

The Daily Cut

The Ultimate Guide to Taking Back Your Privacy





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The Ultimate Guide to Taking Back Your Privacy

By Chris Lowe

Dear Reader,

Your freedoms are under assault.

A handful of Silicon Valley companies now have tremendous power over what you see and what you can say.

In 2018, dozens of independent newsletter publishers – including us – received notices from Google, Facebook, and several other online media services.

They said they were banning us from publishing on their web platforms – and that they would continue to do so unless we complied with their “guidelines.”

Why? Not because we were saying anything illegal or untrue. But simply because they didn’t like the things we had to say.

They didn’t agree with our forecasts or analysis.

They called our research “sensationalist.”

They said it didn’t fit in with what they believed we should and shouldn’t say... and what they believed you should and shouldn’t read.

But they said the solution was simple...

All we had to do was stop sharing certain opportunities with you... change our ideas... tone down our style.

Then, we “might” get approval from the censors to appear on their networks again.

Many of our colleagues in the publishing industry kowtowed. But we did not.

And since then, at *The Daily Cut*, we’ve been shining a light on the growing surveillance around the world.

You see, this goes beyond Silicon Valley. As we explained in our [August 21, 2018 issue](#), Big Tech is working together with the feds.

And it's a global problem...

Already, China is rolling out a [social “reputation” score](#).

And in America, aided by major companies like Amazon and JetBlue, the feds are building out a surveillance dragnet of their own.

It involves [over a dozen airports, including JFK and Miami International Airport... police departments in major cities like LA and Orlando... even your neighbors' doorbells](#).

That's why since we launched *The Daily Cut*, we've been showing you different ways to take back your digital privacy... and your freedom along with it.

If you haven't taken our pointers yet, it's not too late. In the guide below, you'll find...

- Why *Palm Beach Confidential* editor Teeka Tiwari recommends using cryptocurrencies to keep your financial transactions safe from online snoops.
- Four simple steps from *Bonner-Denning Letter* coauthor Dan Denning you can use to reduce your digital footprint. It's what Dan calls “going dark.”
- An important addition from Teeka to Dan's “going dark” action plan that will come in handy when you're surfing the web – no matter where you are.
- And some of our top destinations if you'd rather get out of Dodge altogether.

We've been brainwashed to believe “privacy” is a dirty word. But it shouldn't be.

We hope these steps help you in the path to digital, financial, and intellectual freedom.

Best regards,



Chris Lowe
Editor, *The Daily Cut*

Chapter 1: The Battle Against Online Snooping Starts Here

By Chris Lowe

What's keeping the "King of Encryption" awake at night... Privacy – as apple-pie as the Constitution... A 700%-plus gain on anonymous money...

"We're hemorrhaging privacy" ...

That's the warning from the "King of Encryption," Phil Zimmermann.

He was the keynote speaker at a small gathering of cryptocurrency experts I (Chris) attended in Amsterdam, in the Netherlands.

You may not have heard of him. Most people haven't. But in 1991, Zimmermann invented the world's first publicly available, unbreakable encryption program, which he modestly called Pretty Good Privacy (PGP).

Up until then, unbreakable cryptography was something only the military and spy agencies had access to.

And Zimmermann didn't just invent PGP...

He made sure the feds couldn't stop folks from using it.

At the time, Washington considered strong encryption to be in the same category as "munitions" – guns, bombs, ballistic missiles, and so on. And after Zimmermann posted the source code for PGP to an online message board, the feds came after him with a criminal investigation into "exporting munitions without a license."

Luckily, Zimmermann is no dope. He outsmarted the feds by printing the source code for PGP in a book so that anyone could replicate it.

MIT's publishing arm, MIT Press, sold the book all over the world. This allowed anyone, anywhere in the world, to use Zimmermann's source code to stay private online.

The feds could legally halt the export of munitions. But the First Amendment prevented them from legally stopping the export of a book, which is classed as speech.

These days, it's not the feds who are keeping Zimmermann awake at night...

It's for-profit surveillance companies Google and Facebook.

And he's not alone.

Here at *The Daily Cut*, [we've been raising the alarm](#) about how these Silicon Valley giants have gotten in bed with the national-security faction of the Deep State.

Thanks to Google, Facebook, and all the other data-gathering operations being run out of Silicon Valley, children born in the last decade will have no concept of privacy.

