach, colon or liver can also increase Cancer risk significantly. In such cases, Mistletoe Therapy may serve as a preventive strategy alongside other health-promoting measures.

The underlying rationale of mistletoe's mechanism of action supports its use as part of an integrative approach to Cancer prevention, even outside of acute oncological treatment.

Conclusion

Mistletoe Therapy offers a promising approach for use in both early Cancer stages and preventive settings.

Its immune-stimulating, anti-inflammatory and tumor-inhibiting properties - paired with a low side-effect profile - make it a valuable complementary treatment.

Especially for patients seeking gentle, supportive interventions or alternatives to invasive procedures, Mistletoe Therapy can be a meaningful option.

Article **END**

integrative MEDICINE





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Presidential Column:

PROTECT THE GLACIERS

Secure Our Water Future

H.E: Rosalia Arteaga,

Former President and Vice President of the Republic of Ecuador,
Board of Advisors Member, Global Chamber of Business Leaders,
former Secretary General of the Amazon Cooperation Treaty Organization

One of the critical consequences of climate change and global warming is the accelerated melting of glaciers, those vast masses of ice that, in the case of the Andes Mountains, are the source of numerous water flows that give rise to or sustain rivers and freshwater streams.

Although glaciers are most commonly associated with the polar regions and the peaks of the highest mountains, especially in Antarctica and Greenland, this commentary focuses on the awe-inspiring glaciers of the Andes in South America. This majestic mountain range stretches across Argentina, Bolivia, Chile, Colombia, Ecuador, Peru and parts of Venezuela. The Andes are home to a mosaic of ecosystems, including highlands (high mountain tundra), wetlands and cloud forests. These not only contribute to the region's breathtaking beauty but also serve as essential water reserves, playing a vital role in water generation for both people and nature.

Over the past few decades, many of these glaciers have either vanished or become seasonal, reappearing only during Winter. This loss not only diminishes the striking presence of the Andean giants but also disrupts the natural production of water. Rivers that once flowed steadily year-round are now becoming intermittent, threatening water availability for ecosystems, agriculture, energy and daily life.

This alarming trend highlights the urgency of investing in what is known as "water sowing", a set of practices that includes reforestation, the conservation of native vegetation and reciprocal water agreements. These programs allow downstream beneficiaries to financially support highland communities who act as stewards of the water, protecting the forests and ecosystems that regulate its flow.

Traveling north or south from Quito, Ecuador's capital, one can still see glaciers crowning the Andes' peaks, those magnificent snowcaps that enhance the landscape and signal a secure water supply. These glaciers first provide for small-scale farmers and rural communities in the highlands but they also ensure a steady flow of water to cities and power the turbines essential to hydroelectric generation.

The connection between glacier health and our daily lives may not be immediately apparent but it becomes strikingly clear during severe droughts, such as the one at the end of last year, that led to an unusually long and disruptive energy crisis. These extreme events are expected to become more frequent and more severe, putting food security at risk for millions, especially rural populations, and threatening water supplies in both small towns and large urban centers.

Glaciers are integral to the Earth's water cycle, making their preservation crucial. They are among the world's largest reservoirs of freshwater, natural regulators of climate and vital to sustaining ecosystems. Simply put, glaciers are a lifeline, for people, plants, animals and all living beings. That's why we must urgently protect them—by conserving mountain ecosystems, wetlands, and using water responsibly. Inaction risks deeper, recurring crises that threaten our region's wellbeing and stability.

H.E. Rosalía Arteaga is a prominent Ecuadorian politician and lawyer who served as Ecuador's first female President in 1997. She previously held roles as Vice President and Minister of Education. Arteaga is also known for her advocacy in education, women's rights, and environmental issues, and has authored several books on these topics.

Presidential COLUMN

GTM



EUROPE AT A CROSSROADS


Between Strategic Autonomy and

Geopolitics & Global Strategy, Global Trends Magazine, 27th Edition 2025

A stylized map of Europe and North America is shown in the background. The map is rendered in shades of blue and green, with a dark brown background. A diagonal band of blue and yellow stars, resembling the European Union flag, runs from the bottom left towards the center. The text "SSROADS" is written in large, bold, white capital letters, and "nd Transatlantic Dependence" is written in smaller, white capital letters below it.

SSROADS

nd Transatlantic Dependence



EUROPE AT A CROSSROADS

Between Strategic Autonomy and Transatlantic Dependence

Geopolitics & Strategy, Global Trends Magazine, 27th Edition 2025

As the geopolitical landscape fractures and new centers of power emerge, Europe finds itself standing at a historic crossroads. Should it chart its own independent strategic course, or continue its longstanding reliance on transatlantic ties – especially with the United States?

The war in Ukraine, the shifting U.S. political climate, growing instability in the Middle East, and China's assertiveness have all made one thing clear: the era of geopolitical comfort is over. The European Union must now decide whether it will merely react to global forces — or become one itself.

Strategic Autonomy:

A Catchphrase or a New Doctrine?

The concept of “strategic autonomy” is not new. First introduced in EU policy circles in the early 2010s, the term referred primarily to defense. But today, it has expanded to encompass technology, energy, supply chains, health security, and even digital sovereignty.

In 2022, EU foreign policy chief Josep Borrell famously declared that Europe must learn to “use the language of power.” Since then, France has championed the idea most strongly, with President Emmanuel Macron warning in 2023 that Europe risks becoming “a vassal” if it does not secure its own defense and industrial capabilities.

But is strategic autonomy feasible — or even desirable — given the deep-rooted ties between Europe and the United States?

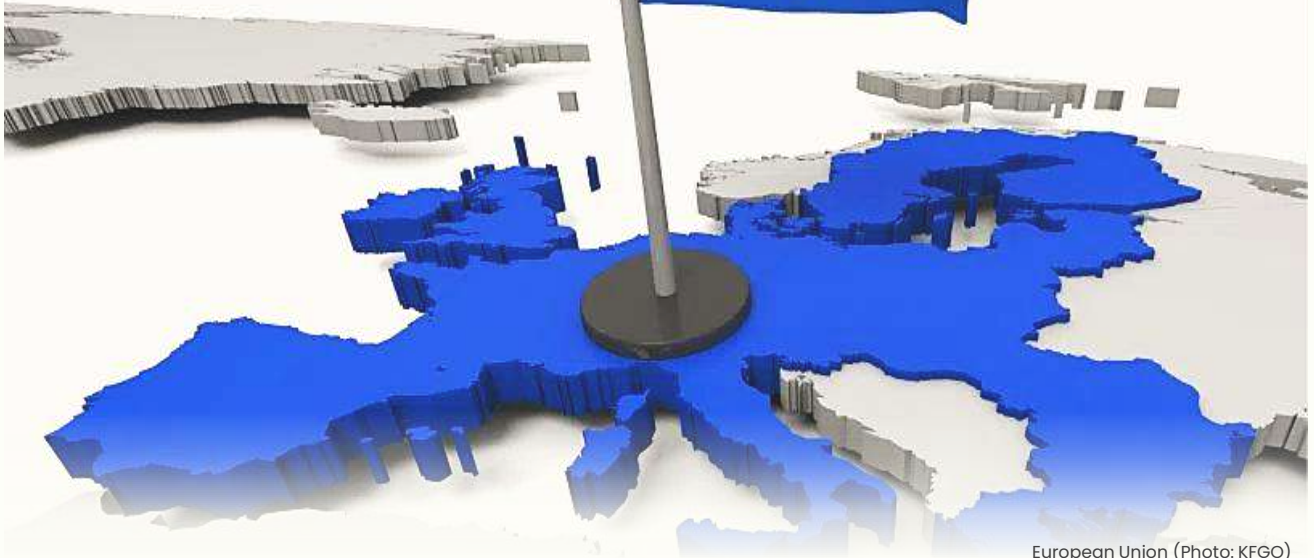
Dependence on the U.S.:

Deep, Durable, and Potentially Dangerous

Europe's security architecture still rests squarely on

“

The European Union must now decide whether it will merely react to global forces — or become one itself.”



European Union (Photo: KFGO)

NATO, a transatlantic alliance where the United States contributes 70% of the total defense spending. Despite recent increases in European military budgets, the continent is still not prepared for autonomous defense. Only seven NATO members in Europe met the 2% GDP defense spending target by the end of 2024, despite growing calls to do more.

In areas like artificial intelligence, quantum computing, and semiconductor manufacturing, Europe continues to lag behind both the U.S. and Asia. The EU's own AI Act is seen more as a regulatory shield than a tool for technological leadership. Meanwhile, 80% of European cloud data is stored on servers controlled by U.S. tech giants.

Energy dependency has also shifted rather than disappeared. The continent's break with Russian gas has made it heavily reliant on U.S. liquefied natural gas (LNG) — often at significantly higher prices.

The China Dilemma:

Between Trade and Trust

Another test of Europe's autonomy lies in its

The Bottom line:

More and more experts see Trump's policy towards Europe as an opportunity for the European Union to become a serious world power and no longer just an appendage of the United States, as it has been since the European Union was founded.

The fact is that the growing conflict between the United States and China after the introduction of Trump's tariffs is leading to an increasing polarization of the world, which may ultimately lead to a serious, even military, conflict between the superpowers. It is possible that Europe will be more necessary for the United States than vice versa, because with the latest political moves of the Trump Administration, the United States is increasingly and rapidly losing allies around the world.

balancing act with China. On one hand, China remains the EU's largest trading partner, with over €2.3 billion in goods traded daily. On the other, growing concerns over human rights, technological theft, and industrial overcapacity have put Europe under pressure to align more closely with the U.S. stance on China.

The 2024 EU investigation into Chinese electric vehicle subsidies and the tightening of export controls on critical tech signal a more assertive Europe — but one still hesitant to fully decouple. Germany, in particular, remains deeply entangled with China through its automotive and manufacturing sectors.

Technology Sovereignty:

Still a Work in Progress

The COVID-19 pandemic exposed Europe's dangerous overdependence on non-European pharmaceutical and tech supply chains. In response, the EU launched the Chips Act, aiming to produce 20% of the world's semiconductors by 2030. Yet as of Q1 2025, Europe's share remains under 10%, and most fabrication plants are still years from completion.

Efforts like Gaia-X (a European cloud initiative) and the European Battery Alliance also show promise — but progress has been uneven, and innovation remains largely reactive rather than disruptive.

A Divided House:

East vs. West, North vs. South

Adding to the complexity is Europe's internal fragmentation. Eastern European countries like Poland and the Baltic States strongly favor a closer U.S. alignment, particularly on defense. Meanwhile, France and parts of Southern Europe advocate for strategic independence. Germany remains caught between economic pragmatism and geopolitical caution.

This divergence has made cohesive EU foreign policy difficult, limiting Europe's ability to act quickly in crises — from the Sahel to the Red Sea.

The 2024 U.S. Election and Its Implications

The U.S. presidential election could dramatically alter the transatlantic dynamic. A second Trump presidency — or even a more isolationist U.S. administration — could deprioritize NATO, reshape trade agreements, and pressure Europe to significantly boost its defense capabilities.

Already, NATO officials have quietly warned that Europe should prepare for a "post-American security era." Yet no European leader has offered a concrete roadmap for such a transition.



The European Union is at the crossroads between strategic autonomy and Transatlantic dependence (Photo: EU)



Are Trump's policies an opportunity for Europe? (Photo: FNF)

From Crossroads to Consequences

Europe's moment of strategic reckoning has arrived. The continent must choose: remain a dependent junior partner in a U.S.-led order — or embrace the difficult, expensive, and politically fraught path toward autonomy.

This does not mean abandoning the transatlantic alliance. Rather, it means preparing for a world where U.S. support may be conditional, limited, or even absent. It means building technological leadership, energy resilience, military readiness, and a unified foreign policy.

If Europe fails to act now, it risks becoming not a global player, but a global playground — shaped by the ambitions of others.

Article **END**

Beauty Intelligence:

MODERN TRENDS

In Aesthetic Surgery And Medicine

Primarius Dr. Siniša Glumičić,
Ambassador of the GCBL, GTM Columnist

Thirty years ago, when I first stepped into the world of aesthetic surgery, the field was defined by a scalpel, a steady hand and a loyal following of patients willing to brave the downtime for dramatic results. Back then, aesthetic medicine was relatively straightforward: facelifts, rhinoplasties, liposuction. These were the tools of transformation and they carried a certain reverence – and risk.

Fast forward to today, the aesthetic landscape has evolved beyond recognition. What was once seen as elective and elite has become mainstream and minimally invasive. Patients are no longer chasing perfection; they are pursuing enhancement. The goal is not to look “done” but to look like a rested, vibrant version of themselves. And increasingly, they want it done without surgery.

Minimally invasive procedures – fillers, neurotoxins, energy-based devices – have revolutionized the field. These ‘tweakments’ offer subtle, natural-looking improvements with little to no downtime. In many ways, they’ve democratized beauty. A generation that once feared surgery now flocks to medspas, expecting real results over a lunch break.

This is both an opportunity and a challenge for seasoned surgeons. While I respect the power of non-surgical tools (and use them myself), they are not a replacement for surgical expertise. Rather, they are an extension of it. The artistry lies in knowing when a patient needs a needle and when they truly need a knife.

We are living in the age of AI-assisted imaging, robotic surgery and algorithm-driven skincare. Patients come to consultations with filtered selfies, expecting results that blur the lines between real and virtual. As a surgeon, I embrace innovation but I am also wary of it. Technology can guide us but it should never replace intuition, experience or the human connection we build with our patients.

