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WINTER 2016 / VOLUME 34 / NO. 4
The Journal of the National Health Federation

Disaster Narrowly Averted for Organic Produce PAGE 14

Vaccines Do Far More Damage Than Good PAGE 22

WiFi (Radiation): Will Addiction and Extinction be the Price of "Progress"? PAGE 24

Winners of the 2016 NHF Health Freedom Hero Award PAGE 23



CATHERINE AUSTIN FITTS

VAXXED and Other Great Stories of Suppression

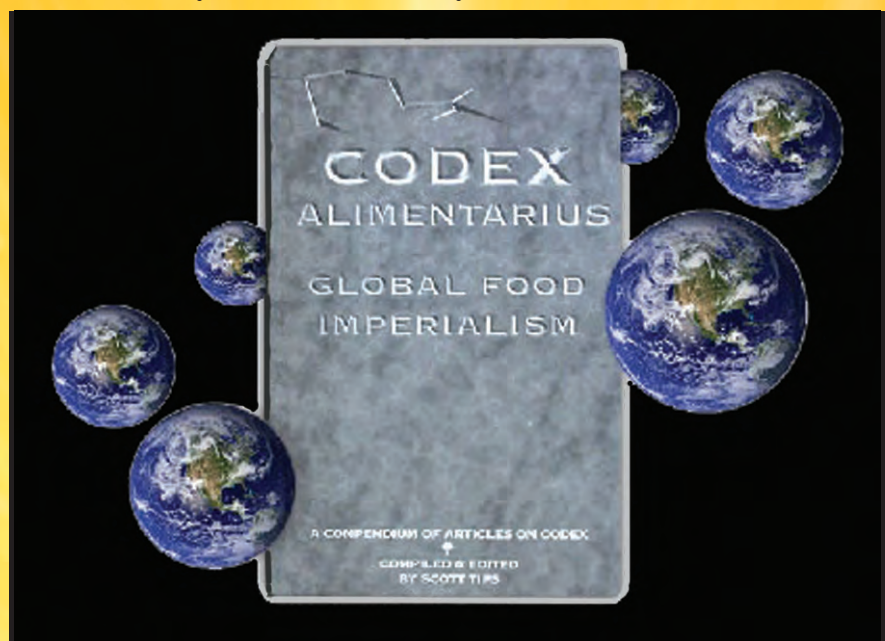
PAGE 16



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CONTENTS

WINTER 2016 / VOLUME 34, NO. 4

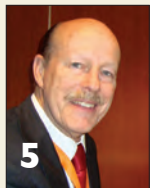
DEPARTMENTS



4

Letters to the Editor –

In this column, our readers comment on health, health freedom, and NHF.



5

President's Note –

Codex Lazy Monkeys –

Scott Tips describes the recent battle in Hamburg, Germany over the NRVs for Vitamins D and E, plus other health issues covered there.



20

Health Bits & Pieces –

In this issue, columnist and health-practitioner Dan Kenner reveals the latest wisdom on sleep and sleep apnea, cholesterol, serotonin in the gut, and breast nutrition.



28

Film Review – Elizabeth Nobbe reviews *Seed – The Untold Story*, directed by Jon Betz, which presents the story of the control of seed by corporations and the important reaction to that control.



29

Book Review – Katherine Carroll reviews *Sleep Wise* by Daniel Jin Blum, a 352-page book that shows us how important sleep is in so many different ways.



30

Breaking News – The Government of India bans the Bill & Melinda Gates Foundation vaccine program.



30

Introducing New NHF Staff Member Nicholas James and A Call for Volunteers –

Although Tina Marquez has retired as NHF Office Manager, NHF has gained Nick James as her replacement. Meet Nick.

FEATURES



10

Doctor in Italy Astonishingly Quells Parkinson's Disease with Overlooked Vitamin Cure –

Health expert Bill Sardi reveals how an astonishingly simple procedure with a common B1 vitamin can reverse Parkinson's.



14

Disaster Narrowly Averted for Organic Produce –

Birgitta Lauren tells us how the Codex Committee on Food Hygiene almost destroyed organic produce but for NHF's timely intervention.



16

VAXXED and Other Great Stories of Suppression –

Catherine Austin Fitts interviews investigative journalist Jon Rappoport about vaccine coverups as well as other health cures that have been suppressed over many decades.



22

Vaccines Do Far More Damage Than Good – NHF Board member David Noakes sets forth the case against vaccines, which are far more dangerous than people suspect.



23

Winners of the 2016 NHF Health Freedom Hero Award –

This year's winners are David Noakes and Del Bigtree, both of whom well deserve this award



24

WiFi (Radiation): Will Addiction and Extinction be the Price of "Progress"?

– David Morrison paints a vivid and terrifying portrait of the health dangers and perils we face from the wireless radiation that surrounds us.



Give The Greatest Health Freedom Gift of All.

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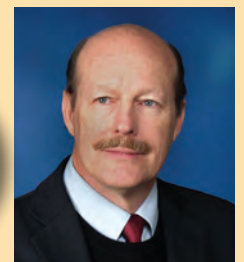
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Scott C. Tips





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LETTERS TO THE EDITOR

Dear Editor,

Regarding your News Release entitled
“Codex Nutrition Committee Condemns
90% of World to Poor Health” [Dec. 23,
2016], who is the Codex Committee anyway
and what right do they have to tell us in the
United States what to do?

Sincerely,

*Jane Aitken, founder of NHTPC 2007 and
board member of CNHT 2001 New Hampshire*

Dear Jane,

The Codex Committee is a subset of an
international body establishing food stan-
dards and guidelines that mostly apply to all
members of the Codex Alimentarius Com-
mission. The U.S. is one such member. In
fact, Codex covers 99% of the World’s pop-
ulation through various tie-in agreements &
organizations such as the World Trade Or-
ganization, the Sanitary and Phytosanitary
Agreement, the Technical Barriers to Trade
Agreement, and the like. So, that is where
they get the so-called “right” to tell us what
to do, at least in international trade. But the
reach does extend domestically as well.

I hope this answers your question.

Best wishes,

Scott Tips, President

NATIONAL HEALTH FEDERATION

Dear Editor,

Regarding the News Release “Codex
Nutrition Committee Condemns 90% of
World to Poor Health” [Dec. 23, 2016], I truly
don’t understand any of this insensitivity
(insanity) regarding the health of the people
in this World.

Why don’t these supposedly “intelli-
gent” people just line all of us up against
a wall and shoot us? Problems solved. All
common sense has been thrown out the
window. How dare they pretend to have
people’s best interests at the heart of these
ridiculous meetings.

You are so right - they are slowly killing
their own families. This is truly disgusting.
The pharmaceutical companies are poison-
ing us with their medications, the chemical
companies are poisoning our food with ge-
netic manipulation, and the FDA has turned
its back on protecting the consumer. It’s
all about the money. Codex is a runaway
bulldozer. ISIS should just sit back and let
Codex do its work for them.

Thanks for all your efforts in standing
up for what is right.

Sincerely, Leslie Ann Braun

Dear Editor,

I am a widow living on a pension. I hear
about “fake news” and can barely cover my
Medicare premiums. This World is increas-
ingly disturbing. I need something I can
count on and something I can trust in.

I joined the National Health Federation
in 1968 and have been a member ever since.
Were it not for your protection and influ-
ence in government and around the World,
I’d have felt hung out to dry a long time ago.

Thank you for providing real protection,
real security in a World I can no longer trust
or believe in. Thank you for showing natu-
ral ways to keep my health which is my only
asset currently and in large part thanks to
you for the education in the magazine. I can-
not give to NHF in any way now other than
my trust and my faith and my hope that you
will keep fighting for us. Thank you.

Sincerely,

Ruth Oswald

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Please include your name, address, phone
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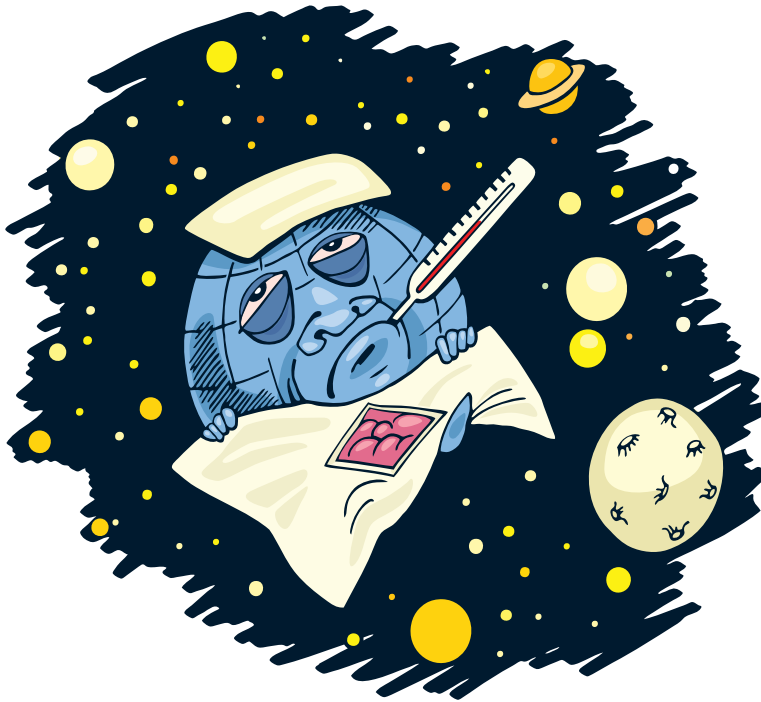
Codex Lazy Monkeys

Codex Nutrition Committee Condemns 90% of World to Poor Health

BY SCOTT C. TIPS, NHF PRESIDENT & GENERAL COUNSEL

At the beginning of the week December 5-9, 2016, the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) became the very thing that Codex Secretariat Tom Heilandt warned against in his opening speech there – “lazy monkeys.” For those unfamiliar with that term, it is loosely translated as “being lazy for no reason and not functioning properly.” On the debate over the daily Nutrient Reference Values (NRVs) for Vitamin D and Vitamin E, the bulk of the Committee weakly argued and agreed amongst themselves that the World’s population does not need adequate blood levels of either Vitamin D or Vitamin E. In particular, the CCNFSDU decided that 5-15 micrograms (200-600 IUs) /day of Vitamin D and 9 milligrams (13.5 IUs)/day of Vitamin E are all that humanity needs. Lazy monkeys.

As anyone with even a smidgen of nutritional knowledge knows, both Vitamin D and Vitamin E are critical for human health, and at far greater amounts than first thought. Long gone are the days when rational nutritionists and researchers thought that 400 IUs per day (10 mcg/day) of Vitamin D would sustain optimal health. And for those who live in that fairy-tale land where 13.5 IUs per day (9 mg/day) of Vi-



tamin E will support normal fertility and childbirth, or health at any level, a very special place in Hell is reserved. Or else on a delegation at a Codex committee.

The Vitamin-D NRV

In point of which, on the Vitamin-D NRV, there were only three choices presented to the Committee: 5 mcg (200 IUs)/day, 10 mcg (400 IUs)/day, and 15 mcg (600 IUs)/day – parsimonious by any reasonable health standard. To their credit, the United States, Canada, Chile, Indonesia, Thailand, Egypt, Switzerland, Panama, and Malaysia all spoke up for the higher Vitamin-D level. Curiously, the Council for Responsible Nutrition (CRN) did not speak up; but it did conduct an excellent pre-meeting seminar for Codex delegates as well as submit a very powerful and well-crafted document

supporting much higher daily levels for Vitamin D. Chile, I must say, was amazing, firmly stating that “the 15-microgram-a-day level is not even enough to start dealing with our nutritional needs.”

The National Health Federation (NHF), of course, argued both in writing and at the meeting for significantly higher Vitamin-D levels, stating in particular that the Institutes of Medicine (IOM) had badly miscalculated the RDA for Vitamin D. It turns out that Canadian scientists had discovered that the IOM made significant mis-

takes in calculating the daily value for Vitamin D. Their analyses showed that rather than 600 IUs (15 mcg) per day, it would take 8,895 IUs per day to achieve 25(OH)D above 50 nmol/L in 97.5% of the population using data from 8 of the 10 studies that the IOM considered (the other two studies did not report all necessary information). In short, the NRV should be 8,895 IUs (or 222.37 micrograms) per day. NHF suspects that this statistical mistake has been replicated in one form or another by the other Recognized Authoritative Scientific Bodies (RASBs) that Codex relies upon. On behalf of NHF, we heavily lobbied the delegations during every meeting break to support the highest NRVs.

The usual anti-health suspects – Australia, New Zealand, Mexico, and Brazil,



**NHF Delegation at the
2016 CCNFSU Hamburg,
Germany Meeting**

surprisingly supported by China, India, and the EU – agitated in favor of the sub-optimal levels (400 IUs/day) of Vitamin D, while a couple of African countries thought that 5 mcg/day would be sufficient because, as the Senegal delegate (a doctor no less) put it, “In 40 years, I have never seen a case of rickets in Senegal.” Of course not, since Senegal is only 14.5 degrees north of the Equator. Try Detroit, Michigan at 42 degrees north of the Equator, where almost 100% of African-American babies delivered in the wintertime are born with rickets! And I said exactly that to the Committee when NHF spoke out on this issue.

