

From Baby Food to a Nation of Babies

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Many believe that wise old saying: "You are what you eat." This would imply that most agree that it is important to know what we are eating and to have control over what goes into our mouths.

However, ask anyone what "Codex Alimentarius" is and most people won't have a clue. It's a big word and tires the brain just looking at it. Who would ever have guessed that this is the title of the United Nations organisation responsible for controlling what we do or do not put in our mouths: our food-supply-decision-makers?

Baby food? That's their job too. They decide who eats it, who sells it, who buys it and who gets it. Codex Alimentarius ('Food Code'), the champion of "free trade," is there to make sure that mothers who are breast-feeding their children in famine-stricken, Third World countries get "equal access" to these nutritionally doubtful products.

In Josef Hasslberger's article "Who Decides About our Health," we learn that in Berlin November 4-8 2002, the Codex Committee were busy developing guidelines on how to define vitamin and mineral supplements. Should we continue to see them as food and keep them within the confines of the Codex or - as the pharmaceutical giants are now insisting - should we consider them as medicine and demand that they be subjected to the same extortionately expensive regulatory procedures (from the FDA and HPB, etc.) that mainstream, synthetic pharmaceutical products undergo?

This would involve handing them over meekly and obediently to the exclusive control of the pharmaceuticals industries. Quite naturally the shrewd businessmen within the Pharmacartel wish to muscle in on this potential multi-billion-dollar sector of the market. This is especially true as public opinion is increasingly pulling away from their costly chemical therapies with the myriad serious side-effects that they often entail, towards these natural and effective age-old remedies that cure us without endangering our health. Why else would they have been investing hundreds of millions of dollars in lobbying aimed at destroying and discrediting the alternative health industry for so many years? It's a simple question of eliminating competition.

Although the Codex guidelines are not immediately applicable as laws, they are nevertheless used by many countries - especially in the Third World - for creating their own legislation. The World Trade Organization also uses them when resolving trade disputes between countries and then uses sanctions to secure the widespread sale of this or that product. So the Codex is used as a tool by the globalizing forces on this planet (the Pharmacartel & Co.) to maintain their financial dominion.

The following information is from *Friends of Freedom*, the Canadian Health Rights Advocacy Organization campaigning for freedom of choice:

“The Codex Alimentarius is an international commission that was created in 1962 by the pharmaceutical industry as a branch of the United Nations and is connected to the World Health Organization, and the World Food Organization. Of the 30 committees using the title "Codex Alimentarius," those involved with food supplements and vitamins are of particular interest to the pharmaceutical industry. In the future, the commission wants the distinction between food and medicine to be made by the pharmaceutical industry and not by governments. Here are some of the ramifications if the Codex becomes the world-wide standard:

[1] A world-wide ban on all information about the preventive nature and therapeutic health benefits of vitamins, minerals, amino acids and other essential nutrients will be put in place. Item 5.7 of the proposal by Codex states: The label must contain a warning statement if the product contains a significant amount of a nutrient with respect to the toxicity level. (Show us who has been killed as a result of the thousands of natural health supplements used by hundreds of millions of people daily to justify these risk concerns.)

[2] Outlawing unrestricted access to essential nutrients, which exceed the arbitrary and illogically low dosage recommendations of the Codex. This information, taken right off the Codex website, indicates (Item 3.2.2) that the maximum level of each nutrient contained in a vitamin and mineral supplement should not exceed the RDA 100% of the recommended daily intake or the estimated safe and adequate intake per daily dose. The RDA (Recommended Daily Amount) was established during World War 2 and was the minimum amount that a soldier should take to avoid getting diseases like scurvy. For example, the RDA level for vitamin C is currently 60 milligrams. Modern research has not been used to update these standards. Our zoo and racing animals have better nutritional standards than our human population!

[3] Imposing international trade sanctions upon nations not willing to implement the "Codex" decisions into international law. Visit the website, www.tradewatch.org, to see the list of U.S national laws that would be changed to reflect the new proposed international standards. In the proposed Free Trade of the Americas draft document, (www.ftaa-alca.org), the Codex requirements will be binding on all countries that sign that agreement.”

