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HEALTH FREEDOM NEWS®

FALL 2019 / VOLUME 37 / NO. 3
The Journal of the National Health Federation

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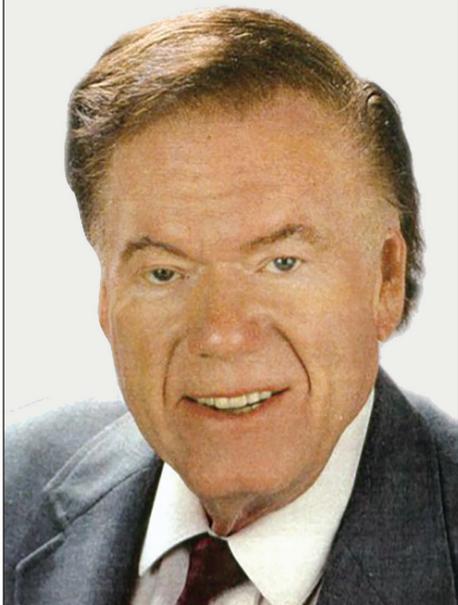
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"A Radical, Safe, Proven and Inexpensive Approach to Health Using **Microcurrents of Electricity**"

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LETTERS TO
THE EDITOR

Dear Editor,

Thank you for all you do. It is important work and doesn't get the attention it should. Many people are behind you, even if they don't know it yet. I like reading your Facebook posts and try to imagine how you all keep up the stamina to do what you do. It must feel daunting at times but is important work.

Regenerative agriculture is the key to everything. Grass is the solar link in the circle of life! (I wrote that on another post, having "Lion King" and "Omnivore's Dilemma" on the brain at the same time.) Thanks!

Sincerely,

Lorraine Rudd, NTP

Lunenburg, MA

Dear Editor,

I so appreciate the work that the National Health Federation does. There are so many issues affecting health, informed choice, and health freedom these days. NHF's ongoing mission to inform the public about the threats and to encourage activism is so important.

Thank you so much for all the information. I hadn't heard about Zilpaterol but found information on the NHF website. So much deception. I'm encouraged, though, that people are waking up to the ongoing pharmaceutical/GMO/Federal bureaucratic lies. There's going to come a point that Wiki and the skeptics are going to lose all credibility, although it may take longer than I want.

Thank you for all you do.

Best wishes,

Jule Klotter

Townsend Letter for Doctors and Patients

Dear Editor,

I can't express enough how urgent and vital NHF and President Scott Tips' mission, vision, and values are for transforming and uplifting society into being health oriented!

Sincerely,

Alex Landry

Dear Editor,

Bless you for the work you are doing.

Legislation and media propaganda here in Connecticut and throughout the United States is extremely skewed to support Big Pharma profits.

Sincerely,

John Del Vecchio

Dear Editor,

Thank you for sending us two copies of your magazine. We applaud people and organizations like you for what you are doing. The world of corporations/governments has become a very evil place.

Unfortunately, at this time we are not able to help financially, but when we can we will.

We also keep abreast of other sites from the USA and what is going on in the health/political sector, which is very bad. I do my best to let people know what is going on, as I said, "Pure Evil."

As John Pilger once said, "The more people who know what is going on, the harder it is for them to do what they are doing." Keep up the good work!

Kind regards,

Wanda Roberts, NHF Member

Dear Editor,

There are many – and much more nowadays – good people spreading the information and finding even new and completely natural ways of maintaining our health and healing. It is only a matter of time for society to "switch" the reality/ies we are all living in, I hope!

The work of NHF has been nothing short of lifesaving for millions of people around the United States and the World! Thank you all for all of your work and big hearts!

Hugs & blessings to everyone!

Daniella Ivanova

We welcome your Letters to the Editor. Please include your name, address, phone number, and email address. We reserve the right to shorten and/or edit any submitted letters.

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The Glyphosate Cases Grind Forward as Health and Fertility Rates Plunge

BY SCOTT C. TIPS, NHF PRESIDENT

You have never seen a live dire wolf. And yet dire wolves traveling and hunting alone or in packs were formidable adversaries. Five feet long, two feet high, and weighing 150 pounds of solid muscle, these predators were much larger than today's grey wolves and very ferocious, with sharp claws and a bite that could not only rip through flesh but crush the bones beneath the flesh – that is, until about 11,000 years ago when they were utterly and completely hunted to extinction. By humans. Puny, clawless humans. They – no, *we* – did this.

Now, we are driving *ourselves* to extinction as multiple diseases afflict humans at younger and younger ages and in ever-widening circles. One cause in particular may be laid at the feet of numerous chemical pesticides and herbicides, the most notorious of which is glyphosate (sold as the active ingredient in Roundup® by Monsanto, now Bayer AG).

The Devil in Disguise

Over 1 billion pounds of pesticides are used in the United States each and every year, while approximately 5.6 billion pounds are used worldwide.¹ On January 24, 2017, the United Nations (UN) published a report in which it stated that although pesticide use has correlated with a rise in food production, it has had catastrophic impacts upon human health and the environment. The report went on to say that “increased food production has not succeeded in eliminating hunger worldwide. Reliance on hazardous pesticides is a short-term solution that undermines the rights to adequate food



Painting by Charles R. Knight

and health for present and future generations.” In fact, the UN blames pesticides for poisoning 200,000 people each year.² I think that figure is very conservative.³

Touted as an all-purpose weed killer, glyphosate tops the list of poisons applied every day to plants and soil that in turn destroy humans, animals, and our environment. Some 9.4 million tons of glyphosate have been sprayed on our fields. It is in our

water table, our soil, crops, the food industry, and over 90% of Westerners have it in their bodies and even in breast milk. In fact, 33% of our bread contains glyphosate, the World's biggest selling weed killer.⁴ Despite industry assurances that glyphosate is “safe” and “environmentally friendly,” there is increasing awareness that glyphosate is nothing more than a replay of DDT with its similar pronouncements of “cer-



Despite industry assurances that glyphosate is “safe” and “environmentally friendly,” there is increasing awareness that glyphosate is nothing more than a replay of DDT with its similar pronouncements of “certified safe” and “completely harmless.”

tified safe” and “completely harmless.”⁵ Some experts attribute tens of thousands of deaths to glyphosate usage.⁶