The real danger today is not in bad surgery but in chasing a beauty ideal dictated by algorithms. In my practice, I advocate for timeless aesthetics: proportion, balance, harmony. Trends come and go – fox eyes, Russian lips, buccal fat removal – but a face that ages with grace will never go out of style.

Social media has made aesthetic medicine more visible and accessible but also more vulnerable to exploitation. As a veteran in this field, I’ve seen firsthand how patient expectations can be manipulated by influencers and unqualified practitioners. My role now is as much about education and protection as it is about transformation.

We must hold our field to higher standards because, at its best, aesthetic medicine is not about vanity. It’s about confidence, identity and healing. When done responsibly, it can be one of the most humane branches of medicine.

As I reflect on these past thirty years, I am both proud and cautious. Proud of how far we’ve come – and cautious about where we’re heading. The next generation of surgeons and aesthetic physicians must blend technical mastery with ethical clarity and artistic vision. Our greatest tools remain the same: empathy, experience and a deep respect for the faces we touch.

Beauty will always evolve. But true excellence is timeless.

Prim. Dr. Siniša Glumičić

Is a Croatian aesthetic and maxillofacial surgeon, Founder of the Glumičić Medical Group in Zagreb.

With advanced training in Boston and over 30 years of experience, he has performed more than 15,000 surgeries, specializing in rhinoplasty, facelifts, and eyelid procedures. A pioneer in Southeast Europe, he is the Founder of the Croatian Society for Aesthetic Medicine (HDEM) and president of SEEFAS.

Dr. Glumičić, a Global Chamber of Business Leaders Peace Ambassador, He is renowned for his natural, patient-focused approach and trusted by clients worldwide.

Beauty INTELLIGENCE



GLOBAL
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Exclusive Interview

KAMALES LARD TRANSFORMING HUMAN

Exclusive Interview, Global Trends Magazine, 27th Edition 2025

A woman with dark hair and a nose ring is shown from the chest up, speaking into a microphone. She is gesturing with her right hand, which has a ring on the ring finger. The background is a solid dark blue.

**GOING TOMORROW
FIRST**

A photograph of Kamales Lardi, a woman with dark hair, wearing a dark blazer and a small microphone, speaking and gesturing with her hands. The background is a solid dark blue.

KAMALES LARDI TRANSFORMING TOMORROW HUMAN-FIRST

There is a blurred distinction between Kamales Lardi, the person, and Kamales Lardi, the entrepreneur, the heroine of digital transformation and sustainability. The woman behind Lardi and Partner Consulting GmbH.

She elaborated, “As a person, I’m driven by a desire to create meaningful impact – whether that’s empowering leaders to make bold, future-ready decisions or guiding organizations to unlock growth through responsible innovation. I’m also a mother, a lifelong learner and a firm believer that values like authenticity, courage and compassion are not just personal traits but essential leadership qualities in today’s complex world.

At my core, I am someone who believes in the transformative power of technology when it’s applied with empathy, intention and a deep understanding of human potential. As an entrepreneur, I’ve built Lardi & Partner Consulting into a trusted global advisory firm that sits at the intersection of cutting-edge technologies and

human-centered transformation. For over 25 years, I’ve led digital transformation initiatives across industries and continents – from blockchain implementation for governments to AI and emerging tech strategies for Fortune 500 companies. What sets us apart is a singular focus: we don’t just implement technology; we transform mindsets.”

Of course, the term “digital transformation” is one of the most popular terms in the 2020s. In layman’s terms, what does it all mean though? Lardi explained and added why it is so important in this era of business. “Digital transformation, as I define it, is an organization-wide change that leverages technology to create, capture and deliver value to the market and customers. It is not merely about



implementing new digital tools or automating existing processes. It is a fundamental rethinking of how a business operates, engages with stakeholders and remains relevant in a rapidly evolving digital economy.

“

The flame that has fueled my passion for thirty-six years is also a sense of responsibility towards all the people who placed their trust in me.”

– Kamales Lardi

In today's world, this transformation has become not just important but existential. We are in an era marked by exponential change where technological advancements, shifting customer expectations and global disruptions are rewriting the rules of competition. Traditional business models, rigid hierarchies and linear strategies are no longer sufficient. Organizations must become more adaptive, agile and deeply attuned to the needs of their ecosystem.

But what often gets overlooked is that digital transformation is not purely a tech initiative; it is a human one. True transformation begins with mindset. It requires bold leadership, a culture of innovation and the willingness to challenge legacy thinking. The most successful organizations today are those that don't just adopt technology; they evolve how they think, lead and create value in the marketplace. Ultimately, digital transformation is about preparing organizations not just for what's next but for what's inevitable. It's about building resilience, relevance and readiness for a future that's already here.”

Lardi's stellar record over the years has garnered her not only extraordinary results but premium accolades and awards. Among them are “Top 10 Global Influencers and Thought Leaders In Digital Transformation” by Thinkers360 and “Top 50 Women In Tech Influencers 2021” (The Awards Magazine). What does it mean to her to be recognized in these ways?

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I want to open doors, shift narratives and help others rise. At the same time, I stay grounded.”

– Kamales Lardi



Kamales Lardi (Photo: KL)

“These recognitions mean more to me than just titles or accolades. They are deeply personal affirmations of a journey that hasn’t always been easy. When I started my career over two decades ago, there were few role models who looked like me in tech or executive leadership. I’ve often had to carve my own path, challenge norms and prove my value in rooms where I didn’t always feel seen or heard. So to be acknowledged on a global stage, not just for expertise but for impact, it’s incredibly humbling. It tells me that the work I’ve done, the values I’ve stood by and the risks I’ve taken to drive human-centered digital transformation have made a difference.

I also see these recognitions as a responsibility. They come with the duty to create space for others, especially women and underrepresented voices in tech. I don’t want to be celebrated alone. I want to open doors, shift narratives and help others rise. At the same time, I stay grounded. Awards are a moment in time. The real reward is

seeing people and businesses grow stronger through transformation and knowing that I’ve played a part in helping them embrace the future with confidence and integrity.”

Having helped clients from numerous countries across Asia, Europe and Africa, she has seen firsthand the role and impact cultures have played and made. She has always purported that culture affects digital transformation. What role does culture play in the context of digital transformation? Explained Lardi, *“Culture is the foundation that determines whether digital transformation succeeds or fails. You can implement the most advanced technologies but if the organization’s culture resists change, innovation will stall.*

A transformation-ready culture embraces experimentation, empowers people to challenge the status quo and supports continuous learning. It fosters psychological safety, collaboration across



Kamales Lardi (Photo: KL)

silos and a shared belief in the value of change. In essence, culture shapes how people think, behave and adapt, and without the right mindset and behaviors, even the best strategies and technologies cannot deliver sustainable impact."

What has stood out to her the most about the impact of and differences in culture with regard to the use of digital transformation measures? *"One of the most fascinating aspects of leading global transformation initiatives is witnessing how deeply culture shapes the way technology is embraced – or resisted. While the digital tools may be universal, the path to successful transformation is anything but."*

One experience that truly crystallized the role of culture in digital transformation happened during a government-led innovation initiative in Asia. We were working on implementing a blockchain solution for secure agriculture supply chain management. The technology itself was cutting-edge but what determined the project's success wasn't the tech. It was trust. In that cultural context, top-down governance carried significant weight

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While the digital tools may be universal, the path to successful transformation is anything but."

– Kamales Lardi

and once senior leadership gave public endorsement, adoption followed with remarkable speed. The collective mindset prioritized national advancement, which accelerated collaboration across agencies that, in other regions, might have been siloed.

In contrast, I recall a project with a multinational in



Kamales Lardi (Photo: KL)

Europe where we encountered deep-rooted risk aversion and a strong emphasis on regulatory compliance. Transformation there was more incremental. It required building alignment across departments, engaging stakeholders early and making a strong business case for every step forward. It wasn't about resistance, it was about accountability. The cultural emphasis on process over pace demanded a different approach.

Then, in Africa, particularly in regions where infrastructure challenges exist, we've seen something extraordinary: innovation born out of necessity. There's a unique openness to leapfrogging traditional systems entirely - adopting mobile-first solutions, using digital platforms to reach underserved communities and experimenting with decentralized technologies. The mindset is entrepreneurial, resilient and incredibly forward-thinking, often without the constraints of legacy systems.

Across all these regions, what stands out is that digital transformation doesn't have a one-size-fits-all formula. Culture defines how people

perceive change, how decisions are made and how quickly innovation takes root. Our role as consultants is not just to introduce the right technologies but to deeply understand and work with the cultural fabric of each organization and region. That's where true transformation begins."

One cannot talk about technology and not talk about Artificial Intelligence (AI). What is one thing about the advent of AI that she finds compelling?

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We're at the cusp of a new era where AI can help solve some of the world's most complex challenges."

– Kamales Lardi

"What excites me most about the advent of AI is its potential to amplify human capability. We're at the cusp of a new era where AI can help solve some of the world's most complex challenges - predicting diseases before symptoms arise, addressing food insecurity with precision agriculture or enabling businesses to scale innovation at unprecedented speed. When used responsibly, AI can democratize access to knowledge, accelerate decision-making and unlock economic opportunity in ways we've never seen before.

AI should serve humanity, not replace it, manipulate it or marginalize it. That's why I advocate for responsible AI practices that prioritize transparency, inclusivity and accountability. The future of AI isn't just about technological advancement; it's about leadership that ensures these powerful tools elevate society as a whole."

In spite of public platforms promoting its merits, there is still a looming fear of AI by people around the world. Concerns include loss of human labor contributions which parlay into loss of people's personal jobs and incomes; the danger and

“

I often encounter is the belief that AI will inevitably replace human jobs and render entire professions obsolete.”

– Kamales Lardi

Kamales Lardi (Photo: KL)

possible consequences of ‘manufactured intelligence’ and so on. What is one aspect of people’s fears that she would like to address, dispute or share understanding of?

“One of the most widespread fears I often encounter is the belief that AI will inevitably replace human jobs and render entire professions obsolete. I understand this concern deeply. Work is not just a source of income but it is a source of identity, purpose and stability. The anxiety around being left behind in a world that is rapidly embracing AI is very real.

However, I believe it is important to shift the narrative. AI is not here to replace humans but to augment human potential. Throughout history, every major technological shift has created new opportunities even as it changed existing ones. The key difference today is the pace of change, which can feel overwhelming. Rather than disputing the fear, I advocate for acknowledging it

and preparing for it through action. We must focus on reskilling and upskilling the workforce, reimagining roles that center around creativity, emotional intelligence and strategic thinking, areas where humans excel. Leadership also has a crucial role to play in ensuring transparent communication and thoughtful implementation of AI across organizations.

Yes, AI will transform the labor market but with the right mindset, policies and human-centered approach, it can lead us toward more meaningful work, greater inclusion and long-term economic resilience. The future of work with AI should not be feared. It should be shaped deliberately and inclusively.”

Focus turned to solopreneurs citing lack of financial resources as a reason to avoid investing in digital transformation of any kind. For others, it’s simply fear of the unknown with technology due to an absence of experience. What is Lardi’s general



Kamales Lardi (Photo: KL)

advice to solopreneurs who this might apply to? *"I completely understand these concerns. For solopreneurs, every decision carries weight, especially when resources are limited and time is your most valuable asset. But the truth is, it does not have to start with a major investment or sophisticated systems.*

Digital transformation is not about adopting every new technology. It is about finding smart, simple ways to create more value for your business and your customers. Sometimes, that starts with something as basic as automating repetitive tasks, using free or low-cost tools to improve client communication or building a digital presence that expands your reach beyond your immediate network. My advice is to start small but start strategically. Identify one challenge in your workflow or customer experience and explore digital tools that could address it. Technology is evolving rapidly but so are the resources and communities designed to help you learn."

Mention was made that the Global Chamber of Business Leaders (GCBL) – the founding entity of

the Global Trends Magazine – recently announced its commitment to digital transformation via AI. As a professional in this industry for over 25 years, what is a top guideline that she would recommend to organizations that are seeking to be extensively propelled into this area and to achieve longevity?

Said Lardi, "My top recommendation is this: Start with clarity of purpose and lead with people. AI is a powerful enabler but it is not a strategy on its own. Before deploying any advanced technologies, organizations must first ask: What value are we trying to create? For whom?"

And how can AI help us deliver that value better, faster or more meaningfully? The most successful and future-ready organizations I have worked with treat digital transformation, especially through AI, not as a technology project but as a business evolution driven by purpose, supported by data and powered by people. They invest in leadership alignment, foster a culture of experimentation and ensure their teams are equipped with the right capabilities and mindset to adapt alongside the technology.

At the same time, responsible governance is essential. As AI becomes more integrated into decision-making and operations, organizations must put ethics, transparency and inclusivity at the heart of implementation. It is not just about how far technology can take us. It is about ensuring we bring everyone along for the journey. In this next chapter of global business, AI will be a key driver. But longevity will belong to those who embrace it with wisdom, humanity and a clear vision for creating sustainable, inclusive impact."

As her globetrotting continues to inspire change in her chosen industry, Lardi's focus is sharp.

Pensively, she said, "My journey has never been about chasing trends. It's about staying ahead of them, anticipating what's next and helping others rise with clarity, confidence and purpose.

Whether in boardrooms, classrooms or global stages, my mission is clear: to shape a future where innovation serves humanity, not the other way around."

