

BRAZIL TALKING NEWS



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BRAZILIAN
SCENARIO

BRAZILIAN INVENTORY



What is the inventory?

It is the process by which the enumeration is made the evaluation sharing and delivery to the successors of the goods left by the deceased person.

Is mandatory?

The inventory is mandatory yes is mandatory because the assets are in the name of the person who died are movable property or real estate, so with death these assets need to be transmitted to the heirs.

How does the process work?

The inventory process it can be done extrajudicially and needs lawyer, but there can be no incapable or minor heir or dispute between the heirs regarding the sharing of assets if there is such discussion this inventory will become litigious and in that case should only be made in court.

The inventory date

It must start 60 days from the date of the deceased and end 12 days, but may be extended. The term may be indefinite.

Is free?

It is not free, on the contrary it is very expensive. Procedural expenses, attorneys' fees and causa mortis tax - ITCMD (EXPERTISE, VALUATIONS). (EXCLUDING DEBTS AND THE SURVIVING SPOUSE/PARTNER)

ADMINISTRATORS/ MOMENTARY MANAGERS OF ASSETS

It must start 60 days from the date of the deceased and end 12 days, but may be extended. The term may be indefinite.

HOW TO SOLVE THE INVESTOR?

The inventory process you can do the estate planning of your family before death.

The will does not avoid the inventory process because you will pay the taxes to do, the will you will have to access the judiciary to open the will to fulfill to see if it is valid. The will is usually challenged in court because often the will benefits not a necessary heir.

Another process is related to the donation with reserve of usufruct that does not avoid expenses. Make the donation to your children this donation is irreversible and you get the naked property when making the inventory has to undo the usufruct, another public deed. This makes people spend a lot and this also does not solve the issue of inheritance. These institutes that are better known and more publicized and they are not the best option.

When it comes to financial economics of paying less taxes are widely publicized because notaries want to receive a lot.

The judiciary says that everything you want you solve in it but you do not solve because the court costs are making it impossible to access the judiciary.

The Federal Constitution says that there is free access to the judiciary but humble people are not having this opportunity and not only the humble those who have assets but without income there is no sensitivity on the part of illustrious magistrates who need to think therein. The Judge makes a decision of three laudas so that the person proves together a lot of documents to speak if she is legally poor or not, no one can even these much of document they require.

An example I have is a decision of three laudas the woman was from the Home, the person who works at home and the Judge denied access to the judiciary I had to give up process to try to enter elsewhere. We have to look for other alternatives because there is no awareness of the judges regarding the right of the humblest people.

Dr Wilson Koressawa
Former Justice Officer.
Former Judge of Law.
Former Prosecutor of
Justice. Author of
request for several
arrests in the STM.



SCRUTINY OF VOTES



Live on made with Dr Felipe Gimenez
on Brazil Talking News channel

Dr FELIPE GIMENEZ
Lawyer, Attorney in the State of
Mato Grosso do Sul and activist for
the public scrutiny of votes

It is important to understand the differences between these terms in order to be able to participate actively in political life. Voting is a powerful tool that can be used to change the world. It is important to use voting consciously and responsibly.

- **Suffrage:** Refers to the right to participate in elections, either by voting or being voted for. It is the basis of the democratic system, where citizens have the power to choose their representatives and influence political decisions through voting.
- **Vote:** It is the concrete action of expressing your preference for a candidate, party or issue in an election. It is the act by which a voter makes use of his right to suffrage. Voting can be secret (where the voter's choice is confidential) or open (where the choice is public).
- **Scrutiny:** Refers to the process of counting and verifying votes after voting closes. It is the procedure by which votes are counted, usually overseen by electoral authorities, to determine the results of an election.

WHAT DOES MR. FELIPE GIMENEZ DEFEND ABOUT THE VOTE?

So, I do not advocate a form of vote registration. I don't necessarily talk about the printed vote or, like the person who asked, the minister. I don't necessarily support handwritten voting, nor do I necessarily defend the third-generation ballot box.

See, I don't tie my thesis to the idea execution tool. I defend the idea. Because when you understand the idea and are able to understand that there is a legal act and a precise way to carry out this legal act, you begin to realize that you can choose different tools, as long as they are suitable for the legal execution of that act.

And a phrase by José Bonifácio, where he states the following: "Political action is the daughter of morality and reason". So, the exercise of politics demands people with moral quality and competence of reason, intellectual competence.

What should you do in an election? By the way, a little before that, it is important to understand what technology is. Technology is the ability to do work. Technology is not modernity. The idea that modern tools are necessarily the solution to problems is false. Because I have here, for example, an iPhone with me. If I want to eat soup, this iPhone doesn't have the technology to use it. I have to use a spoon, and a spoon is older than the iPhone. So this very simple illustration is to say that I need to understand what task I intend to perform and, after understanding the task, I choose the tool.

When I think about the task to be carried out in universal suffrage, in a democratic regime, I have to come to the conclusion, by studying the legal context, the systematic and teleological interpretation, that in a democracy the citizen must exercise his free will to any embarrassment and therefore he exercises the vote secretly. And if appropriate, then I want to say why the vote is not secret. What is secret is the act of voting. I remember explaining this better, but in a democracy, in universal suffrage, I must allow the citizen to exercise his vote freely, without constraints, and that this vote is submitted to the examination of the other citizens. Because the recipient of the vote is the people themselves, not the bureaucrat of the electoral service, nor the beneficiary politician. But when a citizen votes, he is talking to other citizens. So the chosen tool must allow the faithful collection of the will freely, without constraint, and the delivery of this registered will in a body that remains until the moment of public examination, where it will be delivered to the other citizens. When I understand this, when I understand this legal act in its essence, I can very easily perceive that this operation can be done with the handwritten ballot, with the printed ballot or even with the third generation ballot box, because the third generation ballot box has material custody of the vote. So the question here is that the vote must have matter, it must have body. Because it is concrete, etymologically, that which has a body.

Then, later, I can explain why the need to have a body. What was the problem with the proposed constitutional amendment brought by Congresswoman Beatriz here in the year I think 2019, it was 135/2019, I don't remember the year it was processed, but I think it was 2020 that it was processed in legislative house. People asked for printed votes, right? Strapped to a tool, Deputy Beatriz came and offered a project that delivered a printed vote, but look, this printed vote would not bring the public vote count. So there was the materialization of the vote, but there was no public scrutiny. Therefore, the PEC 135/2019 project did not solve the problem.

People thought it solved the problem because there was prediction of a printed vote, but the materialization of the vote did not bring the correction of the illegality of the secret vote count. The proposal brought a dangerous normative movement. Because everything that is done until today in the electoral service, secretly counting the vote, because the scrutiny process is secret because it is electronic. This illegal act is not supported by any norm of the entire Brazilian legal system. But with the incorporation of the amendment brought in PEC 135/2019, a silent tacit authorization for the secret scrutiny of votes would be placed within the body of the Federal Constitution. Realize the danger of this movement. Because having a politically militant constitutional chord, a constitutional color that has a clear political side, it would be very beneficial for the political spectrum that it represents, the proper interpretation of that tacit authorization.

In law, silence breeds law. An example of this is usucaption. If I abandon my lands or my house, my omission generates a right in favor of the prescriber. That is to say, silence regarding a certain provision eventually generates some obligation. So if the norm provided for a secret vote count within the body of the Constitution, this secret count prediction could be interpreted by the STF itself as thus authorizing the secret electronic vote count. That is, the constitutional amendment that intended to solve the problem would come exactly to seal the problem definitively and keep it within the Constitution.

Realize the legal knot that the amendment brought and that thank God was not approved. When it was not approved, and people told me they were sorry that the amendment 135/2019 proposed to come here that was rejected, I said thank God because God sowed confusion in the camp of the Midianites. If they had the legal understanding of that tacit authorization for such a secret ballot, they would have approved that wording. So this difference about handwritten, printed voting, it is important to understand that we have to defend the act. We campaign by public counting of vote, as with tool that was available. It can be a stick, a stone, a written printed paper. We have to have the legal act of public scrutiny of the vote.

Public count;

because the revolutionary movement lives on narratives, and narratives take place in culture, in knowledge, we must first win this cultural war by refuting the sophisms that support the secret counting of votes, the pretext of modernity, the pretext of high technology, the pretext of security, the pretext of speed. And this bunch of nonsense they say all the time needs to be conquered. The lie needs to be eliminated, right? Darkness has to suffer the invasion of light.

So, the first thing people should do is gather and cultivate the content needed to master this topic. And then, as a result, make the right propositions, refute the lies and demand the necessary change from the Legislative Power, which, in my opinion, consists of saying that the grass is green. If we had here in Brazil a Constitutional Court like the German one, we would not have this first generation electronic ballot box. It would have been rejected back in '96. If we had a constitutional court with the moral, intellectual quality of the German professional court.

So, see the need we have to modify the rule because of this practical and effective aspect, the effective guarantee not of the printed vote, but of public scrutiny. And then the instrument must be sought, it could be the third generation ballot box, which has material custody of the vote. The effective guarantee of this should result from this norm, a norm that came and said "the grass is green, fire burns, water wets, etc. and such". Which is the interpretation of this legal structure, of this thesis that I tried to present to you.

It turns out that we have false proposals all the time, wrong solutions.

President Bolsonaro, who has no legal training and no knowledge of information technology, was led to the error of saying the following in 2021: "electronic voting will be safe next year". He said this based on the confidence he had in a team of computer technicians. Only trust is consider, consider faith. Faith is a spiritual exercise. In a democracy, faith is not required of anyone.

There is no such thing as a democracy, nor does the principle of Transparency not speak of transparency, it speaks of publicity. Because transparency is seeing through, publicity is cognitively appropriating, being part of the act as a witness. It's very different, publicity and transparency. And second, faith there is no faith. The other day, someone asked me, but what about the public faith of the public agent? It is an expression that means the following: until proven otherwise, what the public agent does is legitimate, until proven otherwise. Is not true. It is not the presumption of the law itself.

Because there are things that are presumed in the law. For example, rape of a vulnerable person is presumably violent. There may even be, it's disgusting to say this, but you can assume, title of illustration, consent. But the law dictates that it is a violent act. That is a presumption and it is a presumption of law. No matter what I say, the law is presuming violence in this crime. He understands? When it is a presumption, until proven otherwise. So, when it is said that a public agent enjoys public faith, it does not mean that he is God. It means that what he does is presumed legitimate until proven otherwise. And proving the contrary only means, then, only showing the illegality of the conduct. If I have a public agent violating a constitutional principle in what he does, it is obvious that public faith has gone to hell, gone to the bottom. I don't even need to discuss what he did if what he did is illegal. It doesn't matter the result of what he did. There is no longer any presumption of legitimacy. So this public faith is a very mistaken claim on the part of the people.

The public agent can only do what the law determines. Unlike the individual, who does everything that the law does not prohibit. The public agent must do exactly what the law determines. If he goes against the law in what he does, there is no public faith. Because that expression is bad. In fact, it is not about faith, it is about the presumption that the public agent respected the principles that are imposed on his conduct. Faith proper is something that attaches to that of his belief. I believe in whatever I want, I believe in my daughters, I believe in my wife, I believe in God. But as far as the State is concerned, which is secular, the citizen is not required to have faith in anything.

Is the TSE necessarily the place to count the ballots?

No, it's a matter of place, but it's a matter of who counts. If we had the people inside the TSE, seeing, cognitively appropriating the fact, it could be there. The problem that is implicit in this question is the finding that the count that is done there is secret to the people. So no, it can't be there. Because if it was there with the people, it could be there. But the way it's done, being there secretly for the people, it's unconstitutional, it's illegal and it's undemocratic.

The electoral code authorizes the votes to be counted in the electoral session itself. It is already authorized in the electoral code, in the bill, in PL 943/2022. You will see that I proposed it, right, and the deputy accepted and filed the project. I proposed that it be a rule that votes are counted in the electoral session itself, because we have an average of 500 votes per session. It's very easy to tell publicly, in a legal, legally valid way. 500 votes, you count in an hour, you do the closing minutes with the testimony of the citizens.