Worse, as Sayer Ji, founder of *Green-MedInfo* and NHF advisor, has said, glyphosate is poisoning our soil, destroying our gut microbiome, and laying the foundation for destroying our ability to produce healthy foods for future generations.⁷ The industry and regulatory explanation for glyphosate safety is that glyphosate kills weeds through a mechanism (the shikimate pathway) that is not present in humans and animals.⁸ However, conveniently forgotten is the fact that the shikimate pathway is present in beneficial bacteria that dominate human and animal gut microbiomes. The glyphosate preferentially destroys these beneficial gut bacteria, thereby allowing disease and inflammation to take hold in mammals, including of course humans.⁹

The science against glyphosate is compelling. In 2008, a study by eminent oncologists Dr. Leonard Hardell and Dr. Mikael Eriksson of Sweden revealed clear links between glyphosate and non-Hodgkin’s lymphoma, a form of cancer.¹⁰ This study supported the earlier findings of a Danish team that showed Roundup® caused chromosome aberrations; and of course the principal active component in Roundup is glyphosate.¹¹

A few years later a study in Argentina of 65,000 people in farming communities

found their cancer rates to be two-to-four times higher than the national average, especially in breast-, prostate-, and lung-cancer rates. Roundup was sprayed in those farming communities. In comparing two distinct farming communities (one that had sprayed Roundup and another that had not), researchers discovered that 31% of the residents in the Roundup-sprayed community had had a family member with cancer while in the unsprayed community only 3% had had a family member with cancer.¹²

Still later, in March 2015, the International Agency for Research on Cancer (IARC) finished and issued its evaluation of published, peer-reviewed data on glyphosate.¹³ Based on its review of the data, the Agency reasonably concluded that glyphosate is a “probable human carcinogen” and that glyphosate-based herbicides can induce oxidative damage. Oxidative damage has in turn been shown to cause cancer.¹⁴

Significant damage from glyphosate to umbilical cord cells from human infants in test-tube studies has been discovered by a team of French scientists at the University of Caen.¹⁵ This team included the famous research doctor Gilles-Eric Seralini. Glyphosate can cause infertility, killing both the sperm and the egg at .5 parts per million (ppm) level and caused endocrine disruption to the cells at .2 ppm. Roundup, too, was found to be 1000 times more toxic than glyphosate alone. With Roundup’s ubiqui-

tous presence, it is no wonder that fertility rates are plunging.¹⁶ Yet, an advertising campaign for Roundup once labeled the product as “safer than table salt.”

Notwithstanding the mounting evidence against glyphosate, Monsanto was able to “persuade” the U.S. Environmental Protection Agency (EPA) to increase the tolerance levels for glyphosate residue in all food and feed crops for which it had established limits, which it did on May 1, 2013. Curiously enough, the EPA increased these limits based upon a simple request in writing. No scientific safety data justifying such an increase had been submitted.

The Inevitable Happens

Without the shelter from liability that the National Childhood Vaccine Injury Act of 1986 affords vaccine manufacturers, big agricultural corporations like Monsanto that literally spread glyphosate poisons far and wide across the Globe had to continually look over their shoulders in fear of litigation. The large litigation reserves on company balance sheets, which have increased with every year from 2014-2017, attest to this.¹⁷ So, given the extremely toxic nature of glyphosate, it was inevitable, then, that lawsuits would be filed against Monsanto and others for the serious harm wreaked by Roundup.

The Johnson Case

The first Roundup case that went to trial was filed in San Francisco, California in 2016 by a public-school groundskeeper Dewayne “Lee” Johnson, who was diagnosed two years earlier with non-Hodgkin’s lymphoma after his extensive and continual use of Roundup. Tragically, Johnson himself had contacted Monsanto when he first experienced skin irritation and asked the company if his use of Roundup might be the cause. Monsanto discussed Johnson’s inquiry but never responded other than by email saying that they would respond.

Johnson’s attorneys alleged that Monsanto was aware of scientific research showing an association between its herbi-

cides and cancer but rather than warn consumers Monsanto suppressed the research and even manipulated scientific literature. In fact, Johnson is one of *more than 18,000 plaintiffs* making similar claims. He was, however, the first cancer patient to take Monsanto to trial because California provides for expedited trials for dying plaintiffs.

After a three-week-long trial that ended in August 2018, the Johnson jury unanimously found that Monsanto was liable for failing to warn Johnson that exposure to Roundup weed killer causes cancer and therefore should pay \$289.2 million in compensatory and punitive damages, of which \$250 million were punitive damages. Judge Suzanne R. Bolanos denied Monsanto's Motion for Judgment Notwithstanding the Verdict, but Monsanto attorneys persuaded the trial judge to cut the punitive damage amount significantly, bringing the total award down to \$78.5 million.

Monsanto had asked the judge to overrule the jury's entire award of punitive damages and the judge had equivocated, finally deciding to leave \$39.5 million on the table *if* Johnson would accept the reduced punitive damages. Reluctantly, and given his failing health, he did; but Monsanto (now Bayer AG, after its acquisition of Monsanto) then filed its appeal in late April 2019. Johnson, in turn, responded and cross-appealed the punitive-damages reduction.

Farm, medical, and biotechnology interests have filed amicus curiae briefs with the California Court of Appeal, joining with Monsanto in asking the court to overturn the Johnson jury verdict that found Monsanto's glyphosate-based herbicides cause cancer and that the risks were covered up. The case is still up for consideration in California Appellate Court with a possible decision by the appeals court by the end of this year.

The Hardeman Case

The second California case was filed by Edwin Hardeman. From 1986 to 2012, Hardeman had used Roundup to eliminate

weeds and other noxious plants on his 56-acre property. In February 2015, he was diagnosed with non-Hodgkin's lymphoma; and a year later to the month he filed a lawsuit against Monsanto in U.S. District Court for the Northern District of California. In his complaint, Hardeman alleged that his long exposure to Roundup resulted in his cancerous condition.

Although Hardeman's case was one of hundreds filed and consolidated in what is known as Federal Multidistrict Litigation (MDL), Hardeman hit the jackpot when District Court Judge Vince Chhabria selected Hardeman's case to be the first of those to proceed to trial. The trial started in February 2019 and ran for 19 days.

On the 19th day, the jury returned with a verdict that attributed Hardeman's Roundup exposure as a substantial factor in having caused his non-Hodgkin's lymphoma. The jury awarded Hardeman \$80 million in total damages, of which \$5 million was for compensatory damages and \$75 million for punitive damages.

But, once again, Monsanto (now Bayer) sought to overturn the verdict and award of damages. The Judge denied Monsanto's motion for judgment and a new trial but soon thereafter reduced Hardeman's verdict to \$25.2 million.