Article **END**



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A conceptual illustration of the COVID-19 pandemic. A small figure of a person in a dark jacket and blue pants is running across a grey, cloudy landscape. They are being pulled from behind by a massive, red, multi-segmented virus particle that resembles a chain of red beads. The virus particle is positioned on the right side of the frame, with its 'tail' extending towards the person. The background is a vast, overcast sky with soft, grey clouds. The title 'COVID PAND' is written in large, white, outlined letters, and 'What Happened' is written in smaller, cyan, outlined letters below it.

COVID PAND

What Happened

Hidden Truths, Global Trends Magazine, 27th Edition 2025



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During And After



COVID-19 PANDEMIC

What Happened During And After

Hidden Truths, Global Trends Magazine, 27th Edition 2025

The Covid-19 pandemic was a once-in-a-century global crisis that reshaped lives, economies, and geopolitics. But what followed in its wake is, arguably, even more unsettling: **a stunning absence of serious public debate.** The world endured lockdowns, mass vaccination campaigns, and unprecedented government mandates, yet now, years later, we still lack a clear, transparent reckoning with what truly happened—and why.

The Vaccine Controversy:

A One-Sided Narrative?

At the core of post-pandemic debate lies the question of **Covid-19 vaccines**. While governments and global health authorities hailed them as life-saving breakthroughs, concerns about side effects, long-term risks, and lack of open scientific discourse persist.

Key issues include:

- Sudden and unexplained deaths, particularly among younger people
- A notable increase in cardiac-related incidents, strokes, and blood clots
- Growing data on autoimmune reactions and

menstrual irregularities

- The absence of large-scale independent studies comparing vaccinated vs. unvaccinated populations post-2021

Despite anecdotal evidence and preliminary studies pointing to potential issues, mainstream media and many governments have avoided any deep or transparent exploration of these patterns.

Spike in Cancer and Chronic Illnesses:

Coincidence or Correlation?

Since 2021, doctors and researchers in various countries have reported a **surge in aggressive cancers**, sometimes called **"turbo cancers."** The phenomenon, though not officially linked to Covid-19 vaccines, raises pressing questions:

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During the pandemic, the phrase “follow the science” became a moral imperative.”

Coronavirus (Photo: EM Resident)

- Could mRNA technology impact immune surveillance mechanisms?
- Are certain cancers being accelerated due to unknown interactions?
- Why are some medical professionals facing career risks simply for asking these questions?

A 2022 analysis by German pathologists suggested abnormal spike protein presence in tissues from post-vaccine autopsies, yet international health bodies failed to investigate further.

Mental Health Pandemic:

The Untold Legacy

The **explosion of anxiety, depression, and suicide**, especially among youth, has become another post-Covid crisis. Prolonged isolation, fear messaging, and uncertainty compounded the problem.

The question now is: **What role did policies play in this surge?** And more importantly, **who is being held accountable** for the mental health fallout of a generation?

A Science That Wasn't Always Science

During the pandemic, the phrase “follow the science” became a moral imperative. But was it really science we followed—or narratives curated by politics, Big Pharma, and media giants?

Independent experts, including Nobel laureates like Luc Montagnier, who raised early alarms about vaccine risks, were **silenced or discredited**. Social media platforms, under pressure from governments, enforced censorship that prevented meaningful discourse.

This begs the question: When did skepticism become heresy in science?

The Absence of Accountability

To this day, there has been no international tribunal, no public inquiry, and no bipartisan commission that has fully reviewed pandemic policies, vaccine contracts, and excess mortality. Why?

Some argue it's due to institutional failure. Others point to global financial interests, notably pharmaceutical profits which exceeded \$100

billion annually during the pandemic. Still others suggest that political careers were staked on the “vaccine as savior” narrative, and admitting errors would be reputationally fatal.

Public Trust Is Fragile— and Deserves the Truth

Whether one is pro-vaccine, vaccine-hesitant, or somewhere in between, **transparency should be non-negotiable**. Governments and global health bodies had a duty not only to protect public health but also to ensure:

- **Open data access**
- **Balanced scientific debate**
- **Monitoring of adverse events**
- **Informed consent at every stage**

Instead, we witnessed secrecy, contracts hidden from the public, and decisions made by unelected technocrats behind closed doors.

So, What Comes Next?

The world cannot afford to repeat this silence. The public deserves answers on:

- The **origins of the virus**
- The **true efficacy and safety** of the vaccines
- The **economic interests** that may have driven decisions
- The **long-term health impacts** still unfolding today

Article **END**

The Bottom Line:

More than five years since the outbreak of the COVID-19 pandemic, the world still lacks a definitive answer to one critical question: where did the SARS-CoV-2 virus come from?

Two leading theories continue to dominate the debate—one points to a natural spillover from animals to humans, likely at the Huanan seafood market in Wuhan; the other raises the possibility of an accidental lab leak from the Wuhan Institute of Virology.

Some scientific studies support the natural origin theory through environmental sampling and genetic sequencing. However, several U.S. intelligence agencies have acknowledged that a lab-related incident cannot be ruled out, especially in the absence of transparent data from China.

Global efforts to investigate the origins have been hampered by geopolitics, limited access, and conflicting interests. Even the World Health Organization has called for renewed inquiries, citing insufficient cooperation.

The origin of COVID-19 is more than a scientific mystery—it's a matter of global accountability. Until the truth is fully uncovered, trust in science, governance, and international cooperation will remain deeply fractured. Millions of lives were changed by this virus. The world deserves clear answers.

The Final Question:

Why Was There No Debate?

Regardless of what proves to be true or false, one fact remains: **we never had a serious, global conversation** to truly examine what happened, and why. We never investigated—or clearly refuted—the connection between Covid-19 vaccines and sudden deaths, nor did we acknowledge the **rise in aggressive cancers, neurological disorders, and mental illness** that have followed in the pandemic's shadow.

We are told that “nothing has been swept under the rug.” If that is the case, then it's time to **show us the truth**—clearly, completely, and courageously.

The public, who was told to “trust the science,” has a right to know: **Was it really science—or something else entirely?** Because if it wasn't, then the real virus may have been **greed**.



10 GLOBAL CHAMBER OF
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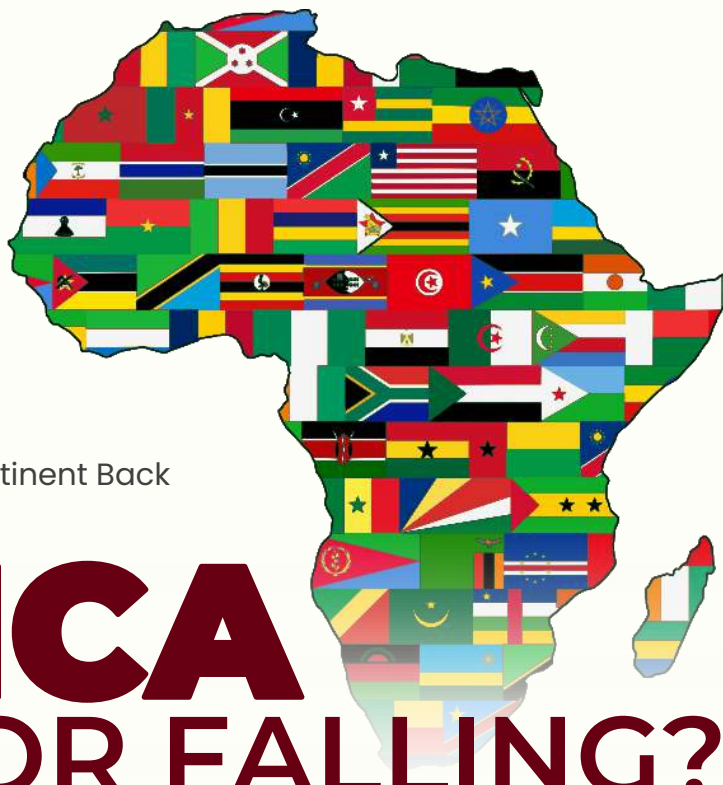
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AFRIC RISSING OR





Investment Hype,
Political Turmoil, and the
Misconceptions Holding a Continent Back

AFRICA RISING OR FALLING?

Geopolitics & Strategy, Global Trends Magazine, 27th Edition 2025

For years, the narrative of “Africa Rising” has promised a new era of growth, investment, and modernization. International summits from Davos to Dubai routinely feature Africa-focused panels, with powerful language about untapped potential, youthful demographics, and digital innovation. Yet behind the headlines lies a more complex and troubling picture—one that demands a brutally honest reassessment of Africa’s position in the global economy.

The Investment Mirage

The 2010s witnessed an influx of foreign direct investment (FDI) into Africa, particularly in infrastructure, tech startups, and energy. China became the largest bilateral lender on the continent, financing over 3,000 major projects worth more than \$150 billion by 2022. The U.S., the EU, and Gulf countries followed suit with grand announcements and pledges.

Yet actual returns have often lagged behind the hype. Corruption, bureaucratic red tape, and unstable political environments have forced many investors to either scale back or pull out entirely.

In Nigeria, South Africa, and Ethiopia—three of the continent’s economic giants—investor confidence

is being eroded by currency volatility, violent unrest, and inconsistent policy enforcement.

Political Instability:

The Silent Killer

In 2024 alone, six African countries experienced major political disruptions, including coups or contested elections. According to Freedom House, democratic backsliding is at a 15-year high in Sub-Saharan Africa. Many regimes that claim democratic legitimacy maintain power through intimidation, media control, or sham elections.

This political uncertainty directly affects long-term investments. Investors seeking a 10–15 year horizon find themselves trapped in cycles of reform and

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Corruption, bureaucratic red tape, and unstable political environments have forced many investors to either scale back or pull out entirely.”



regression. In several countries, contracts are voided after leadership changes, and the rule of law remains dangerously fragile.

Demographics:

A Double-Edged Sword

It's true that Africa will have the world's youngest population by 2050—with over 1.2 billion people under 25. But youth is not an asset without opportunity.

Unemployment among young people is estimated at over 60% in countries like South Sudan and Zimbabwe. With underfunded education systems, limited access to digital infrastructure, and growing urban slums, the demographic boom could easily become a social time bomb.

Migration pressure is already intensifying. In 2023, over 300,000 Africans attempted to cross the Mediterranean into Europe—a 45% increase from the year before—highlighting both desperation and disillusionment with local prospects.

Zimbabwe: High Risk, No Reward

Under President **Emmerson Mnangagwa**, Zimbabwe has become a textbook case of state capture, elite corruption, and legal instability. The regime stands accused of laundering millions through the gold sector, backed by military and intelligence networks that control the economy behind the scenes.

Foreign investors face extreme risk: contracts are not protected, courts are politicized, and property rights are routinely violated. Add rampant inflation, capital controls, and collapsing infrastructure—and the result is a hostile environment for any ethical investment.

Despite its rich resources, Zimbabwe remains a no-go zone. As long as Mnangagwa's corrupt rule continues, serious investors should stay out.

What the World Gets Wrong

One of the most damaging misconceptions is that Africa is a monolith. Investors and policymakers often treat the continent as a single market, overlooking vast differences between nations, regions, and even cities. Rwanda and Somalia

share a continent—but little else in terms of infrastructure, governance, or investment climate.

Another fallacy is the overreliance on aid and foreign goodwill. Africa receives over \$50 billion annually in foreign aid, yet much of it is funneled through corrupt intermediaries, never reaching those in need. Worse, this fosters a cycle of dependency and discourages innovation.

Opportunities That Remain

Despite these challenges, there are glimmers of hope. Countries like Rwanda, Botswana, and Mauritius continue to attract investors with transparent governance, business-friendly policies, and a focus on high-tech sectors.

Africa’s fintech scene—particularly in Kenya and Nigeria—has produced unicorn startups such as Flutterwave and Chipper Cash, revolutionizing financial inclusion.

Renewable energy is another area of promise. With over 60% of the continent still lacking reliable electricity, Africa could leapfrog into a decentralized, solar-powered future—if regulatory and financing bottlenecks are resolved.

Beyond the Rhetoric

Africa’s story is not one of uniform decline or unstoppable ascent—it is a fractured and evolving landscape. Investors, governments, and global institutions must approach it not with romantic idealism or cynical detachment, but with rigorous realism. Only by understanding the continent’s true complexities can we hope to unlock its vast potential.

ArticleEND



Beautiful Africa(Photo: Freepik)

“

Africa receives over \$50 billion annually in foreign aid, yet much of it is funneled through corrupt intermediaries.”



Africa rising or falling? (Photo: illustrated)

Launch Lessons:

BREAKTHROUGHS Start Here

Shelli Brunswick,
Ambassador of the GCBL, GTM Columnist

Every bold venture begins with a spark – an idea that challenges the norm and dares to make a difference. In the space economy, that spark often ignites revolutions: new ways to explore, build and solve problems that extend far beyond orbit. But space entrepreneurs aren't so different from entrepreneurs in any industry. At their core, they are problem-solvers with purpose, visionaries driven by resilience. Their lessons are universal.

Dr. Nicole Wagner didn't set out to be a space entrepreneur, she set out to restore sight. As a Ph.D. researcher at the University of Connecticut, she co-developed a protein-based artificial retina to treat retinal degenerative diseases. However, scaling the technology on Earth proved inefficient. Instead of accepting those limitations, Wagner looked upward. She and her company, LambdaVision, turned to microgravity on the International Space Station to improve the uniformity of the retina's layered protein structure. With NASA and implementation partners' support, LambdaVision has flown to space nine times. Wagner is forging a path not just in biotech but in proving that space-based manufacturing can solve real challenges on Earth.