I propose there that three citizens, at least, be allowed to volunteer to participate, to cognitively dominate the vote count. Then, the closing minutes at the door are complicated. And you have, then, through these minutes given to the public. Imagine that all sessions do this concurrently. In one hour, you count the votes of all polling stations in Brazil, because they will all do it concurrently. And at some point, you have a legitimate result, with respect to the principle of publicity. In another hour, you add up these closing minutes. Even the society itself can do it in a parallel and evident way that the official body will do, but the people themselves, the press itself, can collect all the minutes of all the sessions. Because it's a butcher's count, it's $1 + 1 + 1 + 1 + 1$. And it can be assisted, totally, totally assisted. There is no reason for this secrecy. This secrecy is violence against democracy. This secrecy, yes, this secrecy is undemocratic.

I would like to remind you, as much as possible, to look for the work "Sereis como Deuses" and collaborate with the work done by Doctor Cláudia Piovesan. I didn't gain anything from it, and she certainly doesn't either. It is selfless work. Look for the book. I recommend reading the entire book for you to understand the absurdities that the constitutional court makes, under the pretext of interpretation. And I ask you to read chapter 4, which is an exposition of everything I've said here. Finally, one thing I think I missed: stop calling it "electoral justice". When you talk about justice, you invoke the neurolinguistics of this word, and you think of a judge. A judge is someone who judges human conduct, and in doing so, he is authorized by a procedural principle that is freedom of rational conviction. A judge, judging the conduct of a human being in light of the facts that are in the process, which are the reason for his conviction, he is convinced. He has a free rational conviction, that is, because of what is in the records.

But the electoral service, and this is what I would like you to call it, when someone says electoral justice, correct me, call it the electoral service. You don't have that freedom of interpretation, that freedom to decide about it. Because the electoral service performs an administrative act. And the administrative act, there is even a discretionary figure, there are some administrative acts that, authorized by law, are discretionary. What is a discretionary act? It can be executed with the convenience, special opportunity that the administrator deems appropriate. For example, I'm going to pave a city street. I'm the mayor, but there's another street that needs to be paved. I decide which street I should pave first, because I understand that it is convenient and opportune to be paved first. This is a discretionary act, because it has a judgment of convenience, of opportunity.

It so happens that the electoral service has no discretion in this task of collecting and counting votes. This act is a binding administrative act. He has a bond determined by law, and the electoral service agent must do exactly what the law requires. There is no room for freedom of conviction, for judgment of convenience, opportunity. There he is a slave of the law and a public servant. The role of the public official in the election is to serve the people. The protagonist of the election is the people. The recipient of the vote is the people. The people have to master the legal act of counting the votes. That was important to say, I think I had forgotten. It is necessary to change this language, and changing the language is this cultural war process that we have to win. Because it was in the culture war that we lost.



CURITIBA FORUM



The Curitiba forum took place on August 25, with the participation of several speakers and public figures such as Flávio Bolsonaro, Dr Jacyr Leal, Bibó Nunes, Pr Arno Pauls among others. And it aimed to bring together national and international right-wing groups.



BY ANA CLAUDIA CARREGARO AND RODRIGO ABRAHÃO

Ana Claudia Editora Chief and Rodrigo Coordinator went to Curitiba to follow the event

Businessman and publicist Hugo Alves, coordinator of the event, said that the movement hopes to bring together people who fight for the same principles to strengthen the group's claims. "Curitiba could be the beginning of this movement. We have the authority and legitimacy to put this on the agenda at the national level," he points out.

FLAVIO BOLSONARO

Flávio had a fundamental participation in the forum, not only for being the representative figure of President Bolsonaro, but also as a Senator of the Republic. He presented a little of his history when he started in politics as a state representative at the age of 21. He highlighted the memory of his father who said "Flávio don't try to please anyone, speak what you believe, defend what you think is right and consequently they will vote for you." Bachelor of Laws and has always defended police and public safety guidelines. It emphasizes Olavo de Carvalho and tells the story that Olavo shared a room with José Dirceu to learn the left-wing mentality.



He encourages study and says it is the best tool to educate people who have been manipulated by left-wing ideology.

Compare governments and how the Bolsonaro government came out fired in 2022. GDP bigger than China, criteria of Ministers different from the current government the requirement is to have a criminal record, he says. He spoke about the policy made by Bolsonaro that there was no government that distributed more resources in city halls than his father's.

He came out against gender ideology and mentions his and also about the left preventing people from having guns, as the number in 2019 dropped 17% in the homicide rate, it was the lowest rate in all years.

Finally, he extolled that he believes in Brazil and they are not going to give up on the country and have a lot of sensitivity because the next years will be decisive in the 2024 and 2026 elections and that there is no other way but through politics. "We saved Brazil once, and we will have one last chance before the abyss"

LACYR LEAL

Dr. Jacyr explains that the human brain is made up of three main parts: the reptilian brain, the limbic system and the frontal lobe.

- The reptilian brain is responsible for basic survival functions such as heartbeat and breathing.
- The limbic system is responsible for emotions such as happiness, sadness and anger.
- The frontal lobe is responsible for thinking, decision making and strategic planning.

The frontal lobe is responsible for differentiating us from animals. Animals act on instinct, while humans think before they act.

He states that the frontal lobe develops throughout life, but that most of this development occurs in childhood.

It is important to encourage frontal lobe development from early childhood. This can be done through activities that encourage critical thinking, creativity and problem solving.

Finally, he concludes by stating that the frontal lobe is responsible for our ability to be kind and generous. When we use our frontal lobes, we are able to think long term and make decisions that benefit others.

Man is a political animal

- who thinks; reflects what the community thinks and lives by

Man is a cultural animal

- transcends and transmutes the natural world, so it grows

Man is a moral animal

- perceives and knows how to discern between right and wrong.

Being an obstetrician, he says he has never seen the birth of a bandit, a beggar or a drug addict:

"I see a human being being born, with the umbilical cord still pulsating, who will build a mentality: unique, individual and sacred."



BIOGRAFIA

Physician, writer and speaker, graduated from PUC Paraná, 39 years ago, he works as a specialist in gynecology, obstetrics, and in the area of female ultrasound, since 2003 with studies in the science of human development. CEO of FRATER BRASIL and creator of the SUPERCONSCIÊNCIA / FAMÍLIA DO FUTURO Program. Author of several books in the areas of behavior.

Quotes Aristotle, "Man is a political animal". He is and we all are. Yet we grew up angry at politics. Although he wasn't angry with politics, only with what was and continues to happen in Brazil. We never had a democracy and it's time we started liking politics.

Globalism, the current totalitarian state that comes from the 17th century, being formed, called the New World Order, what is the objective? Perpetuating the family of ruling millionaires who are the biggest investors on Earth. And that's how they dominate, through the big global companies. With the technological databases, they will control, dominate, destroy and conquer you. It's intelligence turned towards evil, they are not interested in your good, they are interested in your material goods. In this group, there are the "think tanks", people formed to think about evil, thinking groups to destroy values.

The goal is to instill fear, with that, we don't think and don't use the frontal lobe, without delay just reactivity, rules, obedience and servitude. Fear deceives us, destabilizes, weakens and evil attacks and makes you your greatest enemy: Bad thoughts - certainties - wrong decisions.

And today, the target is Brazil: lands, waters and seas; ores, agriculture, livestock, our people and with world lies. To win they need to destroy: our Sovereignty, Institutions and History, thus attacking Christianity, the family, values, language, culture, justice, democracy and knowledge, going to Universities, schools, Press and Government, all this infiltration is calculated so that through our dysmaturity, that is, disturbing your maturity, where you get scared, get nervous and take your sleeping pills: antidepressants, anxiolytics

The instrument is in the ingenuity of young people and that is enormous. It is normal to be immature, inexperienced and rebellious, like that young person who: kicks the wall, knocks on the door and the father takes him to the psychologist and if the psychologist is good, he asks the young person to bring him to the family at the next consultation.

It is the family system that is compromised, as the young person revolts in the middle of the situation and does not have the mental capacity to understand what is happening.

So, when this young person enters school and/or university, with a desire for justice, to improve the world, he is carried away by novelty, by pleasure, and what happens? The teacher manipulates, deceives and is deceived. They are a quiet mass, subjugated, showing evil as if it were something nice. They are valued for evil, they are disguised as good and devalued by us.

Method: children against parents, brothers against brothers, all against all - change common sense, end privacy, destroy the word, debase, corrupt, relativize, vulgarize, addict - repeat until exhaustion: abortion, drugs, gender, control, censorship, minorities, disarmament.

For evil there is no: Right, Center or Left - it's full of good people on the left, it's full of bad people on the right - they use that here to divide us, there's only good and evil: And which side are you on ?



MAMELA FLOR

Femininity inspires connects with the classic, elevates, does not degrade. In the age of vulgarity, it is counterrevolutionary.

University professor of History, graduated in Market Economics applied to the Social Doctrine of the Church and co-author of the book "Igniting Liberty", in which she exposes the connection between abortion and totalitarianism. Mamela is also a columnist for PanAmPost, La Gaceta de La Iberosfera, ADN America and Mercatornet.

BIBO NUNES

Quoting Charles Darwin, the parliamentarian stated that "whoever wins is not the fastest, who wins is not the strongest, who wins is the one who adapts. And the left knows this. Bolsa Família adapted millions of Brazilians to live in poverty. And they live in misery, they eat flour with water on Monday, Tuesday, Wednesday ...on Saturday it's water and polenta. It's their world, it's the world the left has made. For them, you don't need anything else. A generation that doesn't study, doesn't have leisure, doesn't have medicine, has nothing! But, in the election, vote for the PT".

"I say, the PT will never end poverty, because they depend on the poor. So, Bolsa Família is there stimulating poverty, and they are still proud of having more people depending on Bolsa Família. The more people depend, a sign that our country is heading for chaos", explained the deputy.



IPEP

The 1st Forum of Curitiba was attended by lawyer Luiz Felipe Cunha, the President of IPEP and journalist Adalex Góis, Vice-President and lawyer Thais Arêas Muquici and the Ambassador of Curitiba and Speech Therapist Giselle Coléte, among other lawyers who are part of IPEP - INTERNATIONAL INSTITUTE OF POLITICAL PRISONERS AND EXILES.

IPEP, was born after January 8, 2023, with the aim of helping prisoners and political exiles, starting a collection campaign for the Cobal-kit (extra food items, hygiene items and personal items), basic food baskets and the sweater campaign and, both for the Papuda Prison (male) and for the Colmeia (female) and for those who left after the first two months.

IPEP, intervened in the case of Oswaldo Eustáquio, when Minister Alexandre de Moraes of the STF, made a complaint so that Eustáquio's name was included in the Interpol red list.



Instituto Internacional
dos Presos e Exilados
Políticos

Assine o abaixo-
assinado que pede a
LIBERDADE aos
PATRIOTAS
perseguidos!

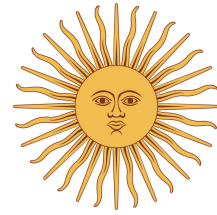
Este abaixo-assinado pede a retirada imediata das tornozeleiras eletrônicas, a liberdade aos manifestantes que não foram identificados na investigação como sendo os vândalos que saquearam o patrimônio público, bem como, a liberdade dos presos, exilados, perseguidos, vereadores, parlamentares, políticos, suplentes, jornalistas e ativistas políticos.



SCAN ME

INTERNATIONAL SCENARIO

ARGENTINE ELECTIONS



By Ana Claudia Carregaro

Argentina this year in October will take its population to the electoral colleges to vote for the new President. The current president, Alberto Fernández, will not run, nor will the current vice president, Cristina Kirchner, who was president for two terms.