The Pilliod Case

The third Roundup trial to go before a jury was filed by Alva and Alberta Pilliod, a couple in their 70s from Livermore, California, who had started using Roundup as early as the 1970s. The couple alleged that their exposure to Roundup resulted in both of them developing non-Hodgkin's lymphoma. The husband was diagnosed with cancer in 2011 while his wife Alberta was diagnosed with brain cancer in 2015.

The Pilliod case was one of hundreds of cases in the California Roundup Judicial Council Coordinated Proceedings (JCCP). Hundreds of California Roundup lawsuits are consolidated in the Roundup JCCP presided over by Judge Winifred Smith of the Alameda County Superior Court. But, as

with the Hardeman case, the Pilliod case was the first of the JCCP cases to go before a jury.

On May 13, 2019, after 23 days of trial proceedings, the jury returned with a \$2.055 billion verdict in favor of the Pilliods, ordering Monsanto to pay \$55 million in compensatory damages and \$1 billion each for Mr. and Mrs. Pilliod for Monsanto's failure to warn them that exposure to Roundup could cause non-Hodgkin's lymphoma. Both Johnson and Hardeman attended closing arguments in the Pilliod trial.

In mid-July 2019, after considering and denying Monsanto's Motion for Judgment Notwithstanding the Verdict, Judge Smith conditionally granted Monsanto's motion for a new trial *unless* the Pilliods consented to the reduced judgment of \$86.74 million. The Pilliods consented and the damages award was reduced.

The Immense Scope of the Roundup Lawsuits

In the wake of the successful Johnson verdict, lawsuits against Monsanto/Bayer have been proliferating like mushrooms overnight. Thousands of filed cases throughout the United States are on the court dockets. We do not have either the time or the space to discuss them all here, even in the barest of detail; but we can touch on the highlights.

On June 20, 2017, six persons from Wisconsin, Illinois, California, New York, New Jersey, and Florida filed a class action lawsuit in Wisconsin against Monsanto, alleging that Monsanto deceptively promoted Roundup® as affecting only plant enzymes and bacteria and not those bacteria found in people and pets.

In order to force top Monsanto executives onto the witness stand, lawsuits were also filed against the company in St. Louis, Missouri, where Monsanto has its headquarters. One of those, the Walter Winston class-action lawsuit, was filed in March 2018, as the first trial to take place in the St. Louis metro region. It, too, alleges that Monsanto's glyphosate-based herbicides

caused them to develop non-Hodgkin's lymphoma and that Monsanto hid the risks associated with their use. As per independent reporter Carey Gillam, plaintiff's counsel plans to call former Monsanto Chairman Hugh Grant and company scientists William Heydens, Donna Farmer, and William Reeves as witnesses.¹⁸

This case was the victim of complicated venue arguments that lasted a year and made it all the way up to the Missouri Supreme Court and back, simply arguing over where the trial could be held. Two trials that had been set to start in St. Louis in August and September 2019 have been delayed until next year (2020). After this delay, Bayer's stock prices have climbed.

And this year, a lawsuit filed by two families in Maui, Hawaii alleges that Monsanto caused birth defects stemming from decades of Monsanto pesticide use only yards away from their homes. Nearby pesticide-laden cornfields, the plaintiffs allege, were the source of the reported birth defects.¹⁹ Similarly, and spilling across the international border, a farmer in Saskatchewan, Canada has also *just* sued Monsanto/Bayer for his non-Hodgkin's lymphoma.²⁰

Although Monsanto/Bayer have made it clear in media statements that they are appealing the verdicts and will keep defending Roundup and glyphosate in all of the pending court cases,²¹ it is possible that the Roundup litigation could be globally settled, given the jury verdicts worth billions, the sharp decrease in Bayer's stock price, and the possibility of huge future losses in courtrooms across America. Trial continuances at this late stage also support this possibility of settlement.

To that end, in May 2019, U.S. District Court Judge Vince Chhabria appointed prominent attorney Kenneth Feinberg as mediator following his order that the parties mediate Monsanto Roundup settlement discussions in the Federal MDL. Feinberg is a well-known mediator who facilitated dispute resolutions in previous high-profile cases such as the September 11th Victim Compensation Fund, the Volkswagen die-

sel emissions scandal, and the BP Deepwater Horizon oil spill. Nothing has emerged from this mediation effort so far.

Amazing Trial Revelations

Thanks to the Baum Hedlund law firm and other plaintiffs' trial lawyers, as well as journalist Carey Gillam, these important revelations have emerged from the Roundup trials and been widely publicized:²²

- Monsanto never conducted any epidemiology cancer studies for Roundup and its other glyphosate-based herbicides to evaluate the health risks for users.²³
- Monsanto was aware that the surfactants in Roundup were much more toxic than glyphosate alone.
- Monsanto spent millions of dollars on covert public-relations campaigns to finance ghostwritten studies and articles aimed at discrediting independent scientists whose work found dangers with Monsanto's herbicides.²⁴
- The U.S. Agency for Toxic Substances and Disease Registry wanted to evaluate glyphosate toxicity in 2015, but Monsanto got EPA officials to delay the review.
- Monsanto has a close relationship with certain EPA officials, who have repeatedly backed Monsanto's claims that its glyphosate-based products are safe.
- Monsanto had written worker safety recommendations that called for wearing a full range of protective gear when using Roundup but did not bother to warn the public to do the same.

The documents obtained by discovery during litigation have led to these revelations and more, and are often generically labeled as "The Monsanto Papers."

The Monsanto Papers

Baum, Hedlund, Aristei & Goldman is the excellent California law firm that represented the plaintiffs either as lead counsel or

co-counsel in the first three Monsanto trials. Very importantly, they were also, as they accurately put it, "instrumental in releasing a trove of documents that are now a part of the Monsanto Papers. The documents, which include internal Monsanto emails, text messages, company studies, reports and other memoranda, tell an alarming story of ghostwriting, scientific manipulation, collusion with the Environmental Protection Agency (EPA), and previously undisclosed information about how the human body absorbs glyphosate."²⁵ Those papers can be viewed on the Baum Hedlund website at <https://www.baumhedlundlaw.com/toxic-tort-law/monsanto-roundup-lawsuit/monsanto-secret-documents/>.

In his closing argument in the Pilliod case, ace attorney R. Brent Wisner told the jury that "Roundup has been on the market for 45 years. It's being sold at hardware stores everywhere. And you've seen mountains of evidence that has been accumulating during this time showing that it causes tumors in animals, that it's genotoxic, that it resides in the human bone. And yet today they've never warned anybody about any of that. How does that happen?"