These companies will record, monitor, and track every single thing they do online. The word "privacy" will be a meaningless term to them.

[As we've told you before](#), these Silicon Valley giants gather mindboggling amounts of highly personal data on their 4 billion combined users.

They then hawk it to advertisers... and even pass it on to the National Security Agency (NSA), via court-approved electronic eavesdropping programs.

It's a point not lost on the King of Encryption...

As Zimmermann pointed out in Amsterdam, there's no difference between the mass digital surveillance the U.S. spy agencies carry out... and the corporate-level online snooping by Silicon Valley firms.

Documents leaked by Edward Snowden from the Deep State's electronic eavesdropping agency, the NSA, revealed the government has direct access to the same personal data Google and Facebook sell to advertisers.

The surveillance these companies carry out passes through to the NSA by way of court-approved programs such as the one Snowden made public, codenamed PRISM.

Privacy is not a dirty word...

When confronted with evidence that corporations and governments are spying on them online, most folks shrug it off.

But as we've been warning, that's a mistake if you value your personal liberty. Here's how colleague Nick Giambruno put it to readers of our *Casey Report* advisory...

The government and its media allies have convinced the average person that "privacy" is a dirty word.

They've duped people into believing only criminals and wrongdoers want privacy.

“If you have nothing to hide, you have nothing to worry about,” as the popular, but wrongheaded adage goes.

Many people have forgotten that privacy is fundamental to preserving human dignity and protecting individuals from government overreach.

In the words of Phil Zimmermann, “Privacy is as apple-pie as the Constitution.”

Cryptocurrencies are a new weapon in the battle for digital privacy...

Every traditional digital financial transaction you’ve ever made – credit card payments, bank transfers, even ATM withdrawals – has been tracked, stored, and monitored.

But cryptocurrencies were developed with online privacy in mind.

Bitcoin was the first step...

The super-secure database (aka “blockchain”) that records bitcoin transactions doesn’t include your name or other personal details. This helps keep your financial transactions secure.

But contrary to popular belief, bitcoin isn’t fully anonymous.

The bitcoin blockchain includes a record of the unique ID of your bitcoin “wallet” – the app you use to store, send, and receive payments. And it’s open to the public. So a forensic research team can unravel your entire payment history.

As world-renowned crypto investing expert Teeka Tiwari put it to readers of our *Palm Beach Confidential* advisory...

Investigators can track who sent you money, whom you sent money to, what you bought, and whom you bought it from.

That’s where privacy coins come in...

Take Monero (XMR), an open recommendation at *Palm Beach Confidential*. It adds an extra layer of security so online snoops can’t link each transaction to you. Teeka again...

To an outside observer, your transactions on the Monero blockchain look like they’re going to multiple addresses. This is done so no one can track the actual address the money is going to.

Imagine a million homes with a million different names on each door. Your name might be on every door... but only one of the doors leads to your home. If you are an outsider looking in, you have no idea which address is the “real” address.

Monero and other privacy coins are a leap forward in protecting your financial transactions.

And that’s a big deal. As Teeka made clear when he first recommended Monero in September 2016, you need anonymous money to protect your personal freedom.

Monero has been a great profit play, too...

Monero is solving the real-world problem of how to protect your financial life from digital snooping. And as Teeka predicted, this has pushed up demand... and prices.

Even after the recent dip in the crypto market, Teeka’s readers are sitting on a gain of more than 700% on Monero at writing.

Chapter 2: Your Guide to “Going Dark” Online

By Chris Lowe

The government has you bugged... We’re ALL the enemy now... Your guide to “going dark” ...

“Once untrustworthy, always restricted” ...

Earlier we mentioned the Chinese government is building a mass surveillance and behavior modification system the likes of which we’ve never seen before.

If you haven’t been following *The Daily Cut*, here’s what you need to know...

It revolves around a “social credit” score.

Smoke a cigarette where you’re not supposed to... jaywalk... or hold onto a library book too long... and the feds will dock your score.

Lose too many points, and they’ll put you on a “restricted list.”

That means no getting on planes or trains... no staying at certain hotels... no getting a job in a state-run firm. It even means your kids being refused into certain schools... and having your social credit score show up on dating apps.

Now, most *Daily Cut* readers live in the U.S. and won’t lose much sleep over what’s happening in China.

