

MAHA, Wearables and the War for Embodied Consciousness

How "Health Freedom" Now Embraces Digital Surveillance



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I want to believe in RFK Jr. and the MAHA movement. The vision of making America healthy again represents something essential - a return to biological sovereignty in an age of pharmaceutical colonization. But when [RFK told Congress this week](#) that "my vision that every American is wearing a wearable within four years," announced that HHS is "about to launch one of the biggest advertising campaigns in HHS history to encourage Americans to use wearables" - devices like smartwatches, fitness

trackers, and continuous glucose monitors - we're confronting a contradiction that cuts to the heart of what human wellness actually means.



Look, I love technology and the possibilities for making our lives better. But there should always be a conversation about trade-offs, and that conversation never seems to happen. This isn't just about privacy or data security. It's about the systematic severance of human consciousness from its biological foundation - and the global infrastructure being constructed to ensure that separation becomes permanent.

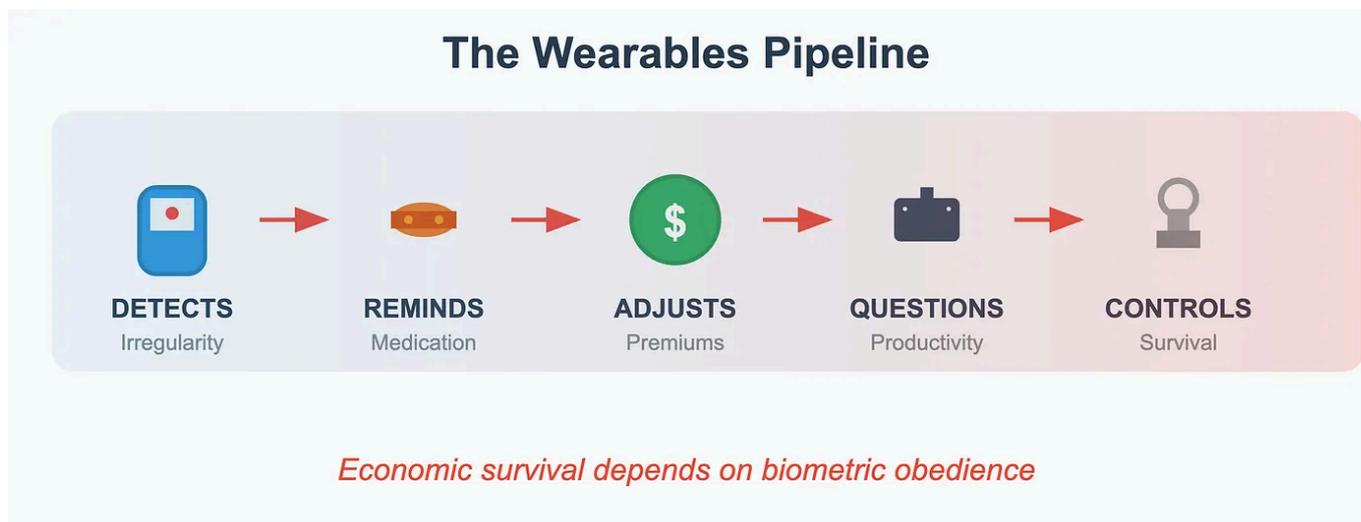
The Disembodiment Engine

The wearables agenda represents something far more insidious than surveillance: the industrialization of human self-awareness. When you ask your device how you sleep instead of feeling it yourself, when you check your phone to see if you're stressed instead of noticing your breath, you're participating in the systematic outsourcing of embodied consciousness to algorithmic interpretation.

Biometric data - the digital measurements of your biological processes like heart rate, sleep patterns, stress levels, and movement - becomes more trusted than your own

nervous system. This is the opposite direction from authentic wellness. Real health emerges from developing sensitivity to your body's signals, learning to read the subtle communications between mind and biology, cultivating the kind of somatic intelligence that has guided human thriving for millennia. Wearables can atrophy capacity rather than enhance it.