PERONIST GOVERNMENT

Left, political heirs of Juan Perón, who was president of Argentina three times in the last century.

Sergio Massa: He was appointed Minister of Economy by Fernández in July 2022. Before, he was mayor of the Chamber for three years and mayor of Tigre for another six. He was also Cristina's chief of staff for a year. Graduated in law and with a conciliatory profile, he is seen as a minister with the function of "holding the ends" of the government until the elections. He saw his popularity drop along with Cristina and Fernández due to the economy.

OPPOSITION GOVERNORS

Horácio Larreta, mayor of Buenos Aires, and **Patricia Bullrich**, former Minister of Security, are at the head of "Together for Change", which was born out of the coalition between a traditional right-wing party, the Radical Civic Union, and the party created by the former President Mauricio Macri, the Republican Proposal (PRO).

The ultraliberal right will also run for a seat in the election, its representative will be **Javier Milei**, candidate of "A Liberdade Avança". Milei was elected federal deputy in 2022, he is 52 years old and owns an exalted rhetoric.

In the country, coalitions are obliged to hold a primary vote, before the first round. This voting is known as Pisa (Open, Simultaneous and Mandatory Primaries) in which voters choose the coalition in which they will vote, so it is considered a great thermometer for the presidential race.

CANDIDATES' MAIN PROPOSALS

SERGIO MASSA

Sergio Massa of the Frente Renovador party and Minister of Economy in the current government to combat inflation inherited and maintained an old price control policy as a tool to combat – or contain – inflation. The Fair Prices program was expanded and renewed by the minister who, with more than 450 products from leading brands under his orbit, regulates and freezes prices until January of next year.

As for the economy, Massa's main promise to the campaign is that, during his government, over the next four years, the debt with the IMF will be definitively cancelled. "Take away the IMF so he never comes back," he said after being anointed as a UP candidate.

Massa said it was clear that Argentina's problem is "how we allocate resources" in terms of health. "If you add social works, prepaid medicine, public health system, in some territories we have multiplied services, and in other places reduced or absent. It is necessary to look at a private, associated and public management system", said the candidate. A continuation of Cristina Kirchner's idea of creating an integrated system. On the other hand, the Tigrean wants to strengthen the PAMI and criticized those who talk about eliminating it.

In International Politics - USA and China - Since becoming Economy Minister, and in this scenario of financial difficulties, Massa has begun to deepen a bond with China, which leads the country to make its partnership with that eastern world increasingly important . Today, China is Argentina's second largest trading partner and is located in a leading role. The use of the yuan with the IMF reflects this new close relationship. Today, Argentina's main trading partners are Brazil, China and the United States (in that order).



RODRÍGUEZ LARRETA

ACCORDING TO THE WEBSITE AMBITO.COM, THESE ARE RODRIGUEZ LARRETA'S 8 PROPOSALS TO REDUCE THE COUNTRY'S INFLATION

- Review budget line by line to eliminate all unnecessary expenses, balance accounts and achieve a zero deficit.
- Eliminate the deficit of public companies, such as Aerolíneas Argentinas, and eliminate their inefficiencies and privileges. All of them will have to be profitable, like any private company.
- Congress will not pass any law without justifying where the funds will come from. Every legislator introducing a bill will have to explain how it will be paid.
- Modify the Organic Charter of the Central Bank so that it is truly independent. Never again finance the government's deficit and never again are its authorities arbitrarily removed.
- Unify the 18 exchange rates in the first year of government.
- Regain access to credit in the first 12 months and thus allow companies to increase their production and investments.
- Promote a new agreement with the provinces to reduce taxes. Reduce and limit two of the most distorting taxes: Gross Revenue and Stamp Duty; and resume the path that Mauricio Macri started in 2017 with a new Fiscal Pact between the provinces.

Wages will beat inflation. At the end of the mandate, the real salary of the workers will be higher than at the moment of inauguration. There are no more workers below the poverty line.



JAVIER MILEI

According to El Economista, Javier Milei, who won the primaries in Argentina, comes with stronger proposals to contain the extremely high inflation in the country. Dollarize Argentina's economy. In your mind you've already traced the points for this to happen. Before that, he explains about Ecuador, which had its economy dollarized, which in the first year reached 90% inflation and in the following years falling from 5 to 4% with the dollar.

According to the economist who wrote a book with Nicolas Cachanosky on dollarization, Milei has a maximum window of 16 months or 17 months to show low inflation. Because by April 2025 you have to have the economy stabilized.

Points for dollarization:

When you dollarize, the economy has dollars. The whole notion that there are no dollars ceases to make sense when you dollarize. The State no longer remembers in pesos, it collects in dollars. The entire economy is dollarized. Thus, all analyzes based on the fact that we have no reserves are analyzes that do not make sense in the context of dollarization. In fact, the reserves themselves, as a concept, in a dollarization, cease to have the usual meaning. Why? Because in a country with its own currency, reserves are the assets of the Central Bank denominated in foreign currency, in dollars. When dollarized, all assets and liabilities of the Central Bank are denominated in dollars. So this is the first thing to understand.

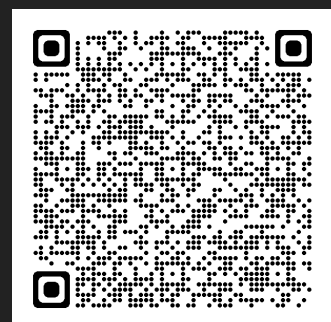
Second, that we are on a fractional reserve system, which means that banks, most of the money is bank money. And bank money is transactional in Argentina. No one has more savings in Argentina. Why do you have the money from the banks? Because the economy is banked. You have to pay taxes via banks, you have to pay suppliers via banks, you have to pay salaries via banks. You have no choice but to. But on the other hand, you see that the M2 (money supply) to GDP ratio, private M2, the money that the private sector has in the banks to GDP, is at historic lows. Why? Because it has already been fairly dollarized. The fact that there are historic lows in monetization is a reflection of spontaneous dollarization. People got off the weight. And the dollar is in your house or in the safe."



When you dollarize in the context of a credible fiscal adjustment program, an economic opening program, deregulation, reduced public spending, tax cuts, etc., people change their expectations and the economy starts to function differently. The dollars are already in Argentina."

"Dolarization is not an end in itself. Dollarization is a means. A means to what? A means to a government, which wants to do all the things that need to be done, all the structural reforms, because the structural problems require reforms structural reforms, to be able to eliminate inflation to carry out structural reforms. Before March 1991, very little was done in terms of structural reforms in Argentina. It was the elimination of inflation that allowed the government to win elections and complete reforms. Because the only reform that if you can do it quickly and the effects are felt quickly is monetary reform. All other reforms require negotiation in Congress, they require time, and that requires votes. So, the only thing that people vote for, whether left, right, or whatever it is, it's the president or the system that eliminates inflation."

El Economista



Milei gave an interview to Cronista advancing the dollarization plan and explains that dollarization is different from conversion

The leader of La Libertad Avanza proposes, in a period between 9 and 24 months, to use the dollar as legal currency and eliminate the Argentine peso.

Dollarization is done by replacing the peso with the dollar as legal tender. On the other hand, the convertibility plan proposes to place the dollar and the peso in equal value, but without taking the Argentine national currency out of circulation.

Milei speaks of literally "blowing up the central bank" in her speech:

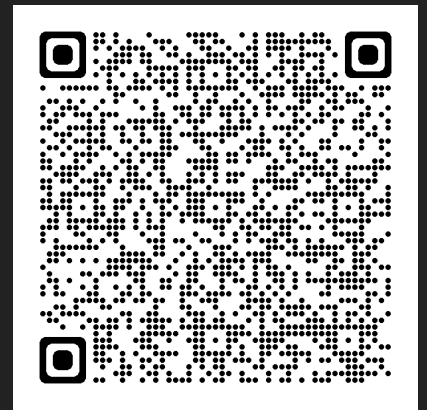
"When I talk about burning down the Central Bank, it's not a metaphor, I mean dynamiting it, but that's literal. That is, making it implode and all the rubble remains," said the leader of Avancos da Liberdade.

To dollarize the economy, it is necessary to have a specific dollar reserve amount. This last point is one of the big disadvantages that Milei would face, as the Central Bank's reserves have decreased a lot in recent times. Despite this impediment, the libertarian explained that he could apply "negotiations" to obtain the dollars that allow dollarizing the economy "at the market dollar value".

As an example, Milei detailed that they will sit down with "high risk investment funds and are willing to put the US\$ 30 billion". The period to dollarize the economy would be between 9 and 24 months, which "implies that bonds will rise more than 100% at least".

In any case, the libertarian's plan raises doubts and uncertainties, since the government would have to replace all existing weights with the net monetary base (dollars) of the BCRA.

Cronista



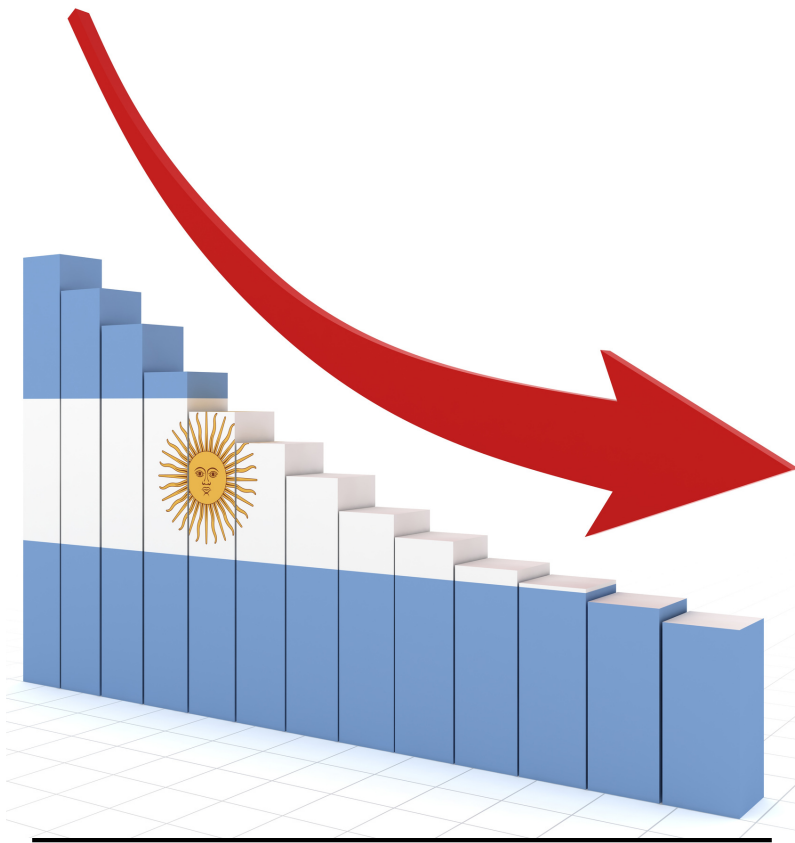


THE HOPELESSNESS OF ARGENTINES IN THE FACE OF THE ECONOMIC CRISIS AND CORRUPTION

Argentina is a South American country, with a population of 47 million inhabitants, the third largest in this continent. It is currently experiencing an unprecedented economic and political crisis. The crisis began in 2018, with a strong currency devaluation, capital flight, high inflation and a drop in economic activity. In 2020, the crisis worsened with the effects of the Covid-19 pandemic, which reduced external demand, tourism, domestic consumption and tax collection. Argentina entered recession for the third consecutive year, with a GDP drop of 10%, one of the worst on the continent. Inflation exceeded 60%, eroding the purchasing power of the population. Poverty has reached 42% of Argentines, who cannot meet their basic needs. The external debt reached 100% of GDP, with the country being the main debtor of the IMF.