Sir Peter Beck began his journey in New Zealand, where his early fascination with rocketry led him to build experimental systems after hours in a local workshop. When the path to NASA was closed – due to the challenges of being a foreign national – he created his own opportunity. Beck founded Rocket Lab to make space more accessible to everyone, focusing on small satellite launches. Rocket Lab's Electron rocket has completed 60 missions. What began as a personal passion has become a global launch provider with operations spanning both hemispheres. Beck's story proves that when doors don't open, determined innovators build new gateways to opportunity.

Australian-born Daniel Faber, Co-Founder and CEO of Orbit Fab, faced early skepticism when proposing a future where satellites could refuel in space. After leading asteroid mining ventures at Deep Space Industries, he pivoted toward a more urgent need – developing in-orbit infrastructure. He and his team created a standardized refueling port and launched the first commercial fuel depot in orbit. Despite industry resistance, Faber forged ahead, securing partnerships with the U.S. Space Force and Astroscale, which will use Orbit Fab to refuel a life-extension mission in geostationary orbit. His story proves that resilience isn't just about enduring challenges, it's about redesigning the future.

What ties these stories together isn't just the sector; it's the mindset. Each of these leaders saw a gap, dared to imagine something better and had the perseverance to see it through. That's what entrepreneurship is – whether it's in biotech, aerospace, education or energy. It begins with purpose, thrives on resilience and succeeds through constant adaptation.

You don't need to be in the space industry to think like a space entrepreneur. You just need to believe that the status quo isn't good enough – and be bold enough to do something about it. The next world-changing idea might be yours. And the universe is ready.

Shelli Brunswick is a globally recognized space leader, futurist and the CEO of SB Global LLC.

With 35 years of experience spanning the U.S. Air Force and international space policy, she serves as a dynamic bridge between the space ecosystem and the general public.

An award-winning author, keynote speaker and strategic advisor, Shelli empowers leaders to harness space innovation for economic growth and global progress, driving meaningful impact across commercial, government and academic sectors worldwide.

Launch Lessons



WOMEN IN ARE SHIFTING T

Women Empowerment, Global Trends Magazine, 27th Edition 2025

A woman with long dark hair and blue eyes is looking upwards and to the right. She is holding a dark blue folder or book. The background is a blurred view of a modern building with many windows, suggesting an urban setting.

INVESTORS THE STANDARDS



Women Investing Differently:

WOMEN INVESTORS Are Shifting The Standards

Women Empowerment, Global Trends Magazine, 27th Edition 2025

In a world dominated by high-stakes finance and long-standing patriarchal norms, a quiet revolution is underway—one that is recalibrating not just who makes the decisions, but how they're made. Female-led investment funds are increasingly asserting influence, not by mimicking traditional models, but by redefining what smart, sustainable, and high-impact investing looks like.

The Rise of Female Capital

Over the past decade, the number of women leading venture capital (VC) firms, hedge funds, and private equity groups has more than doubled. According to PitchBook's latest data, female-founded VC firms participated in nearly 17% of all global VC deals in 2024, up from just 5% in 2013.

But this is not just a numbers game—it's a transformation of investment philosophy.

Female fund managers are consistently outperforming male-led peers in several key dimensions. A 2023 Boston Consulting Group study revealed that startups founded or co-founded by women generated 78 cents in revenue for every dollar invested, compared to just 31 cents for male-founded startups.

When women manage the capital, they allocate it differently—diversifying portfolios across gender, race, geography, and sector.

ROI Meets EQ:

The Rise of Impact Intelligence

What truly distinguishes female-led funds is the integration of emotional intelligence, ethical responsibility, and long-term vision.

These leaders emphasize "impact intelligence"—a framework where return on investment (ROI) is no longer isolated from social good, environmental stewardship, and inclusive governance.

While traditional funds still measure success in



Hardworking Woman (Photo: Illustrated)

quarterly gains, female-led funds are expanding definitions of value. They're investing in clean energy startups, inclusive health tech, circular economy models, and women-owned enterprises. These investments might not always offer rapid returns, but they create resilient ecosystems and long-term prosperity—an increasingly critical metric in the face of climate volatility and market shocks.

Reimagining ESG with a Gender Lens

Environmental, Social, and Governance (ESG) metrics have become the gold standard in ethical investing. But many of these frameworks have been shaped through a male-centric lens. Female-led funds are challenging that. They are demanding transparency not just on carbon output, but on gender pay gaps, inclusive leadership pipelines, and mental health policies.

Notably, firms like Aruwa Capital in Nigeria, led by Adesuwa Okunbo Rhodes, and Rethink Impact in the U.S., co-founded by Jenny Abramson, are creating measurable social outcomes alongside profit.

Their portfolios include companies led by underrepresented founders who solve critical issues in education, fintech, and healthcare.

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Environmental, Social, and Governance (ESG) metrics have become the gold standard in ethical investing.”

The Diversity Dividend

Research consistently confirms that diverse teams make better decisions. A 2024 McKinsey report found that companies with gender-diverse executive teams were 25% more likely to outperform their peers in profitability. This correlation is even stronger in the financial industry, where bias and groupthink can lead to costly blind spots.

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Female-led funds aren't simply catching up to the boys' club – they're rewriting the blueprint.”

Women Investing Differently

WOMEN INVESTORS ARE SHIFTING THE STANDARDS

Woman Investor (Photo: Forbes)

Female investors tend to conduct deeper due diligence, prioritize ethical considerations, and foster collaborative relationships with founders. These practices lower risk and increase alignment between investors and entrepreneurs. In times of economic uncertainty—like the inflation and banking volatility of 2023—this diversity dividend has proven invaluable.

Barriers Remain – but the Momentum is Irreversible

Despite the gains, only about 15% of all partners in

VC and PE firms globally are women, and just 2.4% of total venture funding in 2024 went to all-female founding teams. The funding gap is stark—but closing fast.

Governments, sovereign wealth funds, and institutional investors are beginning to prioritize gender-lens investing. Initiatives like the 2X Challenge (which has mobilized over \$16 billion toward women-focused investment) and the UN's Generation Equality Fund are channeling capital into female hands with the expectation of transformational impact.

A New Blueprint for Capital

Female-led funds aren't simply catching up to the boys' club—they're rewriting the blueprint. They are proving that values and value can co-exist. That sustainable profits and inclusive progress are not mutually exclusive. And most importantly, that the future of finance is neither masculine nor feminine—it is ethical, inclusive, and impact-driven.

As these women step into the spotlight—not just as fund managers, but as architects of a new economic order—the message is clear: the ROI of empathy, ethics, and equity is undeniable.

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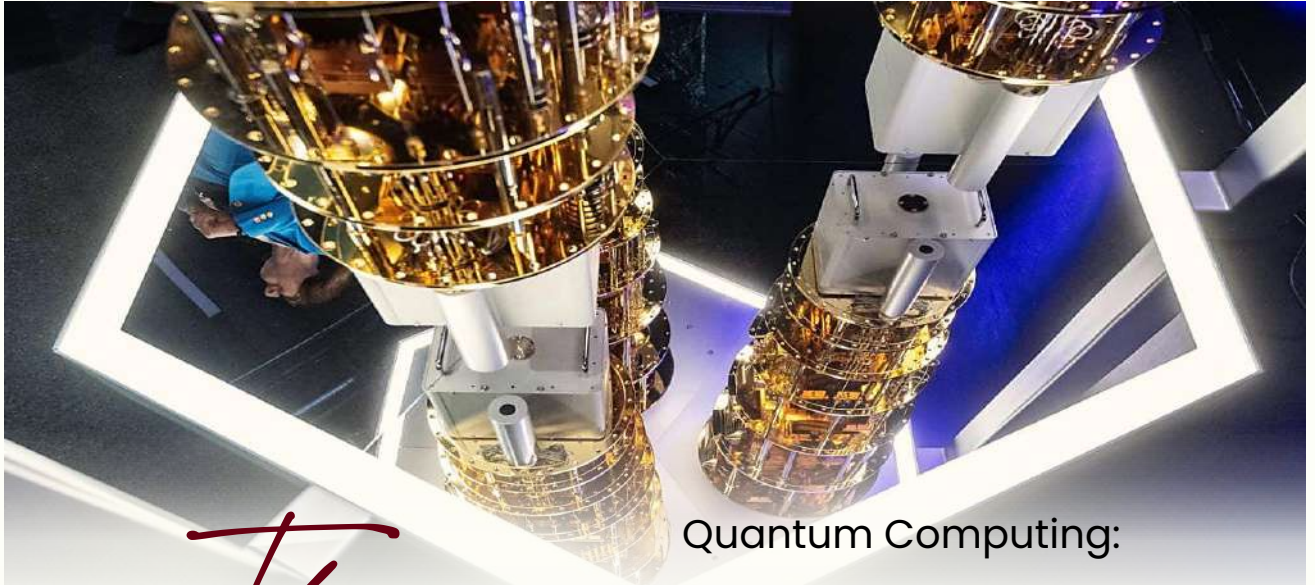
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The Next Tech **ARMS** Quantum Computing



chnological **RACE**



Quantum Computing: *The* Next Technological **ARMS RACE**

AI & Future Tech, Global Trends Magazine, 27th Edition 2025

The world is on the brink of a computing revolution that could change everything from national security to artificial intelligence: quantum computing.

Unlike classical computers that rely on binary processing (0s and 1s), quantum computers harness the principles of quantum mechanics, allowing them to perform calculations at speeds unimaginable just a decade ago.

Nations and corporations are locked in an arms race to achieve quantum supremacy, and the stakes could not be higher.

Superpower Rivalry:

U.S. vs. China

The United States and China are leading the charge in quantum computing research, with both nations investing billions in this groundbreaking

technology. The U.S. has made significant progress with companies like Google, IBM, and Microsoft, while China's government-backed research institutions are producing breakthroughs at an unprecedented rate.

In 2020, China unveiled Jiuzhang, a quantum computer that reportedly outperformed Google's Sycamore processor. This competition is not just about scientific achievement—it is about global domination in technology and intelligence.

The Threat to Cybersecurity

Quantum computing poses an existential threat to modern encryption. Today's security protocols, which protect everything from financial transactions to state secrets, rely on encryption

algorithms that could be rendered useless by quantum processors. A fully functional quantum computer could decrypt top-secret communications in seconds, making cybersecurity as we know it obsolete.

Governments and tech giants are scrambling to develop quantum-resistant cryptography, but will they succeed before adversaries exploit the vulnerabilities?

From Medicine to Artificial Intelligence

Beyond cybersecurity, quantum computing has the potential to revolutionize various industries. In medicine, it could lead to drug discoveries that are currently beyond our reach.

In artificial intelligence, quantum processors could exponentially accelerate machine learning, potentially leading to AI systems with capabilities we cannot yet comprehend. While the possibilities are limitless, so are the risks—quantum technology in the wrong hands could create disruptions on a scale never seen before.

What is Quantum Computing?

Quantum computing is a multidisciplinary field comprising aspects of computer science, physics, and mathematics that utilizes quantum mechanics to solve complex problems faster than on classical computers. The field of quantum computing includes hardware research and application development.

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Nations and corporations are locked in an arms race to achieve quantum supremacy, and the stakes could not be higher.”

The Dawn of a New Era

Quantum computing is no longer a theoretical concept; it is a reality shaping the future.

As global powers compete for dominance in this domain, the world must prepare for the geopolitical, economic, and ethical challenges that will inevitably arise.

The quantum arms race has begun—who will emerge victorious?

Article **END**





Are Electric **NEW DIGITAL**



c Cars The
AL PRISONS?



Are Electric Cars The NEW DIGITAL PRISONS?

Green Cage, Global Trends Magazine, 27th Edition 2025

For decades, the automobile has symbolized freedom — the open road, individual choice, and the power to go anywhere, anytime. But as the world shifts to electric vehicles (EVs), that narrative is quietly being rewritten. The car of the future may not set you free. It may monitor, restrict, and control you in ways the analog vehicles of the past never could.

We are not just entering the age of green transportation. We may be driving headlong into a new age of **digital captivity**.

A Vehicle or a Surveillance Tool?

Modern EVs are sophisticated digital machines. GPS tracking, biometric start-up authentication, over-the-air software updates, real-time connectivity with manufacturers, and user behavior logging are standard or soon-to-be-standard features. These tools offer convenience — but also unprecedented surveillance capacity.

Tesla, for instance, collects massive amounts of user data: location history, in-car footage, driving habits, and even cabin behavior. **Volkswagen**, **Ford**, and others are following suit. In China, EVs

like those from **BYD** and **NIO** already send real-time data to government servers.

In Europe, the EU has mandated that from July 2024, all new cars must include Intelligent Speed Assistance (ISA) systems — effectively installing a digital governor in every vehicle. These systems will know where you are and how fast you're driving at all times. It's promoted as a safety measure, but the implications are far-reaching.

The Kill Switch Controversy

In the U.S., a law passed in 2021 requires all new vehicles sold from 2026 onwards to include a system that can detect if a driver is impaired — and disable the car if necessary. While this may save lives, critics warn that it opens the door to

broader "kill switch" functionality.

Imagine a car that refuses to start because of a missed loan payment. Or one that disables itself in certain areas due to your social media posts, vaccine status, or participation in a protest.

What sounds like dystopian fiction is already happening. Some **insurance companies** adjust premiums based on real-time driving behavior. Some **governments** explore dynamic road pricing, adjusting tolls and taxes based on your carbon footprint or time of travel. And some **automakers** have been caught selling user data to third parties.