Wisner then proceeded to take the jury through a detailed 45-year history of fraud and deliberate disregard for consumer safety and informed choice. It was truly masterful. And it paid off in the end for not only his clients but for all of the rest of us as well.

Still, we are faced with an EPA that actually prohibits companies from placing warnings on these herbicides that would inform consumers of adverse health effects.²⁶ How much more obvious can it be that the regulatory agencies are nothing more than regional field offices for the pesticide companies?

The numerous glyphosate cases that have been tried and that are still on the court dockets are symptomatic of the utter corruption in our so-called scientific communities, the industries that use and support them, and the horribly conflicted regulatory agencies that have been naively

charged with keeping us safe. Thank God that we still have some courts that dispense justice in the face of all of this and thank God we have attorneys like Brent Wisner and others to fight for those who have been harmed. But will they be enough and in time to prevent the catastrophic harm being done to all living things?

And is it not better to be guided by and apply first and foremost the “Precautionary Principle”? The International Federation of Gynecology and Obstetrics (FIGO) – a professional organization that comprises obstetrical and gynecological associations from all over the World – saw its Committee on Reproductive and Developmental Environmental Health state on July 31, 2019, that “We strongly endorse the Precautionary Principle that ‘When an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically.’”²⁷ Human and animal exposure to glyphosate should therefore end as quickly as possible with a full global ban. 🔥

Endnotes

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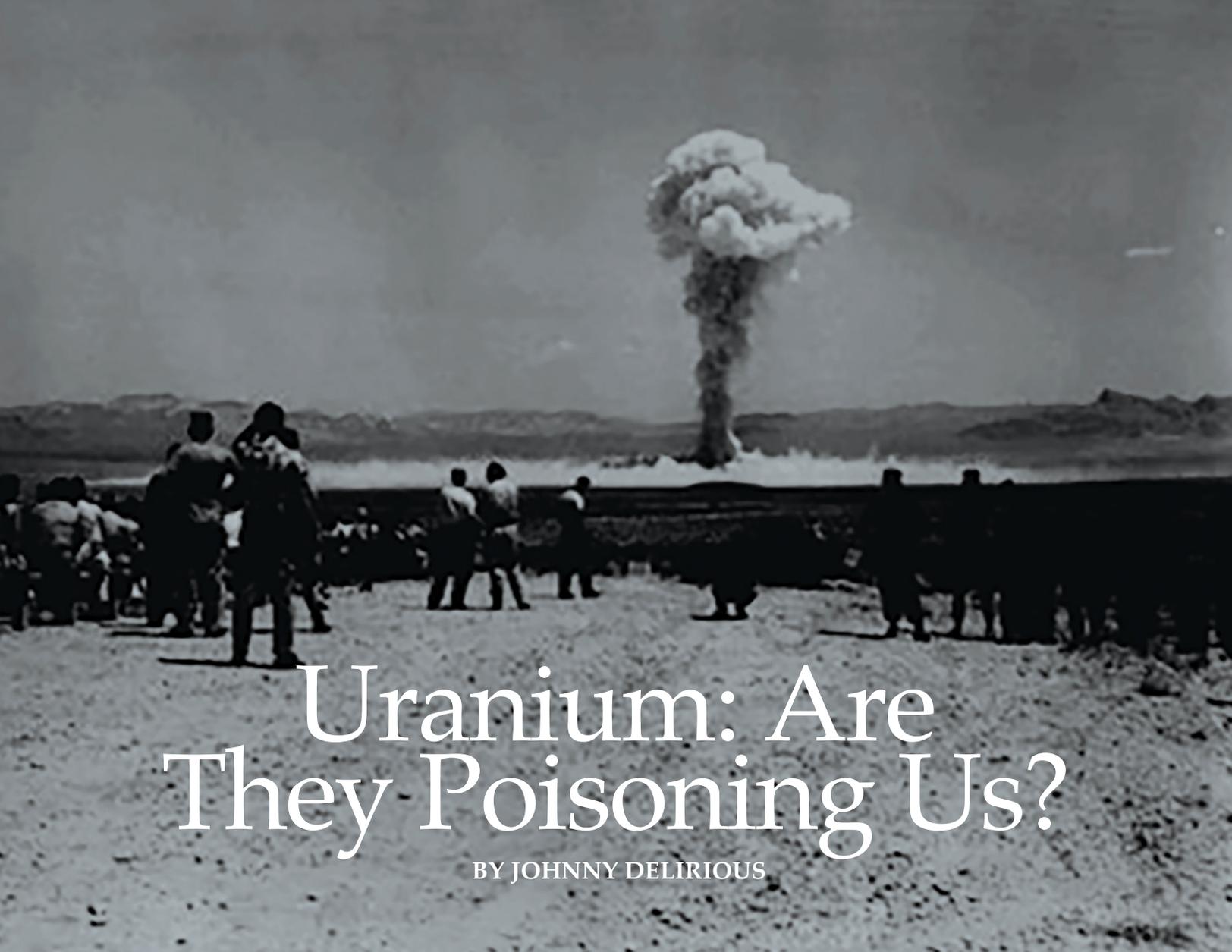
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Uranium: Are They Poisoning Us?

BY JOHNNY DELIRIOUS

In one of his last televised events, President Dwight D. Eisenhower warned us about the increasing monopoly of the Military Industrial Complex. He cautioned the American people that it could gain too much influence on our government. This was when World War II was over and the factories that were once making jeeps, tanks, airplanes, bombs, chemicals, and explosives for weapons were now converted for civilian commerce. There was a surplus of chemicals, equipment, and materials with a plethora of hardware, spare parts, and of course petroleum and nuclear waste. For example, there were containers full of different raw metal parts and some were steel spirals destined to become piston rings for motors, and after the war they were no longer needed. They took what was left of

the spirals and sold them as toys. Do you remember the “Slinky”?

The atom bomb helped us win and after the war the nuclear industry took off and of course the Cold War became a reality. The talk of the town was that “Man harnessed the power of the Sun to create unlimited energy!” So, electric generators, submarines, and aircraft carriers were run by nuclear power. During this time every modern answer in the early 1950s seemed to be nuclear. Even nuclear medicine!

We had “won the war,” we were proud, and everything in America seemed great. But there was a new war that took place and it turned out to be ideological. It was between religion and science. The experts said science and technology gave the American victory but the ministers said prayer

brought peace to the World. This soft conflict was in the mind of society between science and religion. Both camps were pumping their theme. Scientists are taught to be atheists and the priests were busy raising church attendance.