But here’s the problem...

America is not far behind...

The U.S. government’s surveillance and behavior modification efforts are subtler than those of their Chinese counterparts.

But as we’ve told you before, [Silicon Valley tech firms are coming together with the Deep State to create a society with little scope for dissent.](#)

Facebook and Google are surveillance companies disguised as web service companies...

They know everything you search for online... every website you’ve ever visited... every video you’ve ever watched... every chat message you’ve sent... and whom you’ve sent it to.

They also know what books you read... what news you read... what you sound like (if you have a “smart speaker” at home)... what you look like (via facial recognition of photos you post and store online)... who your friends are... what you’re thinking about buying... where you vacation... if you have (or want to have) children... and your political affiliation. (Did you donate to Bernie Sanders? Are you a member of the NRA?)

They even maintain detailed maps and timelines of where you’ve been with your digital devices.

You can see for yourself...

Just look at your geolocation history on Google. (You can find it [here](#).)

Bonner-Denning Letter co-author Dan Denning did it recently. And he was shocked by how many details the tech company had about his whereabouts. Dan...

While heading up Bill Bonner’s publishing firm in London, I’m pleased to say I only spent one more day at the Dean Swift pub than I did at the office.

I can also see that on the day I left London my phone tracked my journey, following me to the Dancing Man Tavern (where I quaffed a late lunch ale). And then to the White Star Tavern, where I quaffed a pre-dinner ale before resting up for my journey across the sea on the Queen Mary II the next day.

Hopefully, this will exonerate me from any crimes committed in that time. It will also tell anyone who wants to know – like the IRS for example – exactly where I was.

One group interested in your whereabouts is the NSA...

As we’ve been uncovering for you here at *The Daily Cut*, [the CIA and the NSA seed-funded Google’s founders](#), Larry Page and Sergey Brin, while they were still PhD students at Stanford University.

And documents former NSA contractor Edward Snowden leaked in 2013 show that the investment paid off.

One leaked NSA presentation revealed that the agency had “direct access” – via a secret online eavesdropping program called PRISM – to the personal digital data Google, Facebook, Microsoft, and Yahoo store on their users.

Most folks will shrug this off...

What's the harm, they'll ask, in submitting to round-the-clock surveillance if it helps the feds catch terrorists and America's enemies?

If you're not doing anything wrong, if you have nothing to hide, then you have nothing to fear, right?

Wrong. Dead wrong.

In today's world, we are ALL the enemy.

As Dan put it in the March 2018 issue of *The Bonner-Denning Letter* (paid-up subscribers to that letter can catch up in full [here](#)), "Every single U.S. citizen is now the object of Deep State surveillance."

In fact, Dan believes today's internet is primarily about deploying surveillance against Americans.

It's why Dan recommends "going dark"...

Google and Facebook are what Dan calls "self-reporting systems"...

For example, if you've got a phone that runs Google's Android operating system, you're constantly broadcasting to the company's servers exactly where you are in the world.

And Facebook is based on you sharing everything you do with everyone else. Not just your friends, but also anyone else that cares to look... including Deep State snoops.

It's why Dan recommends you opt out of these systems now – and stop self-reporting to the authorities – by taking four basic steps:

- 1. Delete your Facebook account** – We think we have to be connected all the time. But by staying on the platform, you're sharing massive amounts of personal data about yourself with the world. You can't be a private citizen and be on Facebook. Find out how to permanently pull the plug [here](#).
- 2. De-Google your life** – The way to stop Google – and the NSA – tracking every web search you type and every webpage you visit is to ditch Google search and the Google Chrome web browser. [DuckDuckGo](#) won't track you like Google does. And it offers a decent search service.

There's also the [Epic Privacy Browser](#). It works just like Chrome, except it doesn't store data on you. You can also try [Startpage](#) for a search engine that doesn't track and store your search queries. [Firefox](#) is the least intrusive of your browser options (Safari, Chrome, Internet Explorer).

- 3. Buy a “dumb” phone** – This is the only way to stop broadcasting your exact location 24 hours a day. An unlocked phone with 16MB of memory and a 2 megapixel camera will set you back about \$25. You won't be able to play Candy Crush while you're standing in line waiting for your caramel latte at Starbucks. But a dumb phone will relieve you of the urge to constantly fiddle with your “smartphone.” Result: more free time and a less cluttered brain.
- 4. Download an encrypted messenger app** – Conversations on WhatsApp (owned by Facebook) are encrypted for the moment. But the feds recently requested that Facebook allow them to spy on peer-to-peer conversations on its messaging app.