Who Owns Your Car's Brain?

Here's the bigger problem: you may have bought the car — but you don't own the code. The software controlling most EVs remains the intellectual property of the automaker. If you jailbreak or modify it, you could void your warranty, violate a license agreement, or even face legal action.

This gives manufacturers immense power. They can remotely shut down features, impose

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In our quest for clean energy, we must not surrender the very freedom that makes us human.”

subscriptions (e.g. heated seats via monthly fees), or force updates you didn't request.

In essence, you are leasing digital access to your own car.

Mobility Credits and Geo-Fencing: The Coming Restrictions

The next frontier is *geo-fencing* — the ability to block vehicles from entering certain areas or limit their speed within them. Cities like London and Paris are already exploring zero-emission zones where only certified EVs may drive.

What's more, there is growing talk of **mobility credits** — a system where every citizen has a carbon

What Are Electric Vehicles?

Electric cars aren't just vehicles — they're rolling computers. They combine sustainable transport with cutting-edge digital technology, offering zero emissions, smart features like autonomous driving, and real-time connectivity. But with this innovation comes a trade-off: data collection, software dependency, and the potential for remote control. Electric cars represent both the future of mobility and a challenge to personal freedom — all in one sleek package.



Electric Vehicle (Photo: Axios)

allowance for travel. Drive too far, or too often, and you may hit a digital wall. In such a world, *freedom of movement becomes a rationed privilege, not a basic right.*

The Darker Scenario:
Social Control on Wheels

Could this lead to political or ideological control? In a fully connected car system, authorities or corporations could — theoretically — prevent someone from driving to a protest, crossing a state border, or fleeing surveillance.

Your car could report you. Deny you. Punish you. Already in China, facial recognition tech is integrated into public transportation. Could personal vehicles be next?

A Crossroads Between Innovation
and Oppression

This is not an anti-EV argument. The world needs cleaner transportation. But the digital infrastructure underpinning the EV revolution must be built on **freedom, transparency, and user rights** — not silent control.

Regulators must act fast to establish rights for vehicle data ownership, digital privacy, and kill-switch limitations. Manufacturers must be held

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Clean energy
should power our lives
— not control them.”

accountable for data handling and consumer autonomy. And citizens must wake up to what’s being built around — and *inside* — them.

Because in the near future, you might not own your journey.

Your car might own you.

ArticleEND

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**Joseph R. Cullen (Joe)**

Author | Entrepreneur | Social Activist

I'm an entrepreneur with a background in broadcast and cable TV, having worked with major companies like Max Media, Sinclair, and Comcast.

I've founded five businesses, with successful exits from three. In 1995, I pioneered one of the first fully digital businesses.

Today, I focus on helping entrepreneurs through coaching, books, and digital courses via **Joe-Cullen.com** and **Business-Matters.us**.

My nonprofit, **Sidre**, supports justice-involved individuals in rebuilding their lives.

I hold a Bachelor's in Communications from Arkansas State University, with minors in Marketing and Political Science.

Visionary White Paper:

TARIFF WARS: The Global Human Cost

Joseph R. Cullen, GTM Columnist

In April 2025, the United States dramatically raised import tariffs: a 10% baseline tax on all imports, with much higher rates (20–34%) on countries running trade surpluses with the U.S. This unilateral move (touted as “reciprocal tariffs”) effectively hiked the average U.S. tariff to its highest level since the 1930s (Tax Foundation, 2025). Dozens of nations were directly hit, prompting swift ‘retaliatory tariffs’ on \$330 billion of U.S. exports by China, Canada, the EU and others (Tax Foundation, 2025).

The U.S. tariffs are creating a wave of global retaliation. These trade barriers are not just affecting businesses and government revenues. They are deeply impacting real people, poverty, homelessness, food security and incomes across the world. While the U.S. hoped to fix trade imbalances, the long-term effects could cause real harm, especially to those already struggling in both rich and poor nations.

Poverty Is On The Rise

Tariffs increase the price of goods. When food, fuel and everyday items become more expensive, families with low incomes suffer the most. In the short term, some countries like Vietnam or Brazil may benefit by exporting more to fill the gap left by the U.S. and China. But most developing nations lose out, as prices rise and exports fall. Over time, these losses could push millions more people into poverty. The World Bank warns that long-term trade fights could increase poverty for up to 30 million people worldwide (World Bank, 2020).

In the U.S., rising costs can also hurt poor families, though government programs can offer some protection. In poorer nations, there are fewer safety nets. Families who were just getting by may fall deeper into poverty if jobs disappear or aid programs continue to be cut.

Homelessness Becomes A Bigger Threat

Tariffs make it more expensive to build and maintain homes. In the U.S., construction costs have gone up by thousands of dollars per home due to tariffs on steel and lumber (National Association of Home Builders, 2024). When rent or home prices go up, more people are pushed into homelessness or forced to live in unstable conditions.

In developing countries, job losses caused by shrinking trade may drive more people into cities where housing is limited.

VISIONARY WHITE PAPER

Visionary White Paper:

TARIFF WARS:

The Global Human Cost

This often leads to overcrowded slums or people living on the streets. In the poorest nations, homes might fall into disrepair and some families may lose shelter altogether.

Food Scarcity and Hunger Worsen

Food is one of the first areas hit by trade wars. In the U.S., new tariffs have increased the price of groceries, especially for goods imported from Mexico and Canada (U.S. Department of Agriculture, 2025). Families already struggling to afford healthy food are at greater risk of hunger.

In poorer countries that rely on food imports, the situation is worse. Rising prices and supply disruptions can lead to shortages. Some countries may be forced to cut food aid or subsidies, leaving families to go without. Long-term, this could mean more children suffering from malnutrition and more families unable to meet basic food needs.

Household Incomes Shrink

Tariffs also act like a tax on families. As prices rise and businesses cut back, household incomes drop. In the U.S., the new wave of tariffs is expected to cost families nearly \$2,000 more per year (Tax Foundation, 2025). Lower-income families feel this more than wealthier ones.

In countries like China, Mexico and Brazil, people working in export industries may lose jobs or see wages fall. Even in countries that gain new trade deals, not all workers benefit. In the poorest countries, income losses from falling commodity prices or fewer job opportunities can have lasting effects on development.

Long-Term Economic Harm

The damage doesn't end quickly. If tariffs stay in place, global growth could fall by trillions of dollars over the next five years (International Monetary Fund, 2023). That means fewer jobs, lower wages and less support for schools, healthcare and housing.

In industrialized nations, incomes may grow slowly and costs will stay high. In emerging markets, poverty may stop falling. In low-income nations, hunger and homelessness may increase sharply. As global cooperation breaks down, these problems become harder to solve.

A Global Responsibility

The United States may have sparked this trade war but the fallout is global. From rural farmers in sub-Saharan Africa to single parents in U.S. cities, everyday people, especially those already living on the edge, are bearing the brunt of decisions made far beyond their control.

This is more than a policy disagreement between nations. It is a slow-moving humanitarian crisis, with food becoming less affordable, homes harder to secure and incomes stretched thinner across every continent. Children are going to bed hungry, not because of drought or war but because of tariffs. Families are losing their homes, not from natural disasters but from trade policies designed to protect economies but are harming lives.

None of this was inevitable. Trade doesn't have to be a weapon. It can be a bridge, lifting communities, creating jobs, feeding the hungry and fostering peace. But only if it is guided by fairness, cooperation and compassion.

Leaders around the world have a moral obligation to act. This is a moment to step back from confrontation and return to dialogue. It's a chance to design a trade system that works for everyone; not just the powerful but the vulnerable, the forgotten and the poor.

If we fail to take that path, the cost won't just be measured in lost dollars; it will be measured in lost hope, lost progress and lost lives.

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VISIONARY WHITE PAPER




MENT HEALTH MEETS

Science & health, Global Trends Magazine, 26th Edition 2025



HEALTH TECH



Digital Therapies,
Neurofeedback,
and AI Psychiatrists:

MENTAL HEALTH Meets Tech

Science And Health, Global Trends Magazine, 27th Edition 2025

Mental health has emerged as one of the defining issues of the 21st century—and it's approaching a breaking point. The World Health Organization estimates that more than 1 billion people globally live with a mental disorder.

Depression is the leading cause of disability worldwide, and suicide is among the top causes of death for young adults. At the same time, mental health services remain underfunded, stigmatized, and woefully inaccessible in most parts of the world.

Now, a new frontier is opening. With the rise of AI-driven psychiatry, digital therapeutics, neurotechnology, and remote diagnostics, mental health care is undergoing a profound transformation. Tech is no longer just supporting therapy—it's becoming the therapist, the lab, the coach, and even the hospital.

Welcome to the era where machine learning meets mental well-being, and the future of psychiatry may no longer require a couch.

From Talk Therapy to Tech Therapy

The surge in digital mental health platforms during and after the COVID-19 pandemic marked a permanent shift. Apps like Headspace, Woebot, BetterHelp, and Ginger now serve tens of millions, offering mindfulness, coaching, CBT-based therapy, and even licensed clinical services.

But the second wave is far more disruptive:

- Woebot, an AI-powered chatbot created by Stanford researchers, offers 24/7 cognitive behavioral therapy (CBT) and has demonstrated efficacy comparable to in-person interventions.
- Ellie, a virtual avatar developed by the

University of Southern California's Institute for Creative Technologies, uses micro-expression analysis to detect PTSD and depression.

- Wysa, used by companies and governments, offers AI-powered emotional support with clinical escalation when needed.

According to a 2023 McKinsey report, digital mental health is projected to become a \$45 billion market by 2027, with AI-powered solutions at the center.

AI Psychiatrists:

Friend or Frontier?

Artificial Intelligence is entering psychiatric diagnostics in unprecedented ways:

- Natural language processing (NLP) can detect depression and suicidal ideation with up to 92% accuracy by analyzing speech patterns and word choice.

- Voice biomarkers are being developed to identify emotional states and neurological disorders via smartphone recordings.

- Facial recognition AI is already being tested in clinical settings to analyze micro-expressions and detect early signs of bipolar disorder, schizophrenia, and even autism.

Companies like Mindstrong Health, Taliax, and Cognoa are using algorithms to predict mental health deterioration before symptoms escalate—enabling preemptive intervention.

But with these breakthroughs come ethical minefields: Can AI truly understand emotion? Who owns your emotional data? Can algorithms be biased in mental health diagnosis? These are no longer theoretical questions—they're urgent policy concerns.

Neurofeedback & Brain-Computer Interfaces (BCIs)

Beyond software, hardware is rewiring how we understand and treat the mind.

- Neurofeedback therapy, where patients learn to regulate their brainwaves in real-time using EEG, is gaining FDA support for ADHD, anxiety, and PTSD.

- Startups like Neuroelectrics and Flow



Burnout and mental issues (Photo: HRW)

“

Tech is no longer just supporting therapy—it's becoming the therapist, the lab, the coach, and even the hospital.”



Depression (Photo: HRM)



Tech therapy (Photo: Illustrated)

Neuroscience are delivering at-home brain stimulation devices—combining neuroscience with app-based guidance.

- Kernel Flow, a cutting-edge wearable, maps brain activity with near-infrared light to unlock non-invasive cognitive diagnostics.
- Meanwhile, Neuralink (founded by Elon Musk) and other BCIs are working toward direct brain-machine communication, raising possibilities of real-time emotional regulation or enhanced learning.

We're witnessing a convergence of mental health treatment, neuroscience, and the quantified self—a world where your brain's electrical patterns are just another stream of data to optimize.

The Promise of Personalization

Traditional psychiatry often follows a trial-and-error model. A patient with depression might try three or four medications before finding the right one.

Now, thanks to AI and bioinformatics, precision psychiatry is emerging:

- Genetic testing can indicate how patients will respond to antidepressants (pharmacogenomics).
- AI symptom mapping creates dynamic treatment paths based on your evolving behavior and biometric feedback.
- Emotion AI is being integrated with wearables to deliver mental health “nudges” in real time—offering meditation prompts, breathwork, or therapist chat suggestions when stress biomarkers spike.

The result? A mental health model that is real-time, personalized, data-driven, and increasingly autonomous.

Risks and Realities

This technological transformation is exciting—but far from perfect:

- Over-reliance on digital tools could weaken human connection in care.
- Privacy breaches of emotional and biometric data could have devastating consequences.
- Bias in AI algorithms could reinforce racial, gender, or cultural disparities in diagnosis and care.

And perhaps most importantly, tech cannot replace the need for human compassion. Therapists, psychiatrists, and caregivers remain irreplaceable for complex or trauma-rooted conditions.

The Mind's Digital Future

As mental health crises accelerate worldwide—especially among youth, frontline workers, and executives—technology offers a lifeline. But it must be ethical, inclusive, and integrated with human insight.

The convergence of AI, neuroscience, and behavioral science is creating a mental health revolution that's more scalable, affordable, and personalized than ever before.

But in this new world, one principle remains timeless: healing the human mind requires more than intelligence—it requires empathy. Whether delivered by a therapist or a well-trained machine, that empathy must guide the future.



Hidden Truths, Global Trends Magazine, 27th Edition 2025

New groundbreaking research has uncovered a disturbing connection between everyday household plastics and a dramatic increase in global heart disease deaths. According to a major international study led by New York University (NYU) and published in *eBioMedicine*, the chemical di-2-ethylhexyl phthalate (DEHP)—commonly used to make plastic products more flexible—is directly associated with cardiovascular mortality.

