



ALTERNATIVE WELLNESS HEALTH, INC.
FKA: ANYTHING TECHNOLOGIES MEDIA INC

11321 Trade Center Dr. #255

Rancho Cordova, CA 95742

650-222-2863

www.anythingtechnologiesmedia.com

info@anythingtechnologiesmedia.com

SIC Code 20-39

Quarterly Information and Disclosure Statement

(UNAUDITED)

For the 3 months ended December 31, 2024

(the "Reporting Period")

Outstanding Shares

The number of shares outstanding of our Common Stock was:

4,800,759,336 As of December 31, 2024

4,800,759,336 As of June 30, 2024

Shell Status

Indicate by check mark whether the company is a shell company (as defined in Rule 405 of the Securities Act of 1933, Rule 12b-2 of the Exchange Act of 1934 and Rule 15c2-11 of the Exchange Act of 1934):

Yes: ☐ **No:** ☒

Indicate by check mark whether the company's shell status has changed since the previous reporting period:

Yes: ☐ **No:** ☒

Change in Control

Indicate by check mark whether a Change in Control⁴ of the company has occurred during this reporting period:

Yes: ☐ **No:** ☒

1) Name and address(es) of the issuer and its predecessors (if any)

Alternative Wellness Health, Inc.

FKA: Anything Technologies Media, Inc.

11321 Trade Center Dr. #255

Rancho Cordova, CA 95742

Formerly known as:

6/09/97 – 7/23/01: Legend Resources Inc.

7/24/01 - 11/23/06: SMS@ctive Technologies Corp.

11/24/06 – 9/19/10: Exchange Mobile Telecommunications Corp.

9/20/10 – 8-19-21 : Anything Technologies Media, Inc.

8-20-21- Current Alternative Wellness Health, Inc.

On August 20, 2021, Anything Technologies Media, Inc. changed its name at the Nevada Secretary of State to Alternative Wellness Health, Inc. The company is a Nevada Corporation, and it is an active Corporation. The company has submitted the required documents to finra to complete the company name and ticker change.

Current State and Date of Incorporation or Registration: NV 6-12-97

Standing in this jurisdiction: (e.g. active, default, inactive): Active

Prior Incorporation Information for the issuer and any predecessors during the past five years:

None

Describe any trading suspension orders issued by the SEC concerning the issuer or its predecessors since inception:

None

List any stock split, stock dividend, recapitalization, merger, acquisition, spin-off, or reorganization either currently anticipated or that occurred within the past 12 months:
None

The address(es) of the issuer's principal executive office:

Alternative Wellness Health, Inc.
FKA: Anything Technologies Media, Inc.
11321 Trade Center Dr. #255R
Rancho Cordova, CA 95742

Address of the issuer's principal place of business:

☒ Check if principal executive office and principal place of business are the same address:

Has the issuer or any of its predecessors been in bankruptcy, receivership, or any similar proceeding in the past five years?

No: ☒ Yes: ☐ If Yes, provide additional details below:

2) Security Information

Transfer Agent

Name: Pacific Stock Transfer Co.

Phone: 702-361-3033

Email: Joslyn@pacificstocktransfer.com

Address: 6725 Via Austi Pkwy.

Suite 300

Las Vegas, NV 89119

Is the Transfer Agent registered under the Exchange Act? Yes: ☒ No: ☐

Trading Symbol: EXMT

Exact Title and class of securities outstanding:

Common Stock

Preferred Class A Stock

Preferred Class B Stock

Common Stock, CUSIP # 037355 10 4, trading symbol: EXMT

Preferred Stock, No CUSIP or trading symbol

Par or Stated Value:

Common Stock, Par value \$.001 per share

Preferred A Stock, Par value \$.001 per share.