The European Food Safety Authority (EFSA) had just come out in November with its opinion that the daily level for Vitamin D should be set at 15 mcg (600 IUs) per day. A normal person would think that the EU delegation would accordingly argue strenuously for this higher level. A normal person, though, would be completely wrong. Without blinking an eye, the EU delegation – led by spokeswoman Stephanie Bodenbach – caved like a cheap drunk on a Saturday-night binge and threw away the critical 15-member voting block that could have held tough for higher Vitamin-D levels by meekly submitting to

the lower 10 mcg/day NRV.

After a brief break, the CCNFSU Chairwoman, Dr. Pia Noble, tried to save the situation by announcing that it appeared that most delegates were in favor of the 15 mcg/day level, but Australia and New Zealand swooped in on her like hawks, disagreeing strenuously. Had the EU simply stood on the EFSA position of a 15 mcg/day NRV, then the Chairwoman could have prevailed; but with the EU having deserted the field, Dr. Noble had little choice but to stretch for the best deal possible – a range of all three possibilities so as to include the higher range. In the end, the CCNFSU set the Vitamin-D NRV at a range of 5 mcg to 15 mcg per day.

The Vitamin-E NRV

The first battle over the Vitamin-E NRV was not actually about a number value but rather was about what form, or isomer, of Vitamin E should be the “measuring stick” for the Vitamin-E NRV. Unsurprisingly, most Codex delegates are extremely one-dimensional when it comes to Vitamin E. For them, there exists only the alpha-tocopherol form of Vitamin E, which current research shows actually reduces the gamma and delta forms when used alone as Codex proposes; all of the others – the

beta, delta, and gamma tocopherols as well as the four tocotrienols – have no value, serve no purpose, and are nutritionally worthless. NHF has strongly disagreed with Codex over the years, siding instead with science. But lazy monkeys clearly don’t have time for current science.

Fortunately, Malaysia is a Codex exception and has put substantial thought and time into its own pro-multi-tocopherol and multi-tocotrienol position. Its written submission to the Committee was a concise and very-well-supported research document, while Malaysia’s oral arguments at the meeting in favor of a multi-tocopherol and multi-tocotrienol approach to the Vitamin-E complex reflected cutting-edge nutritional science. Indonesia, the Philippines, and NHF strongly supported Malaysia’s arguments. However, Australia’s and the EU’s “flat earth” arguments prevailed and alpha-tocopherol was declared to be the sole and only nutritionally worthwhile isomer of the Vitamin-E complex. Nature, evidently, is not as wise as these lofty Codex delegates.

The discussion then shifted to setting an actual daily value (NRV) for Vitamin E. Incredibly, the only choices presented to the Committee were an NRV at 9 mg/day, 12 mg/day, or 15 mg/day. In American and Canadian terms that means 13.5 IUs/day, 18 IUs/day, or 22.5 IUs/day; all negligible amounts. I myself take 400 IUs per day and have for decades. The pitiful daily levels proposed at this meeting guarantee nothing but suboptimal health and reduced fertility.

But of course that did not stop Australia from once again pushing for the lowest daily level possible, 9 mg. As I have said for a long time now, if one day you accidentally stumble into a Codex meeting and know absolutely nothing about what is going on, then just listen for Australia’s position on any given issue. By taking the exact opposite position, you will know that you are supporting optimal health. It really is that easy.

It was also very easy for the EU, which

once again tripped over its feet while rushing to accommodate Australia and bad nutrition, all while once again ignoring its own scientific body's opinion. "The EU supports 12 mg but could agree to 9 mg because of the overwhelming support," the feckless Bodenbach intoned once again while creating out of thin air the myth of "overwhelming support." Thank you Ms. Bodenbach for throwing good nutrition – and your fellow citizens – under the bus and stepping on the accelerator as you did so.

Both China and the Russian Federation disagreed with Australia and the EU, with China arguing strongly for a 14 mg/day NRV and the Russians for 12 mg/day. FoodDrinkEurope, a Codex INGO, stated its support for a 12 mg or higher NRV, while NHF argued for a level far higher than any other delegation.

In effect, NHF told the Codex Committee – comprised of some 360 participants – in no uncertain terms that it would be madness to accept less than 15 mg per day as the Vitamin-E NRV in light of recent studies showing that most of the population would be left deficient in Vitamin E if the 9-mg-per-day NRV were adopted. NHF also submitted written comments, as did the Council for Responsible Nutrition, on this and the Vitamin-D NRV issue.

The United States finally spoke up but, ignoring its own government's recommended daily allowance of 15 mg per day for Vitamin E, supported the lowest level of 9 mg per day. The U.S. delegate, a Food and Drug Administration (FDA) bureaucrat, simply proved once again that the FDA is a rogue agency that does whatever it wants and the American consumer can be damned.

But for the EU's and U.S.' betrayal of their own respective scientific bodies and citizens, the Codex Committee would have provided for a higher NRV for Vitamin E. Instead, we can thank both for their deliberate stab in the back that surprised us and others who had expected a higher and healthier NRV for Vitamin E to be set in

place of the pathetic 9 mg per day NRV ultimately announced by the Chairwoman.

Follow-Up Formula for Infants

Yet another long and contentious issue debated at this CCNFSDU meeting was the Committee's review of the standard for Follow-Up Formula (FUF). FUF is a relatively new market segment created to sell formula to those infants and young children six to thirty-six months of age.

Various baby-formula consumer groups were buzzing all over this topic like flies on cow patties, while Nestle and other business-interest groups defended a follow-up formula that many others claim is nothing more than a marketing ploy to sell more formula to a largely untapped, older-infant market segment that would normally have transitioned to their culture's indigenous diet. Part of the battle is over the placement of this product on store shelves near infant formula, using similar packaging and colors, which would imply that it is next in the progression; marketing deception at its most subtle.

The Infant Baby Formula Action Network (IBFAN), one of the consumer groups at this meeting which, like NHF, favor natural breast milk over formula,

highlights the greed factor here. In a recent press release, IBFAN stated, "[t]hese processed, expensive, sweetened and flavored milks targeting 6-36 month old children account for 50% of absolute growth in a formula market that is set to rise by 55% from US\$45 billion to US\$70 billion by 2019."

When the dust settled at the end of this agenda item's discussion, both sides seemed content – the formula manufacturers because the FUF standard was still progressing, which when adopted will give international legitimacy to this product, and the infant-formula consumer groups because CCNFSDU agreed to include a reference to WHO's recommendations for strict controls on the marketing and labeling of formulas for babies over six months.

Biofortification

As at last year's CCNFSDU meeting, an electronic Working Group (eWG), headed by South Africa and Zimbabwe, once again put forth suggested definitions of "Biofortification" to the Committee. But, the key question was whether the definition should be broad enough to include genetically modified (GM) (recombinant-DNA) technology within it.

Those pushing a standard for Biofortification, particularly the International



**The CCNFSDU meeting location
in Hamburg, Germany**

Food Policy Research Institute (IFPRI) led at Codex by the diplomatic Dr. Anne Mackenzie of Canada, claim that Biofortification itself as a concept is neutral and that it would be up to each country to decide for itself whether Biofortification would include recombinant-DNA technology or not. To them, Biofortification is simply the process by which the nutritional quality of food crops is improved through plant breeding with the aim of making the nutrients bioavailable after digestion. To most of us, that means “conventional” plant breeding. However, some would like to convert Biofortification into a Trojan Horse that will allow GM foods to slip into those countries that currently ban such foods.

The Chairwoman (who is married to a Bayer pharmaceutical executive) started off the discussion by giving her incorrect personal opinion that the definition should be as broad as possible and that recombinant technology should be included. Her statement, though, directly contradicted Australia’s admission last year that if the Committee were to refer to the original 2012 document on the scope of Biofortification, we would see that Biofortification only refers to conventional breeding and so we should clearly exclude GM techniques. This year Australia was silent on the issue.

The EU raised a new but valid objection that the very name “Biofortification” would cause confusion in many European countries due to the widespread use of the word “bio” as synonymous with “organic.” Belgium was very vocal and supported the EU’s position here as well as arguing that the definition needs to be restrictive, not broad. Sudan supported Belgium; while Ireland warned the Committee against the risks of monoculture, stating that what was needed here was biodiversity. Both the FAO and the WHO let the delegates know that they were looking into Biofortification and that the WHO’s full systematic review of it would not be available until January 2017.

India proposed its own restrictive defi-

nition that excludes GM techniques. NHF strongly supported India’s definition and challenged the Chairwoman’s statement that the definition must be as broad as possible. NHF specifically warned the delegates that allowing GM techniques within the definition of Biofortification would create a Trojan Horse for the introduction of GM foods into markets previously excluding them. The United States, Mexico, Canada, and New Zealand of course wanted the broad definition that would allow biotechnology. In the end, nothing was resolved and the Chairwoman re-authorized the eWG so that it could work further on the definition.

Overview

Although other issues were discussed at this meeting, the four that elicited the most interest and emotion were the ones discussed above. And of those four, the most disappointment lay in the thrown-away opportunities to raise the Nutrient Reference Values for Vitamin D and Vitamin E to healthier levels. Had the European Union stood its ground and followed the European Food Safety Authority’s own findings on both vitamins, then we would now be looking at a higher daily value for both. On the Vitamin-D NRV, the Chairwoman practically laid down a carpet to make it so easy for the EU to ask for the higher level called for by EFSA. But in its eagerness to please, the EU compromised away its moral high ground, so much so that the words “the EU compromised” appeared so many times in the Final Report of the meeting that Thailand called the phrase into question and it was removed!

NHF even raised the ugly specter of racism in Codex’s blatant disregard of the effect of low Vitamin-D levels on the health of darker-skinned people living in higher latitudes. Apparently, Codex turns a blind eye to this demographic, condemning them to a greater incidence of ill health and early death than the fairer-skinned populace, which absorbs sunlight more readily.

General George Patton said that “it is

better to fight for something than to live for nothing.” Those at Codex who compromise downwards from scientific truths do a great disservice to themselves, their own families, and all of those countless millions who depend upon them. They are not fighting for something, they are living for nothing. Codex lazy monkeys. 🔥

Endnotes

1. The NHF delegation consisted of Scott Tips (NHF President and head of NHF Codex delegation), Katherine Carroll (NHF Executive Director), and David Noakes (NHF Board member). NHF’s written submission was prepared by Scott Tips and Katherine Carroll with the Vitamin-E research provided by Bill Sardi.
2. Paul Veugelaers & JP Ekwaru, “A statistical error in the estimation of the recommended dietary allowance for vitamin D,” *Nutrients*, 6(10):4472-5 (Oct 20, 2014); doi: 10.3390/nu6104472, at <https://www.ncbi.nlm.nih.gov/pubmed/25333201>.
3. See video recording of NHF’s Codex argument at <https://www.youtube.com/watch?v=TqbRkWCHaZI>. See also NHF’s argument on the isomer issue at <https://www.youtube.com/watch?v=n-41Q1w7YyKc>.
4. For NHF’s written comments, see Conference Room Document 6 (CRD 6) soon to be posted at www.thenhf.com. CRN’s written comments were excellent and were submitted to the Electronic Working Group chaired by Australia.
5. See, e.g., U.S. Dept of Health & Human Services, National Institutes of Health “Vitamin E Fact Sheet for Health Professionals,” Table 1, at <https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/>.
6. IBFAN Press Release, “Global standard-setting committee puts child health before trade,” December 7, 2016, citing ICDC Focus: aggressive Promotion: Growing Up Milks www.babymilkaction.org/wp-content/uploads/2014/10/GUMS-NEW.2016.pdf.

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Doctor In Italy Astonishingly Quells Parkinson's Disease With Overlooked Vitamin Cure

(And The World Pays No Attention)

BY BILL SARDI

In recent weeks the World has learned the news media creates fake news and/or completely shuns significant news stories to match its own politically correct agendas. So an unequivocal cure for a major brain disease goes unreported. Shame on CNN, CBS, ABC, NBC, the BBC, Reuters, Associated Press, *Washington Post*, and the *New York Times*.

For a disease considered incurable, a physician in Italy has begun to provide a common B vitamin to successfully treat a debilitating motor-nerve disease commonly known as Parkinson's disease. The importance of this startling discovery has escaped major news outlets. It should be heralded on television and in newspapers worldwide. But it has only been reported by an obscure European news source.¹

History of Vitamin B1 and Parkinson's

In 1817, physician James Parkinson first described a "shaking palsy."² Today, 200 years later, Parkinson's disease is still considered an incurable disease.

Parkinson's disease emanates from the loss of dopamine-producing cells in the brain. Approximately 60-80% of dopamine-producing cells are damaged before symptoms arise. Dopamine is a nerve-transmitting chemical in the brain.

It has taken two centuries for a vitamin-phobic medical profession to hesitantly begin to treat Parkinson's disease with



Vitamin B1 (thiamin). Historically, the link between Parkinson's disease and thiamin deficiency has been agonizingly slow to develop.