While some people may genuinely benefit from wearables for managing chronic conditions or maintaining motivation, the broader trajectory moves us away from bodily intelligence. Consider the pipeline already emerging: wearable detects irregularity → automated medication reminder → insurance adjusts your premium → employer questions your productivity → economic survival depends on biometric obedience. Your device doesn't just monitor; it becomes the authority on what your body needs, what treatments you require, and whether you're a financial risk.

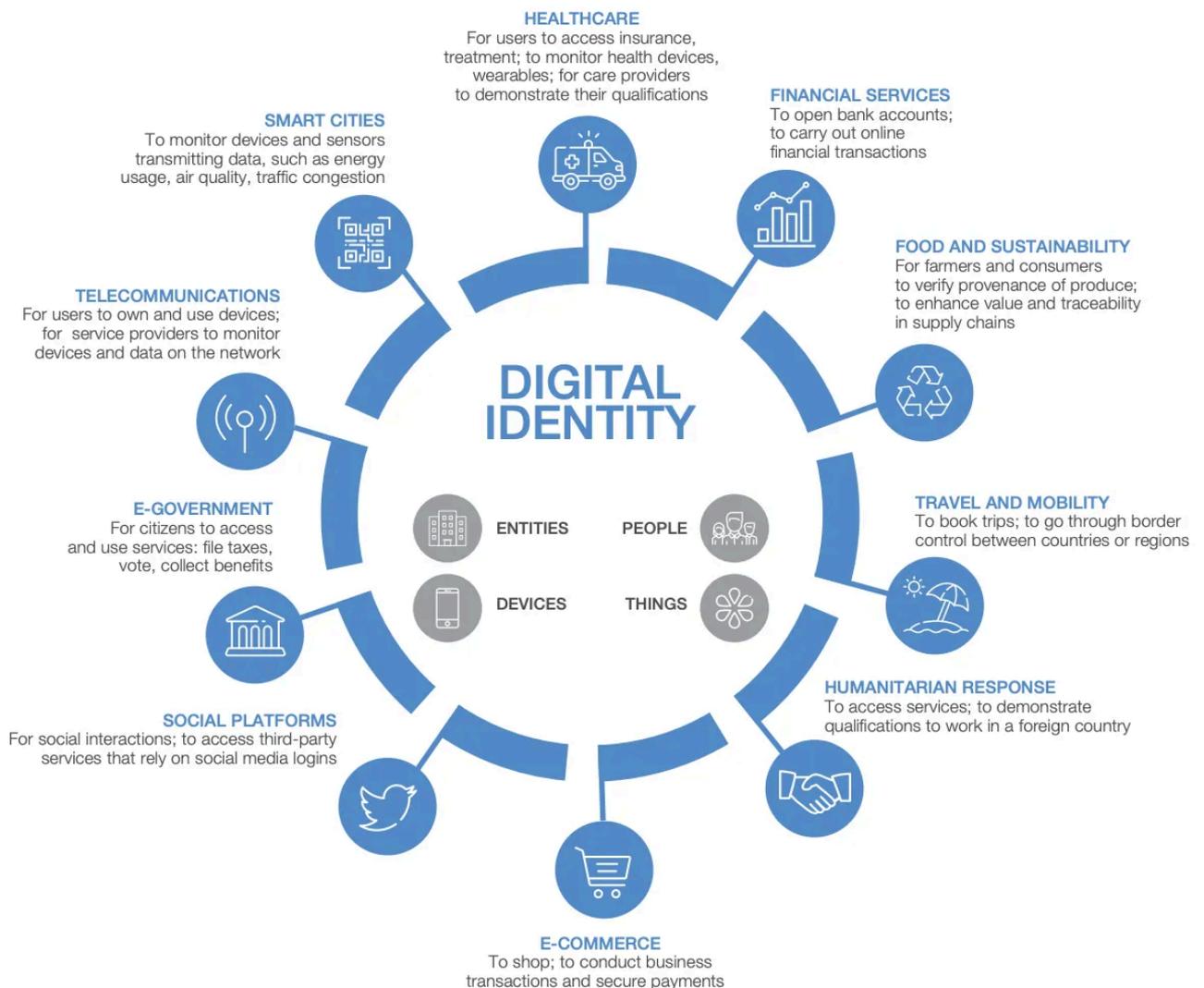


When your wearable transmits data showing you missed workouts, had poor sleep, experienced stress spikes, insurance companies can adjust your rates or deny claims based on "lifestyle factors." The same data helps employers identify "high-risk" employees for layoffs or pass-overs for promotion. What gets sold as personal empowerment becomes a permanent record that can be used against you.

