

The National Health Federation Makes a GLOBAL Difference!

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These last several years have been nothing short of amazing. When the National Health Federation – the World’s oldest health-freedom organization and the only one with a seat at the table of the Codex Alimentarius Commission – first started attending Codex meetings in 1997, it did so just with the status of a news reporter. Then, a few years later, the NHF started attending Codex meetings as a member of the U.S. Codex delegation, which was quickly followed by actual accredited status granted by Codex to NHF as an International Nongovernmental Observer (INGO).

INGO status at Codex allows NHF to attend all meetings, speak out at the meetings, submit written documents to the other delegates, and interact in real time with the delegates. At first NHF’s rather “radical” and unique position promoting health freedom was perceived as a hindrance by other delegates to their global agenda to create restrictive food standards and guidelines. And, in fact, it still is by some; but an increasing number of delegates now respect and even support NHF’s pro-health-freedom positions at these meetings.

A few cases illustrate this very real change. At the 2009 Codex Nutrition Committee meeting in Dusseldorf, Germany, the NHF virtually singlehandedly stopped the progress of a Guideline of “dumbed down” Nutrient Reference Values (NRVs) that otherwise would have passed with no opposition. The Guideline, among other things, would have reduced the NRVs (like RDIs/RDAs) for Vitamin C from an already abysmally low 60 mg/day to an even lower 45 mg/day! The B vitamins were similarly to be lowered, as was Vitamin A and magnesium. It was ridiculous and the NHF said so and argued virtually alone for nearly an hour to finally succeed in stopping this NRV guideline from advancing.

The following year, at the 2010 Codex Nutrition Committee meeting held in Santiago, Chile, the momentum for this Guideline had been stopped so much that by this time many other delegations opposed the NRV Guidelines and they were stopped once again, this time more easily. In November of this year, again in Germany, we shall see how much opposition is sustained against these Guidelines.

NHF achieved a similar result in the Codex Committee on Contaminants in Food with the melamine issue. Melamine is an industrial and herbicide contaminant in food. In 2009 and then again in 2010, NHF was the sole delegation out of hundreds to speak out against the high permissible levels of melamine contamination permitted in foods. But by the March 2011 Committee meetings and then the July 2011 Codex Commission meeting, the NHF had amassed so much support that it was able to stop the progress of one of the melamine standards that would have permitted high contamination levels in infant formulas!

Increasingly, NHF has found that its opinion, stance, and even support are sought by country delegations at these meetings. And even when the result of a debate has been less than certain, others have come up to the NHF delegate to express appreciation for the strong and firm views it expressed at that session. These days, the difference in the respect accorded to NHF and impact made by NHF at these meetings is remarkable.

Similarly, NHF has advanced a legislative strategy to rein in the FDA’s Guidance for Industry on New Dietary Ingredients (NDIs), which was first published last July and would

impose excessive costs and regulatory burdens on those dietary-supplement manufacturers and distributors with products containing “new” ingredients, even though these ingredients are very safe. By the time, this article is read, a new bill will have been introduced into the House that will strongly restrict the FDA’s ability to impose these costs and burdens upon the industry and, hence, the consumers. While passage can never be certain, the bill is written in such a way as to achieve maximum support.

Overall, then, the last several years have seen a string of successes for the National Health Federation globally as well as some strong moves nationally in support of health freedom in particular and natural health in general.

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