

BILL O'REILLY PRESENTS

**TOP 5 WAYS
TO PREPARE FOR A
RECESSION**



Are You Ready for a Severe Recession?

On this day, the Biden administration is driving this country into recession. Friends, you must take steps to protect your finances, your family, and your future.

All the leading economic voices are sounding a warning on the global economy.

JPMorgan Chase CEO, Jamie Dimon says to “brace yourself” for an “economic hurricane.” He said the market can fall by “another easy 20%” from current levels, adding that “the next 20% would be much more painful than the first.”¹

Are we already in a recession?

Unofficially – yes! The general definition of a recession is two straight quarters of declines in real gross domestic product, which we have had. However, it isn’t official yet. The official declaration comes from the National Bureau of Economic Research, a private organization of economists. NBER usually declares a recession from 6 to 18 months after the recession’s start. So, if you wait for the official announcement to prepare, it will be too late.

Unlike typical recessions, this one is going to last a long time according to economists. That’s because the Federal Reserve is highly unlikely to step in with any stimulus out of fear of fueling even more inflation.



¹ <https://www.cnn.com/2022/10/10/jpmorgan-jamie-dimon-warns-us-likely-to-tip-into-recession-soon.html>

The Five Things You Must Do Now to Prepare for the Recession

Recessions are times of great uncertainty. Your focus should shift to reducing risk and preserving your wealth. Here are five ways to do that:

1 Pay down your debt

Paying down debt will remove a source of financial stress and give you more flexibility.

- Debt doesn't stop growing if your income changes.
- Rising interest rates make credit card debt more expensive.
- Eliminating debt saves money on interest payments.
- You can free up credit in case you need it in an emergency.
- New credit lines are harder to access and more expensive.

2 Optimize Cash Flow

Improving income and streamlining expenses allows you to maximize the value of your resources.

- Eliminate redundant expenses.
- Postpone large ticket items that can wait.
- Avoid accumulating new debt.
- Limit your losses on underperforming assets but **DON'T** panic sell.



3 Build an emergency fund

Experts agree that having an emergency fund is essential when your cash flow could be interrupted. An emergency fund will also help you avoid dipping into your retirement accounts. Withdrawing from retirement funds in a bear market locks in your losses and exposes you to penalties.

- Your reserve should be able to cover a year's worth of expenses.
- Consider finding supplemental revenue streams from passive income sources.
- Keep your funds liquid. Don't lock them up in CD. Even the highest yields are still losing out to inflation.

4 Stock Up Now

During a recession, reduced production, continuing supply chain issues and skyrocketing inflation may lead to shortages and price gouging.

- Now is the time to stockpile nonperishable essential items.
- Build a reserve of medical and personal necessities.
- Anticipate shortages and buy ahead. Everything from champagne to electric cars will become scarce.

5 Diversify Your Holdings

The most important aim during a recession is to protect your wealth and reduce risk.

Securities markets drop during recessions. Retirement funds that relied too heavily on stocks were devastated after the 2008 financial crisis. Diversifying your investments can protect your wealth if the markets collapse.

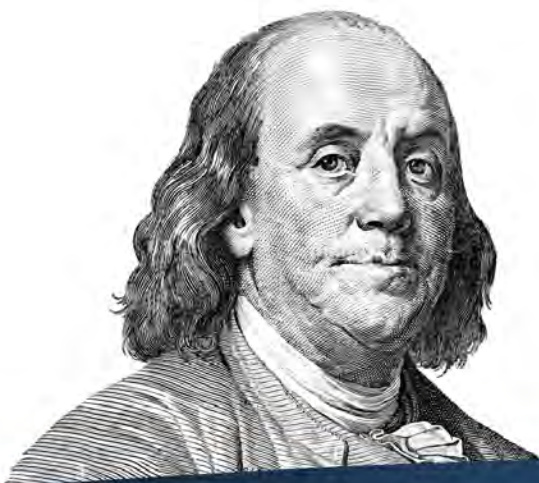
- Precious metals remain an exceptional hedge against recession.
- Historic gold prices prove its value during a recession. Gold increased 12.8% in 2009 during the Great Recession. The following year, gold prices jumped a whopping 50.6%.
- Traditional diversifiers are not holding up in this economy.
- The real estate bubble is bursting due to high mortgage costs and building expenses.
- Unlike precious metals, bonds are having their worst year in history due to inflation.



This administration is steering the country into deep recession, the painful effects of which will be felt by every American in all aspects of their lives. Contact us today at **800-462-0071** to protect your future.

“By failing to prepare, you are preparing to fail.”

- Benjamin Franklin



What's Causing the Recession.

This economic downturn was avoidable.

In large part, the recession can be traced back to Biden's bumbling economic policies. He flooded the economy with more than \$5 trillion dollars of stimulus money. Inflation then soared to a 40-year, record-breaking high.

At first, the Federal Reserve tried to write inflation off as transitory. It would fix itself.

But eventually, they were forced to admit that this threat to every American wasn't going away. To make up for reacting too slowly, the Fed started raising interest rates at a breakneck pace. Their thinking is that if they can slow the economy enough, inflation will drop.

The Fed once hoped for a 'soft landing' – taming inflation without causing a recession. But now even Fed Chairman Powell has given up on that hope and says, 'there will be pain'. Powell is ready and willing to sacrifice the livelihoods of everyday Americans to reach his goals.

What to Expect During a Recession

Recessions impact every aspect of the economy.

- Stock prices go down
- Retirement funds take a double hit - dropping stock prices and high inflation sap their value
- Unemployment increases
- Wages and hours are reduced, bonuses are eliminated
- Personal, corporate and government debt swells
- Foreclosures and bankruptcies increase
- High interest rates drive up the cost of mortgages, weakening the housing market
- Credit cards and loans become more expensive
- Industries cut back production and services while raising prices
- Government tax receipts drop, resulting in a cut in services

A recession is a time of heightened uncertainty. But you can take proactive steps now to prepare yourself. Diversifying your assets with precious metals is key to preserving your wealth during an economic downturn. By shielding your accounts, you can rest easy knowing your retirement is secure. Don't wait, call my friends at American Hartford Gold at **800-462-0071**.



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