The revelation is shocking: in 2018 alone, more than 356,000 deaths from heart disease were linked to DEHP exposure, representing over 13% of all heart disease deaths worldwide that year.

Where Is DEHP Found? Everywhere.

DEHP belongs to the phthalate family, a group of synthetic chemicals used as plasticizers in thousands of consumer products. You'll find them in:

- Food packaging and containers
- Medical equipment such as IV bags and tubing
- Toys and children's products
- Personal care items like shampoo, lotion, and deodorant
- Vinyl flooring and wall coverings

These chemicals are not tightly bound to the plastic and can easily leach into food, liquids, or be absorbed through skin contact, making exposure almost unavoidable in modern life.

From Your Kitchen to Your Bloodstream

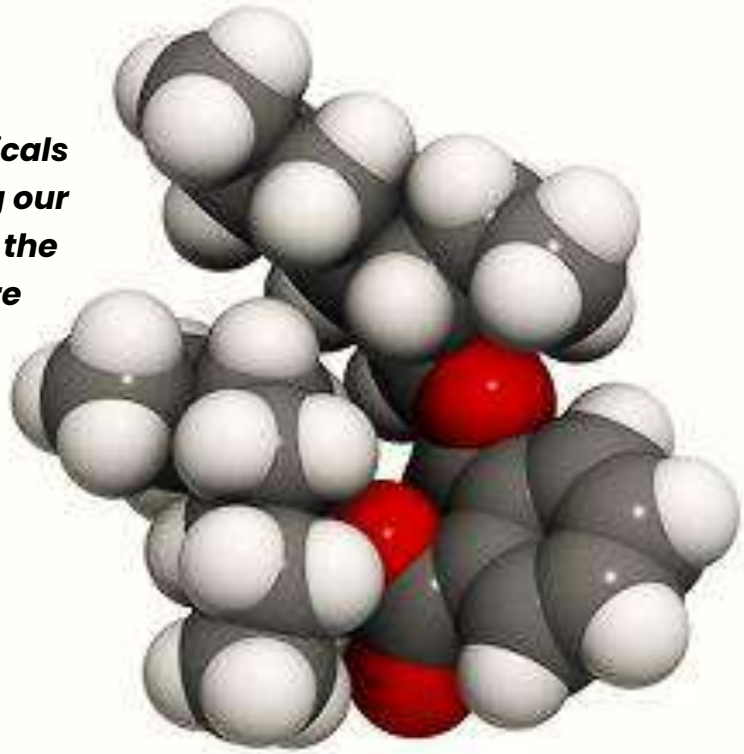
Phthalates like DEHP are invisible threats. They break down into microscopic particles that can be ingested, inhaled, or absorbed. Once in the human body, they can enter the bloodstream and trigger systemic inflammation, especially in arteries and blood vessels.

This inflammatory response is a key factor in the development of atherosclerosis, which dramatically raises the risk of heart attacks and strokes.

“

We are surrounded by chemicals that are silently undermining our health. Phthalates are one of the most dangerous, and they are everywhere,”

– Dr. Leonardo Trasande,
one of the study’s lead authors.



Bis2-ethylhexyl Phthalate Dehp Dioctylphthalate Dop Molecule (Photo)

Global Impact:

South Asia, Middle East, East Asia Most Affected

The study analyzed data from over 200 global regions and revealed that South Asia, the Middle East, and East Asia bore the brunt of the DEHP-related deaths.

In India alone, the estimated number of heart disease deaths attributed to DEHP exposure in 2018 was a staggering 103,587.

These regions are not only home to fast-growing populations but also have rapidly expanding plastics and petrochemical industries, often with less stringent regulations on chemical use and disposal.

The Call for Global Action

While the study does not claim a 100% causal relationship, it provides strong evidence of correlation, and researchers are urging immediate international action. The authors of the report call for:

- Tighter regulation of DEHP and other phthalates

- Clear labeling of plastic products and ingredient
- Increased public awareness of plastic-related health risks
- Promotion of safer alternatives in manufacturing and packaging

Your Health, Your Choice: How to Protect Yourself

Until governments step in, individuals can still take steps to reduce their risk:

- Avoid microwaving food in plastic containers
- Choose phthalate-free or BPA-free labeled products
- Store food in glass or stainless steel containers
- Avoid scented personal care products, which often contain phthalates
- Wash hands regularly, especially after touching plastic packaging

Article **END**



Leadership Innovation:

COSMIC SHIFTS: Welcoming Transformation

Ioanna Petrochilou, GTM Columnist

The world is changing. The very air we breathe seems to hum with energy, inviting us to evolve. But how do we respond to this constant change? For most of us, the instinct is to resist.

Change can feel like standing at the edge of a cliff, unsure whether to leap into the unknown or retreat back to what feels safe. It brings discomfort, fear and uncertainty. But what if these changes are unique invitations to grow, to awaken and to become greater than we ever imagined?

In the next two years, the universe will align in ways that will give us great opportunities for transformation. Planetary movements, eclipses and other celestial events will create shifts that could shake the foundation of our lives. These cosmic alignments remind us that change is universal. Just as the planets follow their paths, we too must adapt, flow and embrace life's natural rhythms.

However, this is often easier said than done. Resistance to change is a natural reaction. We hold on to what is familiar, even if it no longer serves us. We fear the unknown because it challenges our comfort zones and shakes our sense of security. But what if the resistance itself is what is keeping us from reaching our full potential?

The Nature of Resistance

At the heart of resistance lies fear. Fear of failure, fear of the unknown and fear of losing what we think we can't live without. It's part of human nature to seek stability, and when change threatens that stability, we react. We find ourselves questioning our choices, doubting our abilities and retreating into what we know.

Think of a time when you faced a decision to step into something new, whether it's a new job, a relationship or a creative project. The fear of the unknown might have felt overwhelming but that fear was the threshold to growth. It was the point where you had to let go of the old and embrace something greater.

The planets also face constant movement and transformation. They do not resist their paths. They do not turn back, even when the journey feels uncertain. In fact, they embrace the inevitable shifts, finding their rhythm in the grand dance of the universe. If the cosmos can embrace change, why can't we?

I'm Ioanna, a leader who believes in the power of connection, empathy, and uplifting others. With a background in Project Management and as a Certified Proposal Management Professional (CPP), I've been privileged to lead global teams, blending structured processes with a passion for people. My approach to leadership goes beyond managing tasks—it's about creating spaces where individuals can thrive, grow, and shine.

Writing and public speaking are my platforms for inspiring others. In each role, I aim to empower people to see their potential and pursue their dreams. My work centers around Talent Management and People Development, where I strive to foster cultures that value each person's unique strengths.

Leadership INNOVATION



COSMIC SHIFTS:

Welcoming Transformation

The Cosmic Invitation

Looking ahead to 2025 and 2026, powerful celestial events - eclipses, retrogrades and planetary alignments - will push us into a new phase of personal and collective growth. These events are not simply astronomical phenomena; they symbolize internal changes within us. Eclipses, for example, will shine light on hidden parts of our lives, revealing truths we've avoided. In these moments of intense change, we are called to shed old layers and step into new versions of ourselves.

While the cosmic energy of these years is transformative, it is also intense and challenging. Eclipses might bring sudden shifts in relationships, careers or sense of purpose. We may have to let go of outdated beliefs or patterns that no longer serve us. But just as the moon obscures the sun

during an eclipse, these challenging moments often lead to powerful transformations.

These celestial alignments urge us to confront our fears and step into authenticity - even if it means stepping out of our comfort zones. The changes we experience during this time are not disruptions; they are awakenings, pushing us to realign with our purpose.

Overcoming Resistance and Embracing Change

While change is inevitable, resistance is not. The key to navigating the shifts of 2025 and 2026 lies in overcoming this resistance. Here are steps you can take to allow change with confidence:

- **Acknowledge The Fear!**

The first step in overcoming resistance is to acknowledge the fear. Don't push it away or try to ignore it. Fear is a natural reaction to change but it doesn't have to control you. Sit with the fear, breathe through it and understand that it's a sign that you are on the edge of something new. Fear is often the messenger, not the enemy.

- **Shift Your Perspective**

Instead of seeing change as a threat, see it as an opportunity for growth. Every change, big or small, offers the chance to learn and evolve. Growth can be uncomfortable but it leads to greater wisdom. By changing your perspective, you'll see change as a chance to bloom rather than a burden.

- **Trust The Process**

Trust that everything is unfolding as it should. Life has a rhythm, just like the planets. Trust that your path is being guided by a greater force. Even if the future feels uncertain, know that every step is leading to something greater.

- **Embrace The Unknown**



Cosmic Shifts (Photo: GTM)

Leadership INNOVATION



Leadership Innovation:

COSMIC SHIFTS: Welcoming Transformation

Let go of the need for certainty. The unknown is not something to fear but something to embrace. It's where all possibilities unfold. The moment you step into the unknown, you start breaking free from the past and you open new doors to growth. Embrace the uncertainty for it's where transformation truly happens.

- **Practice Self-Compassion**

Change can be hard. It's okay to feel overwhelmed or uncertain during times of transformation. Be kind to yourself. Growth is not linear, it has its challenges. Allow yourself to make mistakes, learn from them, and remember that every step forward is a victory, no matter how small.

Navigating Change In 2025 & 2026

As we move through the years 2025 and 2026, we will face moments that challenge us to grow. We'll face decisions that demand we step into the unknown. But remember: Resistance is a sign that you're on the edge of something new. Just as an eclipse temporarily hides the light, dark moments often signal new opportunities.

The coming years will teach us that change is not something to fear but something to welcome. It's the natural flow of life, the pulse of the universe asking us to move forward, to evolve, to become who we were always meant to be.

Embrace the cosmic rhythm. Let go of what no longer serves you. Trust that the universe has a plan and that you are a vital part of it. Allow yourself to transform, step into your power and trust the process of becoming. The world is changing and so are you.

Let the universe lead you to your transformation, and the dance of planets shapes your journey!

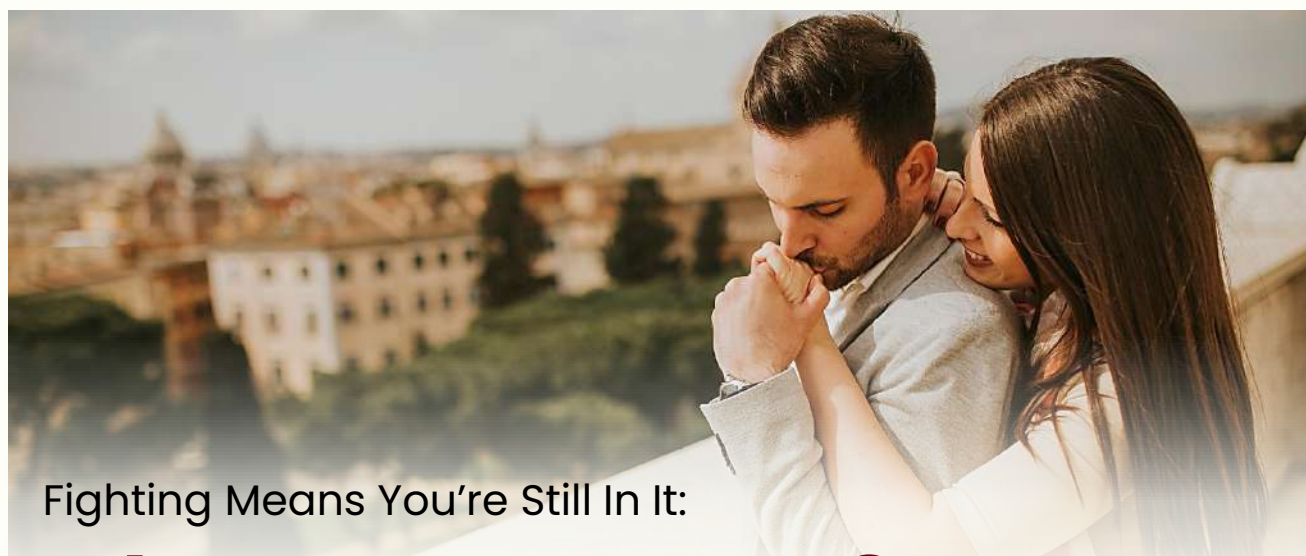
Leadership INNOVATION

Fighting Means You're Still In It:

THE POWER OF THE COM IN LOV

A romantic couple is seen from behind, sitting on a dark, textured rock ledge. They are looking out over a vast, hazy landscape under a warm, golden sunset sky. The man, on the right, wears a white t-shirt and a white baseball cap with a black patch. The woman, on the left, has long, wavy brown hair. The overall mood is peaceful and contemplative.

**CONFLICT
WE**



Fighting Means You're Still In It:

The Power Of CONFLICT IN LOVE

Love & Respect, Global Trends Magazine, 27th Edition 2025

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e have been taught to believe that the best relationships are peaceful, drama-free, and perfectly aligned. That couples who don't fight are "meant to be." But real love doesn't always look like harmony—it often looks like two people who care deeply, disagree passionately, and still choose to show up for each other.

According to leading psychologists, couples who argue (constructively) are not doomed—they're *stronger*. In fact, fighting might be one of the most important signs that a relationship is alive, emotionally engaged, and built to last.

No Conflict? That's Not Always a Good Sign

Clinical psychologist **Deborah Grody** offers a sharp warning: couples who never fight may not be better off—they might just be emotionally disconnected. "When couples stop arguing altogether, it often means they've given up," she explains. "They no longer care enough to challenge or engage. That's when the real danger begins."