The economic collapse adds to the political crisis, which reveals a power struggle between President Alberto Fernández and Vice President Cristina Kirchner. The Peronist government faces strong internal and external opposition, which questions the measures implemented, to face the pandemic, for vaccination, as well as for negotiation with creditors. The government is also facing social protests from different sectors of society, who complain about the situation in the country and demand changes.

SIMONE HAZIN



This critical and uncertain situation in the country causes instability and undermines the confidence of Argentines, who feel insecure, anxious and fearful about the country's future. A sense of hopelessness that seems to have no solution and no end. It is important to add that this feeling has numerous consequences for the mental health and quality of life of this population. According to a survey by the University of Buenos Aires, over 85% of respondents said the current crisis has left Argentines even more distrustful of the future, and nearly 90% said they fear the economic situation could get even worse next year. The terms most used to describe hopelessness were “anguish”, “tiredness”, “irritation” and “fear of the future”. And perhaps for this reason, that some studies indicate that Argentines are the ones who consume the most antidepressants in Latin America.

The lack of expectation in the future leads to discouragement, apathy, resignation or revolt. It can also make it difficult to find creative and collective solutions to the country's problems. It can also affect self-esteem, motivation, mood, sleep, appetite, concentration, memory, reasoning, learning, productivity, relationships, communication, and even affect cooperation, solidarity, tolerance, citizenship and democracy of Argentines.

To better understand this phenomenon, it is necessary to consider some of the historical, social, political and cultural background that contributed to Argentina arriving at the situation in which it finds itself. Are they:

1. Dependence on the export of primary products, such as grains and meat, which makes the Argentine economy vulnerable to fluctuations in international prices and competition from other countries;
2. The lack of a consistent and credible monetary and fiscal policy that generates confidence in investors and consumers;
3. The political polarization between Peronism and anti-Peronism, which makes it difficult to form consensus and implement structural reforms;
4. Widespread corruption at different levels of the State, which negatively affects the country's economic and social development;
5. The covid-19 pandemic, which further aggravated the country's economic and social situation, among others.



In this way, it is understood that the instability and crisis that the Argentine people are going through is a complex and multifaceted challenge and there is no easy solution. And it is in this context that hopelessness and mistrust emerge. They feel left out, mistreated and betrayed by those who are supposed to watch over the country. And this situation is the source of damage to the mental health and quality of life of this population, generating feelings of hopelessness, a feeling of impotence and a range of psychological disorders.

Hopelessness, however, is not a permanent condition. It needs to give way to new possibilities. Hope needs to be reborn, to exist again, because only then will the Argentine people be able to lift their heads and fight for their country again and find the way to overcome difficulties and build a better future for themselves and for the next generations.

ECONOMY IN ARGENTINA

BY CAROL CURIMBABA



Those who walk the streets of Buenos Aires, Mendoza and Bariloche might even think that the news is exaggerating when they describe the country's economic situation. Bars and restaurants full of Argentines, not just tourists, the result of an accumulation of capital that is still present, mask the poverty that strikes like a tsunami, especially in the interior, and the difficulties faced by the local business community and foreign investors.

With a steep and perverse rise, we can see the inflation rate, which has not known single-digit numbers since 2011, which was already almost double the world inflation average, 9.47% versus 4.82%. And the scenario has only been intensifying year after year, even after Macri's government, strongly opposed to Peronism and considered center-right, failed to have the political and management skills to carry out the necessary reforms and changes, while respecting the timing of response from society and the economy, taking a country with inflation around 24% and delivering above 53%. Today the data are alarming, rising from 100% a year, inflation erodes all the Argentine purchasing power, destroys the interests of local and foreign investors and exposes the fiscal security of the State. But it is necessary to understand the real cause of inflation to know how to combat it.

Inflation in the country is a problem of money management, of the value of the currency, and not because certain products such as meat, soy, became more expensive and had an impact on society as a whole, because of the drought (if that were the case, any other country would be in the same situation). For this reason price controls are definitely not justified either. Carrying pesos in your pocket became unfeasible, local businesses became more adept at digital money like MercadoPago. The result is that the population ends up feeling more secure in exchanging the pesos that are left over at the end of the month in dollars and keeping them under the mattress, instead of putting them in the bank, even with supposedly attractive fixed income yields. There is no more confidence in the currency, and this is a difficult crisis to equate.

Prices on menus and shop windows, which are almost always handwritten, indicate this volatility. The very consumption that is observed on the streets is a reflection of the fact that it is better to consume than to leave money in the bank. The cause of inflation is Peronism's way of managing, they focus on a large State, spending, heavily regulating and constantly interfering in the life of the entrepreneur, charging a lot of taxes, but giving little back.



Carol Curimbaba

**Agribusiness Marketing
and Communication
Executive | Founder of
Jornal do Agro | Political
and Economic Analyst at
Jovem Pan**



This public management model invariably paves the way for corruption. It becomes a vicious circle, where investors do not allocate their resources to the country due to the history of default and the situation of public accounts. To make up for underinvestment, the government raises export taxes, discourages the economy, worsens inflation, freezes prices, lacks products in the markets, and inflation continues to rise.

The fall of the Argentine peso, which since 2015 has lost 95.9% in value against the dollar. The high foreign debt also makes the country less safe and reliable, in 2018 alone, the Argentine government borrowed US\$ 57 billion from the IMF in the largest loan ever granted by the body in history and which makes our brothers the biggest debtors of the body, with a debt it represents. Public debt Vs GDP might not even represent a big problem since the ratio is 80.5% in Argentina, below countries like the United Kingdom, 97.4%, United States, 129% and Japan, 162%. But its history of default and way of running the economy, which already surpasses the concepts of heterodoxy, of developmentalism, going so far as to demonstrate itself as an economic denialism that results in a cycle of poverty generating more poverty and pushing away the best tested form of sustainable wealth of the country by attracting entrepreneurs.

JAVIER MILLER WINS THE PRIMARIES IN ARGENTINA, WITH 30% OF THE VOTES AHEAD OF THE CENTRE-RIGHT COALITION.



By Ana Claudia Carregaro

The Brazilian press created controversy when it indicated that the right-wing Argentina had lost steam and when announcing the results of the primaries, it called Javier Miller's party of extreme right.

Javier Miller is an economist who, nicknamed Bolsonaro Argentino, gained prominence for defending the end of the Central Bank, proposing the complete dollarization of the country and mocking the socialist climate agenda.

Milei presents himself as an outsider who came up with the motto of being “against the political caste”, against Peronism and Macrista. In his speeches, he pointed out the salaries and privileges of Argentine politicians, issues that Bolsonaro in Brazil also tried to discuss in 2020. He also stated his intention to dismantle the ruling elite and reduce the size of the government.

In his speeches live he said: "Socialism was an economic failure, it was a social, cultural failure, and also that disgusting system murdered 150 million people... Socialism is based on impure values, envy and hatred..."

According to Milei, in his presidency, he would implement substantial cuts in public spending, thus allowing a decrease in taxes, and would also seek to strengthen relations with the United States and other Western nations, seeking the support of allies that oppose the emerging leftist ideas. in the region.

— Latin America only has one way out if it embraces ideas of freedom once again. I would cut off my own arm before raising taxes,” he told The Washington Post last year.



GEOPOLITICS

BRICS: WHAT CHANGES WITH THE ENTRY OF NEW COUNTRIES IN THE BLOCK?



BY JULIANA BERTOLOZZI

BRICS expansion, the President's stance and controversies over funding for Angola mark Lula's trip to Africa

The BRICS, a group of emerging countries originally composed of Brazil, China, India, Russia and South Africa, agreed, during a summit that brought together its leaders on August 22 and 24 in Johannesburg, to receive six new members: Argentina, Iran, Saudi Arabia, Egypt, Ethiopia and United Arab Emirates. The decision has far more political than economic repercussions.

The six invited countries must meet conditions established by the founders and must join the group from January 1, 2024

President Luiz Inácio Lula da Silva's trip to Africa was marked by controversy, from his informal posture in official photos of the summit to the new financing for infrastructure works in Angola (in addition to the very high costs of stay, always in luxury hotels, which exceeded R\$ 200 thousand reais in just two nights in Angola).



Lula defends the expansion of the group. For him, the change helps to influence negotiations with more developed economies, such as the United States and European countries.

However, new members are a mixture of countries in serious financial difficulties and dictatorships - the most likely expectation is that China will come out stronger and that Brazil may lose influence in the group since China has great possibilities to increase its geopolitical influence and this does not guarantee any kind of improvement in Brazilian trade abroad.

After all, in practical terms, more than doubling the number of participants in the bloc will reduce the individual influence of each country in internal discussions. In addition, the expansion strengthens China's position on the global stage, in addition to meeting the different interests of the current members of the group. Iran's entry, for example, would benefit Russia; Brazil SPONSORED the accession of Argentina, its main commercial partner in South America, and, depending on the result of the presidential elections at the end of this year, the two candidates that are ahead in the polls have already declared that they will withdraw Argentina from the bloc.

In addition, Brazil will have to know how to balance its alignment and international discourse with dictatorships criticized, for example, for the lack of women's rights, such as Saudi Arabia. "It will require greater flexibility to participate in a group in which some positions may contradict what the country defends in other international forums, such as issues related to individual and democratic freedoms, human and social rights, and customs", stressed researcher Renato de Almeida Vieira eSilva.

In addition, the new members of the Brics favor China's project to expand its global geopolitical influence. Internally, China is already the main power of the group, which are interested in the investments of the Asian giant. And being part of an economic bloc led by China, which can be a counterpoint to the G7, which brings together the largest economies in the world, does not leave Brazil in a favorable position. According to the researcher, "the Brics group gains in lack of coordination, as it is evident that there is no automatic convergence between them. China has always been the preeminent country; Brazil proves to be the tail of a great power, which wants to form an anti-Western group." That is, Brazil does not gain anything from this - and runs the risk of losing it, since there may be more pressure from China on the other members of the Brics and many of the decisions that may be taken in the group will tend more to Chinese interests, which which may not be in line with Brazilian foreign policy. Brazil will suffer to adapt to the new format of the Brics, which will bring members with interests and positions contrary to what Brazil has historically defended.

COMMERCIAL IMPACT

At first, the expansion of the bloc should not impact the trade relationship between the countries. Many experts believe that the expansion was decided on political rather than economic terms.

The future members do not have an expressive participation in Brazilian foreign trade, but there is room for growth. After all, the BRICS is not a trade agreement.

However, the expansion of the group is seen by the United States as a warning sign. Joe Biden, President of the United States, has already renewed promises to strengthen financial mechanisms for developed economies through the World Bank and the International Monetary Fund (IMF). These proposals should be taken to the G20 summit, which will take place in New Delhi in a few days.

For the United States, the most worrying part of the new expansion of the Brics is the entry of Iran into the group. The Islamic republic is seeking membership as a way out of the isolation caused by Western US-led sanctions over its controversial nuclear program and crackdown on protests.

Among the new members, three countries have historically difficult relations with Iran: Egypt, Saudi Arabia and the United Arab Emirates.

Tensions also divide the group's original members. China has rocky relations with India, which has been catching up with the United States recently.

The decision shows a demand for change in general. The United States needs to adopt strategies that are more effective than its current approach to working with like-minded countries and cannot limit itself to trying to adopt the Chinese approach to contributing infrastructure in emerging countries. It is necessary to have a long-term vision of the benefits of the economic relationships of these groups and the concrete funds that will support this vision.



NEW COMPOSITION NUMBERS

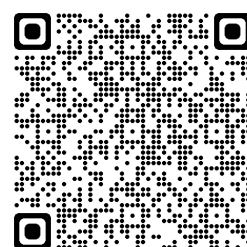
 **BRICS**

 **NEW
BRICS**



With the new composition of the group, the population of the block went from 41% to 46% of the planet's population, especially due to the presence of China and India, the most populous in the world. The Gross Domestic Product (GDP) of the expanded block could reach US\$ 32.9 trillion in 2024, according to IMF projections - a figure that would represent 29.7% of global GDP.

