

A QUICK UPDATE FROM NHF'S VICE PRESIDENT


By Sylvia Provenza

As NHF vice president and president of the Pennsylvania NHF Chapter, I am continually representing the Federation at various health shows in our State and beyond. My husband Joe is equally active in this regard and deserves high praise for his efforts. To give you an update of our most recent activities, the two of us began working at an NHF booth at the Farm to Table Annual Conference in March, which lasted three days in Pittsburgh. With speakers encouraging attendees to eat local food, choose a healthy lifestyle, and to support local farmers and exhibitors all related to natural food, we were well received by the public and acquired almost two-dozen new NHF members.

Joe and I also always represent the NHF at the Freedom of Choice meetings held in Butler, Pennsylvania. I usually speak on the latest and most critical issues or legislation that the Federation is currently facing and sign-up new NHF members. The main speaker of the May meeting was Kevin Brown, author of *The Liberation Diet*, speaking on the importance of diet and nutrition for our health. I signed him up as a new NHF member and his

book is on the Suggested Reading list of our website at <http://www.thenhf.com/suggestedbooklist.html>.

Then, in June, Joe and I were privileged to meet Bernando LaPallo, who is a 109-year young writer and speaker on his personal longevity and who has written a book called *Age Less, Live More*. He is currently working on a second book. Mr. LaPallo signed up as an NHF member, making him the oldest Federation member that we know of without specific records. His book, too, may also be found as Suggested Reading on our website.

This coming August, Joe and I will also be manning the NHF booth at the Freedom Action National Conference in Valley Forge, Pennsylvania, from August 12th-14th, along with the Federation president, Scott Tips, who will be speaking at this event on "Codex and the Continuing Drive to Control Natural Supplements." The man behind these conferences, Tom DeWeese, always puts on interesting, well-attended events; and we expect that this one will be no different. We hope to see some of our NHF members at this Conference. 



Left to right: NHF VP Sylvia Provenza; newest NHF member, Bernando LaPallo; and Joe Provenza, NHF member.



Left to right: Kevin Brown, CPT, NC, NHF member, author and speaker; Sylvia Provenza; and Joe Provenza.