In healthy relationships, conflict shows up because both partners still *care*. They're invested in the outcome. They want to fix what's broken, not pretend everything is fine.

Not All Fights Are Created Equal

Of course, not every argument is helpful. The difference lies in how couples fight. **Constructive conflict**—fueled by respect, honesty, and emotional intelligence—can be a force for good. It's a process that deepens understanding, builds emotional intimacy, and strengthens the foundation of trust.

Psychotherapy expert **Stephanie Sarkis** emphasizes the importance of avoiding destructive phrases



Flaws In Love Relationships (Photo: Illustrated)

Like “You always” or “You never,” which only escalate defensiveness and resentment. Instead, she encourages expressing needs directly, calmly, and specifically.

The golden rule? *Don’t fight to win. Fight to connect.*

Time-Outs Are Powerful Tools

Sometimes, taking a break mid-argument is not avoidance—it’s wisdom. Pausing allows intense emotions to settle and creates space for clarity. Words spoken in anger can leave scars, while words spoken in calm can heal wounds.

“It’s not about suppressing conflict,” Grody says. “It’s about managing it wisely. Pause, breathe, reflect—and return to the conversation when you can listen, not just react.”

Conflict Is Connection in Disguise

Arguments, when handled with care, can unlock deep-seated frustrations, unmet needs, and unspoken fears. They allow each partner to say, “This matters to me. You matter to me.” In this way, fighting becomes not a threat—but a thread—a thread of connection, of vulnerability, of truth.

It’s a paradox of love: when you argue with someone, it means you still *see* them. You still *feel* something. You’re still in the ring—not walking away from it.

“

***Don’t fight to win.
Fight to connect.”***

The Real Danger? Silence!

Relationships don’t fall apart because of arguments. They fall apart in silence. When nothing is said, nothing is fought for. And when there’s nothing left to fight for, there’s nothing left at all.

So let go of the myth that real love is always peaceful. Real love is sometimes loud. Sometimes messy. But always rooted in the choice to keep coming back to each other—even when it’s hard.

Article **END**

RHYTHMIXX®



The hand-operated **RHYTHMIXX®** is the world's first rhythmic 3-D mixer, manufactured in a Swiss manufacture for precision mechanics.

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Kuboid GmbH developed this revolutionary device primarily for the healthy cuisine and fine dining, for those who attach great importance to a high quality of their drinking water.

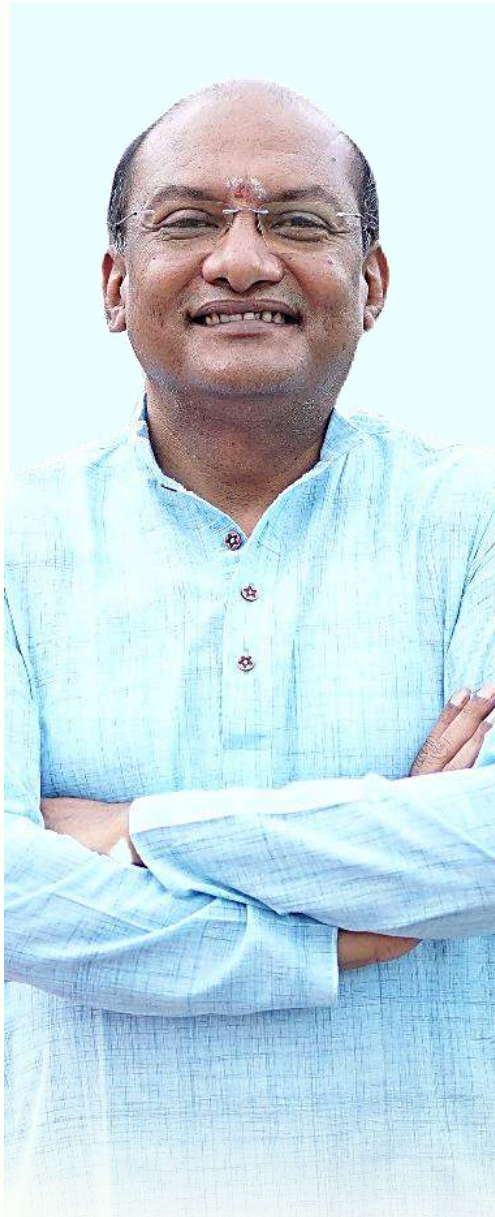
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The pulsing, double-swirled rhythm of the **RHYTHMIXX®** also revitalizes and structures any type of liquid. Drinking water, fruit juice, oil or wine are given an uplifted, enjoyable taste.

.....

Rhythmizing with the **RHYTHMIXX®** also increases the gentle effectiveness of massage oils, cosmetic care products and pharmaceutical plant tinctures.





Ayurveda Column:

AYURVEDA MEETS Corporate Mind Health

Prasanta Das,
Internationally Renowned Ayurveda Specialist

Are stress and depression quietly undermining your corporate productivity? Discover the holistic power of Integrative Ayurveda—a timeless system offering sustainable solutions for modern mental health challenges.

The Silent Epidemic of Depression

Depression has become one of the most pervasive and costly health challenges in the modern world. In corporate spaces, where performance is paramount, the silent suffering of employees often goes unnoticed—until it impacts productivity, morale, or retention. According to the World Health Organization (WHO), depression is now the leading cause of disability globally, affecting over 264 million people. Its impact on business is staggering, with an estimated **\$1 trillion** in lost productivity annually due to depression and anxiety-related disorders.

Yet, despite the availability of antidepressants, counseling apps, and stress-relief programs, recovery rates remain unsatisfactory. The problem lies in the fragmented nature of modern treatment approaches—treating symptoms while ignoring root causes. That's where **Integrative Ayurveda** presents a holistic and deeply transformative opportunity.

Understanding Depression: More Than Just Sadness

From a biomedical standpoint, depression is a complex mood disorder characterized by prolonged sadness, fatigue, reduced motivation, low self-esteem, and disrupted sleep or appetite. However, in the context of professional life, its signs are often masked as “burnout,” disengagement, or a “lack of drive.”

Corporate Triggers Include:

- High-pressure targets and deadlines
- Lack of work-life balance
- Toxic management or office culture
- Financial stress or job insecurity
- Chronic multitasking without meaningful recovery

Many employees are unaware that their experience may qualify as clinical depression, and even fewer seek help due to stigma or fear of being labeled “unfit.”

Modern Treatment Limitations & Ayurveda's Holistic Perspective

Limitations of Modern Treatment Approaches

Conventional treatment for depression typically involves a combination of

With three decades in the pharmaceutical industry, **Prasanta Das** is a leader in integrative health solutions. As the Founder of VEDAVISION, they aim to enhance patient care by merging Ayurvedic practices with modern medicine. Their commitment to improving patient quality of life and innovative approaches has significantly impacted integrative therapy, promoting holistic treatment in global healthcare.

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antidepressant medications and **cognitive behavioral therapy (CBT)**. While many patients benefit, significant limitations remain:

- **High Relapse Rates:** Over 50% of patients relapse after stopping medications.
- **Delayed Onset of Relief:** Antidepressants may take 4–6 weeks to become effective.
- **Side Effects:** Including weight gain, fatigue, emotional numbness, insomnia, and reduced libido.
- **Incomplete Recovery:** Many continue to experience low-grade symptoms despite treatment.
- **Surface-Level Focus:** Modern medicine often targets neurotransmitters (like serotonin) without addressing stress patterns, lifestyle imbalance, or emotional trauma.

A 2018 meta-analysis in the *Journal of Clinical Psychiatry* confirmed that only **about one-third** of patients achieve full remission with standard pharmaceutical treatment alone.

This is where a more **root-cause oriented, integrative model** is needed.

Ayurveda's Deeper View on Depression

In Ayurveda, depression is understood as an imbalance of the **three doshas**—Vata, Pitta, and Kapha—with particular emphasis on **Vata dosha** (the principle governing movement and the nervous system). The condition is referred to in classical texts as **Vishada** (despondency) or **Avsaad** (mental gloom).

Vata Depression

- Symptoms: Anxiety, insomnia, restlessness, palpitations
- Triggers: Excessive work, travel, overstimulation, fear

Pitta Depression

- Symptoms: Anger, perfectionism, burnout, self-criticism
- Triggers: Pressure to achieve, deadlines, internalized failure

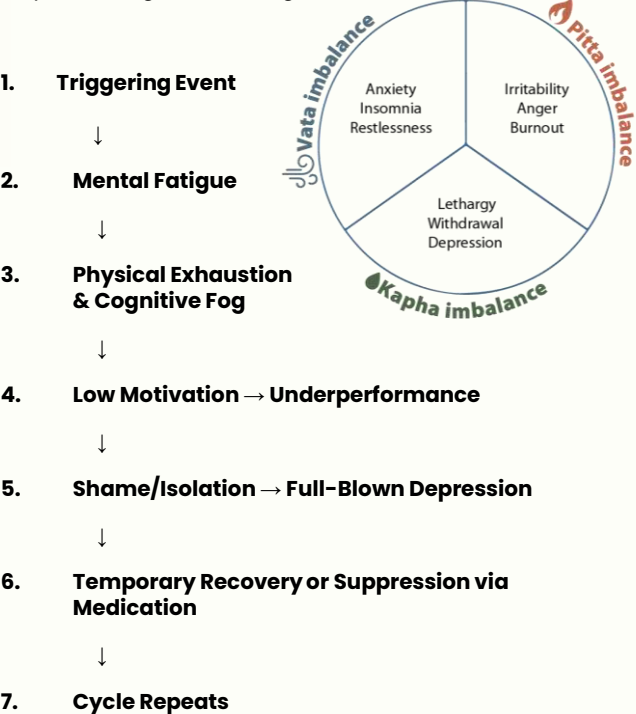
Kapha Depression

- Symptoms: Fatigue, lethargy, withdrawal, lack of motivation
- Triggers: Lack of movement, overeating, grief, isolation

Ayurveda treats depression as a **multi-layered disturbance**—affecting not just neurochemicals, but also digestive fire (*agni*), vital essence (*ojas*), and the flow of energy through subtle channels (*srotas*).

Illustration 1: The Depression Cycle

A cyclical diagram showing:



→ **Point of Intervention:** Ayurveda introduces multiple access points to break this loop by calming the mind, detoxifying the body, strengthening *ojas*, and restoring routine (*dinacharya*).

AYURVEDA MEETS

Corporate Mind Health

Ayurvedic Strategies, Herbal Interventions & Scientific Validation

Ayurvedic Treatment Strategies for Depression

Ayurveda emphasizes both internal healing and external therapies to restore mental equilibrium. Here’s a breakdown of integrative care approaches used in Ayurvedic mental health management:

Snehana (Oleation) & Abhyanga (Oil Massage)

- Helps calm the nervous system and reduce Vata imbalance.
- Warm herbal oils are applied to the body, promoting circulation, releasing stress, and restoring calm.

Shirodhara

- A continuous stream of warm medicated oil is poured over the forehead.
- Known to regulate mood, improve sleep, and calm mental chatter.

Nasya

- Herbal oil is administered through the nasal passages.
- Stimulates brain centers, improves clarity, and reduces mental heaviness.

Basti (Medicated Enemas)

- One of the most effective treatments for chronic Vata-related issues, including depression.
- Administers herbal decoctions rectally to pacify the central nervous system.

Rasayana (Rejuvenation Therapy)

- Rebuilding strength, immunity, and emotional resilience through herbal tonics and nutrition.

Diet & Lifestyle Recommendations

- Warm, nourishing meals** that support digestion and *ojas* (vitality)
- Avoidance of caffeine, alcohol, and excessively cold/dry food
- Establishing a **stable routine (dinacharya)** to reduce Vata-related instability
- Digital detox** periods for rest and renewal

Yoga and Meditation

Regular yoga and breathwork (pranayama) can dramatically shift mental states. Practices especially beneficial for depression include:

- Viparita Karani (Legs-Up-the-Wall Pose)** – For grounding and reducing anxiety
- Setu Bandhasana (Bridge Pose)** – Improves energy, reduces fatigue
- Nadi Shodhana (Alternate Nostril Breathing)** – Balances brain hemispheres, calms the mind
- Bhramari (Humming Bee Breath)** – Reduces stress hormones
- Sahaj Dhyana (Effortless Meditation)** – Builds awareness, stabilizes emotions

Key Ayurvedic Herbs for Depression

Herb	Effect	Scientific Support
Ashwagandha	Reduces cortisol, improves resilience	JACM, 2014
Brahmi	Enhances cognition, reduces anxiety	Ethnopharm, 2013
Shankhpushpi	Soothes nerves, enhances clarity	Traditional use
Jatamansi	Deep sedative and anti-depressive action	Indian J Psych, 2010
Guduchi	Boosts immunity, combats mental fatigue	AYUSH studies

Dosha-Based Depression Model

A visual layout showing:

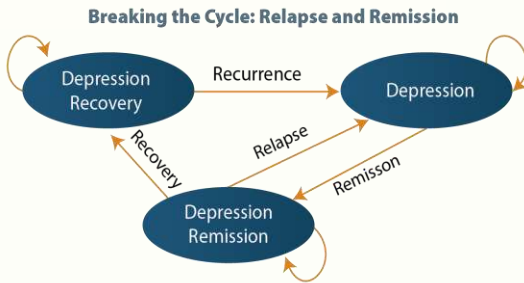
- Vata-dominant Depression:** Anxiety, restlessness → needs grounding and warming
- Pitta-dominant Depression:** Irritability, burnout → needs cooling and calming

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- **Kapha-dominant Depression:** Withdrawal, heaviness → needs stimulation and movement

This model helps practitioners tailor the intervention precisely.



