

Note From the NHF President, Scott C. Tips

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Dear Treasured NHF Member,



If you haven't yet made an end-of-year donation to the National Health Federation, you still have today to drop a check in the mail, call us, or use our online donation form. Another great way to support NHF's work is to purchase a membership for family, friends, or a corporate membership for yourself, which allows you to share additional Health Freedom News magazines with your workplace.

How has NHF continued to maintain an uncompromising approach to health and health freedom during our 60 years of existence?

Because we believe that it's the best way — if not the only way — to achieve the quality of life that is inherently ours to hold. If we haven't our health, our enjoyment of life is vastly compromised. If we fail to insist on health freedom, we lose our ability to create excellent health. They go hand in hand.

By making the principled case for food integrity and individual health freedom and the right to pursue that goal as we choose, NHF shifts the thinking on a global level. As NHF represents you and your family at Codex Alimentarius where decisions on the integrity of what we eat, drink, and what nutritional supplements we use and in what potencies, NHF contributes sanity and wholesomeness to the inevitable "harmonization" process of Codex. NHF is the catalyst to a monumental shift globally that brings us increased health and health freedom and adds to the quality of all of our lives.

That's the way it has always been in NHF's 60-year history. The great movements for health and health freedom have always been led by an infinitesimally small minority of people — those who adhere strictly to principle and, in the process, attract a growing number of people who believe the same way. What ultimately matters, however, is that we continue standing for what's right. And we fall unless you stand in active support alongside us.

YOUR NHF SUPPORT Has Made These – and so many other – Achievements Possible!

- February 2014 in Bergen, Norway: NHF argued against the continued inclusion of aluminum in fish batter at the Codex Committee on Fish and Fishery Products. Aluminum was removed.
- March 2014 in the United States: NHF was the first to notice and point out that the FDA, with its new proposed food-labeling guidelines, was actually attempting to harmonize vitamin-and-mineral Daily Allowances down to ridiculously low Codex levels.
- March 2014 in Hong Kong, China: NHF continued its work in removing aluminum from food additives at the Codex Committee on Food Additives, and argued that aspartame is a dangerous and harmful artificial sweetener.
- March-April 2014 in The Hague, Netherlands: NHF argued for lower permissible arsenic and lead levels in foods at the Codex Committee on Contaminants in Foods meeting. The debate continues with NHF persistently pushing its views for safer foods.
- April 2014 in Paris, France: NHF participated at the Codex Committee on General Principles meeting where changes in the Codex Procedural Manual were being proposed.
- April 2014 in Atlanta, Georgia: NHF actively participated at a doctor/healthcare-practitioner conference given by Dr. Dan Pompa and where Scott Tips spoke on Codex and health freedom to a large audience.
- May 2014 in Daventry, England: NHF-UK appeared in force at the Alternative View 5 conference, where Scott Tips again spoke on Codex and health freedom.
- May-June 2014 in Texas: NHF joined coalition efforts to help with intended passage of a constitutional amendment in Texas

guaranteeing Texans their health freedoms. • July 2014 in Geneva, Switzerland: NHF actively participated in the Codex Alimentarius Commission meeting, where it argued strenuously for decreasing the amount of lead permitted in infant formulas, the levels of arsenic in rice, and against any continued use of aluminum as a food additive. • September 2014 in The Hague, Netherlands: NHF attended the Codex European regional meeting (styled CCEURO) where NHF was publicly acknowledged by the chairman for its passionate representation of consumer interests. Additionally, Scott Tips spoke at the Farm and Ranch Freedom Alliance in Bastrop, Texas to a packed conference attended by activists, farmers, and ranchers. • October 2014 in Rome, Italy: NHF aggressively argued at the Codex Committee on Food Labeling against the continued erosion of organic standards. • November 2014 in Birmingham, UK: NHF participated at a nationwide conference where Scott Tips spoke on health freedom to a packed and enthusiastic crowd. • November 2014 in Bali, Indonesia: NHF actively participated at a pivotal Codex Nutrition Committee meeting on vitamin-and-mineral daily values where NHF was successful in getting the daily allowance for Vitamin C raised by 220%!

The Codex standard-making process has 8 steps. Much of the work begun above by NHF will continue in 2015 and beyond. NHF is persistent in vocally representing YOU in these international meetings. NHF demands decision-making that reflects health and health freedom. Already NHF's calendar of speaking engagements is filling up as the awareness of our need to protect our health freedom rises among various groups. If you have a group of 50 or more and wish to schedule with NHF for a speaking engagement, please email contact-us@thenhf.com for more information.

To donate to NHF online [visit our Donations page](#).

To donate by telephone, please call: 1.626.357.2181.

To drop a check in the mail see address below.

To give the gift of NHF Membership to family and friends, or to upgrade to a Corporate Membership [visit our Memberships page](#).

Thank you very much for your devotion to health and health freedom and for your support of NHF. And a very Happy New Year to you!



Sincerely,

Scott C. Tips, JD., President and General Counsel

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