Thiamin, or Vitamin B1, was the first vitamin to be discovered. Vitamin B1 was first synthesized in 1936.³ So, dietary supplementation was possible from that point forward.

It took until 1967 for the first published report to appear showing that a decline in brain dopamine levels of pigeons was due to experimentally induced thiamin deficiency.⁴

A link between thiamin deficiency and low dopamine levels was discussed in 1987 in an experiment that attempted to determine why rats tend to eat mice (muricide). Low dopamine levels induced by a shortage of thiamin in the diet were linked to this abnormal animal behavior.⁵

In 1988, researchers noted a thiamin-deficient diet decreased dopamine concentration and synthesis in the brain (striatum). The provision of alcohol to lab animals also decreased dopamine levels. The brain region most susceptible to damage (the hypo-

thalamus) in thiamin-deficient animals is the very same region of the brain that produces dopamine.⁶

In 1999, it was observed that low levels of thiamin in the cerebrospinal fluid were related to Parkinson's disease.⁷ In 2013, researchers reviewed all prior, published scientific reports and concluded that thiamin plays a role in Parkinson's disease.⁸

First Therapeutic Trials Report

In 2013, the first reports were published demonstrating the use of high-dose thiamin among Parkinson's disease sufferers resulted in considerable improvement in measured motor function (31.3% to 77.3%). Injection of high-dose thiamin was effective in reversing symptoms.⁹

Then, another study published in 2015 confirmed that injectable thiamin treatment (100 mg twice a week) improves motor-nerve function among Parkinson's patients.¹⁰

In 2016, researchers in Italy reported on the successful use of high-dose thiamin among Parkinson's patients. Notably, all of the patients had normal blood levels of thiamin yet thiamin therapy led to significant improvement in Parkinson's symptoms. There were no adverse events.¹¹

Loss of Sense of Smell Is Earliest Sign

Finally, in January of 2017, researchers noted that the sense of smell declines years

prior to the onset of Parkinson's disease. Scented strips were used to test scent among individuals with Parkinson's disease. Almost half of the individuals tested (47%) scored low on this test and dietary thiamin was also low in these subjects.

The main finding of the study was an association between low thiamin in the diet reported 2-8 years prior to the onset of symptoms and diagnosis. Impairment of olfaction (sense of smell) is a characteristic and early feature of Parkinson's disease, these researchers wrote. Involvement of many B- family vitamins appears to be involved in the decline of smell. Therefore, a decline in the sense of smell may serve as an early screening tool for Parkinson's disease.¹²

Because of a change in Western diets, Dr. Derrick Lonsdale, the reigning clinical authority on Vitamin B1, says the high sugar / carbohydrate diet of today results in a return of the scourge of beriberi. The problem is, modern medicine observes symptoms of this nutrient deficiency disease and treats those instead of its cause.

Western populations are paying a high price for poor absorption or depletion of thiamin due to consumption of alcohol, drugs like diuretics (water pills), refined sugar, carbohydrates, and even coffee and tea.¹³ The ordeal of undetected thiamin deficiency is only exacerbated by the modern paradigm of treating symptoms of disease as if they emanate from the drug deficiency, not a nutrient deficiency.

So, we now have 60,000 Americans diagnosed with Parkinson's disease annually and 10 million worldwide living with the disease. More than 23,000 individuals die of Parkinson's disease annually in the United States. And Levodopa, the main drug prescribed for Parkinson's disease, costs approximately \$2500 per year.¹⁴

As of 2014, there were 23 medicines under development for Parkinson's disease. Drugs only serve as a distraction for a disease that may emanate from a vitamin deficiency.

Alzheimer's Too

Thiamin deficiency is associated with

other age-related brain diseases such as Alzheimer's and Huntington's¹⁵ disease. This author penned an earlier report linking Alzheimer's disease to thiamin deficiency.¹⁶

The earliest sign of Alzheimer's disease is also a decline in the sense of smell.¹⁷ That was first reported in 1974.¹⁸

The startling problem with Alzheimer's disease is that there is no proven cure for this brain disease either and only 1 in 244 drugs undergoing trials for this brain disease have achieved FDA approval.

Accumulation of beta amyloid plaque in the brain begins up to 20 years before symptoms occur. With so many Americans now living into their eighth, ninth, and tenth decade of life and 44% of age 75-84 adults affected, it is too late to conduct a long-term controlled study to head off this anticipated Alzheimer's plague. We are going to have close to half of the senior adult population living with Alzheimer's memory loss and the other half of that population taking care of them!

Rx: B Vitamins

The provision of the entire family of supplemental B vitamins, in particular thiamin (B1), pyridoxine (B6), folic acid (B9), and cobalamin (B12) appears to be important in the theoretical model of these diseases. Disturbed sense of smell has been reversed with Vitamin-B12 supplementation.¹⁹

The best way to achieve this proposed prophylaxis is either with a B-vitamin complex or a multivitamin. Unfortunately, in most instances the provision of B vitamins in these formulas is marginal, often not exceeding the outdated Daily Value or the Recommended Daily Allowance.

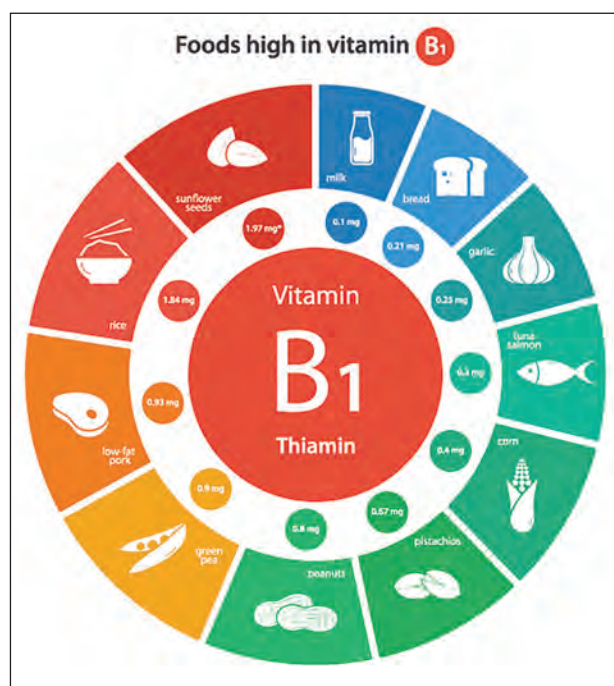
A progressive fall-off in the absorption of these B vitamins due to a decline in secretion of stomach acid with

advancing age, or in the case of thiamin the blockage of absorption by drugs, antacids, alcohol, sugar and carbohydrates and even presumably healthy beverages like tea and coffee, serve as sufficient evidence that doses of B vitamins need to be updated in most multivitamins if a universal attempt is to be made to head off Parkinson's and Alzheimer's disease epidemic.

Because of poor absorption of water-soluble forms of B1, Vitamin B1 in fat-soluble form (Benfotiamine) is the preferred form in dietary supplements but is generally not provided in B-complex or multivitamins.²⁰ Fat-soluble benfotiamine is almost six times more biologically available than water-soluble thiamin hydrochloride, the common form used in dietary supplements.²¹

Furthermore, gut bacteria has now been shown to regulate movement disorders like Parkinson's disease in laboratory mice and represents a risk factor.²² Ditto for Alzheimer's disease.²³ Multivitamins need to incorporate ingredients that promote healthy gut bacteria.

As for the doctor in Italy who has reported on the successful use of thiamin/ Vitamin B1 for Parkinson's disease symptoms, we can only say *Bravo* and wonder when the Nobel Prize committee will take notice. 🔥



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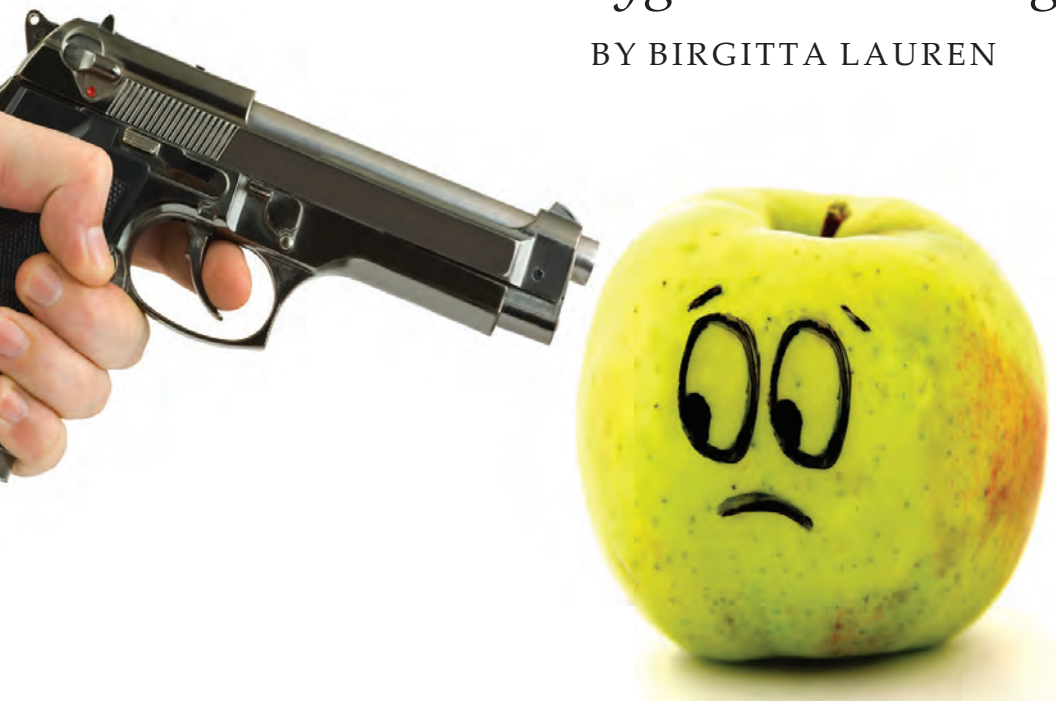
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Disaster Narrowly Averted for Organic Produce

The NHF at the Codex Alimentarius Meeting on Food Hygiene – Los Angeles 2016

BY BIRGITTA LAUREN



Having studied Codex Alimentarius for many years, and wishing to be able to be a fly on the wall, I was able to actually participate as an NHF delegate helping shape food health globally, which was humbling and but also gave me an honored feeling of heavy responsibility to potentially affect world health.

The Codex Committee on Food Hygiene (CCFH) is hosted by the United States government, and its most recent annual meeting was held during the week of November 6-11, 2016, in Los Angeles, California. It was a momentous week.

The U.S. delegation invited me to their pre-meeting meet for introductions. It consisted of representatives from the Food and Drug Administration (FDA), the U.S.

Department of Agriculture, and various special interests. Upon walking into that meeting, I felt a certain level of instant disdain from the FDA.

The Meeting Starts with a Propaganda Speech

Dr. Christine Bruhn – a Consumer Education Specialist at the University of California, Davis – was the keynote speaker and spoke about Food Hygiene and Irradiation. It was more or less a propaganda speech for increasing the use of irradiation that she claimed was safe for anything. Since irradiation can have carcinogenic effects, and may kill bacteria but doesn't remove the culprit (such as feces), I asked her about it after her speech. She quickly dismissed my claims, did admit that irradiation reduces

nutrient content of foods, which she considered “unimportant,” and walked away. Jamaica mentioned they use a combination of lime juice and vinegar to combat bacteria and did not see the point in using such fancy and expensive antibacterial methods. Several African countries agreed.

The first day of the meeting, Monday, produced further discussions on whether raw meat should be washed or not. The World Health Organization (WHO) wants to use its World Antibiotic Awareness program to compile a Genome Sequence on bacteria to help the Developing World, but the WHO realizes there is risk with assessment methodologies, ranking, low resources environmentally, and that many members are needed to help

There was a lengthy discussion on how to implement additional Good Hygiene Practices (GHP) safety rules and procedures to complement Hazard Analysis and Critical Control Point System (HACCP) for further hygiene controls. There was no mention of where all of these physical contaminations may originate from such as possible sabotage, chemtrails altering soil content, or just bad hygiene practices. Sara Mortimer from Land-o-Lakes described how they handle the situation, to which several developing countries scoffed that such practice would not be possible in their countries. Controls need to be flexible for the location where just GHP may be sufficient or the only practical method and the foundation for HACCP. GHP could also

be prerequisite program before HACCP is implemented.

Chemicals Sanctioned for Organic Produce?

When it came to revising the Code of Hygienic Practice for Fresh Fruits and Vegetables, it became clear that, as proposed, this Codex Code would completely eliminate organic produce from the market. As written, the Code stated that *only* chemical biocides (substances such as a pesticide that can kill living organisms) could be used post-harvest to clean all produce, including organic produce. This requirement would result in organic produce being contaminated with non-organic cleansing residues. NHF could not allow this to happen.

NHF managed to change the wording that “only” chemical biocides could be used post-harvest, to wording that “chemical or other natural biocides methods can be used postharvest,” thereby saving all organic farms from being forced to use synthetic chemicals only. A hidden disaster was thus narrowly averted and had NHF not been present, the “chemicals only” requirement would have become cemented in place.