Since it has become clear that the Codex Alimentarius is a real threat to all kinds of natural therapies, several grassroots organizations against them have formed all over the world, and are linking their networks to stop this threat to human health and freedom of choice in health care.

The more that high dosage vitamins are publicized as an effective and side-effect free competitor to a whole range of drugs produced by the pharmaceutical industry, the more the Pharmacartel has to vilify them.

A study from the *Journal of American Medicine* in 1998 concluded that properly prescribed prescription medicine is estimated to kill more than 100,000 people a year in the U.S.A. alone. On the other hand, many studies are promoting mega doses of nutrients for good health such as Folic acid, Vitamin C, etc. One such study was done by Dr James Enstrom and his colleagues from the University of California where they investigated vitamin intake of more than 11,000 Americans over ten years.

This government-sponsored study showed that people who took at least 300 mg per day of Vitamin C in their diet, or in the form of nutritional supplements, compared to 50 MG contained in an average American diet, could reduce their heart disease rate by up to 50% in men and 40 % in women. This same study showed an increased intake of Vitamin C was associated with an increased life expectancy of up to six years.

It is ironic that anything that improves the health of citizens and cannot be patented is a threat to the Pharmacartel. In research conducted by the Canada Health Monitor, 1 out of 2 Canadians use natural health products, and 56 percent of Canadians have used complementary medicine in the last 6 months and self medication via natural supplements is increasing in popularity.

It is because of this that the pharmaceutical industry has tried repeatedly in recent years, to lobby at the national and international levels to outlaw supplements that contain an effective amount of vital nutrients that promote good health, and also to restrict the general public's access to natural health-related disease-specific information."

For these very reasons we need more than ever to start informing ourselves. Humanity needs to grow beyond its present state of infantile dependence on a minority of "cleverly-spoken-highly-qualified-experts" who force-feed us poison for their own profit and withhold from us our right to choose natural therapies for the cure and prevention of illness.

A nation of babies is a dangerous nation, whichever nation that may be. TV culture is greatly responsible for diminishing our ability to question authority and makes us more malleable. It is no difficult task to manipulate human beings if all their lives they have renounced autonomous thought and active participation in the decision-making that governs them.

What do most of us really know about politics and economics other than they are being annoying or difficult subjects at school? However, these are the forces in society that have a direct effect on whether we are healthy or ill, whether we go to war or remain in peace, whether we live or die. Perhaps it seems simplistic, but if we want to live, if we want to protect our children, then learning more about how we are "governed" is as important as learning how to eat.

The common feeling in this age of overwhelming information and confusion is that if we add anything else to our already stressed agenda our brains won't be able to cope. Fortunately and contrary to popular belief, making room for a little more information, especially if it is of a life-saving nature, will not make our brains explode.

It is now painfully clear that if the average person does not wake up soon and begin to demand that his or her participation in the decision-making regarding food and health be acknowledged, then the present situation of being poisoned and manipulated by a minority of unscrupulous profiteers risks wiping out vast portions of the world's population...again...and again.

So, to stay alive and healthy in this troubled age we should do the following things:

***Ask** ourselves what is going on in the United Nations regarding Codex Alimentarius, the supplements issue, and write to them insisting that they respect our right to choose.

***Inform** ourselves about the decision-making that is also taking place above our heads in the European Parliament which, like Codex, is conspiring to destroy the supplements market. Americans, Canadians and South Americans included – what passes in Europe may well also come to pass in the New World. Let's not forget that these are global and not simply national forces.

***Write** to our local and national governments demanding that they refuse to implement these insane laws regarding supplements which will annihilate our right to choose how we take care of our own health, something which is our most basic human right and which no government, no governing body, no matter how "qualified" may take away from us.

***Join** the health-freedom movement and the many grassroots associations all over the world that have been campaigning for our health rights for many years.

And remember the wise words of George Bernard Shaw: *"Liberty means responsibility. That is why most men dread it."*