Preferred B Stock, Par value \$.001 per share

Total Shares Outstanding:

COMMON STOCK

(i) December 31, 2024	
(ii) Number of Shares Authorized	7,993,000,000
(iii) Shares Issued and Outstanding	4,800,759,336
(iv) Freely Tradable Shares	3,780,651,755
(v) Total Number of Beneficial Shareholders	1,100
(vi) Total Number of Shareholders of Record	260

PREFERRED CLASS A STOCK

(i) December 31, 2024	
(ii) Number of Shares Authorized	4,000,000
(iii) Shares Issued and Outstanding	2,340,000
(v) Total Number of Beneficial Shareholders	6
(vi) Total Number of Shareholders of Record	6

PREFERRED CLASS B STOCK

(i) December 31, 2024	
(ii) Number of Shares Authorized	3,000,000
(iii) Shares Issued and Outstanding	2,915,032
(v) Total Number of Beneficial Shareholders	26
(vi) Total Number of Shareholders of Record	26

Security Description:**1. For common equity, describe any dividend, voting and preemption rights.**

N/A

2. For preferred stock, describe the dividend, voting, conversion, and liquidation rights as well as redemption or sinking fund provisions.

The Company has authorized 4,000,000 Preferred Class A Shares and 3,000,000 Preferred Class B Shares. Each Preferred A Share has 100 votes and is convertible into 100 common shares. Each Preferred Class B Share is non-voting and can be converted into 1,000 shares of common stock.

3. Describe any other material rights of common or preferred stockholders.

N/A

4. Describe any material modifications to rights of holders of the company's securities that have occurred over the reporting period covered by this report.

N/A

3) Issuance History**A. Changes to the Number of Outstanding Shares**

Check this box to indicate there were no changes to the number of outstanding shares within the past two completed fiscal years and any subsequent periods: ☐

Date of Transaction	Transaction type (e.g. new issuance, cancellation, shares returned to treasury)	Number of Shares Issued (or canceled)	Class of Securities	Value of shares issued (\$/per share) at Issuance	Were the shares issued at a discount to market price at the time of issuance? (Yes/No)	Individual/Entity Shares were issued to (entities must have individual with voting / investment control disclosed).	Reason for share issuance (e.g. for cash or debt conversion) -OR- Nature of Services Provided	Restricted or Unrestricted as of this filing.	Exemption or Registration Type.
05/01/23	New issue	200000000	Common		Yes	Jeffrey Flasco	Consulting Agreement	Restricted	Exemption
04/25/2024	New Issue	40000000	Common		Yes	Shane Leupold	Consulting Agreement	Restricted	Exemption

Shares Outstanding on Date of This Report: Date 12/31/24 Ending Balance Common: 4,800,759,336 Preferred A: 2,340,000 Preferred B: 2,915,032
--

Use the space below to provide any additional details, including footnotes to the table above:
None

B. Debt Securities, Including Promissory and Convertible Notes

Use the chart and additional space below to list and describe all outstanding promissory notes, convertible notes, convertible debentures, or any other debt instruments that may be converted into a class of the issuer's equity securities..

Check this box if there are no outstanding promissory, convertible notes or debt arrangements: ☐

Date of Note Issuance	Outstanding Balance (\$)	Principal Amount at Issuance (\$)	Interest Accrued (\$)	Maturity Date	Conversion Terms (e.g. pricing mechanism for determining conversion of instrument to shares)	Name of Note holder (entities must have individual with voting / investment control disclosed).	Reason for Issuance (e.g. Loan, Services, etc.)
January 1, 2009	215,768	101,314	\$114,454	1/1/2010	10% Interest, 50% Discount	Chris Jensen	Loan
January 1, 2010	138,516	65,957	\$72,553	1/1/2011	10% Interest, 50% Discount	Chris Jensen	Loan
January 1, 2011	55,437	84,363	\$18,956	1/1/2012	10% Interest, 50% Discount	Chris Jensen	Loan
January 1, 2012	163,753	73,597	\$90,156	1/1/2013	10% Interest, 50% Discount	Chris Jensen	Loan
07/05/12	181,097	122,000	\$121,024	07/06/13	8% Interest, 55% Discount	Chris Jensen	Loan
04/15/13	2,380,000	\$1,000,000	\$1,380,000	04/15/14	50% Discount 12% Interest	Chris Jensen	Loan
06/16/15	80,800	\$40,000.00	\$40,800	06/16/16	55% Discount Market 12% Interest	Anything Media Inc. Chris Jensen	Loan
12/15/16	\$9,408	\$5,955.00	\$3,453	12/15/17	50% Discount 8% Interest	Micaddin Marketing Consultants Allan Rosenthal	Loan
11/07/17	\$5,834	\$5,000	\$2,600	11/07/18	50% Discount 8% Interest	Micaddin Marketing Consultants Allan Rosenthal	Loan
12/15/19	\$11,610	\$10,750	\$5,482	12/15/20	12% Interest	Anything Media Inc. Chris Jensen	Loan
11/10/20	\$14,555	\$10,250	\$4,305	11/10/21	12% Interest	Anything Media Inc. Chris Jensen	Loan