WhatsApp has over 1.5 billion users (mostly foreign), making it a prime target for wiretapping by U.S. security services. Skype (owned by Microsoft) isn't much better. [Wickr](#), [Telegram](#), and [Signal](#) are all much more secure alternatives.

Chapter 3: How to Escape the Digital Prison

By Chris Lowe

The internet has become a digital prison... Why Congress supports online snooping... Do this to stay private online...

Welcome to the Panopticon...

In the late 18th century, English philosopher Jeremy Bentham came up with detailed designs for a new type of penitentiary.

He called it the “Panopticon” after the many-eyed Greek god Panoptes.

And it had a unique selling point. It would be cheaper than other designs because it required fewer guards to watch over the inmates.

The Panopticon was made up of a circular tower that formed the hub of a larger circular building. The jail cells were visible from the tower and could be watched over by a single guard.

But the key feature of the Panopticon was that its inmates couldn’t see inside the watchtower.

So they had to be on their best behavior at all times... whether they were being watched or not.

Today, the Panopticon is online...

As we’ve been showing you here at *The Daily Cut*, that’s a good description of the modern internet. (Catch up [here](#) and [here](#).)

If you use Google, Facebook, or Twitter, you’re constantly under observation. But how these companies surveil you... and what they do with the data they collect on you... isn’t clear.

They know every detail about you... *but you know almost nothing about them.*

Take Google Search, which handles 90% of all search queries online.

Google is monitoring and recording everything you type into its search bar (even things you start typing, then delete). But how it sorts the results is shrouded in mystery.

The same goes for Facebook’s News Feed. Facebook is watching and recording every photo, video, link, and update you interact with. But you have no idea on what basis it’s feeding you that information.

Google and Facebook are the watch guards... we all are the prisoners.

And Google and Facebook aren't the only ones watching...

I recently caught up with Legacy Research co-founder and world-renowned cryptocurrency expert Teeka Tiwari about the obliteration of online privacy.

I was calling from my office in Lisbon, Portugal... where I spend some of the year. And Teeka was in Puerto Rico – his base since the start of 2018.

To be more precise, Teeka was sitting in his car outside his home with the air conditioning turned up full blast.

In the wake of Hurricane Maria, power was still sporadic. Teeka told me he was losing power every day – sometimes for up to 11 hours. So he'd turned his car into a makeshift air-conditioned office.

But it's what Teeka told me about a new way we're being watched and monitored online that really grabbed my attention.

It's all to do with a resolution Congress passed...

In March 2017, Congress tore up regulations banning your internet service provider (ISP) from hawking your web browsing history to third parties.

We all connect to the web via an ISP. These are mainly Big Cable companies such as AT&T, Verizon, and Comcast that own or lease the telecommunications lines that allow you to get online.

These companies used to need your permission to collect, use, and sell information about your online habits.

But thanks in no small part to the \$101 million they've donated to members of Congress, they're now free to sell your personal data to the highest bidder – just as Google and Facebook do. As Teeka explained...

The rule change allows your ISP to look at all of your search history and sell it. Even when you're surfing the web “privately” – for instance, by using a web browser that doesn't harvest your data – your ISP is still collecting your personal data and selling it on to third parties.

You have no privacy, even though you think you do. Whatever political causes you support... whatever controversial ideas you read about... somebody somewhere knows about it.

It's why Teeka has an important addition to your [“going dark” action plan...](#)

As we mentioned above, the first steps to shoring up your privacy online are to: (1) delete Facebook; (2) de-Google your life; (3) buy a “dumb” phone; and (4) use an encrypted messaging service.

To combat the ISP snoops, Teeka also recommends you do what he does to stay private online... and use a Virtual Private Network (VPN).

VPNs allow you to communicate over a public network in a private way. They do this by encrypting your data... and by masking the internet address you're connecting from.

For extra security, Teeka recommends you pay for your VPN using a “privacy coin”...

Privacy coins are cryptocurrencies that make your transactions untraceable. (We covered this in the [August 23, 2018 Daily Cut.](#)) Teeka...