The Fourth Industrial Revolution's Biological Colonization

As explored in [Node Without Consent](#), this technological trajectory aligns perfect with Klaus Schwab's [Fourth Industrial Revolution blueprint](#) - "a fusion of our physical, digital and biological identity." The World Economic Forum isn't hiding their agenda they're implementing it through systems that make biological autonomy economically impossible.

The WEF's own materials reveal how wearables serve as a crucial component in their comprehensive [digital identity strategy](#). As their diagram shows, health monitoring devices don't exist in isolation (see top of the image) - they're part of an integrated system connecting healthcare data to financial services, government access, travel permissions, and social platforms. When your wearable monitors your health, that feeds into the same digital identity infrastructure that determines your access to banking, travel, employment, and even social interactions.



The promise of "health optimization" masks something far more profound: the transformation of human beings from conscious biological entities into managed streams. When your wearable becomes the mediator between you and your own physical experience, you've lost something fundamental about what it means to inhabit a human body.

This connects directly to the historical patterns explored in [MKULTRA: The Hidden Hand, Part 3](#) - the consistent methodology of promising individual health benefits while constructing systems of unprecedented biological control. As documented in China has already deployed this playbook, with the [World Economic Forum report](#) that companies are "monitoring employees' brain waves and emotions" through wearable devices, boosting profits by \$315 million while workers become biometric assets. The technology changes; the logic of domination remains constant.

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JOB AND THE FUTURE OF WORK

These Chinese workers' brain waves are being monitored

May 1, 2018

Economic Coercion

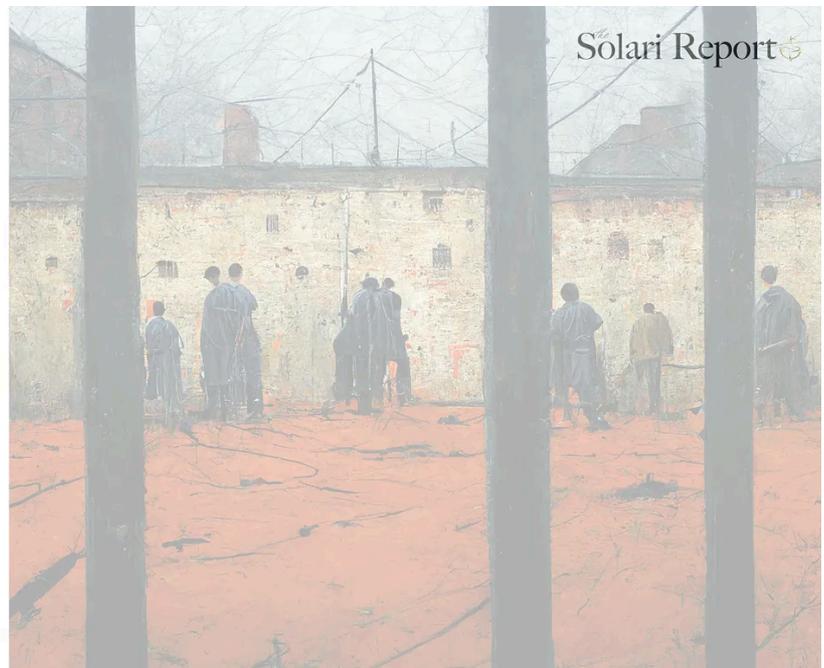
What makes RFK's timeline "inevitable" isn't consumer demand - it's the systematic elimination of alternatives through economic coercion. As [Corey Digs has meticulously shown](#), wearables represent one component of a comprehensive digi

control grid where your access to healthcare, employment, and basic services become conditional on continuous biological monitoring.

