



# **NATIONAL HEALTH FEDERATION**

**A NOT-FOR-PROFIT HEALTH-FREEDOM ORGANIZATION**

## **CODEX ALIMENTARIUS – THE SILENT STALKER OF YOUR HEALTH FREEDOM**

### **NEVER HEARD OF CODEX? THAT'S EXACTLY WHAT THEY WANT**

**CODEX AGENDA:** Only low-potency, "me too" supplements available that will do nothing for your health

All or most foods genetically-modified

Beneficial supplements unavailable or sold by prescription only

**All Coming to You in the Future, if Codex Has its Way**

**EDUCATE & EMPOWER YOURSELF ABOUT CODEX – PROTECT YOUR HEALTH  
AND THAT OF YOUR LOVED ONES**

### **WHAT IS CODEX?**

**Codex Alimentarius is Latin for "Food Code."** The Codex Alimentarius Commission, based in Rome, Italy, and created in 1963, is an international organization jointly run by the Food and Agricultural Organization (FAO) and the World Health Organization (WHO) of the United Nations. One of its 27 committees, the Codex Committee on Nutrition and Foods for Special Dietary Use (CCNFSDU) is responsible for Dietary Supplements and Special Foods. The CCNFSDU meets once yearly in Germany (its host country) and the National Health Federation is the only health-freedom group that is a Codex-recognized organization with the right to attend and speak out at these meetings.

Codex's published goals are to develop and adopt uniform food standards for its member countries and to promote the free and unhindered international flow of food goods, thereby eliminating trade barriers to food and providing food safety.

### **HOW DOES IT AFFECT THE HEALTH OF U.S. & OTHER CITIZENS?**

Unfortunately, implementation of this goal has headed in the **WRONG DIRECTION. WHY?**

Because, among other reasons:

- The delegates to the committees are regulatory bureaucrats, largely out of touch with consumers and influenced by commercial interests adverse to true health. As a result, they are establishing unhealthy guidelines.
- The U.S. FDA delegate at Codex is no friend to health freedom, as shown when it announced the FDA's intention to harmonize U.S. food regulations to international standards, a position it also took in an October 11, 1995 *Federal Register* pronouncement.
- In 1994, Codex began the process of establishing "guidelines" to govern international trade in food supplements. This will be used to exclude high-potency American supplements and move towards harmonization of the more-liberal U.S. food regulatory regime with the harsh European regulatory model that only allows ridiculously low-potency and expensive supplements to be marketed.
- Other Codex-harmonization issues concern food additives, GM (genetically-modified) foods, food labeling, infant formulas, risk assessment of food supplements, and other related issues.

### **WHY IS THE U.S. FDA CODEX DELEGATE NOT FIGHTING FOR YOUR HEALTH RIGHTS AT CODEX?**

The U.S. FDA despises the 1994 DSHEA Act – which, by removing the FDA's *arbitrary* enforcement powers, has protected our rights to healthy food supplements. Unfortunately, as a cozy friend of the drug companies and with an anti-supplement mentality, the FDA has acted to suppress supplements in favor of drugs instead. The FDA knows that it is politically difficult to attack DSHEA directly, so it and its allies try indirectly to eliminate DSHEA by having supplements treated as drugs rather than as foods. The FDA is using harsh and restrictive Codex guidelines and other international, anti-health harmonization rules and regulations as one way to undermine DSHEA.

The NHF has been monitoring Codex meetings since the mid-1990s and actually present at these meetings since 2000. Having recognized the threat early on, the NHF obtained official Codex-recognized status as an INGO (International non-governmental organization), which allows the NHF the right to speak out for health-freedom at these Codex meetings and against this U.S. FDA and Codex agenda. No other health-freedom organization has such status, so the NHF is unique in this respect and the lone non-governmental voice at Codex for health freedom.

### **WHAT CAN YOU DO TO HELP FIGHT FOR OUR HEALTH FREEDOMS?**

Be persistently vocal and contact your legislators to complain about the lack of representation by the FDA and Dr. Barbara Schneeman at Codex meetings. ***Remember, politicians do not see the light, they feel the heat.*** Write your clearly stated concerns, then call, e-mail, and also fax, use every approach. If you reside in their district, they will listen to you, as they want your vote and your money.

Write letters to the editor, educate friends and co-workers. It must be a grass-roots effort to save our country as history has shown that we cannot expect politicians and bureaucrats to do it for us.

**To further educate yourself on Codex:**

Visit [www.thenhf.com](http://www.thenhf.com) (Codex page)

**Go to our website for our just-released Codex book, which unmasks the true Codex agenda in a reader-friendly form.**

**Join the NHF and support our decade long struggle against the Codex threat.**

**HELP THE NHF CONQUER THE CODEX GRIP**

**DON'T WAIT UNTIL IT'S TOO LATE**

**KNOW YOUR ENEMY AND WHAT YOU CAN DO TO FIGHT BACK**

**About the National Health Federation**

**Established in 1955, the National Health Federation is a 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 6 different countries, the Federation is unique in being the only consumer health freedom organization in the world to enjoy official observer status with the Codex Alimentarius Commission.**

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