The Vedavision Haridwar Initiative, Real Case Studies, FAQs & Call to Action

The Vedavision Haridwar Initiative: Where Ancient Wisdom Meets Modern Wellness

Vedavision, an upcoming integrative Ayurveda project in **Haridwar**, is designed as a world-class center for mental and neurological wellness.

Nestled in the serenity of the Himalayas, it merges ancient Ayurvedic healing traditions with modern diagnostics and mental health care to provide **comprehensive depression recovery and rejuvenation**.

Key Features of the Facility:

- **150–200 bedded integrated hospital** specializing in stroke rehab, mental illness, and palliative care
- **Advanced diagnostics:** MRI, EEG, Nadi Pariksha, and biochemical markers
- **Personalized Panchakarma Suites** for detox and mental reset
- **Daily Yoga, Pranayama & Meditation** classes led by certified therapists

- **Onsite Herbal Garden & Ayurvedic Pharmacy** with freshly prepared medicines
- **Counseling & Mindfulness Support** from trained psychologists and spiritual mentors
- **Organic diet therapy** for dosha-specific nourishment
- **Accommodation options:** For individuals, families, and long-term corporate wellness retreats

The Cost of Depression in the Workplace



Real Case Studies: Corporate Lives Transformed

1. Amit – Senior Manager, Financial Services (Age 45)

Struggling with insomnia, panic attacks, and declining focus, Amit was on the verge of burnout. Vedavision's integrative approach—combining shirodhara, yoga nidra, and rasayana therapy—restored his sleep cycle and mental clarity. He resumed his leadership role with renewed energy.

2. Priya – Marketing Lead, Tech Firm (Age 38)

Diagnosed with treatment-resistant depression, Priya experienced a dramatic shift after a 30-day Vedavision protocol involving basti therapy, meditation, and Ashwagandha. Today, she leads corporate wellness programs and mentors others facing similar challenges.

Frequently Asked Questions (FAQs)

Q1: Can Ayurveda cure depression completely?

A: Ayurveda addresses the root causes—emotional, dietary, lifestyle-related—and not just the symptoms. While “cure” depends on many factors, significant long-term improvements are often observed.

Q2: How long does treatment take?

A: Programs typically range from **21 to 90 days** depending on the condition's chronicity, doshic imbalance, and previous treatment history.

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AYURVEDA MEETS Corporate Mind Health



Q3: Can I continue my current medication alongside Ayurveda?

A: Yes. Vedavision practitioners work collaboratively with modern physicians to ensure safe integration and tapering (if needed) under supervision.

Q4: Do you offer corporate packages or group retreats?

A: Yes. Customized programs for executive burnout recovery, team-building through wellness, and mental health resilience are available.

Take the First Step Toward Corporate Mental Wellness

Mental health is no longer a luxury—it's a leadership imperative. If you're an HR head, CEO, or wellness director, now is the time to take action.

Book a corporate consultation or explore **individual recovery packages** at Vedavision Haridwar.

A New paradigm For Mental Wellness

- The solution to depression isn't just found in a pill—it's in the **integration** of what we've known for centuries with what we've learned today. Ayurveda offers a timeless roadmap to healing the mind, body, and spirit.
- Through Vedavision Haridwar, this ancient wisdom is being brought to life with modern infrastructure, evidence-backed therapies, and a nurturing environment for long-term mental well-being.
- Your next step toward a healthier, happier, more resilient workforce starts now.

Contact Us Today

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- **Location:** Near Rishikesh-Haridwar Highway, Uttarakhand, India

Ayurveda COLUMN





Neural Implants:

Humanity's Greatest Leap or **ITS GREATEST THREAT?**

AI & Future Tech, Global Trends Magazine, 27th Edition 2025

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hat was once the realm of science fiction is rapidly becoming reality. Neural implants—tiny, sophisticated devices that interface directly with the human brain—are poised to redefine medicine, communication, and even the nature of human consciousness.

With companies like Neuralink, Blackrock Neurotech, and Synchron pioneering brain-computer interface (BCI) technology, the world stands on the precipice of a cognitive revolution. But is this the dawn of a utopian era, or are we unwittingly opening Pandora's box?

Enhancing the Mind:

A Cure or a Weapon?

Neural implants promise to treat neurodegenerative diseases, restore mobility to the paralyzed, and enhance cognitive functions beyond natural limits. Quadriplegic patients have already regained movement through BCI-driven prosthetics. Alzheimer's and Parkinson's treatments are being developed using neural modulation techniques. The ability to upload,

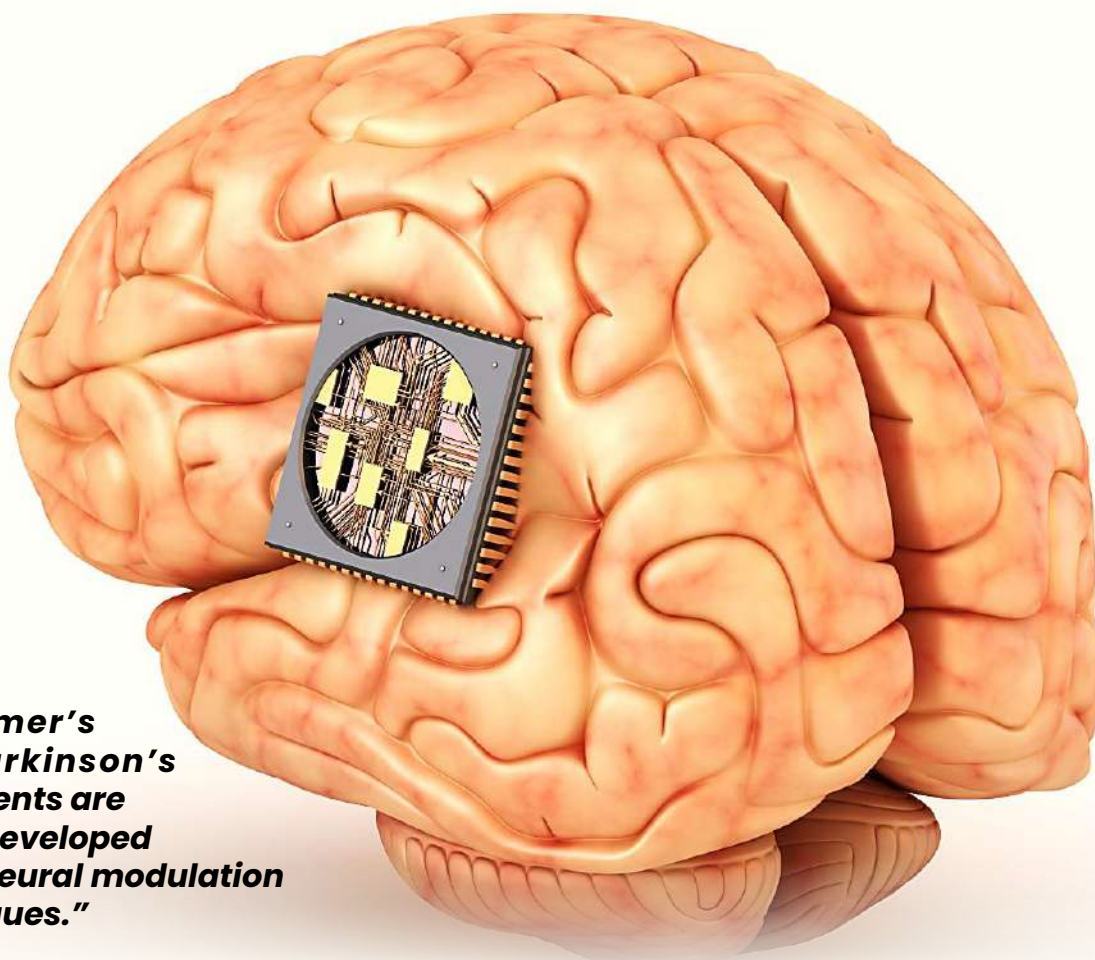
retrieve, and manipulate memories may soon be within reach.

Yet, with great power comes great peril. If human cognition can be enhanced, it can also be hacked. The integration of AI-driven interfaces into human brains raises ethical and security concerns. Could future wars be fought not with soldiers, but with minds hijacked remotely?

Could an authoritarian regime rewire thought patterns, controlling dissidents from within their own skulls?

The Rise of the Neuro-Elite

Beyond medical applications, neural implants introduce the possibility of a class divide unlike anything seen before. The wealthy could afford enhancements that increase intelligence, reaction



Neural Implants And Brain (Neuroscience News)

“

Alzheimer's and Parkinson's treatments are being developed using neural modulation techniques.”

time, and even emotional control, creating a neuro-elite who outcompete the unenhanced masses. This could widen socioeconomic disparities, leading to an era where intelligence is no longer dictated by genetics or effort, but by financial privilege.

Furthermore, corporations and governments may seek to exploit BCI technology to boost worker efficiency or instill unwavering loyalty. The ability to suppress negative emotions and optimize human productivity through direct neural stimulation could create a dystopian workforce, stripped of autonomy and personal identity.

The Unanswered Ethical Questions

As neural implants become more sophisticated, the lines between human and machine will blur. Will individuals with BCIs still be considered entirely human? Who will regulate this technology, and how can we prevent its misuse?

How much control should a person have over their own thoughts when an external device can potentially alter their brain activity?

These questions demand answers before neural implants become ubiquitous. The technology is developing at breakneck speed, but regulation, ethical considerations, and public discourse lag dangerously behind.

The Crossroads of Evolution

Humanity stands at a pivotal crossroads. Neural implants offer unprecedented opportunities to cure disease, enhance abilities, and redefine intelligence itself.

However, without stringent ethical oversight, we risk creating a world where privacy is obsolete, autonomy is compromised, and inequality is embedded at the neurological level.

Are we ready for this future? Or have we embarked on a path we cannot control?

The race for neural dominance has begun, and its consequences will shape the fate of our species.

Article **END**



George And Amal Clooney

A LOVE STORY Without Grace

Lover's Journey, Global Trends Magazine, 27th Edition 2025

In a world where even the brightest Hollywood love stories often flicker and fade, George and Amal Clooney offer a rare, refreshing narrative: ten years of marriage without a single argument.

Appearing recently on *CBS Mornings*, George Clooney shared what feels almost unbelievable: *"Amal and I still haven't had an argument. We're still trying to find something to fight about,"* he said, smiling.

This isn't just an adorable headline—it's a testament to something deeper: a relationship built not on drama, but on deep respect, constant gratitude, and shared purpose.

George Clooney, once Hollywood's most eligible bachelor, describes meeting Amal as "hitting the jackpot." It wasn't just love—it was alignment. The international human rights lawyer and the global actor and activist met at the perfect intersection of heart, intellect, and ambition.

Together, they built not just a family—with their

twins Alexander and Ella—but also a partnership where curiosity, laughter, and admiration outweigh ego and friction.

What Their Story Teaches Us

Their experience defies the typical narrative that conflict is inevitable or even necessary for growth. While many therapists argue that disagreements can strengthen bonds, George and Amal Clooney show that mutual admiration, patience, and kindness can achieve the same, and perhaps even more enduring, results.

It's not that they agree on everything; it's that they **choose harmony over winning.**

They remind us that love isn't measured by how

loudly you fight and reconcile. Sometimes, real strength lies in **the quiet, everyday decision to be gentle, grateful, and gracious**—even when life is messy or demanding.

“

Amal and I still haven't had an argument. We're still trying to find something to fight about.”

– George Clooney

The Bigger Picture:
More Than Celebrity Gossip

At a time when cynicism often overshadows belief in enduring partnerships, the Clooneys quietly stand as proof that lasting love is still possible—not because it's easy, but because it's **intentionally built**.

Their story is not about perfection; it's about priorities. Respect over pride. Listening over lecturing. Gratitude over grievances.

In the end, George and Amal Clooney aren't just lucky. They are deliberate. And perhaps that is the true secret to a love that doesn't just survive—it thrives.



George And Amal Clooney (Photo: Yahoo)



The image shows the cover of the 27th edition of Global Trends Magazine, dated May 2025. The cover features a portrait of a man with glasses, identified as Sheik Dr. Mohamed Jado Al-Tijani. Other headlines on the cover include 'ENZO FERRARI: The Man Who Married A Scandal And Built An Empire', 'GLOBAL POWER SHIFT: Who Will Lead The World In 2025', and 'POWER STRUGGLE: Artificial Intelligence And Geopolitics'. The cover also mentions 'ADRIAN LADIC: Photographer Who Made History'.

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Last But Not Least

This esteemed Global Trends Magazine edition was crafted with passion by the dedicated team of the GTM Group under the umbrella of the Global Chamber of Business Leaders, tailored especially for you.

Don't miss the chance to share this issue and stay updated by subscribing to Pressreader and to our website, where you can find and access all previous editions of this exceptional publication.

Dear readers, wishing you the very best until next month, and here's our **inspirational quote** from this month's edition.



**TOP 28
SPOTLIGHT**
Best Quotes of the Month

*"If you feel pain, you're alive.
If you feel other people's pain, you're a human being."*

- Lev Tostoj

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**ARE YOU
ALREADY GLOBAL,
OR READY TO BE?**

**SHEIKH DR. MOHAMED
JABOR AL-THANI**

Leading With Wisdom,
Building For The Future

ENZO FERRARI

The Man Who Married A
Scandal And Built An Empire

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