The leaders of the military-industrial complex with their science showed promise because they could create the apparent power of the Sun right here on Earth and took over industry and provided the jobs. Because they believed they could conquer nature, many of them thought they were greater than any God talked about in a church or in scripture. Some of those industry leaders began to think that science was the answer for every aspect of man’s existence. This premise was reinforced with a push of a button when they moved moun-

tains by splitting the atom. They even had jet aircraft that exceeded the speed of sound. The leaders became arrogant madmen thinking they were superior to the forces of nature. This arrogance gave way to folly and stupidity that, due to the gift of hindsight, is now obvious to see when looking back at their behavior during the late 1940s and early 1950s. Military leaders told their VIPs, "It is better than cinema, bring your wives, you can have front row seats to view the bomb."

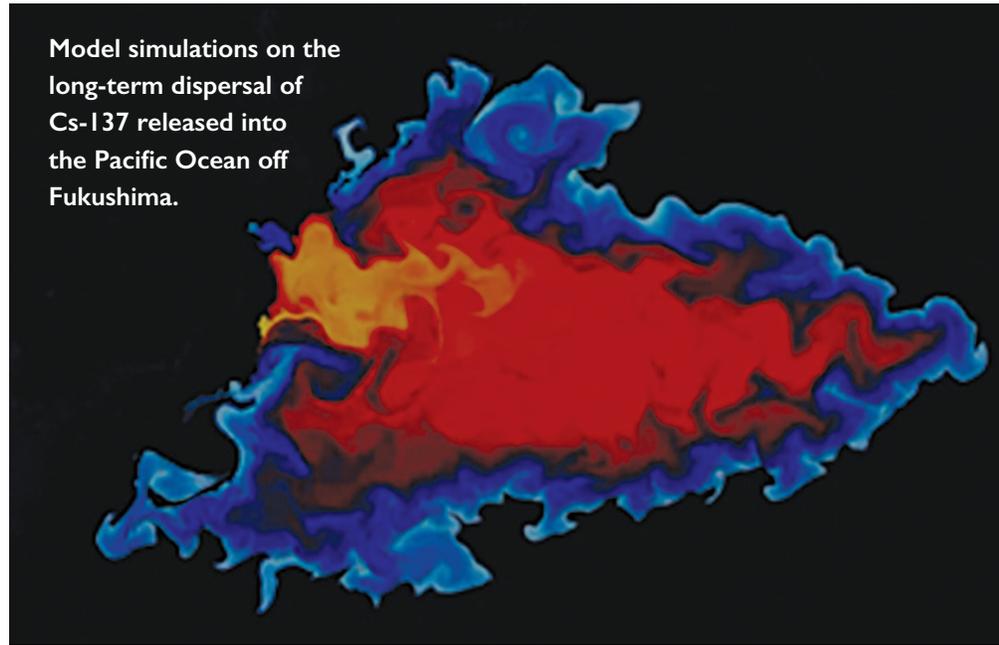
Morality and religion were quietly pushed into the background. Science was deemed to be king. For the entrainment of the masses they got everyone pumped up about the bomb and the media would spin it the right way. In those days many people picked up radiation at the test sites and the radioactive dust spread into the surrounding areas.

Are you worried yet? Just ponder this. Much of the waste from the nuclear industry is extremely hazardous to human health. It cannot be destroyed, and it is dangerous and radioactive for billions of years. To store the waste safely became very expensive. They may not have known that all these wastes were so dangerous at that time. In the 1940s and early 1950s they evidently thought the main precaution to take when viewing a nuclear detonation near ground zero was to wear welding goggles. Today, we know explosions of this type are much more dangerous and should never be done. Unfortunately, the waste from these bombs, mines, and factories is still around.

Thus, the military production of war machines was transformed to make commercial products for civilian use. They had huge stockpiles of toxic nitrate waste from conventional bomb manufacturing. They also had tar and sludge left from the petroleum industry. From aluminum, tin, and other metal production they had toxic stockpiles of hazardous sodium fluoride and the like. And, of course, they had radioactive waste from mining uranium and its production for the bomb, industry, and reactors.

Now that the Second World War was over, the only way to win in commerce was

Model simulations on the long-term dispersal of Cs-137 released into the Pacific Ocean off Fukushima.



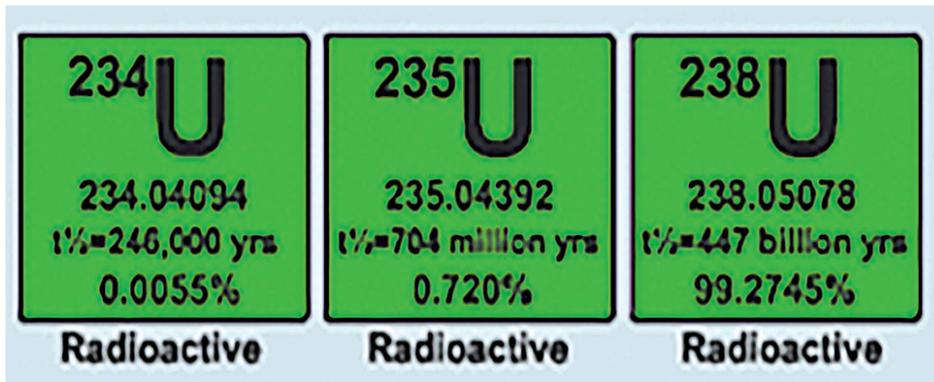
to keep the profits high. Industry leaders ordered the scientists to find uses for all these toxic chemicals, because the storage and disposal costs were killing profits. They also ordered public relations specialists to convince society that mankind and science will provide all the answers with new innovations and nifty gadgetry. This was the "Opulent 50s" and these companies were seen as the backbone of America. If you owned stock in any of these companies, your positions were known as "Blue Chip" and you had a two-car garage and all your children went to college.

So, the super spin began with, "We are going to feed the World!" The nitrate waste was put on crops as fertilizer and the crops grew faster. Agriculture boomed. The brag-fest continued, "With the miracles of medicine, Americans will live longer than anyone on Earth." Accordingly, the petroleum sludge was converted with further chemical manufacturing, and they found that certain compounds would raise and lower heart rates in lab rats. Other compounds would stimulate hormones and other chemical derivatives would lower fat and sugar counts in mice. Animal testing of chemicals made it easy to see what compounds would change bodily functions and this is how modern pharmaceutical drugs were born.