Histamine in Fish

Then, it got fishy – literally. A new joint FAO/WHO program and report to regulate and educate fisheries to consumers in regards to Histamines in fish is underway to reduce possible Scombrototoxin fish poisoning from fish high in Histamines (i.e., fish that have gone bad). Histamines naturally occur in fish derived from the decarboxylation of the amino acid Histidine during spoilage or fermentation. Spoiled fish usually also contain cadaverine and putrescine whose precursors are lysine and ornithine.

The proposed limit for Histidine fish is 20 milligrams per 100 grams, even though that level still causes health issues in some people. Certain countries would prefer limits set at half that, or 10 mg/100 g. In fact, a strong disagreement arose between the USA/EU/FAO/Codex/Norway/Netherlands camp and the NHF/Morocco/

Uganda/Senegal/Benin camp on this issue with the result that no agreement could be reached. Instead, the Chairman decided to create an Electronic Working Group (eWG) to discuss the issues raised at this meeting and then to present some sort of solution four months prior to the next meeting so that CCFH could discuss it then.

The Committee agreed to include a table with a simplified title as illustrative of the species associated with histamine formation. However, the US/Norway camp adamantly wanted this table to exclude the common fish names (using the scientific fish names only), the amount of Histidine in each fish, as well as salmon altogether, as they asserted that the Food and Agriculture Organization had not found a single study in 20 years showing any significant Histidine content in salmon.

This brings up several problems: (1) There hasn’t been any “known” study, so this qualifier sounded suspicious; (2) For a better-educated public, if salmon doesn’t contain Histidines, then it would benefit both consumers and fisheries to know this, as well as have all fish species’ respective common and scientific names and the amount of Histidine in each different species; and (3) 25 years ago we didn’t have Norwegian “farmed” Salmon... and therein

lays the “fishy” part.

However, there are studies, and the NHF will work with some of the developing countries that fear these new possible fish regulations could severely hurt their countries’ trade economically as well as their people’s health. NHF’s position is to keep all scientific and common names in the report as well, as all other technical information in regards to the levels of Histidine in each fish species and keep salmon in the report. FAO thinks a complete table of all fishes could “confuse” people, and unless a study is forthcoming by the next eWG meeting in 2017, salmon will be excluded.

By the way, the fish species in fish-poisoning case reports that was the highest in Histamine was Tuna, especially Spanish tuna, as well as Australian, American, and Thai tuna. But here is a tip: Don’t eat fish that has gone bad.

NHF attended the conclusion meeting on Friday, where the Final Report is presented and discussed, to ensure that all of our comments and edits were included properly as presented during the plenary meeting. Of course they were not; but as the NHF delegate, and continuing the NHF tradition of being assertive, I made sure that the final document was corrected. Much to the dismay of the FDA and FAO. 🔥



VAXXED

AND OTHER GREAT STORIES OF SUPPRESSION

*"The better you see the game,
the less likely that suppression will work."*

CATHERINE AUSTIN FITTS INTERVIEWS JON RAPPOPORT



Vaccine Linked to Autism

The special interests that lobbied the Tribeca Film Festival to cancel the documentary *VAXXED: From Cover Up to Catastrophe* meant to suppress evidence that vaccines are contributing to an epidemic of autism. The suppression backfired. Instead, coverage of the documentary exploded, in no small part thanks to Robert De Niro's courageous interviews calling for an open discussion of the issues.



Jon Rappoport of *No More Fake News* shares his views about stories of suppression and the heroes who outwit it. Jon informs us that, the better you see the game, the less likely that suppression will work.

Rappoport has worked as an investigative reporter for 20 years, and is the author of five books. He has written on medical fraud, deep politics, and health issues for newspapers and magazines in the US and Europe, including *CBS Healthwatch*, *Spin*, *Stern* and *LA Weekly*. The *LA Weekly* placed Jon's name in nomination for a Pulitzer Prize, for his interview with the president of Salvador University, where a military takeover had occurred.

VAXXED: From Cover Up to Catastrophe is a documentary alleging that the Centers

for Disease Control and Prevention (CDC), the government agency charged with protecting the health of American citizens, destroyed data on their 2004 study that allegedly showed a link between the MMR vaccine and autism.

Interviews with pharmaceutical insiders, doctors, politicians, and parents of vaccine-injured children reveal an alarming deception that quite possibly, has contributed to the skyrocketing increase of autism.

Rappoport shares, "The other day, I spent a couple of hours with Del Bigtree, the producer of *Vaxxed*, in San Diego, and we had an interesting conversation. He left a mainstream television show as producer of *The Doctors*, and although he didn't fill me in on the details, I figured out that some story came up that he wanted to put on the air, and he began looking into it. He was shocked, and he didn't want to air it conventionally, because he saw a deeper truth. This recognition led to events that I assume resulted in his quitting the show.

"Then he started looking into the CDC whistleblower, William Thompson, who confessed in writing two years ago that he and his colleagues at the CDC, had committed scientific fraud in a study of the MMR vaccine – measles, mumps, and rubella. They gave the vaccine a free pass, and said it had nothing to do with autism when the data showed that it did. That's what the film is about.

"So Del decided that he would go for the big-time. He was going to get a theatrical release out of this story, and not just put it up on YouTube. Through a series of remarkable events, the CDC threw various front groups to get the film cancelled at Tribeca Film Festival.

"De Niro's production partner, Jane Rosenthal, who is one of the cofounders of Tribeca, was the conduit. De Niro temporarily folded up under pressure, and said he was going to cancel the film. Then he went on television, doing interviews, when suddenly he woke up and said, 'People have to see this film. It's very important, even though we're not showing it at the

"The corner has been turned here. Something has really happened in recent months. People whose stories were never believed before are being believed now. It's mainly the mothers of children. A mother has a happy, healthy child. She vaccinates, and the child is never the same again."

film festival.'

"So in this case, censorship and suppression worked backwards, worked against the people who tried to suppress the story, because that story of suppression became the primary story. So everybody now wants to see the film. It's playing to packed houses all over the country, the producer and the director are doing Q&As after showings, and people are streaming into the theaters to see it.

"It was also suppressed in Houston at a big film festival because the mayor's office said, 'We're going to remove funding from the film festival unless you stop this.'

"It was also playing somewhere in Arizona at two theaters in the same town. One theater suppressed it because a university in the town got to the theater owner and said, 'Don't show this,' so he didn't. But the other theater did, and, of course, the film played to packed houses. So sometimes suppression works against you."

Rappoport continued, "I saw a De Niro interview that was quite fantastic. The interviewer at one point threw in the usual question, 'But don't you think that if parents see the film, they might be misled into not vaccinating their children?' He said, 'No. That's not the story. There's more to it than that.' He talked about the profits of the pharmaceutical companies, and then he said to the interviewer, 'You guys are the media. You're supposed to be investigating this.'"

For many, it's hard to understand how suppression of medical knowledge has become this bad. We are now experiencing an epidemic in autism, and it's a real

epidemic, particularly among boys. In the previously mentioned interview, De Niro recommended a documentary called *Trace Amounts: Autism, Mercury and The Hidden Truth* – the true story of Eric Gladen's painful journey through mercury poisoning that he believes resulted from a thimerosal-loaded tetanus shot. His discoveries led him on a quest for the scientific truth about the role of mercury poisoning in the autism epidemic.

Due in part to documentaries addressing suppression, more and more people feel that they cannot trust anything the medical establishment tells them about vaccines.

"The corner has been turned here. Something has really happened in recent months. People whose stories were never believed before are being believed now. It's mainly the mothers of children. A mother has a happy, healthy child. She vaccinates, and the child is never the same again. She says, 'This is what happened.' There isn't any question about it. It's not like there's room to debate, and there are untold numbers of mothers around the country, around the world, who have experienced this. Now they're starting to believe for the first time that this is real," said Rappoport.

CDC Stopped Counting Swine Flu Cases

Another illustration of suppression features investigative reporter, **Sharyl Attkisson**. Rappoport explains, "Sharyl was working for CBS as a star investigative reporter. She was really its sole investigative reporter, and she's very good. In late summer/early fall of 2009, at the height of the supposed swine flu epidemic, she discovered that the Centers for Disease Control and Prevention (CDC), had stopped counting cases in America and had not told anybody that it stopped. Well, counting is the job of CDC. That's what it does – it is-



sues reports on numbers of cases of disease and how many people die and all that, but it quietly stopped counting.

"Sharyl tried to find out why, and discovered that the blood samples from the most likely swine flu cases sent to labs were overwhelmingly coming back with no sign of swine flu or any other kind of flu. So now the CDC was in a panic because it had announced thousands of cases of swine flu in America, and had nothing to back itself up with. They couldn't find any cases. So she published the story on a CBS news website, and her editor told her, 'Great story! Fabulous! Best thing I've seen on swine flu. Let's get it on the nightly news,' meaning the national CBS nightly news.

"At first it looked good. Then all of a sudden the story got shut down – totally shut down. It was not to be shown or told. No matter what Sharyl did or said, they could not get it on the nightly news.

"Well, you can imagine why. If the media started to break this story to the mass audience in America, the entire vaccine establishment would be exposed in a way as never exposed before.

"Three weeks after the article by Sharyl was published on the CBS news website, the CDC came out to estimate that the United States had 22 million cases of swine flu.

"I've told this story before, and I've written about it before, and I know that many people read it, but it just does not register for them. People draw a total blank. This lack of register is part of how suppression works. When the crime is so huge, and the whole thing so ridiculous, as in this case, people can't absorb it. They can't take it in. It's just too much."

Cancer Cure Suppressed Since The 1930s?

Another example of suppression involves a man named **Royal Raymond Rife**. In the 1930s, he claimed that a beam ray device of his invention could weaken or destroy



the pathogens by energetically exciting destructive resonances in their constituent chemicals. Interest in Rife was revived in the 1980s by author Barry Lynes, who wrote a book about Rife titled *The Cancer Cure That Worked: 50 Years of Suppression*. The book claimed that Rife's beam ray device could cure cancer, but that all mention of his discoveries was suppressed by a wide-ranging conspiracy headed by the American Medical Association. It's interesting to think that we spent decades using microscopes that would only look at dead cells as opposed to microscopes that could look at living cells.

Rappoport states, "His theory was that certain types of germs caused cancer, and he found frequencies that could destroy the germs. You could see it happening through the microscope. Then the official suppression process turned Rife's research all around, and it denied the stories of healing. The media were told to destroy the guy completely. His ruin was just mind-boggling.

"People have made efforts to reproduce the microscope, but I haven't seen any convincing evidence that anyone has done so. His machines, which I saw pictures of in newspaper articles, were amazing."

On Trial: Advancing Healthcare

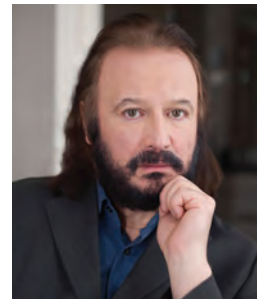
"There was another man, **Dr. William Koch**, around the same time in the Midwest, and he came up with a homeopathic medicine that he called Glyoxylide. He was curing some cancer patients. I found a statement from the Congressional Record, based on an article in a US magazine that detailed some of this story, especially the fact that he had used his formula to treat farm animals in Michigan. Canadian farmers were champing at the bit for this treatment for their own animals. They were outraged that they had to wait, and the U.S. government was interceding with regulations to keep this medicine from use.



"Koch was put on trial three times for medical fraud, but in no case was he found guilty. Eventually he left the United States and moved down to South America, where he practiced medicine until he died. From what I can see, his notes and papers have been destroyed. The formula has been destroyed," said Rappoport.

The Claim of Curing Incurable Disease

Still another instance of healthcare suppression relates to **Samir "Sam" Chachoua**



– an Australian alternative medicine practitioner. Chachoua offers treatments in Mexico that he claims to be effective alternative medicine vaccine therapies for cancer and HIV, among other diseases. His treatments depend on theories he has named, including "Induced Remission Therapy" and "The Nemesis Theory" – "For every disease there is an anti-disease organism capable of destroying it and restoring health." He asserts that a vaccine exists as does an effective therapy against cancer and other diseases with almost no side effects, and that these vaccines were created and tested over thirty years and have received registration in several countries around the world.

Rappoport shares, "I was tuning into Bill Maher's show one night – just clicking around, and there was Maher sitting talking with Sam. Maher was just straight ahead, 'So this is what you were able to do?' Sam said, 'Yes, I was able to cure this and cure that. I was connected with UCLA, which was sponsoring my research. Then all of a sudden, everybody turned against me. One thing led to another, and I had to flee.' Maher said, 'I know I'm going to get all kinds of people screaming at me for even sitting down and talking to you, but isn't it true that breakthroughs like this are made by one person, not committees?' Sam said, 'Absolutely.' A day later, it was as if the interview never happened. There were no stories in the press about it, that's for sure."

Energy from Armouring

There's the story of **Wilhelm Reich**, an Austrian psychoanalyst, whose idea of muscular armour – the expression of the personality in the way the body moves, shaped innovations such as body psychotherapy, Gestalt therapy, bioenergetic analysis and primal therapy.

