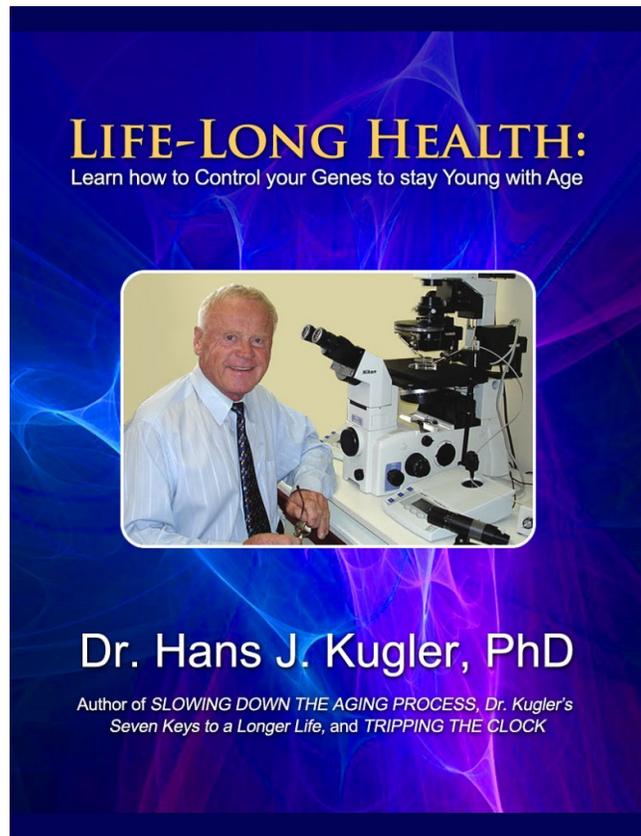


Volunteering: More Fun than Work!

Written By Dr. Hans J. Kugler, PhD, NHF past president and board member

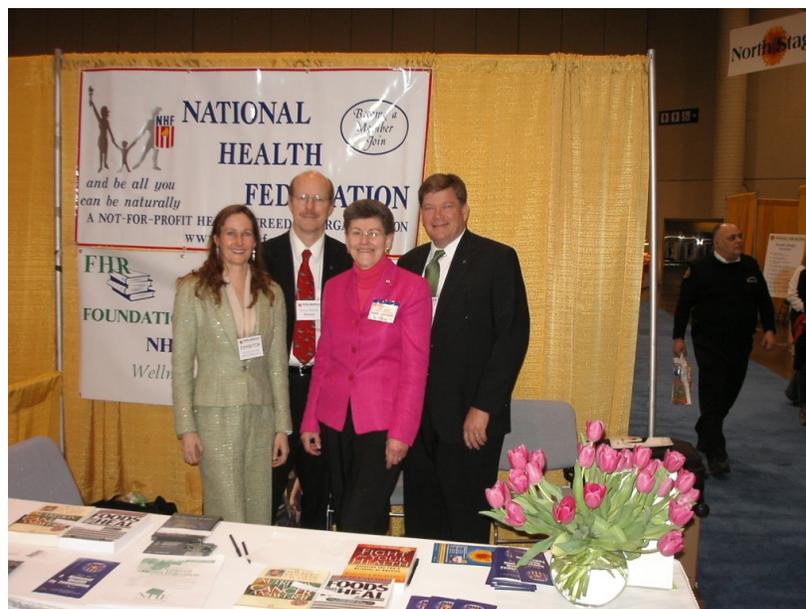
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Hi! Are you familiar with NHF? The National Health Federation is the oldest, and most active, organization fighting for your health-freedom rights. May I show you - "

That's how—at the NHF booth at the recent (March 2-4) Long Beach Health Freedom Expo—I got people interested who were strolling past our booth.



Once I had their attention, I handed them a membership application, explained the benefits – from e-mail alerts to our magazine – and our magazines and more.



If you sign up today, you can have one of our books for free, - - - pointing out a number of books we had available, what they were all about, like the CODEX book, and why people must be aware of what CODEX is all about (- - trying to take supplements and special nutrients away from us and allow contaminants in our food supply).

Naturally, our pride was to point out that Scott Tips, NHF President, would be giving a talk about CODEX, and exposing the tricks used around the World to take 160+ supplements, vitamins, and special nutrients that are effective in the prevention and treatment of various diseases, away from us.

Why would they – governments – want to do this?



You have to understand the disease business – heavily supported by government agencies – that want to maintain/increase their profits, while keeping us sick, coming, and paying.

By the way, the belief that nobody is really trying to find effective cures for diseases will be a key topic at the upcoming medical congress of the American Academy of Anti-Aging Medicine (A4M), to be held May 17-19, in Orlando, Florida. I will be speaking there, with my talk – *“Stem Cells, where is the beef?”* – evaluating present stem cell research, and evaluating why major research efforts are not aimed at finding person-specific embryonic stem cells.

But volunteering at a meeting like this – there is one coming up in Chicago soon, the Health Freedom Expo in June – is also a lot of fun. You get a free pass, you can explore the many exhibits, and you can even attend any one of the many interesting lectures that cover anything from healing magnets, to new supplements, or anti-aging developments.

So, if you live in the Chicago area, how about volunteering at the NHF exhibit?



Note by Katherine Carroll:

I first met Dr. Kugler in October 2011, when I traveled to LA to meet various Board members and visit the NHF headquarters. Dr. Kugler's energy is positively contagious and he is the picture of vitality and health- he exudes energy and has fire in his eyes. It will be my first time volunteering to host a table along with Scott Tips, at the Chicago Health Freedom Expo in June. So I turned to Hans, asking for advice to make this first experience of many a successful one. Having the passion and experience of Dr. Kugler and Scott Tips available to mentor those of us interested in using our time, energy, and resources to volunteer is invaluable.

Many of us carry NHF with us wherever we go, dropping magazines at the local co-op or health-food stores ... sharing them in our professional office waiting rooms or leaving brochures with family members who will help in our efforts to build awareness of NHF's powerful mission and increase our forces. One in our own ranks, Caroline Knight, Executive Director in the UK, put on a conference in London, England that you will read about soon on this blog. It was so successful it will be an annual event.



If you have a vision and a passion for starting a local chapter in your city, if you desire to host the table with us in Chicago, or if you have any other ways in which you're ready to take your membership with NHF to the next level, please let us know and we will make sure you have everything you need to create a successful outcome. One thing about us health-freedom fighters, we never give up and we are always – everyday – each one of us finding ways to advance the cause of health freedom. We have said it before, but it bears repeating: We cannot do it without YOU!