Unfortunately, aggressive marketing can

be highly deceptive. There was no bigger lie than what they came up with as the solution for cavities in human teeth. The truth of the matter is that, to lower cavities, junk-candy production should be reduced or halted. That alone would bring cavities down. However, artificial flavors and sweetener products used to make cheap candy were the result of the laboratory conversion of chemical and agricultural wastes. Therefore, in equal proportion, cavities and candy production increased. At the same time, they had to have a plan to get rid of the toxic sodium fluoride, a substance that should only be handled with extreme care wearing thick rubber gloves and a white helmeted "Hazmat" suit. Yet, they convinced the dentists and the public that fluoride "prevents cavities." All we have to do, they claimed, is add it to the Nation's public water supply to keep Americans cavity-free. Most counties and municipalities in America swallowed this line and paid for it with tax dollars and handled the toxic waste themselves. The chemical companies made a profit from selling candy and sodium fluoride and could now issue higher quarterly dividends.

With more profits pouring in from such wastes, the deception got even deeper when the spin doctors sold the public on the "miracle" of atomic energy. They denied and kept quiet about the dangers of all the waste from the atomic weapons and



energy production. Mining and handling of raw uranium is dangerous enough, but once it's enriched and used as fuel, the Depleted Uranium (DU) waste is just as dangerous to your health as the reactor fuel.

The spin was shrewd in presentations to the big military brass and the neo-conservative clique. At the weapon shows they crowded, "Now *one* of your regular soldiers can destroy a tank with a DU-tipped ordnance! Yes, the projectiles are so hard they will go through tank armor like a hot knife through butter. Back in the boardroom, the directors told the CEOs that the munitions companies will pay for the DU and haul it off. They said, "We don't have to pay disposal costs anymore; our customers will just come over to the factory and pick the DU up."

Perhaps you're worried by now? You should be. Because that is essentially what happened after the war. All the waste chemicals that were put to use and to make a profit are not healthy for humans and they are not good for the environment. Both the fluoride compounds and DU are toxic-waste byproducts. Fluoride is in the water supply in all fifty American States. Today, DU dust has been spread all over the domestic environment due to weapons testing at home and across the Middle East and Africa due to the overt and covert military operations carried out by the U.S. and certain coalition partners. Our soldiers come home ill and delusional. This is the sick irony of the American Military Industrial Complex. But frankly, I don't want to risk the food supply or my health on the decisions of chemical-weapons experts and worry about all the uranium many of us are exposed to.

Uranium toxicity is more common than

you may think. There are three isotopes of Uranium mined from the Earth: 234, 235, and 238. See the three green boxes above for details. This shows the lifespan of their toxic levels. These naturally occurring Uranium isotopes 234, 235, and 238 in the Earth's crust are also found in food grown near the mined areas. Also, the toxic levels of dust left after impact of DU rounds or from a detonation last for about 4.5 billion years, the approximate age of the Earth.

All forms of uranium are dangerous with exposure, but DU is more lethal. It is linked to DNA damage, cancer, heart problems, and birth defects with maladies so diverse and numerous that they even have a name to summarize it. Just ask any Iraqi war veteran about their health problems and they simply refer to it as Gulf War Syndrome or Illness. Uncomfortable conditions and symptoms are so varied that suicide has become a viable option for many vets. We lose more soldiers to suicide than in battle. I recently asked a vet from the Iraqi war if uranium is involved with his illness and he said, "You bet, it's in all of us." It's so hard to believe we are losing so many of our soldiers this way. But just go to the website Iraqibodycount.org and see for yourself.

Now, with disasters like Fukushima we are exposed to cesium and uranium increasing radiation health risks more than ever before, especially if you live on the West Coast of the U.S. This disaster is unimaginable. The media will not speak much about it because this was one of the first reactors that the mega blue-chip company General Electric (GE) built. There were flaws in the original design and there's been a breach; they cannot contain the leak. As

of this writing President Trump is meeting with Japanese Prime Minister Abe. I am sure the Fukushima conversation has come up where maybe Abe wants to get GE or someone to help fix the situation. After all, the 2020 Olympics will be in Tokyo. Some experts say that the leakage of radioactivity into the Pacific Ocean makes any fish caught there unsafe to eat. This is a dire situation.

As of September 10, 2019, *The Guardian* reports that Japan's environmental minister recommended releasing more than one million tons of radioactive wastewater from the Fukushima Daiichi plant into the Pacific Ocean nearly a decade after a tsunami caused a meltdown. For years since the disaster, the plant has pumped tens of thousands of tons of water in to help cool its damaged reactor cores and keep them from melting. After the water is used and contaminated with radio nuclides and isotopes, it is stored in the tanks, but the plant expects to run out of room in 2022. It is anyone's guess as to how or when they will finally solve this deadly travesty.

Are they poisoning us? *Yes* – out of greed and in order to exert control, and it has been that way *since the industrial revolution began. But individually we always have tools to be free from heavy toxic metal contamination like uranium in our bodies.* This is one of the most revealing and life-saving results of the laboratory test; hair tissue mineral analysis (HTMA). The hair does not lie and today in the lab, the exact levels of over eight toxic metals like uranium can be determined and a dietary schedule can be provided to balance the minerals in our cells.

With this renewed strength, all fifty trillion of our cells then proceed to rapidly dump unneeded wastes, toxins, and heavy metals. The good news is that if our cells are balanced by using the HTMA protocol and we happen to eat at the sushi bar and unknowingly consume fish from Japan, fear not! Your cells are now strong enough to exclude toxins and heavy metals from getting in and causing damage to our systems and our brains. With this renewed immunity strength your body will take care of you. Life is good! 🔥

Periodic Table of the Elements

The periodic table displays elements from Hydrogen (1) to Oganesson (118). It is organized into groups (IA to VIIIA) and periods (1 to 7). The Lanthanide and Actinide series are shown below the main table.

Legend:

- Alkali Metal
- Alkaline Earth
- Transition Metal
- Basic Metal
- Semimetal
- Nonmetal
- Halogen
- Noble Gas
- Lanthanide
- Actinide

Have you ever looked at the Periodic Table of Elements? These elements make up everything in the universe! Everything; including us. In fact, we are the microcosm of the macrocosm. In Biblical terms, we are made in God's image. In chemistry, we are composed mostly of about 40 elements on the Periodic Table. Our make up is essentially the combination of elements made flesh, with the spark of spirit that gives us life.

In the Hair Tissue Mineral Analysis (HTMA), the biological activity of 37 Elements is measured. They are: 15 important Nutritional Elements, 8 Toxic Heavy Metals, 14 Trace Elements. With the information of the HTMA, we now know what is available and being used in the body or what is lacking. Health begins to deteriorate when cell metabolism does not have the right foods and elements it needs. A mineral imbalance follows. Over time, function goes down and structure begins to lose its integrity. With the right foods and a balance of elements on a daily basis the body's cells will repair and reverse aging.