In the final declaration released by the summit, the countries chose to disclose GDP by purchasing parity, which will be 36.6% of the world total with the new countries. The data considers the purchasing power of a country's currency at an international level. The parameter benefits developing countries more because it reduces the effects of converting devalued currencies against the dollar.



CHINESE VICTORY

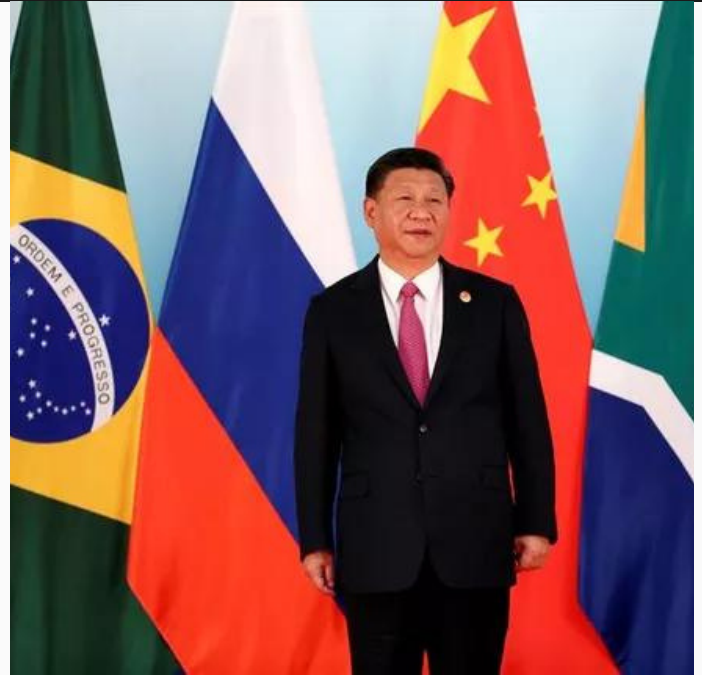


The block's growth is a victory for the Chinese.

On August 22, the second day of the summit, Xi Jinping said that the bloc needs to make “good use of the cooperation format” and needs to “accelerate the expansion process to include the largest number of countries.” In other words, the President of China wants to use the Brics as a counterpoint to the G7, a group led by the United States, and the G20 in international debates.

Lula endorsed the accession of new members with the justification that Beijing would signal support for the entry of more countries into the UN Security Council, a claim defended by the PT for decades.

In practice, however, the scenario should be very different, since this instance in the United Nations will only be reformed if its five permanent members (United States, Russia, France, China and United Kingdom) vote unanimously - which should not happen soon.



The Americans do not intend to give in to pressure from a few countries. Although Lula has spoken about strengthening democracy, the new members of the Brics have been charged by other countries for disrespecting human rights and democratic values, especially Iran and Saudi Arabia. China and Russia are also contested.

In time: it is necessary to say that Lula is the main defender (with the support of Xi Jinping) of the idea of adopting the Chinese currency, yuan, in Brazil-Argentina trade. The expectation is a new monetary reference other than the dollar.



XV BRICS SUMMIT BRICS LEADERS RETREAT

BRICS and Africa: Partnership for Mutually Accelerated Growth, Sustainable Development and Inclusive Multilateralism

22 AUGUST 2023, JOHANNESBURG, SOUTH AFRICA



LULA'S POSTURE IS THE TARGET OF CRITICISM

Since the beginning of the new federal administration in Brazil, the country has collected a series of national and international gaffes and embarrassments, causing a deterioration in its image on the global stage. These situations range from statements in a tone of reproach addressed to the current President to protests by Brazilians and foreigners repudiating Lula's presence abroad.

Lula has been a recurrent figure on the international scene since taking office, with a busy schedule of appointments with foreign leaders - however, the way he has represented the country has raised concerns.

At the Brics summit, instead of adopting a serious posture, worthy of a representative committed to the country's interests, Lula did not seem to take the situation seriously. In official photos, Lula stood out for his behavior, making hand gestures that do not convey seriousness and that can be interpreted as informal and inappropriate attitudes for the context. Lula made gestures such as extending his thumbs up (the famous "thumbs-up"), clenching his fists and making other inappropriate, informal and not at all elegant gestures befitting a serious leader.

ARGENTINA MAY NOT ENTER THE BLOCK



To the general despair of Lula, who SPONSORED the invitation to Argentina to be part of the Brics, the two strongest candidates for the presidency of Argentina (the elections take place at the end of the year), Javier Milei (who leads the presidential race, called by the press right-wing, “Argentinean Bolsonaro” and libertarian), declared to be against the country’s entry into the BRICS.

“Our geopolitical alignment is the United States and Israel. We are not going to align ourselves with communists. This does not mean that the private sector cannot trade with whomever it wants to”, said Javier Milei.

A few days ago, the candidate who appeared in second place in the polls, Patricia Bullrich, also rejected the idea of joining the block. “President Alberto Fernández is in a situation of enormous weakness and compromises Argentina. Under our government, the country will not be in the BRICS”, said Patricia Bullrich. She also emphasized that Alberto Fernández is “too weak, he was unable to exercise the presidency and that, even so, he committed Argentina to entering the Brics while Russia invades Ukraine and with none other than Iran.” More recent research, however, has shown that the Minister of Economy in Argentina, Sergio Massa (who met with Minister Fernando Haddad (Finance) and Lula in Brasília and reached an agreement in which Brazil will lend US\$ 600 million to Argentina) defends the country’s entry into the bloc, arguing that “I would like Argentines to understand the importance of the commercial relationship between Argentina and Brazil and the importance of the Brics”.

Well, with a guaranteed loan of US\$ 600 million for the continuation of interrupted works, the joint construction by Brazil and Argentina of river fleets, and other promises and agreements, I think anyone would accept the invitation.

Except for those who want distance from dictatorships and communist countries.

AGRIBUSINESS

The best winery in the world is the highlight of agro in Argentina

The Catena Zapata winery, which is located in Mendoza, western Argentina, was elected the best winery in the world in the World Best Vineyard 2023 contest, held in Spain.

Founded in 1902, Catena Zapata is Argentina's oldest family-owned winery still in family hands and is known for its pioneering role in the reinvention of Malbec. The Catena Zapata family boasts more 100-point wine ratings than any other winery in South America.



BY ANA CLAUDIA CARREGARO



Laura receiving the N°1 Best Vineyard in the World award from Catena Zapata:
“By elevating Argentine wine, I can help hundreds of thousands of millions of people in my region.”

Dr. Laura Catena, fourth-generation winemaker and managing director of Catena Zapata, received the award. Tim Atkin MW hosted the ceremony and said of the family winery: “Bodega Catena Zapata is a driving force in Argentine winemaking. A winery that played a key role in resurrecting the Malbec fortunes, pushing Mendoza's vineyards high into the Andes and plunging deep into the country's many terroirs. The family even founded the Catena Institute of Wine to scientifically examine all aspects of local soils, rocks and microorganisms and their effect on the vineyards.”

<https://catenazapata.com/>

ARGENTINA CONSUMES 70% OF THE WINES IT PRODUCES

Argentina's wine map is mostly made up of the province of Mendoza, which concentrates 71% of national production, that is, almost 140,000 hectares, and the province of San Juan, with 21%, or 43,500 hectares. La Rioja (3%), Salta (2%) and Catamarca (1%) can also be mentioned. The remaining 1% is divided among the other Argentine provinces. And this is precisely something that differentiates the cultivated area of 2012, for example, from that of 2021. Currently, most Argentine provinces have vineyards on their lands, says Magdalena Pesce, who is CEO of Wines of Argentina, graduated in relations by the University of Congreso and specialized in marketing and wine management.

There has been the emergence of wineries in places where it was unthinkable to grow grapes just a decade ago. Although incipient, we are experiencing a kind of federalization of viticulture.

Argentina exports 30% of the wine it produces, as the remaining 70% is consumed in our country. However, the main buyers of Argentine wine are: United States, Brazil, United Kingdom and Canada.

<https://agribrasilis.com/2023/01/13/argentina-consume-70-dos-vinhos-que-produz-seo/>





LESS WINE THIS YEAR 2023

According to Winefun and Instituto Nacional de Vinivicultura, wine production will suffer a severe blow in 2023. Last year, total production from harvested grapes reached 14.38 million hectoliters, 13.8% below 2021. Of this total, wine production accounted for 11.45 mhl (79.6% of the total), musts for 2.93 mhl (20.4%) and grape juice for 835 hectoliters (0.01%).

One of the most affected regions is Mendoza, the largest producer of grapes and wines in Argentina. In 2022, it was responsible for 68.4% of the grapes and 76.8% of the wines produced. INV estimates indicate that this region should see its grape production drop by around 23% in 2023, compared to the previous harvest.

Four factors were decisive for this desolate scenario. First of all, frosts reduced the prospects for the harvest, in the same way, for example, that occurred with France in 2021. In addition, there was a heavy occurrence of hail and the summer was hot and very dry in much of Argentina. The combination of these factors led many vines to water stress, resulting in lower production.

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CULTURE
RELIGION

EVA PERÓN

**THE WOMAN WHO
CHALLENGED THE
ESTABLISHMENT**

**BY RODRIGO
ABRAHÃO**

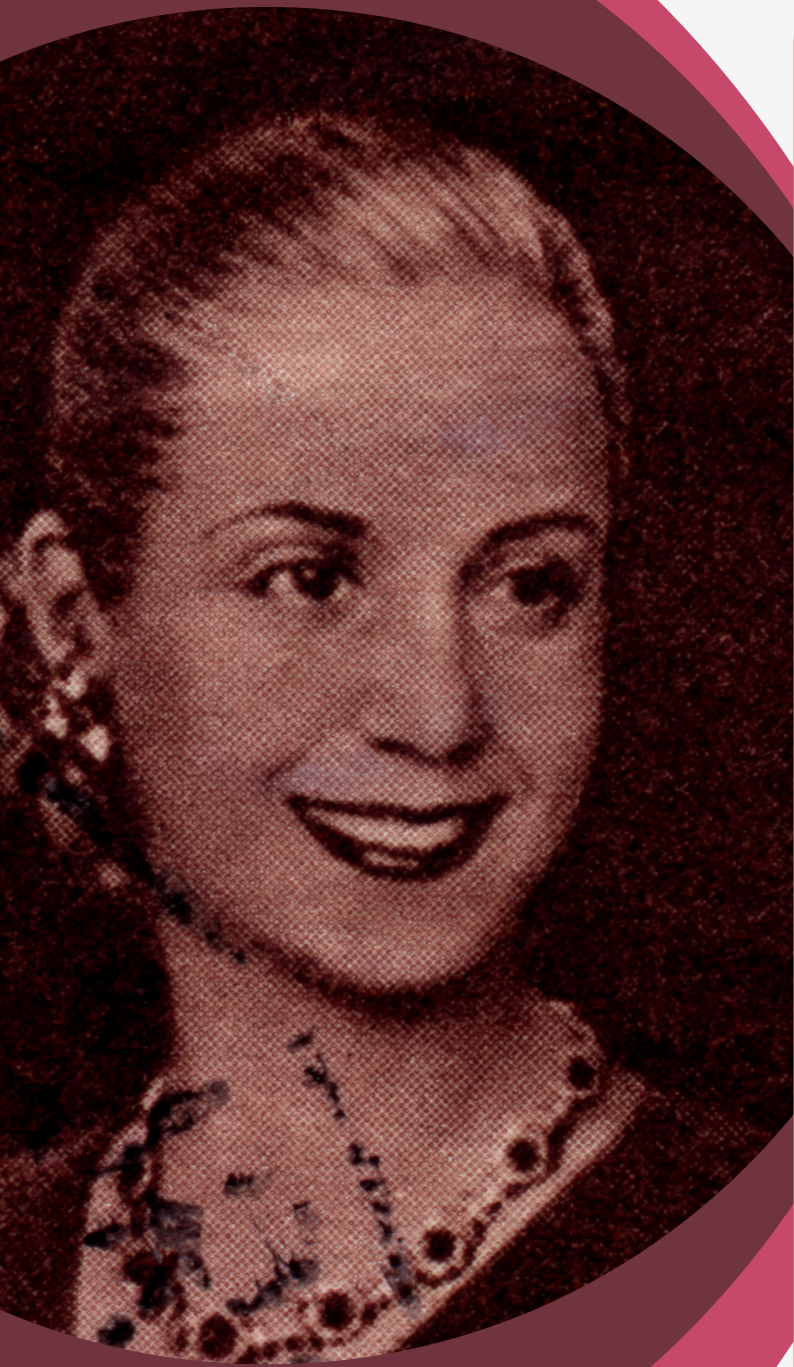


The passing of Eva Perón was an important moment in Argentine history. She was a controversial figure, but also one of the most popular and influential women in the country. Her death in 1952 was felt by millions of people, and her legacy is still debated today.