As financial analyst and freedom fighter [Catherine Austin Fitts](#) has long warned, wearables represent one component of what she calls '[the control grid](#)' - a comprehensive system integrating health surveillance with digital currencies and social credit scoring. The goal isn't health optimization but economic control: make your access to resources conditional on biometric compliance. Her [Solari Report](#) provides perhaps the most essential analysis for understanding these converging systems - aside from reading the World Economic Forum's materials directly.

Digital Control Grid: Coming Together At High Speed

Solari Briefing
Thursday Feb 20, 2025



Many sincere people in the health industry believe that uniform data controlled by individuals rather than agencies and insurers represents a cost-saving measure that empowers people against industry and government. These standardized health-data formats - like [HL7 FHIR protocols](#) already rolling out across U.S. healthcare - promise efficiency and patient empowerment. This view makes perfect sense from an efficiency standpoint. It also happens to be dangerous.

But efficiency for whom? Insurance companies profit from predictive risk models while you lose privacy. Doctors become algorithm interpreters rather than healers reading screens instead of patients. And "saving money" often means turning you:

body into a permanent patient - when every metric suggests optimization, every deviation becomes a billable condition.

The critical questions aren't about individual empowerment - they're about system control: Who defines the standards for this uniform data? Who builds the platform? Who sets the protocols for access and compliance? Once those systems are in place, individual control becomes individual submission with a predetermined framework.

Permanent Biometrics

Your biometric data isn't like other information you can control or change. It's permanent, uniquely you, and reveals patterns about your health, behavior, reproductive cycles, stress responses, and psychological state that you might not even know yourself. Once harvested, it becomes a permanent asset in databases that can be bought, sold, hacked, or weaponized - including intimate details about fertility windows, pregnancy indicators, and family planning decisions.

The implications are already playing out in real-world applications. As [CNET reported in 2018](#), devices like Alexa, Fitbit, Apple Watch, and even pacemakers can testify against you in court - a trend that has only accelerated since then.

Your Alexa and Fitbit can testify against you in court

In today's digital world, Big Brother may be on your wrist, in your room -- or inside your heart.



