

# URGENT NEWSFLASH! Are Natural Health & Organic Farming to become a thing of the Past?

**Important information and advice to safeguard our Freedom of Health Choices:**

## UNFAIR RESTRICTIONS

September 2011 - Issue 2

### on Natural Supplements & Medicinal Herbal Products in the name of two EU Directives

**Two EU Directives have come into force that are set to threaten, or at least greatly restrict, the Natural Health market.**

**EU SUPPLEMENTS DIRECTIVE (Jan 2010)** - This Directive aims to set extremely low "safe upper limits" of supplement potencies. These limits are still under discussion which is why it has not yet come

to pass.

**EU DIRECTIVE FOR TRADITIONAL HERBAL MEDICINAL PRODUCTS (May 2011)** - forcing all herbs and herbal products with medical benefits and claims to become approved. Those herbs that are not approved will eventually be banned from sale unless they become approved by passing the same rigorous testing as pharmaceutical drugs which is prohibitively expensive.

## CODEX ALIMENTARIUS - a 'Silent Stalker of Our Health'

**THE EU Directives and the GM guidelines pave the way for more restrictions on our freedom of choices for our health and food.**

The Codex Alimentarius Commission was set up in the early 60s to set guidelines for anything that is put into our mouths or the mouths of animals used for food. They bid to harmonise food laws throughout the

world and allow an unhindered free flow of food trade between countries. This all sounds very fair and good. However, as the commission is heavily influenced by BIG corporations such as the pharmaceutical and agribusiness industries, the guidelines are extremely biased towards profit and not our health. When the different bills, guidelines and directives are painstakingly put together, we realise what they could (and will) actually mean and entail once they are introduced.

## Untested Vaccines Freely available!

**Vaccines continue to be made available WITHOUT thorough testing, despite many complications and major side effects being reported. These vaccines include MMR, Swine Flu and regular Flu jabs.**

A good example of this is the new HPV Vaccine (misleadingly called the Cervical Cancer jab), available DESPITE over 49 teenage deaths (at time of writing - Sep11) and many other major side effects caused by the vaccine since its introduction. (Search for Cerverix or Gardasil side effects). In addition a Pharmaceutical representative publicly confirmed that it MAY NOT EVEN WORK and they won't know for approximately 20 years! This vaccine is the first vaccine to contain MIXED-SPECIES GM DNA from insects, humans and animals and they have NO IDEA how this will react with our children. Testing was carried out on 16-23 year-olds and yet it has been approved for children as young as age 9! During testing, every rat that was given Polysorbate 80 (an ingredient in the vaccine) became STERILE!!

## Why are Governments allowing this?

Codex's "partner in crime" is the World Trade Organisation who settle trade disputes between countries. They ALWAYS rule in favour of a country that is CODEX COMPLIANT regardless of the merits of the case, enforcing hefty fees to those that are not compliant.

**This is seen in the EU who currently pay an annual fee of €150million because they refuse to purchase GM meat from the**

## Dangerous Additives in our foods and cosmetics

**Dangerous substances such as ASPARTAME and other sweeteners are still freely available DESPITE causing severe short and long term side effects, even DEATH!**

Aspartame was passed as safe in 1983 by the FDA - even though it caused holes in the brains of rats it was tested on. Some of the other 92 documented effects include WEIGHT GAIN, DEPRESSION, CANCER, MIGRAINE & ADHD-TYPE SYMPTOMS. SUCRALOSE (Splenda) is also available but has never been thoroughly tested. Its side effects are thought to be similar to aspartame.

## GM to eradicate Organic Farming?

There are guidelines threatening to be implemented that allow the use of pesticides, growth hormones and antibiotics for all animals and plants that are for human consumption, **including organic produce.** Together with the guidelines allowing **greatly reduced labelling laws** we will not know whether our products are truly organic. Furthermore, once GM crops are introduced into a country, all the crops could eventually become contaminated with GM crops through germination and the crops would then become the property of the GM seed manufacturer, who can sue the farmer for growing their crops without their permission! This has already happened in the US and will further ensure that organic farming will eventually cease to exist.

As agribusiness & biotechnical corporations continue to patent GM sterile seeds, farmers will soon be unable to cultivate their own seeds, being forced to purchase more GM sterile seeds (ALREADY THIS IS HAPPENING IN THE THIRD WORLD in countries such as Iraq, Africa and India).

USA.

Of course when the EU can no longer afford this increasing fee it will have to become compliant as it is slowly doing so already. MPs and MEPs will inform you that Codex sets OPTIONAL GUIDELINES and the EU will not be adopting these guidelines. They are not informed or aware of how Codex will come into force BY STEALTH!

**The FLUORIDE Myth**  
**We have all been told that fluoride is good for our teeth, but is this so?**  
**There has actually NEVER been any unbiased medical research to show this!**

Did you know that Fluoride is actually a waste product of the chemical manufacturing industry and is classed as toxic. In the US it was originally put into tap water to dispose it. In studies, countries with or without fluoride in their drinking water were found to have no marked difference in their dental health. In fact what was found is that countries with fluoridated water had lower average IQ levels! Increased fluoride is put into the water in prisons due to its properties that make us COMPLACENT and STERILE. Even the Environmental Protection Agency are against water fluoridation!