Eva Perón, whose full name was María Eva Duarte de Perón, was born on May 7, 1919, into a poor family in the town of Los Toldos, in a rural area in Argentina. She left school at age 15 to work as an actress and model. In 1944, she met Juan Perón, who was Argentine's Minister of War then. They got married the following year and Eva became a powerful force in Argentine politics.

As First Lady, Eva Perón was a tireless advocate for the poor and working classes. She founded the Eva Perón Foundation, which provided social services to millions of Argentines. She also stood for women's suffrage and helped to improve workers' rights.

Eva Perón died of cancer in 1952 at the age of 33. Her body was embalmed and exposed to the public for two weeks. Then she was stolen by a military coup in 1955 and taken to Italy. In 1971, her body was returned to Argentina and buried in a special tomb in Buenos Aires.



Eva Perón's legacy continues to be debated today. She is often seen as someone who overcame poverty and left her poor, working-class life behind, but she is also criticized for her authoritarian style and her association with the Peron dictatorship. However, there is no doubt that she was a powerful and influential figure who left a lasting mark in Argentine.

Some of the key aspects of Evita Perón's legacy include:

- | Her work as an advocate for the poor and working class.**
- | The founding of the Eva Perón Foundation, which provided social services to millions of Argentines.**
- | Her support to women's suffrage.**
- | Her fight for better workers' rights.**
- | Her premature death, which turned her into a martyr for many Argentines.**

Evita Perón was a complex and controversial figure, but she was also a woman of great determination and courage.

Sources:

[[Eva Perón: quem foi, biografia, morte - Brasil Escola \(uol.com.br\)](https://brasil.escola.uol.com.br)]

[[Quem foi Eva Perón? - Toda Matéria \(todamateria.com.br\)](https://todamateria.com.br)]

[[70 anos da morte de Evita: o destino extraordinário e macabro do corpo de Eva Perón - BBC News Brasil](https://www.bbc.com/news/brasil)]

TANGO

*a Dance, an
Expression, a Passion.*

By Simone Hazin

Tango is a vibrant and unique art form because, in addition to combining music and dance, it expresses a range of sensations and emotions, including desire, nostalgia, sadness, etc. It is a passionate and engaging dance that provides a different experience for those who practice it.

Tango emerged at the end of the 19th century, in the riverside regions of the River Plate, between Argentina and Uruguay, where immigrants mixed - Europeans, Afro-Argentines and Creoles - and used music and dance to tell their stories of love and express their pains and desires.

The word "tango" has African origins. In some dialects, it means, "closed place where people meet". The dance was influenced by Cuban, European and African rhythms. The musical instruments used in tango were the guitar, the flute, the violin and the bandoneon, a small accordion. The sound came from the fusion of rhythms brought by the Italians, Spanish and Cubans.





*Hombres bailando tango en
Buenos Aires ca. 1900*

THE HISTO RY

It is important to add that, during that period, Argentina was undergoing a major social and economic transformation. The urban population grew rapidly, and many immigrants came to the country in search of a better life. This situation of instability and social uncertainty contributed to the development of a musical and artistic culture that expressed the melancholy and sadness of people. Tango was a way found by immigrants and marginalized people, who lived in the outskirts of Buenos Aires and Montevideo, to communicate and express their emotions and their anguish and anxieties, as well as to face adversity and to resist difficulties. Dance at that time took place in brothels, bars and cafes. But tango is not just a sad dance. It is also a dance of passion, sensuality and love. It is a dance that celebrates life, even in its most difficult moments.

Throughout its history, it gained popularity and social acceptance, especially after it spread to Europe, especially Paris, where it was appreciated by the cultural elite. Over time, this art underwent several changes in its musical and choreographic aesthetics, incorporating new elements, arrangements and harmonies. There were several phases and styles, such as: tango-canción, nuevo tango and electronic tango, and there were many artists and works that stood out on the national and international scene, such as Carlos Gardel, Julio de Caro, Astor Piazzolla, Aníbal Troilo, Osvaldo Pugliese, among others.

Tango is considered one of the most important cultural symbols of Argentina and Uruguay, representing the identity, history and feelings of these countries. **And it represents the pride and the national identity not only due to the well-deserved recognition by UNESCO** as Intangible Cultural Heritage of Humanity in the year of 2009, but also for being considered one of the most important cultural symbols of Argentina.

It was banned and persecuted during the military dictatorship in Argentina, but it resisted oppression and historical changes, and survived as a symbol of struggle and freedom, adapting to the country's social and cultural transformations, incorporating new elements and styles over time.



Scent of a Woman -1992

CHARACTERISTICS

It's a couple's dance, which requires a lot of technique and synchrony between the dancers. The steps are agile, with turns, cuts and breaks, always keeping physical and eye contact. It is worth noting that, at first, it was danced by two men with no eye contact. Over time, it also started to feature a man and a woman, conveying a lot of sensuality and improvisation. The music is marked by a strong rhythm and the rhythm is done with the left foot. The lyrics of the songs speak of love, disappointment, nostalgia and rebellion and dance allows people to announce their emotions freely and intensely even in their most difficult moments. It is an art form that reveals the deep and dramatic emotions of its creators.

It does not have a fixed choreography, quite the contrary; improvisation is one of its characteristics, giving the dancers freedom to invent their steps and movements, according to the rhythm and melody. And, finally, this dance has complex choreographies, requiring technique and harmony from the dancers, who make agile steps, with turns, cuts and breaks, always maintaining physical and eye contact.

In short, expressiveness, appreciation of emotions and sensuality, the ability to improvise and complex choreographies are the four main characteristics of this artistic manifestation called TANGO.

TANGO NAMES



Carlos Gardel. He was one of the greatest representatives of tango-canción, a style that combined music and poetry. He was a successful singer-songwriter who also acted in films. His songs expressed the feelings and experiences of immigrants and the inhabitants of Buenos Aires.

Julio de Caro, who was one of the founders of Guardia Nueva, a movement that musically renewed tango. He was a bandoneonist and conductor, who introduced new instruments, arrangements and harmonies to the genre. His works were more complex and refined than those of traditional tango.



Astor Piazzolla was the creator of nuevo tango, a style that incorporated elements from other musical genres into tango. He was a brilliant bandoneonist and composer, who revolutionized Argentine and world music. His works were innovative and sophisticated, and achieved great popularity and international prestige.

ARGENTINA AND WORLD WAR II

BY RODRIGO ABRAHÃO



During World War II, Argentina adopted a policy of neutrality, avoiding to directly interfere in the conflict. The Argentine government, led by President Juan Domingo Perón, has maintained a position of non-belligerence, although it has maintained diplomatic and economic relations with countries on both sides of the conflict.

Argentina declared neutrality at the beginning of World War II in 1939. However, the country had strong ties with Germany and Italy, and Argentina's neutrality was viewed with suspicion by the United States and the other allied countries.

DESTINY

Due to its neutrality, Argentina became a destination for refugees of different nationalities fleeing war in Europe. In addition, there were espionage and counterespionage activities in Buenos Aires by agents from several countries, taking advantage of the country's strategic position and commercial links.

Although officially neutral, there were pro-Allied and pro-Axis tendencies within Argentina.

There were sympathizers of both the Nazi regime and the Allied cause, but the government sought to maintain a balanced position to avoid internal conflicts.

During the war, Argentina kept significant trade relations with several countries, including Germany and the United States. The export of agricultural products, such as meat and grains, was especially important for the Argentine economy.

In 1944, Argentina broke off diplomatic relations with Germany and Italy, and in the following year it declared war on the Axis countries. However, Argentina did not send troops to fight in the war, and its contribution to the Allies was limited to sending them supplies and financial resources.

After the end of the war, Argentina was one of the destinations for Nazi scientists and leaders who fled Europe, through the so-called "Operation Paperclip". Some Nazis sought refuge in the country, although this issue is subject to debate and controversy.

Argentina's policy of neutrality during World War II was a controversial topic, and it is still discussed today. Some historians argue that Argentine neutrality was a prudent policy, which allowed the country to avoid being dragged into a war that was not its own. Others argue that Argentine neutrality was a misguided policy, which allowed the Axis countries to continue operating in South America.

Regardless of the controversy, Argentina's policy of neutrality during World War II had a significant impact on the country. The war helped to accelerate Argentina's decline as a regional potency, and it also contributed to the political instability the country would face in the decades to come.

Sources: [A Argentina e a subversão nazista durante a Segunda Guerra Mundial - HojePR O argentino que salvou milhares de vidas na 2ª Guerra graças ao talento de falsificador - BBC News Brasil]

IN ARGENTINA, A SECRET ROOM WITH A NAZI TREASURY INSIDE IT



In 2017, the Argentine police found a Nazi treasure in a secret room in a house in the city of Buenos Aires. The treasure included gold coins, jewelry, and Nazi documents. The treasure is believed to have been hidden by Nazi officials who fled Germany after World War II.

The treasure was found by chance when police were searching the house for drugs. Officers noticed a hidden door in the living room wall. When they opened the door, they found a secret room filled with Nazi objects.

The treasure was seized by police and is being investigated by the Argentine government. The treasure is believed to be of great historical and cultural value.

The discovery of the Nazi treasure in Argentina is a reminder of the country's dark history during World War II. Argentina was a refuge for many Nazis who fled Germany after the war. The Argentine government did not do much to investigate or prosecute these Nazis, and many of them managed to have a peaceful life in Argentina.

The discovery of the Nazi treasure is a sign for the Argentine government to confront its dark history and to do justice to the victims of Nazism.

"Operation Paperclip" and Argentina.



The name "Operation Paperclip" originated from the use of paper clips to mark the folders from German scientists that were deemed valuable to the Allies. The operation had a major impact on the further development of space programs and advances in aviation, medicine, and rocket technology. Operation Paperclip was a covert operation by the United States during World War II to recruit German scientists, engineers, and other professionals who were involved in the development of military technologies. The operation started in 1945 and lasted until 1959.

Argentina also recruited German scientists and engineers after World War II. Argentina was interested in taking advantage of the knowledge and experience from these professionals to help the country to develop.

Argentina recruited German scientists and engineers in a variety of ways. Some were recruited directly by the Argentine and German governments. Others were recruited by Argentine private companies. Also, others were recruited by Argentine private organizations such as universities and research institutions.

Argentina recruited German scientists and engineers from a variety of fields. These included physics, chemistry, engineering, medicine, and mathematics.

The German scientists and engineers who were recruited by Argentina had a significant impact on the country's development. They helped Argentina to develop new technologies, to improve its infrastructure and to become a powerful regional country.

Argentina's recruitment of German scientists and engineers was controversial. Some have criticized Argentina for recruiting professionals who were involved in the development of Nazi military technologies. Others defended the recruitment, arguing that German professionals helped the country to develop into a regional power.

Regardless of the controversy, Argentina's recruitment of German scientists and engineers had a significant impact on the country's development.