Marguerite Reardon

April 5, 2018 5:00 a.m. PT

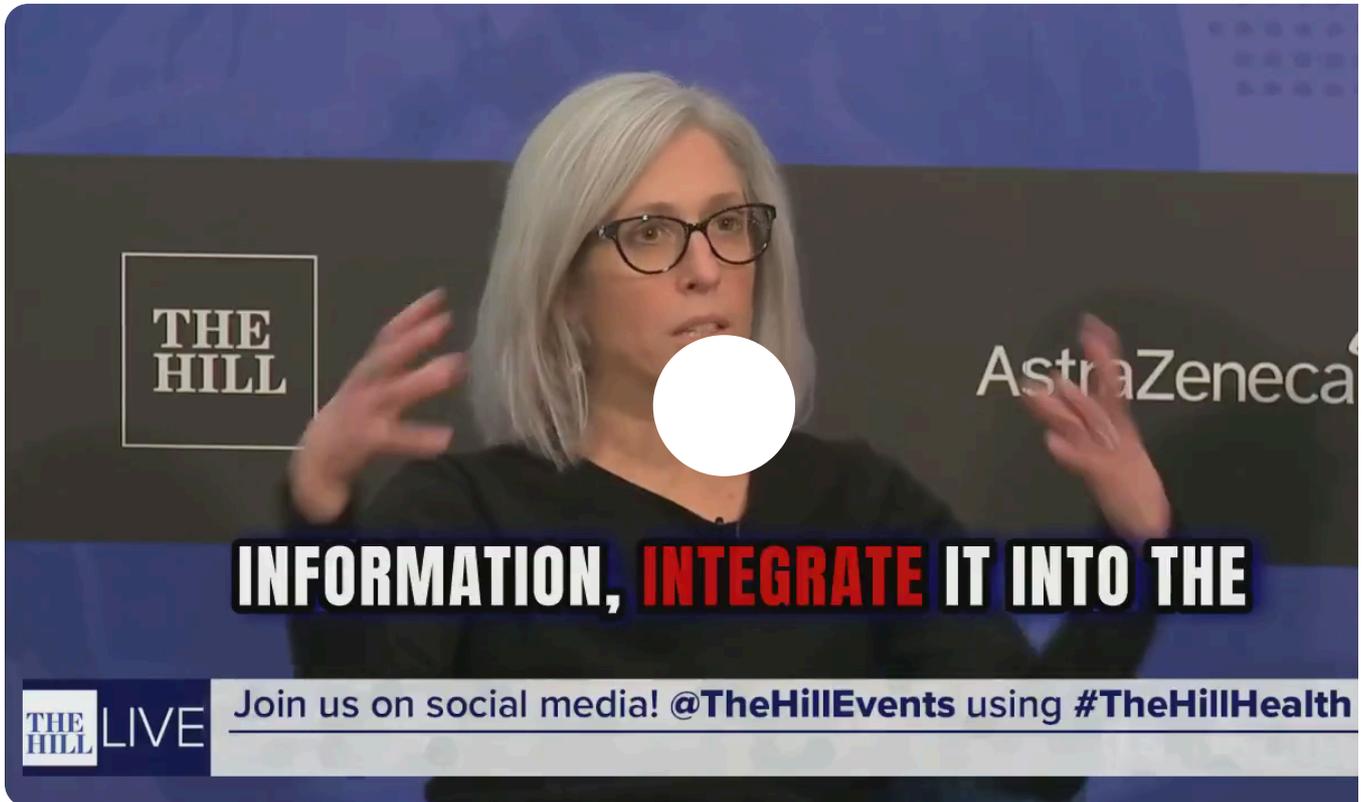
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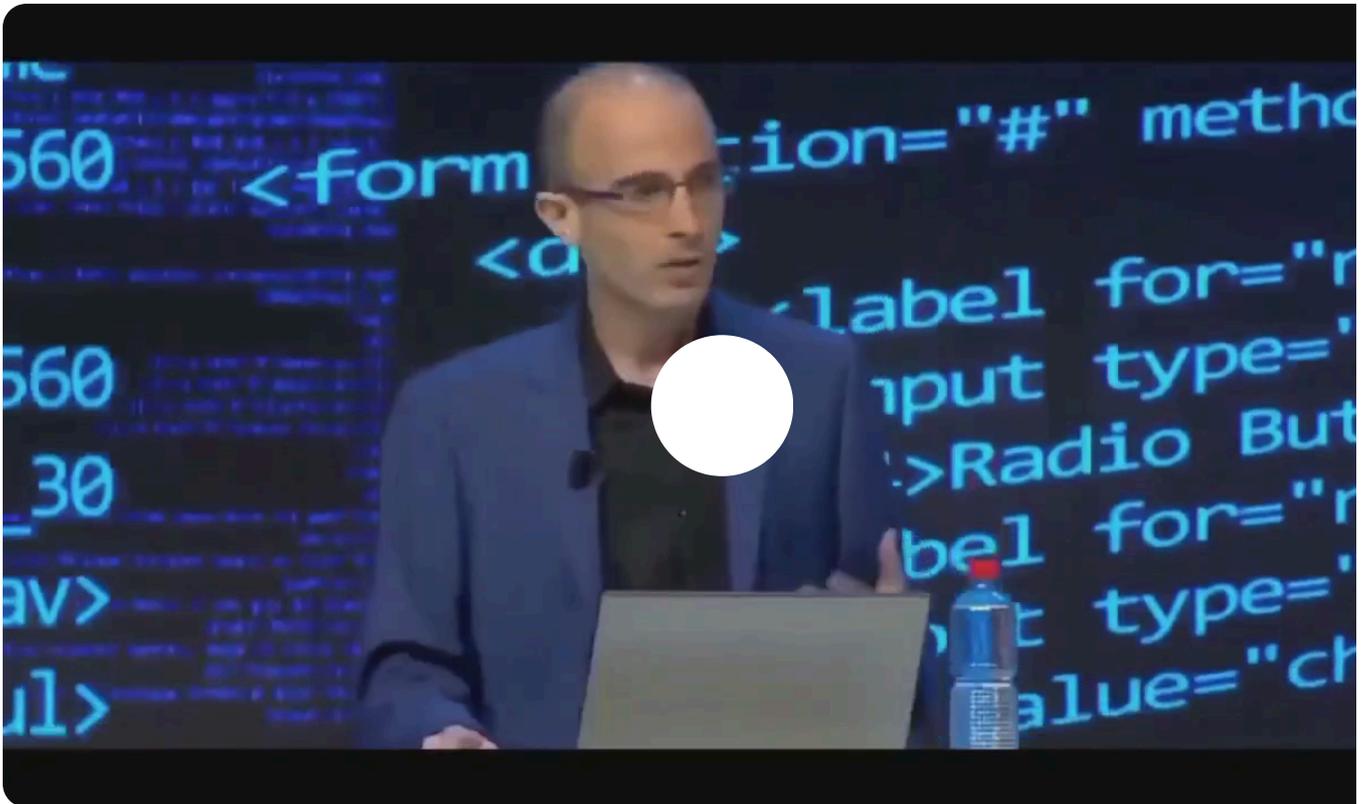
Your wearable doesn't just monitor your health - it creates a permanent legal record that can be subpoenaed and used in divorce proceedings, employment disputes, or criminal cases. Poor sleep patterns could suggest substance abuse. Irregular heart rhythms might indicate lying. Stress spikes could correlate with "behavioral problems."