"He was originally a student of Freud and decided that the human problem was an energy problem – that people were being blocked off from their own basic energies, which could be seen as blue plumes of energy that radiate from the body.

"Reich devised a very simple and very challenging kind of therapy that would eventually release what he called the 'armouring' of the physical body, and this energy would then flow out.

"Eventually he was arrested by the Federal government for supposedly transporting or selling these devices across state lines. Some petty idea was behind it. He was totally mystified. He said, 'This has nothing to do with the law or politics; I'm doing science.' There are rumors that he was killed. But his work was phenomenal work," said Rappoport.



The GMO Science Battle

Then there's the suppression of GMO information to consider: **Bertram Verhaag** has a great series of documentaries on GMOs. In one called *Scientists Under Attack*, Jeffrey Smith was featured, who wrote, *Seeds of Deception* and *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*. William Engdahl also wrote a GMO book titled, *Seeds of Destruction: The Hidden Agenda of Genetic*



Manipulation that reveals how a small socio-political American elite seeks to establish its control over the very basis of human survival – our food, and exposes a world of profit-driven political intrigue, government corruption and coercion, where genetic manipulation and the patenting of life forms are used to gain worldwide control over food production.

Rappoport explains, "I started to look into how GMO crops were certified as being okay, which first happened in America in 1996 or thereabouts. When I finally went to the FDA, it told me, 'It's not our responsibility. The corporations vouch for the safety and the equivalence of genetically modified food to ordinary food.'

"Then I could go to Monsanto, and it would say, 'Well, the FDA approved it. There's nothing for us to say about it because the government thinks it's okay.'

"That was the basis for approval of GMO products. So when all of these scientists get up on their hind legs and say, 'Well, the studies show GMO is safe and effective, etc.' they're just lying through their teeth. There is no science at all. It was just a handshake, a deal, and all of a sudden this stuff spreads everywhere. Now people are fighting against it, and many countries have limited it, banned it, and outlawed it. The United States dwells in a bubble where people still believe 'science' that says GMO is safe, and the dissident truth is suppressed on all sides.

"The suppression of truth took a blow when a year or so ago the World Health Organization declared glyphosate a probable carcinogen. Of course, that's the major ingredient in Roundup, and that's the pesticide you need for weeds. In fact, Roundup is what many of the crops are engineered to resist. And it's all spelled out very neatly, 'Oh, yes. This is perfect science. You spread this pesticide all over your farm, and it will kill the weeds, but it won't kill the crops.'

"So the result is that U.S. farmers have millions of acres of gigantic weeds that they haven't picked by hand anymore because the pesticide is supposed to kill them, but the weeds are resistant, and the weeds keep growing. They destroy the farm, destroy

the livelihood of the farmer, and Monsanto keeps saying, 'Not a problem. Everything is fine. Don't worry about it.'"

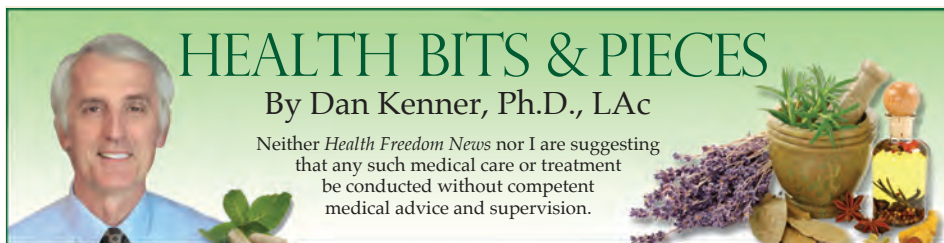
Regarding the battle against suppression, Rappoport concludes, "Anybody who goes after the truth is going to find very positive things happening. It's not all, 'Oh, well, I exposed the truth so now there are thousands of people who are after me,' and so forth. Things are breaking out into a new direction here, and they have been for years because the passing of the ball is happening at a tremendous rate. We're not the Cold War or the 1930s; our world is different, and so many people are joining, and the movement is becoming a tremendous, positive thing. It's an invitation to anyone who wants to join the party." 🔥

Catherine Austin Fitts is the president of Solari, Inc., publisher of The Solari Report and managing member of Solari Investment Advisory Services, LLC. She served as managing director and member of the board of directors of the Wall Street investment bank, Dillon, Read & Co., Inc. She also served as Assistant Secretary of Housing/ Federal Housing Commissioner at HUD in the first Bush Administration and was president of the Hamilton Securities Group, Inc.



Jon Rappoport has worked as a free-lance investigative reporter for over 30 years. He is the author of three explosive collections, The Matrix Revealed, Exit From The Matrix, and Power Outside The Matrix. Jon has written articles on politics, health, media, culture, and art for LA Weekly, Spin Magazine, Stern, Village Voice, Nexus, CBS Healthwatch, Health Freedom News, and other newspapers and magazines in the U.S. and Europe.





HEALTH BITS & PIECES

By Dan Kenner, Ph.D., LAc

Neither *Health Freedom News* nor I are suggesting that any such medical care or treatment be conducted without competent medical advice and supervision.

Third Eye Blind

Abnormal sleep patterns are associated with many types of neurological disorders. These include anxiety disorder, autism, dementia, depression, and Parkinson's disease, which are directly linked to dysfunction of the pineal gland. The pineal gland secretes melatonin, the sleep hormone. The pineal gland is very sensitive to environmental poisons. Furthermore, melatonin is derived from tryptophan, whose synthesis in plants and microbes is blocked by glyphosate (Roundup). Glyphosate also disrupts gut flora, which promotes overgrowth of *Clostridium difficile*, a bacterium that causes a



serious life-threatening infection. A toxic product of clostridium, p-cresol, is linked to autism in both human and mouse models; furthermore, it enhances uptake of aluminum, another environmental toxin, and allows it to pass through the intestinal barrier. A recent research paper shows how these two toxins work synergistically to induce neurological damage. The deadly combination leads to anemia-induced hypoxia (linked to autism), causing damage to the nerves and the pineal gland. Both glyphosate and aluminum also disrupt cytochrome P450 enzymes, which are involved in melatonin metabolism..

Persico A, Napolioni V, "Urinary p-cresol in autism spectrum disorder," *Neurotoxicology and Teratology*, Mar-Apr 36:82-90. doi: 10.1016/j.ntt.2012.09.002. Epub 2012 Sep 10 (2013); Seneff S, Swanson N, Li C, "Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease," *Agricultural Sciences*, 6, 42-70 (2015). doi: 10.4236/as.2015.61005.



Balm of hurt minds, great nature's second course (Macbeth: Act 2, Scene 2)

Sleep researchers have found that sleep helps restore the brain by flushing out toxins that build up during the day. This discovery may finally explain the physiological role that sleep plays in mental and physical health. A research team at the University of Rochester Medical Center discovered a physiological mechanism that drains waste products from the brain.

During sleep, brain tissues contract allowing a greater flow of cerebrospinal fluid (CSF), the clear liquid surrounding the brain and spinal cord. CSF moves through the brain along a series of channels that surround blood vessels. The system removes a toxic protein called beta-amyloid from brain tissue. Beta-amyloid is renowned for accumulating in the brains of patients with Alzheimer's disease. Inadequate sleep could therefore result in accumulation of toxins in the central nervous system. Sleep disturbances can cause or exacerbate attention deficit as well as various categories of psychiatric disorders.

Xie L, Kang H, Xu Q, et al., "Sleep drives metabolite clearance from the adult brain," *Science*, Oct 18;342 (6156):373-7. doi: 10.1126/science.1241224. PMID: 24136970 (2013); Bartholomew K, Owens J, "Sleep and ADHD: A Review," *Medicine and Health Rhode Island* 89: 91-93 (2006); Benca R, Obermeyer W, Thisted R, Gillin J, "Sleep and Psychiatric Disorders: A Meta-Analysis," *Archives of General Psychiatry*, 49: 651-668 (1992), at <http://dx.doi.org/10.1001/archpsyc.1992.01820080059010>.

Sleep Apnea and Then Some

Bronchial asthma has been linked to smoking, obesity, and air pollution; but more recently poor sleep leading to anxiety and depression has been identified as a possible cause of adults developing asthma. Linn Beate Strand, who led a team of sleep researchers at the Norwegian University of Science and Technology explains, "Insomnia, defined as having difficulties initiating or maintaining sleep, or having poor sleep quality, is common among asthma patients, but whether insomnia patients have a higher risk of developing asthma at a later stage has not been thoroughly investigated." The study analyzed data from 17,927 people aged 20 to 65 taking part in a long-

term health study..

Brumpton B, Mai X-M, Langhammer A, et al., "Prospective study of insomnia and incident asthma in adults: the HUNT study," *European Respiratory Journal* 49: 1601327 (2017), DOI: 10.1183/13993003.01327-2016.



Bite the Mushroom Before the Dust

So-called psychedelic drugs could be the most compassionate way to face death. The use of psilocybin in a controlled setting has been found to decrease anxiety and promote acceptance of impending death. Mood improved for two weeks after administration of psilocybin. Although not statistically significant, there was a definite trend toward positive outcomes in relief of anxiety and depression. Researchers proposed further investigation with a larger group of subjects and a higher dose of psilocybin for more decisive beneficial results. According to Charles Grob, M.D., "the careful and controlled use of psilocybin may provide an alternative model for the treatment of conditions that are often minimally responsive to conventional therapies, including the profound existential anxiety and despair that often accompany advanced-stage cancers."

Grob C, Danforth A, Chopra G, et al., "Pilot Study of Psilocybin Treatment for Anxiety in Patients with Advanced-Stage Cancer," *Archives of General Psychiatry*, 11;68(1):71-78 (2011),



Obesity-Prevention Hormone

Most of the body's supply of serotonin, a brain neurotransmitter, is actually found in the gut. Serotonin has a known relationship with appetite for food. One of the brain's neural circuits synthesizes serotonin from sensory cues; this triggers the production of a newly-discovered brain hormone, FLP-7, which activates a receptor in intestinal cells. The intestinal cells then convert fat into energy. The experimenters uncovered the gene that codes for FLP-7. This is the first time researchers have identified a brain hormone that selectively triggers fat metabolism apart from the influence of food intake.

Palamiuc L, Noble T, Witham E, et al., "A tachykinin-like neuroendocrine signalling axis couples central serotonin action and nutrient sensing with peripheral lipid metabolism," *Nature Communications* 8: 14237 (2017), DOI: 10.1038/ncomms14237.



Nutrition for Cancer

One-third of breast tumors lack estrogen receptors and are called "ER-negative." They are aggressive cancers that resist treatment and often have a poor prognosis. About 15% of these ER-negative cancers are called "triple-negative" tumors, because they lack receptors for any of the three hormones that drive ER-positive cancers: estrogen (ER), progesterone (PR), and human epidermal growth factor (hEGF). Omega-3 fatty acids from fish and other seafood sources were found to curb growth in triple-negative tumors by 90%. Diets high in omega-6 fats from vegetable oils, however, seem to increase the risk of breast cancer.

Fox Chase Cancer Center (FCCC), "Omega-3 Fatty Acids More Effective at Inhibiting Growth of Triple-Negative Breast Cancer than of Luminal Breast Cancers," April 9, 2013, at <https://www.fccc.edu/information/news/press-releases/2013/2013-04-09-aacr-omega3-fatty-acids.html>; Maillard V, Bougnoux P, Ferrari P, et al., "N-3 and N-6 fatty acids in breast adipose tissue and relative risk of breast cancer in a case-control study in Tours, France," *International Journal of Cancer*, Mar 1;98(1):78-83 (2002).



Vaccines Do Far More Damage Than Good

There is evidence to suggest that not one vaccine works. But they make billions for Big Pharma, and that seems to be the only thing that matters.

BY DAVID NOAKES

Today, vaccines contain neurotoxins and poisons such as aluminum, mercury, and nagalase, which destroy your endogenously produced Gc-MAF (glycoprotein Macrophage Activating Factor) and immune system. Vaccines also cause autoimmune diseases and force most people to have to continue buying drugs for the rest of their lives.

Vaccines also contain mouse brains, tissue from pigs, insect cells, calf lymph, chick embryos, testicle cells, aborted human fetal tissue, cow serum, formaldehyde, aluminium phosphate, MSG, cancer cells, and the cancer-causing monkey virus, SV40. The body cannot typically cope with this number of injected foreign proteins, especially at a young age when the infant or child's immune system is not fully formed.

The apothecaries from centuries ago were doing much less damage.

Typically, the big pharmaceutical companies will only launch a drug or vaccine if it promises to make them billions. And to make that much it has to be patented, which means it has to be an unnatural substance. That is why they usually fail as a healing agent.

Polio and Smallpox: The Usual Scientific Fraud from Big Pharma

Vaccines' purported big claim to suc-



cess is that they cured the World of polio and smallpox. The truth is very different. Polio is actually prevented by improving sanitation, providing clean water, healthy and nutritious food, and better hygiene.

Polio vaccines created huge numbers of paralytic poliomyelitis cases and autoimmune diseases. One region of India cured 174 polio cases, and created 47,000 cases of acute no-polio flaccid *paralysis* with vaccines. But as the polio was gone, the vaccine was judged a success.