The HTMA will show:
 How to avoid disease states
 Any toxic or heavy metal overload
 A complete profile of 37 different elements
 The correct diet schedule based on your biochemistry

Contact Johnny to order your HTMA - \$212 USD

Best Selling author Johnny Delirious worked with one of the first pioneers to use the scientific modality - Hair Tissue Mineral Analysis (HTMA), to get the right diet and supplements to experience life free of disease. The guessing game to achieve good health is over. Today he gives his expert advice with 35+ years of experience as a professional in the health industry.

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GOOGLE IS NOW A DRUG COMPANY

*Using Mind-Control Tactics
to Manipulate Behavior*

BY MARYAM HENEIN



“The censorship being applied [by Google] to alternative health is nothing less than demonic. Google betrayed its mission statement of making info ‘universally accessible & useful.’ They’re now weaponizing their monopoly to censor info that challenges corporate interests.”

– ZACH VORHIES, GOOGLE WHISTLEBLOWER

I started investigating the ties between Google and Big Pharma in late 2018, soon after my employees and I noticed that *HoneyColony*, our online health and wellness magazine, was losing organic traffic.

Only two years earlier, in 2016, we had been getting 500,000 unique visitors a month. That was following four years of existence and the posting of hundreds of well-sourced articles. But then traffic started dwindling in 2018 and by August 2019, we had lost more than 45 percent of our traffic.

The Google Matrix

Our newly engaged Search-Engine Optimization (SEO) editor informed us that Google’s changes were made under what was called the “Medic Update,” centered around the medical and health space, as well as “Your Money Your Life” types of sites that focus on money and life events. Google described the change as “a broad, global, core update.” “This specific focus is something Google will not confirm,” said *Search Engine Land*.

Today, accredited professionals who run websites such as *Mercola.com*, *GreenMedInfo*, and *SelfHacked* are also losing posting privileges, getting banned, deranked, and basically being digitally assassinated. It is happening to those who stand for health freedom and natural remedies and who criticize Big Anything.

Dr. Joseph Mercola, a reputable physician and author whose website predates Google, personally told me at this year’s biohacking conference that he had lost 90 percent of his traffic. When I told him I was dubbing the censorship “technofascism,” he found the term apropos. In his keynote talk, he not only warned people about the dangers of electromagnetic pollution but invited

hundreds of attendants to stop using Google altogether. A Google Detox is a huge undertaking but one that has merit.

Today, Google’s influence on our lives and in the digital marketing space is immeasurable. There are about *two trillion* searches a year on Google.¹ Alas, now Google is a weaponized tool serving a sick agenda, one that ultimately promotes their own interests and propaganda machine. One excellent reason to stop using Google is that organic searches are dead. What I mean by this is that the most popular search terms will no longer come up. They are now using “autosuggestions,” which is known to be a simple yet powerful mind-control tool. In the past few weeks the Google search terms have gotten a bit more friendly. My interview with a Google whistleblower, Zach Vorhies, will shed more light on this.² Maybe that’s why Google incredulously states that the auto-suggestions are actually “predictions, not suggestions.”

Google’s official statement explains it this way, “You’ll notice we call these *autocomplete* ‘predictions’ rather than ‘suggestions,’ and there’s a good reason for that. *Autocomplete* is designed to help people complete a search they were intending to do, not to suggest new types of searches to be performed. These are our best predictions of the query you were likely to continue entering.”³

supplements are

supplements are
supplements are bad
supplements are useless
supplements are not regulated
supplements are bad for you
supplements are dangerous
supplements are scams
supplements are good for you
supplements are garbage
supplements are not regulated by the fda

Q supplements are |
Q supplements are good
Q supplements are bad
Q supplements are scams
Q supplements are dangerous
Q supplements are amazing
Q supplements are garbage
Q supplements are healthy
Q supplements are a waste of money
Q supplements are not regulated by the fda
Q supplements are a waste

“How do we determine these predictions? We look at the real searches that happen on Google and show common and trending ones relevant to the characters that are entered and also related to your location and previous searches.” Hocus-Pocus Google, who made you resident magician? This is just Googledycook. Gross. A brilliantly sinister way to program the masses.

Here’s a newsflash: Perhaps because of widespread criticism, in the past few weeks Google has begun to pepper in a few positive keywords for those search objects it finds distasteful. Still, readers can see below, for example, how Google negatively auto-completes the search “dietary supplements.”

Sayer Ji, a member of the NHF Advisory Board and founder of *GreenMedInfo*, writes:

“Google is auto-completing the search fields of billions of users with false information (topics ranging from natural health to candidates for election), based not on objective search volume data, but on an extremely biased political and socio-economic agenda—one that is jeopardizing the health and human rights of everyone on the planet.”

Orwell, in his masterpiece work *1984*, memorably said that the Truth was “reissued without any admission that any alteration had been made. Even the written instructions which Winston received, and which he

invariably got rid of as soon as he had dealt with them, never stated or implied that an act of forgery was to be committed; always the reference was to slips, errors, misprints, or misquotations which it was necessary to put right in the interests of 'accuracy'."

Google: Don't Be Evil

In the 2013 novel, *The Circle* by best selling author Dave Eggers, the main character Mae Holland lands what she views as a dream job, working for a powerful tech company called "The Circle." I read the book while on a secluded beach in Greece in the Summer of 2017; I was living as a digital nomad in a small village in the Peloponnese. The state of America was just starting to get unhinged in an audacious new way. The Circle with its sprawling campus, perks, supposed utopian company culture, and new age of civility and transparency was obviously about a parallel-universe that very much resembled Google. Alas, Mae's idealism and perception are slowly squashed as she uncovers that she's been working for a company whose hidden agenda will affect the lives of all of humanity – in a very negative way. She then exposes the truth and tries to undo part of the harm she was an accomplice to.

You could say that Zach Vorhies experienced a similar fate but in real life. The 39-year-old senior software engineer for Google/YouTube for eight and a half years used to think "Google was what was right in the world." By 2017 (maybe at the same time I was reading *The Circle*), though, he was waking up to the truth and undeniable deception: Google was really building what he refers to as "AI censorship weapons." So, he summoned the courage, risked his life, and turned into a whistleblower, leaking 950 damning pages to the Department of Justice and Project Veritas.