11/15/20	\$78,100	\$55,000	\$23,100	11/15/21	12% Interest	Anything Media Inc. Chris Jensen	Loan
02/26/21	\$136,000	\$100,000	\$36,000	02/26/22	12% Interest	Anything Media Inc. Chris Jensen	Loan
05/25/21	\$539,000	\$400,000	\$139,000	05/25/22	12% Interest	Anything Media Inc. Chris Jensen	Loan
04/01/23	\$224,000	\$200,000	\$24,000	04/01/24	12% Interest	Anything Media Inc. Chris Jensen	Loan

space below to provide any additional details, including footnotes to the table above:

None

4) Issuer's Business, Products and Services

The company is in the business of manufacturing, distribution, and sales of CBD health products.

On December 27, 2019 the company, Acquired Sonoran Flower, an Arizona based licensed Hemp company with a complete line of CBD health Products. www.sonoranflower.com Sonoran Flower was built on the belief that nature holds everything we need to heal. We are a multifaceted organization that cultivates, processes, and sells wholesale and retail hemp goods. We procure and produce top-quality hemp seeds, smokable hemp flower, hemp biomass, distillates, isolates and products such as vape, lotions, salves, and Hemp Beverage. The company is currently not selling Sonoran Flower CBD products.

Management is seeking capital as well as other business opportunities.

B. The company has operations California. The office in California is for the parent operation and consists of 1500 sq ft. of office and storage for sales, marketing and accounting operations.

www.anythingtechnologiesmedia.com are based in the California facility. Manager and director is Richard Wilson.

Principal products or services, and their markets;

The Company has started manufacturing and sales for a new line of CBD Water Health products branded under the Amethyst Beverage Line and other CBD health products that include gummies and lotions.

5) Issuer's Facilities

The Company has offices, manufacturing, and storage space of 1,500 Sq Ft in California consisting of offices, manufacturing and storage for assets and equipment. The company is leasing the offices and storage facilities.

6) Officers, Directors, and Control Persons

Name of Officer/Director or Control Person	Affiliation with Company (e.g. Officer/Director/Owner of more than 5%)	Residential Address (City / State Only)	Number of shares owned	Share type/classes	Ownership Percentage of Class Outstanding	Note
Richard Wilson	CEO/President/Director	Ione, CA	2000000	Preferred Series A	85	
Richard Wilson	CEO/President/Director	Ione, CA	2409448	Preferred Series B	82	
VNC Associates LLC Derek Nguyen	Owner of more than 5%	Newport Beach, CA	200000	Preferred Series A	8.5	
Anything Media, Inc. Chris Jensen	Owner of more than 5%	Mesquite, NV	195000	Preferred Series B	6.6	

7) Legal/Disciplinary History

A. Please identify whether any of the persons listed above have, in the past 10 years, been the subject of:

- 1. Been the subject of an indictment or conviction in a criminal proceeding or plea agreement or named as a defendant in a pending criminal proceeding (excluding minor traffic violations).**

None

- 2. Been the subject of the entry of an order, judgment, or decree, not subsequently reversed, suspended or vacated, by a court of competent jurisdiction that permanently or temporarily enjoined, barred, suspended or otherwise limited such person's involvement in any type of business, securities, commodities, financial- or investment-related, insurance or banking activities.**

None

- 3. Been the subject of a finding, disciplinary order or judgment by a court of competent jurisdiction (in a civil action), the Securities and Exchange Commission, the Commodity Futures Trading Commission, a state securities regulator of a violation of federal or state securities or commodities law, or a foreign regulatory body or court, which finding, or judgment has not been reversed, suspended, or vacated;**

None

- 4. Named as a defendant or a respondent in a regulatory complaint or proceeding that could result in a "yes" answer to part 3 above; or**

None

- 5. Been the subject of an order by a self-regulatory organization that permanently or temporarily barred, suspended, or otherwise limited such person's involvement in any type of business or securities activities.**

None

- 6. Been the subject of a U.S Postal Service false representation order, or a temporary restraining order, or preliminary injunction with respect to conduct alleged to have violated the false representation statute that applies to U.S mail.**

None

B. Describe briefly any material pending legal proceedings, other than ordinary routine litigation incidental to the business, to which the issuer or any of its subsidiaries is a party or of which any of their property is the subject. Include the name of the court or agency in which the proceedings are pending, the date instituted, the principal parties thereto, a description of the factual basis alleged to underlie the proceeding and the relief sought. Include similar information as to any such proceedings known to be contemplated by governmental authorities.