Source: [[Operação Paperclip: os cientistas nazistas que ajudaram a construir o programa espacial americano \(universoracionalista.org\)](http://universoracionalista.org)]

Adolf, in Argentina?!

Although there are some allegations that Adolf Hitler would have taken refuge in a farm near Bariloche, Argentina, and later moved to an isolated property called "Inalco" in Bavarian style, where he would have lived until 1962, these are part of a conspiracy theory that lacks solid evidence and which is widely regarded as untrue by the historical community and experts.

Claims about Hitler's supposed later life in Argentina or elsewhere after World War II are based on rumors, conspiracy theories, and unverified information. The officially recognized story is that Adolf Hitler committed suicide in his Berlin bunker in April 1945 as Allied forces advanced on the city.

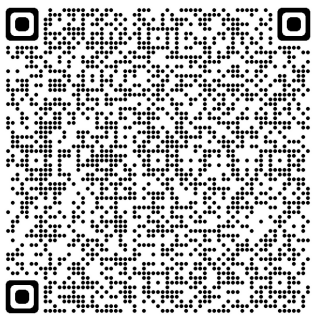
In addition to Argentina, there are many other places where Adolf Hitler may have taken refuge after the end of World War II. These places include:

Brazil, Colombia, Chile, Spain, Paraguay, Portugal, Switzerland, Uruguay

There are several theories as to why Hitler might have chosen these countries as a refugee. One theory is that he chose countries that were neutral during the war and therefore were not under the Allied control. Another theory is that he chose countries that had strong German communities and therefore he would be able to blend in and hide more easily. Sources:

[O mistério da suposta casa de Hitler na Argentina

| History Channel Brasil (uol.com.br) Pesquisador reúne relatos de que Hitler viveu na Argentina | GZH (clicrbs.com.br)



SEE THE
LOCATION OF
INALCO HOUSE



POPE FRANCIS – BEFORE AND AFTER THE VATICAN BIOGRAPHY

The first American Pope is the Argentine Jesuit Jorge Mario Bergoglio, Archbishop of Buenos Aires. He was born in the Argentine capital on December 17, 1936, the son of Piedmontese emigrants: his father Mário worked as an accountant on the railroad; and his mother Regina Sivori took care of the house and the education of their five children.

He graduated as a chemical technician, and then chose the path of the priesthood, entering the diocesan seminary of Villa Devoto. On March 11, 1958 he entered the novitiate of the Society of Jesus. He completed his humanistic studies in Chile and, having returned to Argentina, in 1963 obtained a degree in philosophy at the Colegio de San José in San Miguel. From 1964 to 1965 he was professor of literature and psychology at the Imaculada de Santa Fe College and in 1966 he taught these same subjects at the Salvador College in Buenos Aires. From 1967 to 1970 he studied theology, also graduating from the college of São José.



BY PR. ALEX MOREIRA

"You know that the duty of the Conclave is to give Rome a bishop. It seems that my brother cardinals have gone looking for him almost to the ends of the world."

With these words, Pope Francis addressed the crowd in Rome following his election on March 13, 2013.

After the resignation of Benedict XVI, and during the conclave, on March 13, 2013 Jorge Bergoglio was elected Pope. He adopted the name Francisco and from his first appearance moved his parishioners, to whom he asked: "Pray for me".

<https://buenosaires.gob.ar/biografiapapafrancisco>

HOW POPE FRANCIS BECAME THE WORLD'S GREATEST PROGRESSIVE LEADER

For historian Massimo Faggioli, the Argentine pontiff got there. "It is clear that Francis is the first truly global pope. He is a non-Western pope who freed religion from the ideas of a bourgeois moralistic middle class that still defined what Catholicism is," Faggioli told DW.

In a world where the extreme right is advancing, Francisco stands out as the greatest progressive leader. One of his first accomplishments, still in 2014, was to mediate the negotiations between Barack Obama and Raúl Castro to seek rapprochement between the United States and Cuba, with a view to ending the criminal US blockade. The agreement, which started with a prisoner exchange, made progress, but was stopped when Donald Trump arrived at the White House.

On a visit to Bolivia in 2015, Francis made his most scathing anti-capitalist pronouncement. In addition to accusing the system of practicing a "subtle dictatorship", he said that capitalism imposes "the logic of profit at all costs, without thinking about social exclusion or the destruction of nature". The pope exhorted "the most humble, the exploited, the poor and the excluded" to organize themselves: "Do not be shy!".

Francis is also, by far, the pontiff who has most stimulated the trade union movement. In the not so distant 1980s, John Paul II publicly engaged in the struggle to end socialism and criticized the class struggle. "Both those who work and those who have the means of production or who own them must unite (in a community)," he said in an encyclical, which repudiated any link between unions and political parties.

When dealing with the relationship between capital and work, Francisco reverses this point of view and places unionism as a key element. "There is no good society without a good union – and there is no good union that is not reborn every day in the peripheries", said the pope in 2017. Five years later, he renewed the vote of confidence: "There is no union without workers and there are no free workers without unions".

Likewise, there is no lack of moments and quotations to prove Francisco's advanced legacy. His papacy will probably not have the time or strength to defeat Catholic dogmas, but it has already crystallized a message of openness and oxygenation in the Church.

<https://vermelho.org.br/2023/03/14/como-o-papa-francisco-virou-o-maior-lider-progressista-do-mundo/>



The main clarifications and reservations of the Holy See to the 2030 Agenda

According to Nicolás de Cárdenas, a Spanish journalist specializing in socio-religious information, in addition to supporting “most of the objectives and goals listed in the 2030 agenda”, the Holy See also expressed its main clarifications and its major reservations regarding this plan of United Nations action.

Interpretation "in good faith"

For the Holy See, the 2030 Agenda must be interpreted “in good faith, in accordance with the ordinary meaning of the terms in their context”.

In addition, “the concept of the common good” and “the principles of solidarity and subsidiarity that are expressly reflected in the 2030 Agenda, in different ways, must be taken into account”.

Centrality of the human person and sexuality

The 2030 Agenda states in its preamble that “the human person is the main subject responsible for development”. For the Holy See, this implies “a growing awareness of our nature”, of its transcendent dimension, as well as respect for the body “in its femininity or masculinity”.

In this sense, it is emphasized that “sexuality must be lived in accordance with the dignity of each person, who does not have individual sexual rights”.

Health, procreation and abortion

Regarding the terms “sexual and reproductive health” and “reproductive rights”, the Holy See states that “they are problematic because they obscure the transcendent dimension of human procreation”.

It also rejects interpretations that consider these terms to include abortion, surrogacy and sterilization. At this point, it is criticized that there are states that take advantage of development programs to impose pro-abortion policies.

Gender and Empowerment

The Holy See maintains that women have a special role in integral human development linked to their “unique presence in the creation of life”.

Hence, he believes that she must be protected from the psychological and physical violence present “through all forms of abortion”.

On the other hand, “the Holy See emphasizes that any reference to ‘gender’, ‘gender equality’ and ‘gender equality and empowerment of women and girls’ is understood in accordance with the common and generally accepted usage of the word ‘gender’ with based on biological origin”

Freedom of religion

It stresses that issues of religious freedom, freedom of conscience and inter-religious dialogue must be prioritized “in view of the atrocities against Christians and other religious minorities.

CHRISTIAN LEADERS BEGIN TO BE PERSECUTED **IN ARGENTINE**

BY PR. ALEX MOREIRA



Religious freedom is also protected by the Argentine legal system in other ways. Article 73 states that “members of the clergy cannot be deputies in Congress”. In May 2021, a bill on religious freedom was presented to the Chamber of Deputies, but to date it has not yet been approved in writing. It develops the scope of this right following the path of other proposals presented over the last 30 years.

(www.acn.org.br/argentina)

The hostility that the Argentine church has been experiencing has reached an even greater level, in relation to the latest news given about the country. Although citizens are free to choose a religion, the state of Córdoba created a controversial law that has been abused against religious organizations, according to the article New law opens loophole to religious persecution. It is known that the reason why the pastor (mentioned in the article) has been persecuted is, mainly, because he is an active leader in the work of God, who, in addition to evangelizing, is concerned with social work.

Residents and local officials seem determined to sabotage the work of the leader and his church. The situation is no different in countries like Mexico (40th country in the Religious Persecution Ranking) and Colombia (46th), where the greatest threats come from organized crime. The church always seems to be in the way of drug dealers. The reason for the persecution is not necessarily a matter of belief or a fight against Christianity per se, but a way to prevent Christians from hindering the growth of drug trafficking in the country.



Argentine government officials, linked to corruption, have misrepresented Christianity, calling it a ""sect"". In Colombia, there are reports that children have been recruited into guerrillas and Christians, who are the most vulnerable to hostilities, are seen as a threat to the power of local leaders who normally follow the religious traditions of their ancestors.

In Mexico, which is considered one of the most violent places in the world (9th out of 132 analyzed), resistance to evangelization has inspired several incidents and new converts are expelled from their villages for practicing a new faith. In your prayers, intercede for these nations.

Source: Open Doors

PR ALEX MOREIRA

In a general context, the Christian faith has been the target of many dictators, leftist and communist governments, even though in several countries they support in their constitutions the right to freedom of expression and religious freedom, they do not measure efforts to break these laws and articles, in to the detriment of their personal and political interests. Instead of protecting even those who are subject to it, they persecute, distort understanding and modify interpretations, provoking and allowing persecution and even civil wars.

HEALTH

WHAT IS FEAR?

It is an emotion innate to animal and human organisms, a sense of alert, raised my awareness of any situation that is perceived as dangerous or threatening, whether physical or psychological, has a protective function and is of paramount importance for the survival of these species, as it prepares the body for two likely reactions: fight or flight. This emotion is present in all ages, cultures, and races.

"FEAR IS THE PERCEPTION OF ONE'S OWN BODY REACTING TO UNCERTAINTIES AND THREATS WITH PHYSIOLOGICAL, COGNITIVE, AND BEHAVIORAL RESPONSES"

