

## Countdown Begins for Celebrating NHF's 60 Years

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The National Health Federation (NHF) believes that you have the right to pure food and beverages without additives, contaminants like fluoride, and chemicals. NHF believes you have the right to know what goes into your body with full disclosure and complete transparency in labeling as in the case of GMOs, Ractopamine, aspartame, and more. The National Health Federation believes that you have the right to choose whether to vaccinate or not. And the National Health Federation believes you have the right to visit the health practitioner of your own choosing, using their chosen protocols.

As you know alternative therapists are now on a blacklist, having their businesses raided and shut down. Clients and patients seek contraband therapies, which just happen to be in direct competition with the drug companies' knock-offs; therapies that should be legal and are blocked by our own government. Oscar Winner Matthew McConaughey's outstanding performance in the "Dallas Buyers Club" brings the plight of alternative practitioners and patients to light in a captivating film where our own government is the enemy of health freedom and acts against desperately ill patients in a fight to the finish over their right to choose.

The National Health Federation has been protecting your right to health and health freedom for nearly 60 years now as an international organization. We've been defending you before many of you even knew NHF had been guarding your food, keeping it safe, and protecting your health by doing so. NHF is the first food activist. We are the first food regulators representing the consumer. In fact, we are older than Codex Alimentarius (which means "Food Code" in Latin), the governing body for the World that sets the standards and guidelines for virtually all that we eat and drink.

**Behind NHF's work at Codex Alimentarius and in the World, NHF has had for the past seven years a food-and-drug specialist attorney as President of our organization, Scott C. Tips. Who best to fight for you and your family than a trained specialist when food safety and purity is in the spotlight globally right now?**

The history of NHF is vast, spanning decades and is full of passionate health-freedom fighters. It all started in 1955 when founder Fred Hart, a researcher, was working with a frequency device much like the Rife machine to cure illness in animal models. He wanted to use the outcome of his successful research on humans but felt he needed a grant to further his work. Fred was able

to gain the interest of the Department of Agriculture and they were interested in working with him on this project.

However, Franklin D. Roosevelt got wind of it and was not interested perhaps for reasons we are all too familiar with now (suppression of successful natural therapies.) The Health Department then advised the Department of Agriculture, "If you give Fred Hart a grant to continue research with his frequency machine, it will be the last grant you EVER give."

Fred's anger at this senseless rejection of a proven therapy led to the formation of the National Health Federation. And we are still fighting hard today for your right to seek care from alternative health-care practitioners (who may even use these types of devices) as well as continually defending your right to use nutritional supplements without prescription from a doctor and at effective therapeutic levels.

**In fact, if the National Health Federation had NOT been protecting your right to use supplements, they would have been handed over to doctors and made available only by prescription only long ago!**

While the World has seen several wars come and go over the course of the last 60 years, the National Health Federation has been **consistently on the front lines of the battle** for health and health freedom, day in and day out without let up. From fluoride to aspartame, Ractopamine to Zilpaterol (powerful vet steroids added to meat and labeled "natural"), to fighting for your right to use alternative practitioners like chiropractors, NHF has acted not just as a health educator but more as a major adversary opposing the elitist Global food code proponents at Codex. Several of our staff and volunteers at NHF are nutritional therapy practitioners who are passionate about preserving the integrity of food, beverages (even water!), and nutritional supplements.

**While other health-freedom organizations formed long after NHF are claiming to be the #1 leader in health freedom globally, most of them have dropped off, and NHF marches on leading the World to create standards and guidelines at Codex that impact billions internationally. NHF is active on all fronts: State and Local, National, and International. No other health-freedom organization can lay claim to this level of power to impact positive change in the World. Not one.**

They say as you get older the wind blows more stiffly in your face. In other words, the battle gets *tougher*. *But it's because NHF can handle it that we persist. We have stood the test of time, alongside you as the war for our health and health freedom increases in intensity.* NHF gets stronger despite the economy and despite the tough battles we have fought. Even though they have been seeding the skies with noxious chemicals as well as our bodies with the DNA of mutated life forms, NHF will fight all those who seek to do us and the Earth – plants and animals included – harm. Our reach extends to all life, not just humans.

Thank you for standing firm in this battle for your body, your health, and your freedom, which has been our battle for nearly 60 years now. Thank you for trusting the National Health Federation with your very life.

***YOUR VOICE FOR HEALTH FREEDOM FOR 60 YEARS™***

We always say we cannot do it without ***you!*** And we mean it. NHF continues to rely ***solely*** on the support of its members and donors accepting ***no government funding.***

In front of NHF now is our dogged insistence that aspartame and aluminum do not belong in our food, beverage, and nutritional-supplement supply. The NHF delegation is at the Codex Committee for Food Additives (meeting March 14-22 in Hong Kong) as ***Your Voice for Health Freedom™*** once again.



In the mid-1970s, the FDA was opposed to aspartame, even going so far as to cite 92 side effects from neurological, psychiatric, seizures, and more. Somewhere along the way, perhaps some money changed hands or future employment was promised, and the FDA reversed its position, approving the artificial sweetener and with the surprising claim that aspartame is safe despite the incredible amount of evidence arrayed against aspartame. This will, of course, only continue to increase the bottom line of industries dedicated to poisoning us.

NHF has been traveling once again, armed with the latest research to present to Codex and JECFA, the scientific body advising Codex. NHF President Scott Tips has been arguing once more against each insinuation of more toxins, additives, and contaminants into our food and beverage supplies representing you as

**YOUR VOICE FOR HEALTH FREEDOM FOR 60 YEARS™**

Celebrate a long, illustrious adventure with the National Health Federation by joining our continuing intense efforts to preserve your health and health freedom as the battle reaches what very well may be the climax as we face off against those who are now visiting destruction upon the human race. Visit <https://thenhf.com/join-us/become-a-member/> to **become a member** and then please make a donation at <https://thenhf.com/join-us/make-a-donation/> We cannot do it without **You!**

**Join NHF Now & Support Your Health Freedom**

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**Will You Be Health Freedom's Next Hero?**

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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 unnecessary government restrictions. The NHF is the only such organization with recognized observer-delegate status at Codex meetings.

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