With bitcoin, if somebody – say, the feds – does a forensic deep dive, they can figure out who's on each end of each transaction. The chances of that happening, unless you're a criminal, are very low because it's very expensive to do a forensic analysis. But it's still possible.

Privacy coins such as Monero (XMR) or Dash (DASH) completely obscure you as the sender. They also obscure the receiver. This allows you to buy a VPN in private. It also allows you to donate to causes that maybe other people would judge you for.

And that's hugely important. After all, you shouldn't be judged or discriminated against based upon what political beliefs you hold.

The first step to get your hands on privacy coins is to buy Bitcoin or Ether.

If you've never done it before, [check out this guide](#) Teeka's team put together. It shows you where to buy and store Bitcoin.

After you buy Bitcoin, you can trade it for Dash on the [Kraken](#) exchange or Monero on the Poloniex exchange.

Once you've bought your privacy coins, the next step is finding the right VPN...

One top-rated VPN that allows you to pay with Monero and Dash is NordVPN. It'll cost you less than \$3 a month. And it will keep your ISP – and any other online snoops – from linking you to your data.

Chapter 4: Your Roadmap to Escape America

By James Wells

Since we launched *The Daily Cut* in August 2018, many of you have written in about escaping America.

Take this question from reader Jerry R.:

I would like to know what countries are considered to have the least control... or where do citizens have the most freedom?

If you ever decide to leave the U.S., what options would you consider? The U.S. is getting worse, but I don't know if there is any other alternative.

So we put it to several of our global citizens here at Legacy Research...

Legacy co-founders Bill Bonner and Doug Casey... *Daily Cut* editor Chris Lowe... *Casey Report* chief analyst Nick Giambruno... *Bonner-Denning Letter* co-author Dan Denning... and *Disruptive Profits* editor Marco Wutzer all chimed in.

Here's what they told us...

Doug's answer: Joe Louis was right. You can run, but you can't hide. There are about 200 countries in the world. Each needs a detailed discussion.

In brief, the whole world is going in the wrong direction, and its governments are working together ever more closely. There are no quick, easy and fun answers.

That said, I spend most of my time in backward little socialist Uruguay, and fascist, chaotic, but surprisingly sophisticated and pleasant Argentina.

[Doug contributes regularly to our free [Casey Daily Dispatch](#) e-letter and our elite [Crisis Investing](#) advisory.]

Bill's answer: Different countries value different liberties.

We're building a house in Argentina. No inspectors, no zoning. No nothing. But running a business requires a Houdini! And the police stop you on the road looking for illicit meat!

Ireland has all the rules of the EU. But they are enforced gracefully...

Nicaragua seems fairly free... as long as you don't cross the government...

France is a disaster of rules but a pleasant place to live...

Hard to compare.

[Follow Bill at our free [Bill Bonner's Diary](#) e-letter and our [Bonner-Denning Letter](#) advisory.]

Dan's answer: I picked Australia (and lived there for 10 years before becoming a citizen) because I liked the climate and the lifestyle and intend to live there (off and on) for the next 30 years. Also, my Aussie passport allows me to live and work in New Zealand without a work permit or visa, and New Zealand has an even nicer climate and lifestyle than Australia (plus better meat pies).

There are no tax advantages to living in either place. And both countries are part of the "Five Eyes" alliance with the U.S., the U.K., and Canada. So you're not going to be off the grid. But you have the advantage of distance from the U.S., if you think something awful is going to happen. Conversely, both countries have ties to China.

Austria and Switzerland are both great places at least in terms of quality of life and relative financial privacy. But you more or less have to buy your way in (Austria has a golden visa program where you can invest in the country in order to obtain citizenship).

[Follow Dan in our [Bonner-Denning Letter](#) advisory. He also appears regularly in our free [Bill Bonner's Diary](#) e-letter.]

Chris' answer: In my experience, no country is truly free. But you could throw a dart at a map of developed countries and find a freer way of life in pretty much any of them than you'll find in the supposed Land of the Free.

I've lived in Ireland, Britain, France, Germany, Spain, Portugal, and Argentina. And barring maybe Germany, none of those governments are as intrusive as the U.S.

Ireland is a good bet. Taxes are low by world standards. The cops don't carry guns. And people there still have a healthy disregard for authority – a hangover from years of British occupation. You also have top-notch health and education systems.

Marco's answer: This comes down to personal choice.