None

8) Third Party Providers
Securities Counsel
The Verona Firm, PLLC.
Brett Alan Verona, Esq.
PO Box 18191
Tampa, FL 33679
813-258-0852
Accountant or Auditor
None
Investor Relations
None
Other Service Providers
None

9) Disclosure & Financial Information

A. This Disclosure Statement was prepared by (name of individual):

Name: Richard Wilson
Title: President
Relationship to Issuer: President/CEO/Director

B. The following financial statements were prepared in accordance with:

☐ IFRS
☒ U.S. GAAP

C. The following financial statements were prepared by (name of individual):

Name: Richard Wilson
Title: President
Relationship to Issuer: President/CEO/Director

ALTERNATIVE WELLNESS HEALTH, INC.
CONSOLIDATED BALANCE SHEET ENDING
December 31, 2024

	<u>12/31/24</u>
Assets	
Current Assets	
First Citizens Bank	1,033
Wells Fargo-Checking	5,543
Total Checking/savings	<u>6,576</u>
Other Current Assets	
Prepaid Expenses	1,450
Accounts Receivable	7,506
Inventory Assets	58,071
Total Current Assets	<u>73,602</u>
Other Assets	
Extension Agreement-AM/Sonoran-net	12,525
Investments	1,385,725
Property, Plant, and Equipment, Net	175
Other Assets	25,373
Total Other Assets	<u>1,423,797</u>
TOTAL ASSETS	<u><u>1,497,400</u></u>
LIABILITIES AND EQUITY	
LIABILITIES	
Current Liabilities	
Accrued Interest	313,056
Accrued Payroll	72,000
Due to Officers	440,380
Trade Accounts Payable	1,655
Total Current Liabilities	<u>827,091</u>
Long Term Liabilities	
Convertible Loans Payable	741,626
Other L/T Liabilities	112,433
Secured Debt	541,641
Unissued Shares to consultants	60,000
Total Long Term Liabilities	<u>1,455,700</u>
TOTAL LIABILITIES	<u>2,282,790</u>
EQUITY	
Capital Stock	
Common Stock	4,800,759
Preferred Stock	5,576
Total Capital Stock	<u>4,806,335</u>
Opening Balance Equity	-
Paid in Capital	4,236,419
Retained Earnings	(9,773,452)
Shares Issued for Collateral	(20,000)
Net Income	(34,693)
TOTAL EQUITY	<u>(785,391)</u>
TOTAL LIABILITIES AND EQUITY	<u><u>1,497,400</u></u>

See accompanying notes to these unaudited financial statements

ALTERNATIVE WELLNESS HEALTH, INC.
 UNAUDITED STATEMENT OF OPERATIONS
 For the three months ended December 31,

	<u>2024</u>	<u>2023</u>
Income		
Joint Venture Revenue	0	0
Product Sales	0	13,000
Consulting/ Services Income	0	0
Total Income	<u>0</u>	<u>13,000</u>
Cost of Goods Sold	0	4,888
Product COGS	<u>0</u>	<u>-</u>
Gross Profit	<u>0</u>	<u>8,112</u>
Expense		
Bad Debts Expense	3,350	2,846
Consulting/marketing exp	1,000	6,600
Depreciation/Amort Exp	29	29
General & Admin Exp	2,060	5,807
Interest Exp	9,875	16,282
Officer Compensation	7,000	5,000
Professional Fees	3,500	13,300
Rent Expense	5,475	4,950
Registration Fees	3,000	2,000
Travel and Meals Exp	615	3,008
Telephone/Utilities Exp	1,789	1,599
Total Expense	<u>37,693</u>	<u>61,421</u>
Net Ordinary Income	<u>(37,693)</u>	<u>(53,309)</u>
Other Income/Expense		
Income due to Debt Forgiveness	<u>3,000</u>	<u>0</u>
Total Net Income	<u>(34,693)</u>	<u>(53,309)</u>