Analysts say platforms processing wearable data - including surveillance firms like [Palantir](#) - conceptualize it as a form of continuous emotional telemetry, [designing systems that build predictive vectors off every pulse](#) to anticipate emotional states—even protest—before action occurs

This capability aligns with what DARPA envisions for integrated health surveillance systems that combine "individual patient information" with "electronic health records," "wearables," and "community health information" to create comprehensive behavioral models. [As Susan Monarez, DARPA spinoff ARPA-H Deputy Director, current CDC Director, described it](#), this integration allows clinicians to understand patients through "generative AI" and "modeling capability" that can predict not just medical conditions, but behavioral patterns, treatment compliance, and social credit scores.



The broader agenda was articulated clearly by World Economic Forum advisor Yu Noah Harari: "We've reached the point when we can hack not just computers, we hack human beings." He explains that this requires "a lot of computing power and lot of data, especially biometric data," with "the next phase" being "surveillance g under our skin." The goal isn't just monitoring but control: "By hacking organism elites may gain the power to re-engineer the future of life itself."



This isn't speculation about future capabilities - it's the stated functionality of systems already being deployed. [Palantir's Head of Public Health](#) has been working since 2020 to [expand these surveillance technologies](#) across HHS, CDC, FDA, and other public health agencies [under the guise of COVID-19 response](#).

The researchers developing what they openly call the "[Internet of Bodies](#)" aren't planning to stop at wrist-worn devices. The trajectory leads to injectable sensors, neural interfaces, and biological systems that network your cells directly to digital infrastructure. This isn't theoretical - as far back as 2017, the FDA approved [Abili: MyCite](#), a pill embedded with sensors that alerts doctors when you swallow it, transmitting data to mobile apps and online platforms accessible to caregivers and physicians.

As [investigative journalist Derrick Broze revealed in 2020](#), government contracts were already being awarded to organizations developing "wearable tech, biosensors, and injectables" - making clear this isn't emerging technology but a coordinated deployment strategy.

The biological implications extend beyond data collection. These devices emit and depend on constant electromagnetic fields (EMFs), raising concerns backed by emerging research into potential cellular disruption, circadian interference, and long-term neurobiological impacts. The irony is profound: devices marketed for health optimization may be systematically undermining the biological harmony they claim to enhance, creating dependency on technological solutions for problems they themselves generate.

Moreover, these systems are engineered to create addiction by design - the same dopamine-driven feedback loops that make social media and video games irresistible. When your watch buzzes with achievement notifications, exercise reminders, and health "insights," you're experiencing the same neurochemical rewards that keep people scrolling Twitter or playing games for hours. When you feel anxious without constant biometric feedback, you've lost the fundamental human capacity for self-awareness. Children targeted with "health" wearables from birth never develop natural body awareness, normalizing technological dependence as the baseline for human existence.