The Centers for Disease Control (CDC) states that the Salk polio vaccine was a modern medical success. But officials at the National Institute of Health were convinced

that the vaccine was contributing to a rise in polio and paralysis cases in the 1950s. Some States such as Idaho, where several people died after receiving the Salk vaccine, wanted to hold the vaccine makers legally liable. Dr. Salk himself testified in 1976 that his live-virus vaccine, which continued to be distributed in the US until 2000, was the "principal if not sole cause" of all polio cases in the U.S. since 1961.

In fact, a majority of U.S. States reported a doubling or more of polio cases after vaccination programs. This has been a travesty for the young victims of vaccine-induced polio.

Dr. Edward Jenner created a smallpox vaccination by persuading James Phipps to take it. He didn't die, and Jenner persuaded the British Parliament

to mandate his "vaccine" for national use. In the Philippines it infected 112,000 with smallpox and caused 61,000 deaths within two years of its being introduced. But the pharmaceutical companies reported that as another vaccine success.

Vaccines Fail

Canada is the most highly vaccinated nation on Earth, with 49 recommended vaccines for children. This Canadian generation is so ill it is the first to be predicted to die before its parents.

Half of mums with autistic children say the autism came on within two weeks of

the Mumps Measles and Rubella (MMR) jab. But the MMR vaccine makes €29 billion for the pharmaceutical companies, so doctors will still be coerced into recommending it. In some areas, one in 25 children is autistic, and that figure is set to climb to one in 2 by 2025. The MMR Package Insert warns of side effects such as Type-1 diabetes, thrombocytopenia, deafness, blindness, and even death.


Every year the flu vaccination hospitalizes elderly people and causes deaths. The Gardasil HPV vaccine appears to be causing 30 deaths a month. They get away with it because under the USA's National Childhood Vaccine Injury Act of 1986, no pharmaceutical company can be sued for any damage done by a vaccine.

Forced Vaccination

California, Mississippi, and West Virginia have passed laws to forcibly vaccinate all infants. In California, they are compelled to have hepatitis B, hemophilus influenzae type b (Hib), measles, mumps, pertussis, poliomyelitis, rubella, tetanus, and varicella vaccinations. Those are formidably dangerous combinations. Hepatitis B is a sexually transmitted disease. In California, are babies known to be that promiscuous? It has 35 side effects, has caused hundreds of deaths, and puts a thousand children into the hospital every year.

Forced vaccination will kill thousands more infants. Vaccines have already done far more harm than good. There is evidence to suggest that not one vaccine works. But they make billions for Big Pharma, and that seems to be the only thing that matters.

Truly, it is Big Pharma, with its drugs and vaccinations, that are the quack medicines.

For a plethora of further evidence, see www.greenmedinfo.com ; www.vaccine-injury.info; <http://vaxtruth.org/2012/03/the-polio-vaccine-part-2-2/>; www.vaccineimpact.com, and watch the movie Vaxxed at <https://www.youtube.com/watch?v=fbDj1C6tzxs>. 

WINNERS OF 2016 NHF HEALTH FREEDOM HERO AWARD



At its last Board meeting held in 2016, the NHF Board of Governors voted to award this year's NHF Health Freedom Hero Award to two individuals who very much deserve to receive it: **David Noakes and Del Bigtree.**

DAVID NOAKES has fought long and hard to liberate cancer patients from the death grip of the worthless Cancer Industry, using up much of his personal resources and putting even his own personal freedom at risk in doing so. He has helped save numerous cancer and other patients' lives, as he has helped the Federation during its hours of need. David Noakes is also a member of the NHF Board of Governors and has attended several Codex Alimentarius meetings.

DEL BIGTREE is well-known as the producer of the widely acclaimed and controversial documentary film *VAXXED*, which clearly demonstrates in remarkable footage the harm caused by vaccines. All by itself, *VAXXED* has dramatically raised the general public's awareness of the dangers of uncontrolled vaccines; and Del Bigtree has indefatigably traveled to all corners of the United States to spread his and Dr. Andrew Wakefield's important message.

Both men very much deserve this award, and more. The National Health Federation, its members, staff, and Board of Governors thank them both for their service to health and health freedom.



WI-FI (RADIATION): WILL ADDICTION AND EXTINCTION BE THE PRICE OF “PROGRESS”?

No published scientific study has explored the aggregate biological effects of the complex, multi-frequency radiation that now pollutes inhabited buildings and the environment everywhere across the Globe.

BY DAVID MORRISON

This year, Oregon House Representative Alissa Keny-Guyer will be introducing a bill, LC 2777, that will require the Department of Education to review independently funded, scientific studies to make a determination whether radiation emitted from WiFi routers, laptops, and tablets used by schools is biologically harmful or not. This bill is both welcome and long overdue.

Wi-Fi Harm Has Been Known for Decades

Consider this statement by former MI5 military intelligence microwave-weapons expert, Barrie Trower: *“Wi-Fi radiation is a weapons frequency. It can only do harm During the 1950s and 1960s, it was realized that microwaves could be used as stealth weapons The Russians beamed the American embassy during the Cold War and it gave everybody working in the embassy (one or more of the following) cancer, breast cancer, leukemia, and it was realized then that low level microwaves were the perfect stealth weapon to be used on dissident groups around the world, because you could make dissident groups sick, give them cancer, change their mental outlook on life without them even knowing they were being radiated”*

And Mr. Trower continues, *“As stated by University Researchers, Government Scientists and International Scientific Advisors; a minimum of 57.7% of school girls exposed to low-level microwave radiation (Wi-fi) are at risk of suffering stillbirth, fetal abnormalities or genetically damaged children, when they give birth. Any genetic damage may pass to successive generations*



.... Wi-Fi utilizes “the most lethal frequency to animal tissue,” according to Dr. Magda Havas, Associate Professor of Environmental & Resource Studies at Trent University, Peterborough, Canada, where she teaches and does research on the biological effects of environmental contaminants.

In May 2011, the World Health Organization (WHO) declared microwave radiation from all wireless devices, including Wi-Fi, a Class 2B Possible Carcinogen. Many scientists were in disagreement and felt it should have been classified as a Class 1 Human Carcinogen.

WHO Dr. Anthony Miller said, “Research indicates a far too long list of possible effects from radio frequency exposures in addition to brain cancer. Accumulated research indicates oxidative stress, neurological, immune and reproductive damage occurs after exposure to RF radiation.”

Regulatory Agencies Protect Industry Not the Consumer

Readers should find it incredible that no microwave-emitting devices were ever pre-market safety tested or declared safe by any regulatory agency or corporation that manufactures them. In fact, the product information included with every laptop, cell phone, or tablet contains its own safety warnings. The Apple iPad manual states; *“To be sure that human exposure to RF energy does not exceed the FCC guidelines orient the device in portrait mode with the Home button at the bottom of the display or in landscape mode with the cellular antenna away from your body or other objects.”* There are five antennas in every tablet on every child’s lap spewing DNA-splitting microwave radiation into their reproductive organs. This has been confirmed by no fewer than a dozen studies.

Safety guidelines for exposure are within the purview of the FCC; however, the Agency makes no claim to be a research or a safety agency. Yet, the FCC does set exposure levels arbitrarily based upon the heating of tissue. The Agency would not include studies beneath the “thermal” level showing harm. How can the FCC determine safety limits when their website states the following?

“While there is no federally developed national standard for safe levels of exposure to radiofrequency (RF) energy, many federal agencies have addressed this important issue ... the Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA).”

The FCC refers to the FDA and other agencies; however, on the FDA’s website

this statement adds to the confusion: *"Under the law, FDA does not review the safety of radiation-emitting consumer products such as cell phones and similar wireless devices before they can be sold, as it does with new drugs or medical devices."* If the FDA does not review the safety, then how can the FCC rely upon the FDA for "safety" information?

More confusion ensues when the FDA website states there is *"no evidence cell phones cause cancer."* If the FDA "does not review the safety of radiation-emitting" devices, then how can it claim such devices are safe? The FDA ignores completely The WHO Class 2B designation, the results of the recent National Toxicology Study discussed below, and the multitude of studies showing harm at levels thousands of times below what the FCC considers safe

The FCC also refers to the EPA; however, EPA Scientist Norbert Hankin, Ph.D. of the Center for Science and Risk Assessment, Radiation Protection Division, had this to say about the FCC "safety" standards: *"This ... should not be overlooked ... the potential for an impact by wireless communications technology on a child's educational process, i.e., by possibly affecting learning ability. [It] stems from recent studies involving short-term exposures that demonstrated subtle effects on brain functions, produced by low-intensity, pulse-modulated radiofrequency radiation ... even a slight degree of impairment of learning ability over years of exposure ... may negatively affect the quality of life that could be achieved by these individuals when adults....The FCC's exposure standards are seriously flawed. FCC rules do not address the issues of long-term, chronic exposure."*

There were at least 8300 studies by all branches of the military prior to 1980 that were not considered by the FCC in their evaluation of science. The government and industry knew of the harm before wireless technology was released to the public. The conspiracy of silence may cause more deaths than tobacco and asbestos combined. In May of 2016, five years after the WHO Class-2B carcinogen announcement, a study funded by the National Institute of Health, National Toxicology Program found exposure to microwave radiation from cell phones caused an increase in brain and heart cancer in rats.

With only partial results reported, Dr. Otis Brawley, Chief Medical Officer of the American Cancer Society, said, *"This is good science ... this causes a paradigm shift in our understanding of radiation and cancer."*

What becomes evident is that the agencies that are supposed to be protecting the public are doing the opposite by allowing industry insiders to write legislation and create policy solely to increase profits and protect them from health-related lawsuits. Incredibly, the 1996 Telecommunications Act, signed into law by Bill Clinton, was written by members of the telecommunications industry; this is one of the most egregious examples of corporate control over our regulatory agencies.

All Frequencies Are Harming Us

Many published studies confirm carcinogenicity, genotoxicity, neurotoxicity, and more of WiFi radiation, but each study focuses on the biological exposure of only a single frequency and/or a single device. **No published scientific study has explored the aggregate biological effects of the complex, multi-frequency radiation that now pollutes inhabited buildings and the environment everywhere across the Globe.**

It is not just happening at one frequency and it is not just being observed by researchers in one laboratory. The same chromosome and DNA damages are being reported at frequencies across the entire range, including 100 MHz [FM radio], 300 MHz, 837 MHz, 954 MHz (cell phones), 1,250 MHz, 2,450 MHz (2.45 gigahertz: Wi-Fi, Bluetooth, smart phones), and up to 9000 MHz (9 gigahertz: vehicle-to-vehicle radar systems)." All living organisms perceive Wi-Fi radiation as a potent environmental stressor, for which evolution has provided no adequate defense.

Every cell in our bodies has an electrical component necessary for proper functioning. When bombarded by microwave frequencies billions of times higher than our natural frequencies our cell's calcium metabolism is altered. This happens whether we feel it or not. A new pandemic, affecting 3-5% of the population, has emerged in recent years from our 24/7 Wi-Fi radiation exposure. Electro Hypersensitivity (EHS) often presents itself with acute symptoms such as headaches, skin rashes, sharp pains in the head or neck, bleed-

ing from the nose or ears, brain fog, memory loss, breathing problems, blurry vision, and more. Generally, the early symptoms are medicated until the condition progresses and becomes debilitating.

EHS is sometimes referred to as WiFi allergy. Those affected may become so sick they are forced to move from their homes and even cities, seeking refuge in less WiFi-radiation polluted environments. Every system in the body is eventually affected, including eyesight, hearing, and cognitive function. Since each person's body is genetically different, and each person's exposure is unique, every WiFi-radiation victim will develop uniquely individual symptoms. It places sufferers on the other side from both industry and the governments that profit from leasing wavelengths. Many scientists believe we are approaching a tipping point. The American Academy of Environmental Medicine predicts so many casualties that *"our health care system is not yet prepared to address."*

Scientists Appeal for Help

On May 11, 2015, 190 scientists from 39 nations submitted an appeal to the United Nations, UN member states, and the WHO requesting they adopt more protective exposure guidelines for electromagnetic fields (EMFs) and wireless technology in the face of increasing evidence of harm.

The International EMF Scientist Appeal asks the Secretary General and UN affiliated bodies to encourage measures, to limit EMF exposures, and to educate the public about health risks, particularly to children and pregnant women. The Appeal highlights WHO's conflicting positions about EMF risk. WHO continues to ignore its own agency's recommendations and favors guidelines recommended by the International Commission on Non-Ionizing Radiation Protection (ICNIRP). These guidelines, developed by a self-selected group of industry insiders, have long been criticized as non-protective. The Interphone study, released in 2010, showed a 40% increased risk for brain tumors (gliomas) in the highest category of heavy users (at that time only **30 minutes per day** over a 10-year period). Yet, the WHO says, *"A large number of studies have been performed over the last two decades to assess whether mobile phones pose a*

potential health risk. To date, no adverse health effects have been established as being caused by mobile phone use."

The Public Is Kept in Ignorance

America's Federal, State, and local governments profit so hugely from the WiFi-cancerization of the United States that none see fit to enforce proper environmental radiation measurements and compliance. Crucial cell-tower emissions information is kept inaccessible to the public.