For example, the United Arab Emirates is one of the freest places in the world to do business. But being a Muslim country, there is less personal liberty than in Western countries.

On the other hand, most countries in South America offer a lot of personal liberty but are terrible for doing business.

These are just two among many factors one might consider.

Having traveled extensively to all continents (except Antarctica), my personal favorites are Colombia and Argentina.

[Follow Marco at our [Disruptive Profits](#) advisory. He also contributes regularly to our [Casey Daily Dispatch](#) e-letter.]

Nick's answer: I would start my search by looking for countries that fall into one of these two categories...

The first is whether the country in question has a long history of respect for personal and financial freedom that has been ingrained into the culture and isn't likely to change soon. This would include the Cayman Islands, Switzerland, and Singapore, for example.

The second category would be countries with governments that are too inept or broke to be a serious threat but offer an enjoyable lifestyle and compatible culture. This would include countries like Argentina and Mexico.

This of course is a gross oversimplification of a big topic.

The reality is that there is no perfect place for personal freedom. And what constitutes a good place is constantly changing and often different for everyone.

[Follow Nick in our [Casey Report](#) and [Crisis Investing](#) advisories. He also contributes regularly to our free [Casey Daily Dispatch](#) e-letter.]

In the [October 11, 2018 Daily Cut](#), reader David B. made arguments for Colombia, Costa Rica, and Panama...

There are three countries in Central America that are relatively free, especially compared to here. Colombia is the least fascist country in South America. And the country is large, varied, and above all, can be very fun. It is also a good place for Latin American medical tourism for equal care of about any treatment or surgery.

Expect the whole process to cost 20% of what it costs in the States, or less, and definitely less for medicine, way less.

Between doctor visits or before or after surgery or recovery from it, enjoy beautiful, cosmopolitan Colombia. Costa Rica and Panama also have their freedom, especially Panama which uses the dollar. Latin America is a joy to behold, generally. Plan an escape from what used to be the US of A.

And reader Rick R. asked about one little-known country that didn't make the list...

Reader comment: I noticed, that no one mentioned Liberland in the search for personal freedom question. Thoughts, anyone?

Liberland, founded by Vít Jedlička, has been on our experts' radar for some time. In fact, Doug Casey was one of the first to apply for citizenship.

Here's what he told us:

As you may know, I've been involved in projects like this for many years. The closest comparable to this is the [Principality of Sealand](#).

Will it work? It mostly depends on Vít... his ability to raise at least a few hundred million dollars... and make some really powerful connections.

I'm optimistic. For many reasons, we'll see lots more secession and "micro-nations" in the years to come. One problem is that organizing libertarians is like herding cats.

That said, although Vít may need to run the show much more aggressively, and more like a business, it's most impressive what he's done so far – in Europe, of all places. But you guys should let readers know what he's doing... and how to join the party.



Legacy co-founder Doug Casey (second from right) at lunch with Vít Jedlička, founder and president of the Free Republic of Liberland (far right), in 2015

And Doug isn't the only one interested in Liberland. Our very own *Daily Cut* editor, Chris Lowe, caught up with Vít in 2016. So we asked Chris to bring *Cut* readers up to speed...

I flew out to Prague in the Czech Republic to meet with Vít, the president of the Free Republic of Liberland. It's an interesting project. But there's really no physically habitable land in Liberland.

The territory Vít has claimed as Liberland is a no man's land between Serbia and Croatia, which fought a brutal war in the early 1990s. This land is only 3 square miles. There are no residents there.

Vít sometimes takes folks there. But the authorities there tend to chase him off. Long story short, you can't actually live in Liberland... although you can become a virtual citizen.

You can find out all about Liberland at the country's official English-language website [here](#). And you can apply for citizenship [here](#).

Want More Like This?

For more ways to take back your privacy, [follow us at *The Daily Cut*](#).

It's the only newsletter that combines the insights, ideas, and recommendations from financial legends Bill Bonner, Doug Casey, Teeka Tiwari, Jeff Clark, and their brain trust of analysts.

Five days a week, you'll hear about the biggest trends on their radars... as well as unfiltered accounts of the organized assault on your personal liberties. All free of censorship and interference.

To contact us, call toll free Domestic/International: 1-888-413-5232, Mon-Fri: 9am-7pm ET, or email us [here](#).

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