The screenless, "contextually aware" ambient devices already in development represent the consumer-friendly face of this same extractive logic.

Trading Sovereignty for Optimization

The deeper philosophical question is whether human awareness can maintain its integrity when biological self-awareness is mediated by systems designed to profit from your medical dependency. When your device knows your stress levels before you feel them, when it recommends interventions before you recognize symptoms, what shapes your understanding of your own biological state - who is living your life?

This represents "biometric colonization" - the systematic capture and control of bodily data that transforms humans from autonomous beings into managed resources. The colonizers promise optimization; they deliver dependency.

Some are hoping this might be intentional resistance-building. [As Jessica Rose said on X](#): "Maybe this is a seed being planted to force the true hand of the people?" If

is deliberately floating these ideas to expose the surveillance agenda and mobilize opposition, that would be reassuring. But hope isn't a strategy when the infrastructure is being built in real time.

Within MAHA circles, respected journalists like Debbie Lerman and Naomi Wolf raised legitimate concerns about figures like Casey Means and the biometric surveillance model her company Levels represents. Levels reduces metabolic awareness to a monthly subscription, reinforcing dependence on technological mediation instead of encouraging body literacy. [Wolf's investigation](#) and [Lerman's analysis](#) highlighted how Levels epitomizes the approach that turns basic metabolic awareness into a subscription service.

These journalists were often dismissed or attacked for raising these questions. Yet their concerns about the wearables agenda now seem prescient, given RFK's announcement about universal monitoring devices. Whether coincidentally or not very surveillance infrastructure they warned about is becoming MAHA policy.

The False Binary

The choice being presented is false: you can support making America healthy again without accepting surveillance as the price of wellness. Real health freedom means preserving the capacity for unmediated biological awareness - the ability to feel your body, trust your instincts, and maintain sovereignty over your own physiological experience.

There's a place for technology as a tool - occasionally checking your heart rate during exercise, using devices for specific medical conditions, leveraging innovation to address genuine health challenges. But when wearables become the permanent interface between consciousness and biology, we've crossed from enhancement to replacement.

The Spiritual Dimension

What's ultimately at stake is the integrity of embodied consciousness itself. The capacity to inhabit your body with awareness, to feel your emotions without technological mediation, to trust your biological intelligence - these aren't just health practices. They're the foundation of human sovereignty in an age of algorithmic colonization.

The global infrastructure being constructed around biodigital convergence depends on humans accepting technological mediation as superior to biological awareness. Every time you ask your device how you feel instead of feeling it yourself, you're participating in your own disembodiment.

Reclaiming Biological Autonomy

If MAHA represents a genuine movement toward biological sovereignty, it must confront the contradiction between health freedom and health surveillance. Making America healthy again cannot mean making Americans into monitored nodes in a digital control grid.

The resistance isn't just political - it's metaphysical. Reclaiming biological autonomy means cultivating the kind of physical intuition that makes technological mediation unnecessary for basic self-knowledge. It means developing the confidence to trust your own nervous system over algorithmic interpretation. This means returning to health traditions that honor the body's innate wisdom - whether through Traditional Chinese Medicine's understanding of qi and energy flow, Ayurveda's constitutional medicine or simply trusting your grandmother's advice to rest when you're tired rather than asking a device if you need sleep.

The choice ahead will determine whether human awareness remains rooted in biological wisdom or becomes a managed resource in the Internet of Bodies. The wearables agenda represents a test: Will we trade the ancient intelligence of embodied awareness for the promise of optimized metrics?

This isn't only about healthcare. It's about the fate of human experience itself.

The first act of resistance is remembering you don't need a device to tell you how to feel.

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Paddy K. 6d

"You don't need a weatherman to know which way the wind blows ..." Bob Dylan

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4 replies by Joshua Stylman and others



Gringo Gringo 6d

♡ Liked by Joshua Stylman

"The critical questions aren't about individual empowerment - they're about systemic control: defines the standards for this uniform data? Who builds the platforms? Who sets the protocols access and compliance? Once those systems are in place, individual control becomes individual submission with predetermined frameworks."

I think we already know the answer to this. At least in general terms.

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