**WE CANNOT GENERATE PROFIT FOR CORPORATIONS WHEN WE ARE HEALTHY & EAT INDEPENDENTLY GROWN FOODS!**

## ACTION YOU CAN TAKE:

As futile as it may seem there is positive action you can take to take back your own power and reduce the power this will have over you! Here are some guidelines that may help - this is certainly not an exhaustive

**1. RESEARCH** - find your own truth. Do not take anyone else's word as fact, especially the Mainstream Media!

**2. Join the NHF** - the National Health Federation (see advert below!)

**3. Write to your MP** - regarding local issues in the UK - be persistently vocal!

**4. SPREAD THE WORD** - tell everyone including your local health shops.

**5. STAY POSITIVE** - and focus on retaining FREEDOM of HEALTH CHOICES, spread awareness without holding onto negative emotions such as anger and fear.

**6. Every £1 we spend is a vote for that company & product!** - USE YOUR VOTE WISELY. Many of the biggest corporations are corrupt - we have

found that the larger the company the more corrupt they can be.

Always try to buy from smaller and independent shops with ethical principles. Also try to buy products made by smaller independent companies. Avoid corporations that try to monopolise the market whenever you can as this is a warning sign of their thirst for power!

### 7. STAY HEALTHY & BOOST YOUR IMMUNE SYSTEM!

~ Obtain plenty of Vitamin D3 (sunscreens prevent our body's natural VitD manufacture so don't use unnecessarily, take a good quality supplement)

~ Take a good quality Selenium supplement or eat at least 2 brazil nuts every day. Selenium content in EU soil is very poor so we cannot get this from our regular food.

Selenium is a very protective mineral.

~ Alkalisise your body by eating the correct diet for your metabolic type. Search on the internet for "alkalisise your body" and "metabolic typing diet"

~ Use natural alternatives to fight infection (eg. Ionic Silver - Silver100 is a leading product, Tea Tree oil, neem oil, etc)

~ Take Omega 3:6:9 oil in the ratio (2:1:1)

~ Take high-dose multi-strain probiotics - make sure the potency is in billions not millions! (more than 80% of our immunity is in our gut!)

~ Eat ORGANIC UNPROCESSED foods, try to cook using pure whole foods, avoid harmful additives such as sweeteners and MSG.

~ Use a reverse osmosis filter or distiller to remove harmful chemicals from your drinking water.

## Further information:

The internet is full of information, misunderstandings, fallacies and misinformation about the current legislation and threats to our health freedom.

In addition, many organisations cannot actually do anything to fight Codex apart from spreading the word. This is because they do not have official delegate status for the Codex Commission meetings. So they may attend as an observer but are unable to put arguments forward and speak out for you.

So after years of research, we have come across this a list of reliable and trusted references if you wish to read further on these issues.

The NHF are the only independent (and therefore unbiased) health freedom advocacy who have official delegate status. Please see the advert to the right for further information.

Edge Media TV (Sky Channel 200) is a platform for unbiased, unadulterated news, documentaries and discussions on the truth behind the false reality that the mainstream media portray to us.

[www.shopholistic.co.uk](http://www.shopholistic.co.uk) has collated some information and links to informative videos on their reference page: "The Threatened Future of our Health Freedom"

[www.ianrccrane.co.uk](http://www.ianrccrane.co.uk) Ian R Crane is a deep geo-political researcher and lecturer.

F. William Endgahl Author uncovering the truth about vaccines and Genetic modification.

Dr Russell Blaylock Nutritional doctor and neuroscientist and author of many informative books.

Brian Gerrish Editor of the UK Column. Brian is a full time campaigner to expose the treason and deceit that has been, and is still being perpetrated, against British people.

*This information is not intended to diagnose or replace advice from a medical professional.*



## NATIONAL HEALTH FEDERATION

A NOT-FOR-PROFIT HEALTH-FREEDOM ORGANIZATION

DEDICATED TO EDUCATING  
& FIGHTING FOR YOUR HEALTH FREEDOM

### WHO ARE THE NHF?

The National Health Federation is an international non-profit, consumer education, health-freedom organization. We have been working since 1955 to protect individuals' rights to choose to consume healthy food, take supplements, and use alternative therapies without government restrictions.

### The NHF have opened local UK Branches

### WHY THE NHF? and need your support

The National Health Federation is the ONLY consumer health-freedom organization in the world officially able to attend and speak out at meetings of the Codex Alimentarius Commission.

### JOIN US from £20 annually or £2.50 monthly & RECEIVE:

- ✓ Regular updates by email covering topics such as latest health threats & other important news
- ✓ Quarterly Health Freedom Magazine \* Full membership only

### YOUR MEMBERSHIP FEE WILL:

- ✓ Help us to run our websites
- ✓ Fund attendance at Codex meetings so we can speak out for you
- ✓ Fund administration costs, printing, etc
- ✓ Fund lawsuits & take other actions to protect the rights of Alternative doctors, therapists and health shops
- ✓ Help us to run local campaigns



Scott Tips

NHF President

"Help us to help you protect your health freedom"



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Your membership will empower NHF to carry out its 2 important missions:

### PROTECT & EDUCATE

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