See accompanying notes to these unaudited financial statements

Alternative Wellness Health, Inc.
Statement of Shareholders Deficit (Unaudited)
For the quarter ended December 31,2024

	Preferred A Shares	Preferred B Shares	Preferred B Amount	Common Shares	Common Amount	Paid-In Capital	Shares For Collateral	Accumulated (Deficit)	Total
Balance as of December 31, 2021	2,340,000	3,235,584	5,576	4,560,759,336	4,560,759	5,147,001	(20,000)	(9,187,137)	506,199
Net Gain(Loss) for Period Ended 03/31/22								(35,381)	(35,381)
Balance as of March 31, 2022	2,340,000	3,235,584	5,576	4,560,759,336	4,560,759	5,147,001	(20,000)	(9,222,518)	470,818
Net Gain(Loss) for Period Ended 06/30/22								(35,051)	(35,051)
Balance as of June 30, 2022	2,340,000	3,235,584	5,576	4,560,759,336	4,560,759	5,147,001	(20,000)	(9,257,569)	435,767
Dissolving of ISGP Investment						(584,875)			(584,875)
Stock issued to purchase Amethyst Beverage				200,000,000	200,000				200,000
Net Gain(Loss) for Period Ended 06/30/23								(264,543)	(264,543)
Balance for Year Ended June 30, 2023	2,340,000	3,235,584	5,576	4,760,759,336	4,760,759	4,562,126	(20,000)	(9,522,112)	(213,651)
Net Loss for Period ended 09/30/23								(51,506)	(51,506)
Dissolving of worthless Investment						(103,707)			(103,707)
Net Loss for Period ended 12/31/23								(53,309)	(53,309)
Dissolving of worthless Investment						(100,000)			(100,000)
Net Loss for Period ended 03/31/24								(43,262)	(43,262)
Issuance of stock on 04/25/24				40,000,000	40,000	(22,000)			18,000
Net Loss for Period ended 06/30/24								(63,768)	(63,768)
Balance for Year Ended June 30, 2024	2,340,000	3,235,584	5,576	4,800,759,336	4,800,759	4,336,419	(20,000)	(9,733,958)	(611,204)
Net Loss for Period ended 09/30/24								(39,494)	(39,494)
Balance as of September 30, 2024	2,340,000	3,235,584	5,576	4,800,759,336	4,800,759	4,336,419	(20,000)	(9,773,452)	(650,698)
Dissolving of worthless investment						(100,000)			(100,000)
Net Loss for Period ended 12/31/24								(34,693)	(34,693)
Balance as of December 31, 2024	2,340,000	3,235,584	5,576	4,800,759,336	4,800,759	4,236,419	(20,000)	(9,808,145)	(785,391)

See accompanying notes to these unaudited financial statements

ALTERNATIVE WELLNESS HEALTH, INC.
Unaudited Statement of Cash Flows - Operating Activities
for the three months ended December 31,

	<u>2024</u>	<u>2023</u>
OPERATING ACTIVITIES		
(Loss) from operations for the period	(34,693)	(53,309)
Adjustments to reconcile net loss to net cash (used in)		
Provided by Operating activities:		
Depreciation and amortization expense	29	29
Shares issued for Debt		
Shares issued for services		
Shares issued for Asset purchase	-	-
Changes in Assets and Liabilities		
(Increase)/decrease in accounts receivable		2,846
(Increase)/decrease in inventory	-	4,576
(Increase)/decrease in current assets	-	-
(Increase)/decrease in other assets	-	-
Increase/(decrease) in accounts payable	(13,500)	(63,482)
Increase/(decrease) in other current liab's	9,875	(19,446)
Increase/(decrease) in other liabilities	14,457	(133,348)
Net cash (used in) provided by operating activities	<u>(23,832)</u>	<u>(262,134)</u>
INVESTING ACTIVITIES		
Loans Issued	14,038	25,822
Investments	250,153	316,820
Net cash (used in) provided by investing activities	<u>264,191</u>	<u>342,642</u>
FINANCING ACTIVITIES		
Convertible loans payable	(138,153)	32,125
Small Business Loan	(900)	(750)
Unissued Shares to Consultants	0	0
Capital Stock: Common Stock	0	0
Paid in Capital	(100,000)	(103,707)
Net cash (used in) provided by financing activities	<u>(239,053)</u>	<u>(72,332)</u>
INCREASE (DECREASE) IN CASH	1,307	8,176
CASH, BEGINNING OF PERIOD	5,269	9,581
CASH, END OF PERIOD	6,576	17,758