Sadly, school boards, politicians, city council members and PTA groups remain deaf, dumb, glassy eyed, hostile, and indifferent when approached by the growing community of informed parents, scientists, politicians, and advocates who are fighting for radiation-free schools.

A false paradigm of educational necessity has been bought and paid for while the fossilized inhabitants of school boards, city councils, and departments of education have lost track of their moral and legal duty to provide a safe environment and a good education for our children. The feeding frenzy by greedy telecom marketers seems unstoppable even in light of the many studies showing physical and mental decline as schools fill up with Wi-Fi radiation.

While Our Children Are Badly Harmed

In 1995, Dr. Henry Lai from the University of Washington was the first scientist to discover single- and double-strand DNA breaks from microwave exposure. Lai also conducted research into memory loss. In a series of papers, Dr. Lai consistently showed memory changes from microwave exposure. These observations raised questions about whether bathing children in microwaves during their school years could have life-long detrimental consequences. Prior to 1978 there were at least 8300 scientific studies by all branches of the military and NASA confirming hundreds of severe biological effects from microwave exposure.

Dr. George Carlo, writing in the Fall 2008 issue of *American Trial Lawyer Magazine*, in his excellent article "Illusion and Escape," spelled out both the Wi-Fi lie and the danger to children, when he wrote, "[p]art of the corporate (Telecom) strategy encourages manipulation of the consumer market, such as the effort to

convince parents and teachers that WiFi wireless access at school will improve education – with no evidence to support the claim. Ironically, the pathology associated with ICRW (Information Carrying Radio Waves or WiFi) is consistent with learning deficiencies linked to WiFi itself."

Screens are "more addictive than heroin," says Nicholas Kardaras, Ph.D. and author of *Glow Kids – How Screen Addiction is Hijacking Our Kids – How to Break the Trance*. How widespread is America's youthful WiFi addiction? Dr. Kardaras reports that 64-million American kids between the ages of 2 and 17 play video games, which are shown by scientists to "affect the development of microstructural properties of the brain associated with negative psychological outcomes." Dr. Kardaras says, "Once a kid has crossed the line into true tech addiction, treatment can be very difficult. Indeed, I have found it easier to treat heroin and crystal meth addicts than lost-in-the-matrix video gamers or Facebook-dependent social media addicts."

Former U.S. Government scientist, Ronald M. Powell, Ph.D. concurs. In "A Message to Public Schools and Public Libraries About Wireless Devices," Dr. Powell says, "A worldwide health crisis is emerging and is becoming a hallmark of the 21st Century. The international biomedical research community is trying to warn us; but, as a society, we are not yet listening. I hope that this message will help to change that."

Dr. Powell should know. He is a retired U.S. Government scientist with a Ph.D. in Applied Physics from Harvard University. Dr. Powell worked for the Executive Office of the President, the National Science Foundation, and the National Institute of Standards and Technology and does not hesitate to say, "As a scientist, I urge you to look into the health impact of the radiofrequency/ microwave radiation produced by wireless devices. Examples of wireless devices in our environment are Wi-Fi in all of its forms; cell phones and cell towers [especially those located on school grounds]; cordless phones; wireless computers, whether desktop, laptop, or tablet models."

Action Taken at the State Level


Attempts have been made to intervene with the State-sponsored irradiation of our children. Parents and advocacy groups, having given up on our corrupt regulatory agencies, are turning to the courts or to their legislators in desperation: Hawaii State Sen-

ator Josh Green; Oregon State Senator Chip Shields; and the City of Berkeley, California. Currently, Senator Karen Spilka of Massachusetts is introducing SD.1462 requiring a review of science related to WiFi-radiation. Oregon House Representative Alissa Keny-Guyer is introducing LC 2777.

The Oregon Wi-Fi Bill, LC 2777, if passed, will require the Department of Education to "assemble a panel of scientists, educators, medical professionals, public health researchers, parents and students to review independently funded scientific studies on the biological effects of microwave radiation. Upon completion, the committee will report the findings to the Dept. of Education, the Dept. of Health, Parent Teacher Groups and other health related agencies and organizations."

Further, the Bill states that "[t]he Dept. of Education, shall be required to develop an outreach plan to inform students, teachers, parents and school staff about the results of that review and any potential health effects associated with radiation emissions from wireless technology and wireless communication devices used in schools in Oregon. ... The Dept. of Education shall be required to develop research based practices to eliminate exposure to radio frequency radiation emissions in schools in the State of Oregon."

Oregon State House Representative Alissa Keny-Guyer needs active and enthusiastic feedback in support of this Bill. She can be reached by phone at 1-503-986-1446 or by email at rep.alissakenyguyer@state.or.us The full text of House Bill LC 2777 can be found at this website: <http://www.wirelesswatchblog.org/flyer-downloads/>.

Perhaps Amy Worthington said it best. "A nation unable to say 'no thanks' to its own destruction surely has a hard road down. Human history indicates that all deadly mass manias eventually reach their limit, but usually only after millions of people have suffered and died tragically. The question remains: how far will America's Wi-holocaust progress before survivors finally comprehend the appalling price of unsafe WiFi-radiation technologies?" 

David Morrison has been a rare book dealer for 30 years. He became an advocate against wireless in schools when a cell tower was installed in the middle of his daughter's campus. Motivated by this cell tower to run for school board on the wireless issue, David received 17% of the votes. He concludes that wireless is perhaps the biggest crime against humanity ever. All material in this article can be found at www.wirelesswatchblog.org.

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About Dr. Daniel Pompa



Dr. Daniel Pompa, D.P.Sc., is a global health leader on a mission to educate practitioners and the public on the origins of inflammation-driven disease. Although trained as a chiropractor, his authority is rooted in his own battle, having overcome neurotoxic illness and heavy metal poisoning using unique cellular detoxification strategies. For the past two decades, Dr. Pompa has been studying, practicing, and teaching True Cellular Detox™ around the world.

Research interests include therapeutic application of the ketogenic diet, fasting, ancestral-based health approaches, and cellular healing and detoxification. Past presentations range from "Ancient Healing Secrets," and "The Ins and Outs of Ketosis: Clinical Wisdom," to his personal story "From Pain to Purpose to Promise." Dr. Pompa coaches health practitioners on cutting edge solutions to fixing cellular dysfunction and currently has a wait-list of private clients.



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Established in 1955, the National Health Federation is a non-profit, international consumer-education, health-freedom organization working to protect individuals' rights to choose to consume healthy food, take supplements, and use alternative therapies without government restrictions. With consumer members all over the World, and a Board of Governors and Advisory Board containing representatives from seven different countries, the Federation is unique as being the only consumer health-freedom organization in the World to enjoy official observer status (able to speak out for health freedom) at meetings of the Codex Alimentarius Commission, the highest international body on food standards.

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BY ELIZABETH NOBBE

Seed: The Untold Story

Directed and Produced by Taggart Siegel and Jon Betz
(2016; Collective Eye Films with Seneca Falls Picture Company;
Executive Producers: Marc Turtletaub and Phil Fairclough; Length: 1:34)

This film presents the story of the control of seed by corporations – from the development of hybrids by the seed trade in the 1920s, which launched dependence on purchased seed and initiated the destruction of our seed-preservation system, to the “terminator” seed we are familiar with – what Vandana Shiva calls “the miracle varieties ... bred for taking up more chemicals.” It tells the stories of seed preservers, some with a Noah-consciousness to build an ark for seeds “until the [agrichemical] floods are over,” others focused on preserving our cultural and spiritual relationship with seeds, the “beautiful dance between the plant and the humans that find each other and make a culture possible.” These include leaders of our Native Nations as they try to preserve traditional ways of eating and to preserve the awareness of the sacredness of life. I wondered why, since their audience is likely to consist mostly of those alienated from that vital connection with life, the filmmakers did not present Kirlian photographs rather than cartoons, since Kirlian photographs give us a glimpse into the mysteries the Native people were describing. (See <http://kirlian.com>).

Oddly, the ark-themed portion of the film culminates in the Svalbard Vault, which the film presents as a high-tech bulwark for the World’s seed heritage, apparently without knowing who built it and what the implications are. It was constructed with \$30 million from The Bill and Melinda Gates Foundation along with other investors such as “the Rockefeller Foundation, Monsanto Corporation, Syngenta Foundation, and the Government of Norway, among others.”¹

We see life in Hawaii in the era of biotech and one of the communities under a massive chemical attack, and the wonderful Vandana Shiva tells how biotech came to India and shows her renowned efforts to help Indian farmers recover. Unfortunately, for the U.S. portion in Hawaii, the film focused more on the right to know rather than on a ban. In 2014, Jon Rappoport called Hawaii “ground zero” after “voters on the Big Island, Maui, and Kauai, against all



odds ... managed to pass measures that would block Monsanto (and other biotech giants) from continuing their GMO/pesticide operations. In other words, ban, not label.”²

As part of its discussion of the revolving door between Monsanto and Federal regulatory agencies to advance corporate control of seed, the film mentions the decision in 1992 (during the elder Bush’s administration) to approve genetically engineered crops. No mention is made, however, of the establishment in that year of the “infamous substantial equivalence doctrine.” This stated that “GMOs were substantially equivalent to normal corn or soybeans or cotton, therefore we need no special government safety oversight or independent testing of genetically modified plants.”³ The film also says nothing of Federal GMO patents and research that give the Federal government a financial stake in GMOs.⁴

The film did not mention the countries that have banned GMOs – up to 38 countries as of January 4, 2017⁵ – and does not reference research (mostly in Russia) on the ability of human consciousness, scalar technology, and ORMES

minerals to restructure the DNA of plants and humans, even GMO plants.⁶ Astonishingly, formerly extinct wildflowers emerged near a pyramid constructed for research in modern Russia.⁷

I appreciated the film’s concluding with a list of actions every member of the audience could take in daily life. To my mind, it could have benefited from the deep insight of Stephen Harrod Buhner⁸ and Rachel Carson about each person making it a priority to reestablish a sense of wonder and an emotional and spiritual connection to life first, then living from that inner knowing and discovering how to heal the Planet.⁹ 🔥

1. F. William Engdahl, “The Doomsday Seed Vault in the Arctic,” *Global Research*, at <http://www.globalresearch.ca/doomsday-seed-vault-in-the-arctic-2/23503>, last accessed 4 February 2017.

2. Jon Rappoport, “Hawaii is ground zero: banning, not labeling GMOs,” at <http://www.robertscottbell.com/government/hawaii-is-ground-zero-banning-not-labeling-gmos-by-jon-rappoport>, last accessed 4 February 2017.

3. F. William Engdahl, “The Seed Barons: How Big Ag, Big Oil and Big Government Are Hijacking the World’s Food Supply,” *Acres U.S.A.*, p. 3, at http://www.engdahl.oilgeopolitics.net/print/June08_Engdahl.pdf, last accessed 4 February 2017.

4. *Ibid.*

5. Countercurrentnews.com, “Sorry, Monsanto: GM Crops Now Banned in 38 Countries, Grown in Only 28,” at <http://countercurrentnews.com/2017/01/sorry-monsanto-gmo-crops-now-banned-in-38-countries-grown-in-only-28>, last accessed 5 February 2017.

6. Feeding ORMES elements to living organisms can revert GMO DNA back to heirloom (including GMO plants), heal DNA and other damage, expand consciousness, and neutralize radiation in the body. See Ken Rohla, “The Physics of Consciousness,” p. 24, at <https://www.freshandalive.com/downloads/the-physics-of-consciousness.pdf>, last accessed 5 February 2017.

7. *Ibid.* at p. 76.

8. Stephen Harrod Buhner, Episode 1325: The Citizen Scientist with Stephen Harrod Buhner, *Permaculture Podcast*, at <http://www.thepermaculturepodcast.com/2013/the-citizen-scientist-with-stephen-harrod-buhner>, last accessed 4 February 2017.

9. Rachel Carson, “Sense of Wonder,” at <https://training.fws.gov/history/Documents/carsonwonder.pdf>.

BY KATHERINE A. CARROLL NTP, NHF EXECUTIVE DIRECTOR

Sleep Wise: How To Feel Better, Work Smarter, and Build Resilience

By Daniel Jin Blum, Ph.D. (ISBN-13:9781941529409;

Parallax Press Publication; 2016; 352 pages; \$16.95, CDN \$22.95)

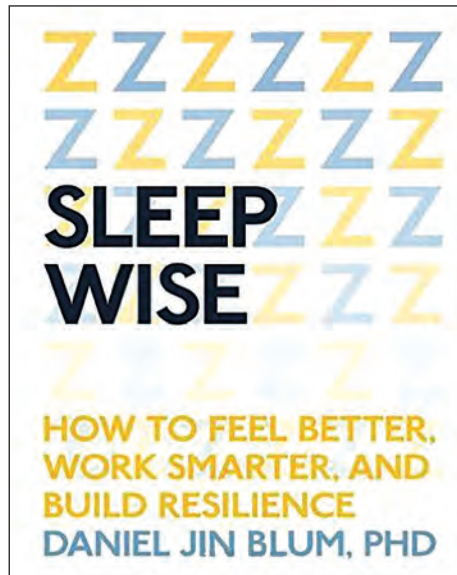
"Sleep is overrated," that's what I thought until Margaret Thatcher, who slept 4 hours a night, got dementia. Her brain didn't have the repair time needed to be cleansed "like an ocean tide" with cerebral spinal fluid washing away protein buildup such as beta amyloid. I respect the ocean. I now respect sleep just as much after finishing Dr. Daniel Blum's *Sleep Wise*.