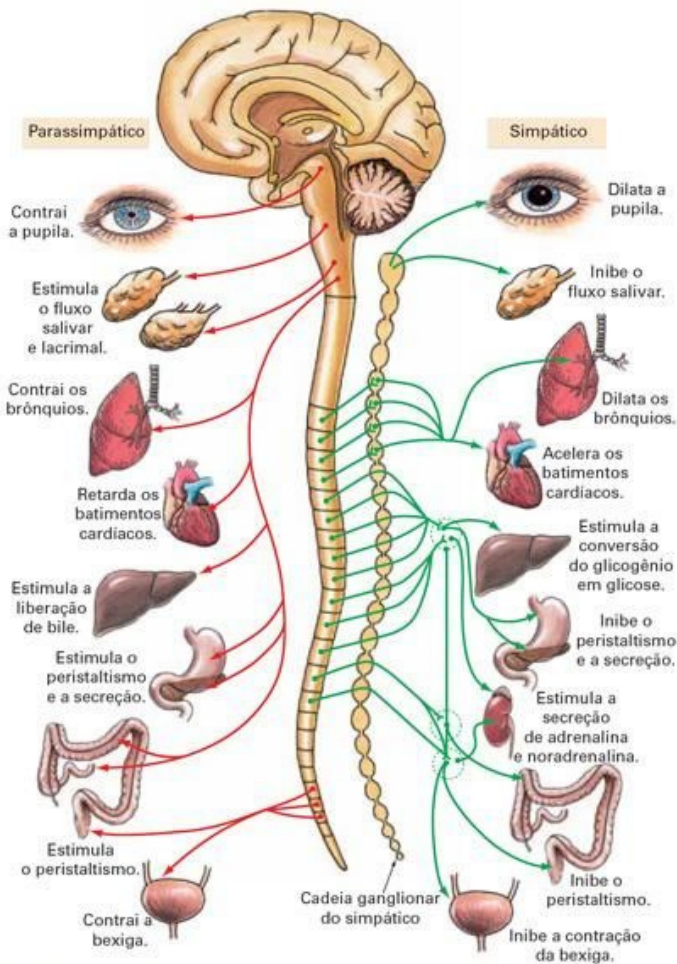
Simone Hazin



FEAR IS OLD

FEAR IS SYNONYMOUS WITH SURVIVAL, AN ANCIENT HERITAGE THAT HAS ALLOWED MAN, OVER THE CENTURIES, THE POSSIBILITY OF ADAPTING TO THE ENVIRONMENT AND PERPETUATING THE SPECIES. THIS FEELING HAD A PRIVILEGED STATUS IN THE HISTORY OF EVOLUTION, ENABLING THE INDIVIDUAL TO REACT TO THREATENING SITUATIONS, SUCH AS THE PRESENCE OF PREDATORS OR DOMINANT MEMBERS OF THE SAME SPECIES, AS WELL AS COUNTLESS DANGEROUS REALITIES, SUCH AS NATURAL PHENOMENA, FOOD PUTREFYING ANIMALS, STAGNANT WATER OR SIMILAR ONES WHO HAVE HAD A CONTAGIOUS DISEASE. CAVEMEN WERE AFRAID OF BEING DEVoured BY THEIR PREDATORS, JUST LIKE OTHER ANIMALS, BUT DUE TO THEIR BASIC PHYSIOLOGICAL NEEDS, THEY PREPARED THEMSELVES TO THE MAXIMUM, WITHIN THEIR FEW MATERIAL AND PSYCHOLOGICAL CONDITIONS, TO FACE THEIR HUNTS. IN THIS WAY, THE STATE OF ALERT WAS FUNDAMENTAL FOR PREHISTORIC MEN, TO AVOID UNEXPECTED ATTACKS BY WILD ANIMALS THAT WANTED TO DEVOUR THEM AND THIS REACTION, OR RESPONSE TO FEAR, HAS BEEN PRESERVED THROUGHOUT EVOLUTION.

MECHANISM OF FEAR:



Fear is an emotional response that is controlled by the Autonomic Nervous System (ANS), which is divided into the sympathetic and parasympathetic nervous systems. Sympathetic ANS activates the body to defend itself and prepares it for fight or flight, while parasympathetic ANS helps to reset and resume normal body functions. When we face a dangerous situation, the brain releases substances, the heart pumps more blood, the mind is alert and the muscles are tense to prepare us to face the danger.

ANXIETY DISORDERS

Anxiety is a vague and unpleasant feeling of apprehension, a psychic state marked by tension and/or discomfort caused by the anticipation of a “threat”.

Normal anxiety is essential to face the real dangers that threaten survival. Having overcome the challenge, the feeling is one of relief. Everyone experiences anxiety at some point in their life and that's healthy. Examples: Teaching a class, presenting a job, going to a job interview... Already in pathological anxiety, there is a disproportionate reaction, exaggerated to the stimulus that triggers it, causing suffering, changing behavior and compromising the performance even of activities people's routines, interfering with their quality of life, their emotional comfort, causing physical symptoms (tachycardia, sweating, tremor, nausea, diarrhea, vomiting, body aches, tension) and psychic symptoms (lack of attention, disorientation, mental confusion) then, it is no longer a normal anxiety but an anxiety disorder.

Anxiety and fear become recognized as pathological when they are exaggerated, disproportionate to the stimulus, or qualitatively different from what is observed as the norm in that age group and interfere with the individual's quality of life, emotional comfort or daily performance .1 Such exaggerated reactions to anxiogenic stimuli most commonly develop in individuals with an inherited neurobiological predisposition.4,5

The practical way to differentiate normal anxiety from pathological anxiety is basically to assess whether the anxious reaction is short-lived, self-limited and related to the stimulus at the time or not.

PANIC

It is a type of acute anxiety disorder, a very painful experience, which causes an enormous disturbance for the individual, since he “suddenly” and without waiting feels sick and does not know why. The individual with Panic Disorder is affected by catastrophic thoughts such as: "I'm going to die" or "I'm going to go crazy" "I'm going to lose control"...

Feelings of: indifference, despair, anguish and fear (of dying, of imminent danger, of losing control) even though there is no reason for it or signs of imminent danger and

Behaviors: Characteristic behaviors of this type of anxiety are related to avoiding places that have already had a panic attack. This behavior is called “safety behavior” (they take anxiolytics, run away from the situation...) that is, the individual, for safety, and not to feel anxiety and unpleasant sensations, avoids these possible imaginary catastrophes. And in this way, running away will be a negative reinforcement, and will make that person always repeat the same behavior and becoming more and more limited (the escape does not allow him to realize that everything is the result of his imagination, and that nothing will happen to you) and constant visits to hospital emergencies.



Symptoms/sensations really exist due to an excitation of the nervous system, which is overloaded by distorted thoughts, they are: depersonalization (impression of disconnection from the outside world, as if the person were living a dream); derealization (distortion in the vision of the world and of oneself that prevents differentiating reality from fantasy); chest pain and/or discomfort that may be mistaken for signs of a heart attack; feeling short of breath and suffocating; hyperventilation; difficulty sleeping; sweating; nausea, abdominal discomfort; dizziness or vertigo; fainting; hot flashes and chills; numbness and tingling in your hands, feet, or face; tremors, shakes and shudders; palpitations, fast heart rate and tachycardia, chest pains and headaches;

Panic attacks are sudden, unpredictable and without any apparent reason. Everything around seems threatening and this causes the individual who suffers from this disorder to be in a constant state of alert and worry, not knowing when and where a new crisis could happen. In addition, the crises are persistent with the possibility of having new attacks, making the day-to-day routine difficult at home, at school, at work... whether for fear of losing control, going crazy or having a heart attack.

Often, people with panic disorder have comorbidities, including depression. In some cases, abuse of alcohol and/or drugs seeking a way out to alleviate anxiety attacks.

Causes

The causes of panic disorder have not yet been fully clarified, but it is believed that neuroanatomical, genetic and environmental factors, accentuated stress, abusive use of certain medications (amphetamines, for example), drugs and alcohol, may be involved.

Diagnosis

An isolated crisis or a reaction of intense fear in the face of real threats are not sufficient events for the diagnosis of the disease. Crises need to be recurrent and cause changes in behavior that negatively interfere with the patients' lifestyle.

It is very important to establish the differential diagnosis with other diseases that present similar symptoms, such as heart attacks, hyperthyroidism, hypoglycemia and epilepsy, in order to guide the treatment correctly.

It is important to add that for a panic attack, at least four of the above symptoms are necessary, considering that in crises, these symptoms appear suddenly and are established with high intensity in between 10 and 20 minutes, but can vary depending on the person and the situation. attack intensity. Also, some symptoms may continue for an hour or more.

Treatment

The treatment of panic disorder works on two fronts:

1. medication and the other psychotherapeutic. The main function of drugs is to block these attacks, to stop new attacks and further complicate the disorder. The most commonly used drugs are anxiolytics, with preference given to benzodiazepine, and antidepressants, with selective serotonin reuptake inhibitors being the most chosen due to their safety profile;
2. psychotherapeutic, with cognitive-behavioral therapy being one of the most used because it defends exposure to situations that provoke panic (coping), in a systematic, gradual and progressive way, until desensitization occurs in the face of the aggressor agent, as well as control of the thinking, cognition, in addition to working on relaxation and breathing techniques. Generally, medication needs to be continued for longer periods and progressively discontinued because of the risk of relapses.

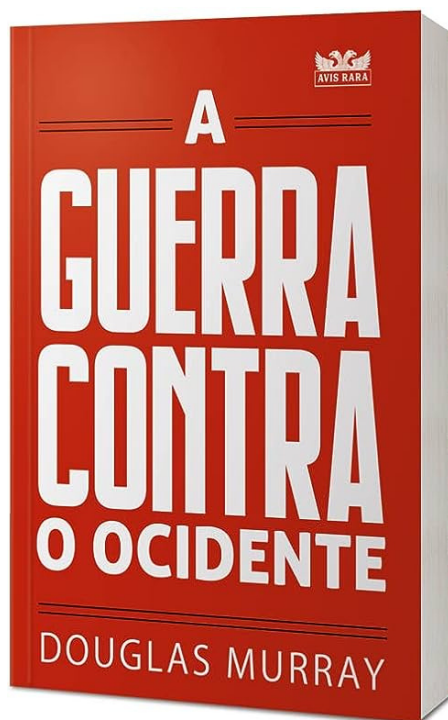
In conclusion, panic attacks are a disorder that affects people's mental and physical health, causing fear, anxiety and suffering. They have no cure, but they can be controlled with medication and psychotherapy, which help reduce symptoms and improve quality of life. So, if you feel the symptoms of a panic attack, don't postpone it, don't ignore it, seek professional help, because the faster you act, the faster your recovery will be.





BOOKS

THE WAR AGAINST THE WEST

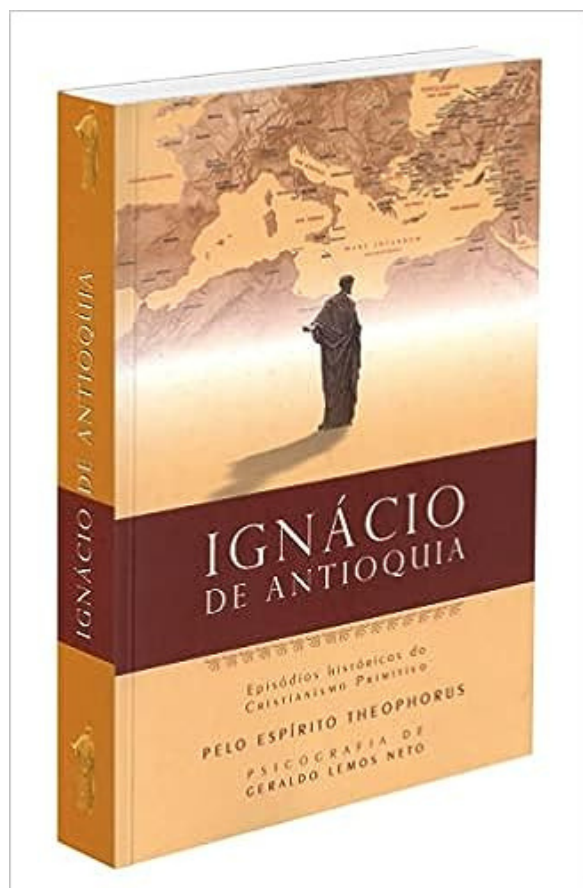


There is a war going on that is not being waged with weapons, but has the potential to destroy a civilization. Have you noticed that the large manifestations of activists against racism, sexism and homophobia basically take place in the West, precisely in the nations where these groups have more rights respected? The way they take over the news, often with violent protests, gives the idea that the West is responsible for the worst in the world, until we remember the existence of concentration camps and medieval punishments taking place in other countries, nations, but which are ignored. Is it because they occur outside the West and Christian axis? It's a question many ask themselves...

IGNATIUS OF ANTIOCH

Ignácio de Antioquia by Geraldo Lemos Neto is a work that approaches the life and teachings of São Ignácio de Antioquia, one of the first Christian leaders of the 1st century, in the strengthening of nascent Christianity.

They are constant news from the traditions of Greater Spirituality about the life and work of dedicated Christian pioneers. Ignatius of Antioch lived in a period marked by persecution of Christians and by the diversity of currents of thought within the faith. The author, Geraldo Lemos Neto, analyzes the letters written by Ignácio during his journey from Antioch to Rome, where he was condemned to death by the Roman Empire. These letters offer valuable insights into theology, early church organization, and the importance of unity among Christians.



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Creator and Founder of Brazil Talking News Magazine

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Simone Hazin

**Psychologist and Commentator
Brazil Talking News Magazine**

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*“Commit to the LORD
whatever you do, and he will
establish your plans.”*
Proverbs 16:3



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