See accompanying notes to these unaudited financial statements

NOTE 1. THE COMPANY AND ITS SIGNIFICANT ACCOUNTING POLICIES

Company

The Company was incorporated on June 9, 1997 in the State of Nevada, U.S.A. and commenced inception of business on June 12, 1997. The Company changed its name from Legend Resources Inc. to [SMS@ctive Technologies Corp.](#) on July 24, 2001 and from SMS@ctive Technologies Corp. to Exchange Mobile Telecommunications, Corp. on November 24, 2006. On January 20, 2010 the Company changed its name to Anything Technologies Media Inc.

Use of Estimates

The unaudited financial statements included herein were prepared from the records of the Company in accordance with Generally Accepted Accounting Principles. These financial statements reflect all adjustments that are, in the opinion of management, necessary to provide a fair statement of the results of operations and financial position for the presented periods. Significant adjustments may be required upon the financial statements being audited to be in conformity with Generally Accepted Accounting Principles.

Reclassifications

Some of the statement balances from prior periods have been reclassified in order to present financial statements that are comparable.

Cash & Cash Equivalents

The company's policy is to consider cash and cash equivalents to consist of checking accounts, money market accounts or certificates of deposit having maturity dates of 180 days or less.

Income Taxes

The Company records its federal and state income tax liability as it is incurred.

Share Presentation

On September 20, 2010, the Company reversed its issued and outstanding common shares at a ratio of 20 to 1. All shares have been presented in the amounts after the share consolidation of 1 new common share for 20 old common shares.

Revenue Recognition

The company ceased to have any revenue from its revenue share agreement with Anything Media Inc., as of December 31, 2015. The revenue agreement was agreed to on October 15, 2010, and the company ceased to recognize any revenue from this agreement as of December 31, 2015. Anything Media Inc., has never been a subsidiary, control entity or an affiliate of the company.

On October 15, 2010, the Company entered into a revenue share agreement with Anything Media, Inc. ("AMI") to distribute, market, produce and fulfill films, DVD's, CD's and other products. The agreement entitles the Company to record 50% of the joint venture activity. On November 15, 2011, the parties agreed to extend the Revenue Share Agreement for the full term to 2015. An additional five years for a total of 70,000 additional preferred B shares of stock. This brings the total to 100,000 Preferred B Shares for revenue sharing with AMI, which converts to 100 million common shares of EXMT stock. The conversion ratio of Preferred to Common is revised from 4.9% to 9.9% of the Company's outstanding stock. The first and second year are limited to 9.9% per year and thereafter there is no limitation. The additional Preferred B Shares issued were valued at \$50,000 and will be amortized over five years.

NOTE 2. ACQUISITIONS AND DISPOSITIONS

On March 29, 2013 the Company acquired all of outstanding common shares of R-Quest Hydroponics, Inc., ROH, for 500,000 preferred Shares that will be convertible into 50,000,000 common shares. During the quarter ended December 31, 2013, the Company sold 51% of the Company and retained ownership of 49%.

NOTE 3. INVESTMENTS

On September 24, 2013 the Company sold 51% of R-Quest Hydroponics, Inc. for 100,000,000 common shares of iMD Companies, Inc. valued at \$2,000,000. The Company has retained a 49% in R-Quest Hydroponics, Inc. and will carry its value at \$24,500.

The 100,000,000 common shares of iMD Companies Inc. are held as an investment and will be carried at cost of \$2,000,000. The market value of the security was in excess of the cost basis at June 30, 2014 and no impairment was necessary.

NOTE 4. CURRENT LIABILITIES

Current liabilities are reported as accounts payable, due to officers, and accrued interest payable to related parties.

NOTE 5 STOCKHOLDERS EQUITY

Preferred Stock

The Company has authorized 4,000,000 Preferred Class A Shares and 3,000,000 Preferred Class B Shares. Each Preferred A Share has 100 votes and is convertible into 100 common shares. Each Preferred Class B Share is non-voting and can be converted into 1,000 shares of common stock.