Chronic sleep deprivation can manifest as difficulty with recall, feeling overwhelmed, exhaustion, low immunity, and emotional blow-outs, and worse. Less than six hours' sleep a night doubles the risk of stroke and heart attack. Most of us are not motivated to change unless we receive the compelling "why." When Dr. Blum reveals multiple organs and systems deleteriously impacted by lack of sleep, it makes sense and motivates us to change.

Thanks to *Sleep Wise's* empowering content, I now prioritize sleep, managing it instead of it managing me, and potentially destroying health and balance. It has been noted that people carrying the gene variant p.Tyr362His are able to function on fewer than five hours of sleep per night. But for the rest of us, sleep must be a priority and it is a skill that can be honed even if we are a victim to insomnia or broken sleep. We can all learn to manage sleep with skill by laying down neural pathways in the brain to support intentions.

Daniel Jin Blum, Ph.D., a clinical psychologist, is a sleep coach at the University of California at Berkeley with a private practice in Redwood City, California and is a Behavioral Sleep Medicine Fellow at Stanford. He helps people reach their peak performance by improving sleep health through cognitive behavioral and mindfulness-based techniques.

Dr. Blum adds questions after each chapter to help us manage our own sleep and master the material. The benchmark for all sleep specialists is the sleep log. While tedious, it proves quite simple and is worth keeping a log if only to raise awareness, revealing areas to manipulate in your own "sleep story." Once



we subtract time spent working in bed, reading or having "screen time," waiting to fall asleep, waking and trying to get back to sleep again, and finally waking but not getting out of bed, the amount of sleep you're getting may surprise you. *Sleep Wise* is a valuable book; the few dollars and hours invested can change your quality of life and health. Literally.

His own sleep story of a "great sleeper who can sleep through anything" proved deceptive. Due to sleep apnea in his 20s detected by his sleep-mate, his perceived "solid sleeping" punctuated with periods not breathing was starving his brain of oxygen producing dysfunctional sleep leading to disease states. Breaking the myth, he declares all snoring abnormal and suggests a few medically-related ways to correct it by moving into mindfulness meditations in other sections to address other problems, such as an overactive brain at bedtime. But the book goes far beyond sleep apnea and addresses every scenario most all of us are sadly familiar with – even those sleep problems besetting children.

From my nutritional therapy background, I had hoped that Dr. Blum would have included more than just a focus on natural melatonin production but also overall nutrition, natural (yet exogenous) brain neurotransmitter re-

placement therapies such as GABA (which inhibits an over-active brain), and other holistic modalities for poor sleep, teeth grinding, and sleep apnea to augment his interventions. Instead, he provides medical models and physical solutions such as sewing a tennis ball into the back of a sleep shirt for sleep apnea for instance. These suggested additions would create a comprehensive sleep manual; it is incomplete without them.

His organized, logical practicality addresses the separation of the bed from much of life except for sleep and sex. He associated jet lag from sleeping in with upset circadian rhythms, covers "sleep hygiene," sleep environments, guided visualization, progressive muscle relaxation, our dangerous affinity for blue-light emitting screens of all kinds at day's end, the bed being a catchall for worrying, emailing, working, watching stimulating TV shows, and texting in bed, quantity versus quality of sleep, and more.

After reading (with many highlights added) Dr. Blum's book, I resolve to use my bed for a limited range of things and to put sleep as a priority whereas work and production was included as a priority before. This book was so good, I will go back and reread my highlighted portions aiming to truly own and implement this life-saving knowledge.

Admittedly, much of his teaching is breaking habit patterns and providing practical replacements; his behavioral degree makes this book a workbook. Realizing the brain's malleability and that new mental skills can accumulate toward controlling sleep is empowering as health improvement is a constant goal for many of us.

After reading his book, *Sleep Wise*, I assure you Dr. Blum has a winning combination that gives hope through knowledge, understanding, and practical exercises. This well-organized and bio-individualized book will help you master sleep-health with a take-charge attitude developing skills that will result in vitality and health. 🔥

BREAKING NEWS!

HEALTH FREEDOM NEWS / THE JOURNAL OF THE NATIONAL HEALTH FEDERATION / WINTER 2016 / VOLUME 34, NO. 4

India Bans the Bill and Melinda Gates Foundation's Vaccine Program

Effective February 28, 2017, the government of India is banning the vaccine program sponsored in that country by the Bill and Melinda Gates Foundation. This wise move by the Indian Government reflects its very real concerns that the Gates Foundation is not the neutral charity that many see it as being but rather a shameless drug promoter and dealer. In fact, the Gates Foundation – a major force for Globalization – promotes anti-freedom economic policies throughout the World at the expense of local businesses, especially in health and agriculture.

As the Economic Times reported, "There were questions about the Gates Foundation's ties with pharmaceutical companies and the possible influence this may have on the country's vaccination strategy. Global Policy Forum, an independent policy watchdog that seeks to promote accountability in international organisations, raised some of these concerns in a study in December 2015. The study, called 'Philanthropic Power and Development -Who shapes the agenda?', had cautioned on "the growing influence of the large global philanthropic foundations, especially the Bill & Melinda Gates Foundation, on political discourse and agenda-setting in targeted fields, and fully analyze the risks and side effects – intended and unintended – of these activities on sustainable development."

Given the great harm that unsafe vaccines have done to children over the many decades, the Indian government is to be commended for standing up to the billionaire's plan to leave no child unscathed.

(See Anhubhuti Visnoi, "Centre shuts health mission gate on Bill & Melinda Gates Foundation," Economic Times, at http://economictimes.indiatimes.com/article-show/57028697.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst)

Introducing new NHF Staff member Nicholas James and a call for volunteers

After more than twenty years of service to the NHF, the last half of which she was NHF Office Manager, Martina "Tina" Marquez retired in November 2016. Tina's position with NHF stretched back to the days when Maureen Salaman Kennedy was the president of NHF. Scott Tips' assumption of that executive position in 2007 included inheriting staff of which Tina was an experienced part.

Tina has served NHF faithfully through more than two decades of health-freedom changes, including NHF leadership changes. She has helped with several NHF office moves over the course of her long employment with NHF, helping to keep business flowing as usual. Temporarily laid off during the tremendous water damage that occurred during the January-February 1998 El Nino storm that badly damaged the NHF office building, Tina later resumed employment in the Federation's new location. Her loyalty to NHF has been much appreciated and was most recently rewarded in a generous retirement bonus to honor her many years of trustworthy service to NHF and its international members.

Stepping into office administration as NHF's new Office Manager is Nicholas "Nick" James. Nick is extending his considerable talents to serve NHF and its members, having been involved in the nutrient and the motion picture businesses for over thirty years. Also a published author, he runs his own publishing business.

Nick's recent appointment reflects his passion and devotion to the National Health Federation. Using his skills as a manager in the nutrient and entertainment fields, Nick is streamlining office procedures significantly as well as further organizing the onsite Memorial Library.



In previous years, Nick was a sound editor on multiple blockbuster Hollywood films, such as Total Recall and Independence Day. As NHF acquires donor funding for our health-freedom documentary, NHF is now well positioned with Nick's sound-editor skills and experience, which will be vital for this

massive project. Nick can be reached at the Federation's office.

Currently, NHF has placed ads in local publications, with our social media, and on the internet calling for volunteers. Of great concern is our drive to get historical journals and data scanned into the computer to protect them for posterity and catalog them for the health-freedom documentary. Other areas of need are hosting NHF booths at tradeshows and conferences, and assisting Nick in membership service and other office details. For those interested in working at NHF's Southern California location, please email us at contact-us@thenhf.com, writing "Wish to Volunteer" in the subject line. Please include all contact and background information as well as your particular area of interest.

Volunteers are necessary to NHF's international work and could possibly lead to regular NHF staff work later on just as Katherine Carroll, NHF's current Executive Director, can attest to. Twenty-two months of volunteer work beginning in 2011 led to "unleashing her inner activist" and subsequently a position as part of NHF's staff. Help the Federation save the Planet!

Election Results for the 2017 Board of Governors

Reelected and elected to the NHF Board were:

Scott C. Tips, J.D.

Dan C. Kenner, Ph.D., LAC

Carla Sánchez-Anderson

Dr. Robin Falkov

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Year In Review 2016



SPRING 2016

President's Note – Still Being Poisoned,
Dose by Dose, and Glyphosate Tops
the List
By Scott Tips, Pg. 5

ADD? Or Genius at Work?
By Marguerite Dunne, Pg. 8

ZIKA VIRUS: Just Clean Up the Water
and Forget About GMO Vaccines
By Bill Sardi, Pg. 12

Herbs to Fight the Zika Virus
By Marguerite Dunne, Pg. 15

ZIKA: Who Launched The Fake-
Epidemic Story In Brazil?
By Jon Rappoport, Pg. 16

Health Bits & Pieces
By Dan Kenner Pg. 20

"Germs" Help the Body Produce
Vitamin C: Breakthrough Discovery
By Sayer Ji, Pg. 22

NHF World Report – NHF'S Growing
Pains...The Land of Oz
By Katherine A. Carroll Pg. 24

GcMAF Triumphs Over Disease But Not
Over Institutional Evil
By David Noakes, Pg. 27

Book Review – ADAPTOGENS in
Medical Herbalism
By Donald Carroll, Pg. 28

Film Review – VAXXED – From Cover
Up to Catastrophe
By Jennifer M. Wolfe-Gillispie, Pg. 29



SUMMER 2016

President's Note – One Hundred Years
Later, a Different Battle of the Somme
By Scott Tips Pg. 5

Healthcare Is No Longer Affordable
By Bill Sardi, Pg. 9

On the Job, In the Mercury: Occupa-
tional Hazards and Dental Workers
By David Kennedy, Pg. 12

What's Really In Your Milk? Hint: Not
GMOs
By Robert Cohen, Pg. 15

FDA Issues Revised Draft New
Dietary Ingredients Guidance For
Supplements
By Scott Tips, Pg. 17

Health Bits & Pieces
By Dan Kenner Pg. 20

NHF-UK Report – Minister of Health
Jeremy Hunt MP Fosters Corruption
NHF-UK Staff, Pg. 22

NHF World Report –The Power of One
By Katherine A. Carroll Pg. 24

Moving Forward After the DARK Act
By Judith McGeary, Pg. 27

Book Review – The Miraculous Results
Of Extremely High Doses Of The
Sunshine Hormone Vitamin D3
By Donald Carroll, Pg. 28

The Glyphosate Killer
By David Noakes Pg. 30



FALL 2016

President's Note – Kick the Pharmaceu-
tical Industry Out of the FDA
By Scott Tips Pg. 5

In Memoriam – Burton F. Goldberg
By NHF Staff, Pg. 9

Twenty-One Ways to Change the
World
By Katherine A. Carroll, Pg. 10

Democracy and Pharmaceutical Fascism
By Morten Krabbe, Pg. 12

Eat, Drink and Be Buried – Aspartame
is a Carcinogen and California May
Soon Declare It as Such
By Dr. Betty Martini, Pg. 17

Health Bits & Pieces
By Dan Kenner Pg. 20

Carla Sánchez-Anderson – Unstoppable
Beauty, Inside and Out
By Katherine A. Carroll, Pg. 22

NHF World Report
NHF Fights Toxic Drugs in Your
Food
By Katherine A. Carroll Pg. 24

Book Review – NEEM- Nature's Heal-
ing Gift to Humanity
By Lorna J. Hancock, Pg. 29

Book Review – Making Plant Medicine
(Fourth Edition)
By Katherine A. Carroll, Pg. 29

An Early Christmas Present
By Robert Cohen, Pg. 30



WINTER 2016

President's Note – Codex Lazy Monkeys
By Scott Tips Pg. 5

Doctor in Italy Astonishingly Quells
Parkinson's Disease with Overlooked
Vitamin Cure
By Bill Sardi Pg. 10

Disaster Narrowly Averted for Organic
Produce
By Birgitta Lauren, Pg. 14

VAXXED and Other Great Stories of
Suppression – Catherine Austin Fitts
interviews investigative journalist Jon
Rappoport, Pg. 16

Health Bits & Pieces
By Dan Kenner, Pg. 20

Vaccines Do Far More
Damage Than Good
By David Noakes, Pg. 22

Winners of the 2016 NHF Health
Freedom Hero Award
By NHF Staff, Pg. 23

WiFi (Radiation): Will Addiction and
Extinction be the Price of "Progress"?
By David Morrison, Pg. 26

Film Review – Seed: The Untold Story
By Elizabeth Nobbe, Pg. 28

Book Review – Sleep Wise
By Katherine Carroll, Pg. 29

Breaking News – Gates vaccine
foundation banned in India, Pg. 30