On May 13, 2012, the Company issued 130,000 Preferred Class B Shares to its Chairman for past services rendered.

During the quarter ended September 30, 2012, the Company issued 57,292 Preferred Class B Shares as part of the acquisition of Global Publishing and canceled 10,340 Preferred Class B Shares from conversions into common stock. During the quarter ended December 31, 2012, the Company canceled 24,000 Preferred Class B Shares from conversions into common stock.

On April 18, 2012, Redwood Funding Corp purchased 60,000 Pref B shares for \$16,000.00.

On May 10, 2012, Redwood Funding Corp purchased 75,000 Pref B shares for \$90,000.00.

On June 11, 2012 Redwood Funding Corp purchased 25,000 Pref B shares for \$5,000.00.

On June 11, 2012, Chris Jensen purchased 100,000 Pref B shares for \$29,000.00.

During the quarter ended March 31, 2013, the Company issued 50,000 Preferred Class B Shares valued at \$50,000 to a joint venture partner. During the same quarter, four individuals and one company converted 18,100 Preferred B Shares into common stock.

During the six months ended December 31, 2013, the Company converted 88,000 Preferred Class B Shares valued at \$88,000 to various holders into 88,000,000 shares of common stock.

During the quarter ended March 31, 2014, the Company issued 185,000 Class B Shares convertible into 185,000,000 common shares for services valued at \$185,000. Also, during the quarter, the Company reduced its Preferred B shares by 16,000 as a result of a conversion into common shares.

During the quarter ended March 31, 2015, the Company issued 240,000 Class B Shares convertible into 240,000,000 common shares for debt of \$1,333,725. Also, during the quarter, the Company reduced its Preferred B shares by 40,000 as a result of a conversion into 40,000,000 common shares.

On May 10, 2017, the company issued 2,515,000 Preferred B shares as a settlement to retire debt and interest owed to its officers of \$1,663,433.00.

On May 24, 2017, the company issued 125,000 Preferred B shares to International Sustainability Group Inc., to cover shares of 125 million for the acquisition of Protein Bar Division.

During the preparation of the 6-30-23 financial and disclosures, the company identified an error with the number of Preferred B shares for Richard Wilson. The company disclosures now reflect the number of shares to 2,409,448.

During the preparation of the 6-30-24 financial and disclosures, the company identified an error with the number of total outstanding Preferred B shares. The company disclosures now reflect the total number of outstanding shares to 2,915,032 verified by the company transfer Agent reports.

On December 31, 2024, the Company had 2,340,000 Class A and 2,915,032 Preferred Class B Shares issued and outstanding.

The Company has authorized 7,993,000,000 common shares and had 4,800,759,336 common shares issued and outstanding on December 31, 2024.

10) Issuer Certification

Principal Executive Officer:

The issuer shall include certifications by the chief executive officer and chief financial officer of the issuer (or any other persons with different titles but having the same responsibilities) in each Quarterly Report or Annual Report.

The certifications shall follow the format below:

I, Richard Wilson certify that:

1. I have reviewed this Quarterly Report financials and disclosure statements for the period 12/31/24 of Alternative Wellness Health Inc, FKA Anything Technologies Media, Inc.
2. Based on my knowledge, this disclosure statement does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this disclosure statement; and
3. Based on my knowledge, the financial statements, and other financial information included or incorporated by reference in this disclosure statement, fairly present in all material respects the financial condition, results of operations and cash flows of the issuer as of, and for, the periods presented in this disclosure statement.

02/12/25 [Date]
["/s/"] Richard Wilson
Richard Wilson

Principal Financial Officer:

I, Richard Wilson certify that:

1. I have reviewed this Quarterly Report financials and disclosure statements for the period 12/31/24 of Alternative Wellness Health Inc, FKA Anything Technologies Media, Inc.
2. Based on my knowledge, this disclosure statement does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this disclosure statement; and
3. Based on my knowledge, the financial statements, and other financial information included or incorporated by reference in this disclosure statement, fairly present in all material respects the financial condition, results of operations and cash flows of the issuer as of, and for, the periods presented in this disclosure statement.

02/12/25 [Date]
["/s/"] Richard Wilson
Richard Wilson