It's ironic that back in 2015 Google dropped its "Don't Be Evil" mantra from its Code of Conduct, shortly after Alphabet took over as Google's new holding company. "The censorship that is being applied [by Google] to alternative health is nothing less than demonic," says Zach Vorhies. "Google betrayed its mission statement of making info 'universally accessible and useful.' They're now weaponizing their monopoly to censor information that challenges corporate interests."

In this brave new world, if you are looking for holistic health and nutrition websites, those articles are now buried in favor of Big Pharma. You have to add the site's address, e.g., thenhf.com or greenmedinfo.com, to the search for any articles to come up. Clearly, Big Pharma wants to shut down any sites that empower people to be their own best health advocate or that would cut into the profits of pharmaceutical companies.

"The establishment medical sites like WebMD are b.s.," says Vorhies. "What [people] are finding is that what independent medical journalists are saying actually makes a lot of sense and are improving health. So what is happening is that they are going after those [sites]." He confirmed that the recommendation engine was just saying 'well this is obviously better than that,' so it was boosting up the real content that people were searching for.

"Google is putting their thumb down on that," confirmed Vorhies. "Because they can't have that because what it does is derail the plan for socialized health care, [they don't want people] to prevent the diseases that they are supposedly needing to cure via supposed expensive pharmaceutical intervention."

Meanwhile, other social media platforms like YouTube (owned by Google) are also demonetizing channels they deem "dangerous," including ones that speak out against vaccines, for instance. Vimeo has forbidden any users to publish anti-vaccine information, MailChimp blocked members from sending emails about vaccine awareness, while Amazon has actually removed books from its collection regarding vaccine safety, claiming that they are peddling misinformation.⁸ *How is this not the modern version of the burning of the Library of Alexandria?*

Sick Ties: Big Pharma & Google

Consider that people use Google to search for about 1 billion health questions a day, states author and health professional Joe Cohen in his article about being censored.⁹ At some point, 80 percent of internet users have searched for a health-related topic online, according to a recent study.¹⁰ That means that now, a large swath of the population will be funneled to information that benefits Google and Big Pharma.

Why would Google care about promoting Big Pharma? Because they have much to gain. Google's owner, Alphabet, whose annual revenue rose 23 percent to \$136.8 billion last year, also owns pharmaceutical subsidiaries.¹¹ In 2013, Google founded Calico, run by Arthur Levinson, former CEO of the biotechnology corporation Genentech (a subsidiary of Roche). Calico's mission is to understand the biology that controls lifespan and treat age-related diseases. Two years after that, Alphabet founded Verily Life Sciences (previously Google Life Sciences). Both pharma companies are partnering with others and having babies of their own. Verily joined forces with the European pharmaceutical giant GlaxoSmithKline to form a new drug company, Galvani Bioelectronics. The collaboration cost \$715 million and aims to treat diseases by targeting electrical signals in the body, a novel field of medicine called "bioelectronics." Incidentally, GlaxoSmithKline generates billions by manufacturing vaccines.

Next, in 2016, Sanofi S.A. and Verily partnered to address the diabetic epidemic, a condition that from a functional medicine point of view can be addressed sans prescription drugs. And to top it off, GV, the venture capital arm formerly called Google Ventures, has invested in Vaccitech – a company described as "the future of mass vaccine production." Founded by scientists at Oxford University, Vaccitech's end goal is to develop a vaccine that would be the first in the World to fight all types of flu.

Given that Google is not only a search engine but also a drug company, it can hardly claim to be a neutral arbiter of information. "We can't have the pharmaceutical industry buying search results and pushing down competitors. That is the definition of collusion," says Vorhies.

Fake News To Defend Google: Don't Believe the Bull

Recently a health-freedom colleague, the Editor-in-Chief of *Health Freedom News*, Scott C. Tips, shared a propaganda piece with me titled "Why Google's Crackdown on Fake Medicine Is So Important."¹³ "Look at this garbage," he wrote in an email. "The article flat out lies about the safety of supplements being unregulated."

Before even diving into the piece and

that particular fallacious point, let's establish that mainstream media has become the establishment's little lap dog, propagating tons of fake news stories. Not only because journalists are lazy or asleep or biased, but because there are paid pseudo-journalists and Big Ag/Big Pharma apologists who get published in mainstream rags.

The first thing I generally do as a reporter when I've identified fake news is look up the author to see who sent them. In this particular case, Lloyd Minor just happens to be the Dean of the Stanford University School of Medicine. Most readers wouldn't blink at this. Harrumph. Google and Stanford have a long and close history. In other words, there's a conflict of interest:

1. Founders Larry Page and Sergey Brin are Stanford graduates.

2. When Google went public, Stanford made hundreds of millions selling Google stock. (Perhaps Stanford still owns stock but privacy regulations prohibit revealing specific investments.)

3. Stanford's Center for Internet and Society has long been generously funded by Google. Ironically, according to *ProPublica*, "the Center's privacy research proved damaging to the search giant in the past two years."¹⁵ (Two Stanford researchers at the Center helped uncover Google privacy violations that led to the Company paying a record \$22.5 million fine.¹⁶) Not surprisingly, Google called one of them the "Bolshevik of the Internet world" and accused the other of being "incompetent."

The Faux Faith of Modern Science

"Google recently announced that it would no longer accept ads for 'unproven or experimental medical techniques.' This is a welcome first step, and I am hopeful that this action will have an impact and encourage others to follow," Minor writes in what is arguably a sloppily written opinion piece.¹⁷ The paragraph is really Googley-gook and super vague but it basically drives the point home that mainstream health is co-opting real science for the sake of profits.

"People want to believe medical science gives us, at any given moment, the best of all possible worlds," writes investigative journalist Jon Rappoport in a piece titled "Shocker: Comparing deaths from medical

treatment, vitamins, all US wars."¹⁸ In another piece titled "Faking Medical Reality," Rappoport adds, "when mainstream advocates attack so-called alternative or natural health, they tend to mention that their own sacred profession is based on real science, on studies, on clinical trials."¹⁹ Ha!

Modern science took a terrible turn ages ago.²⁰ Corporate influence, conflicts of interest, ego, and greed have corrupted the science of science, if you will. The results are poor scientific practices, a dearth of independent research, misinformation, and studies designed to produce favorable results – and not for the health of the individual. Big Pharma is arguably more concerned with competition than consumer protection.

Now, if we dive into Minor's blog, he cites examples of sites that he calls "fake" that promote stem cell therapy and CBD to establish that Google is working to protect our safety. Nonsense. I'll focus on CBD since I am considered an authority and have been covering the politics and selling the oil since the end of 2015, long before everyone and their mama, including Kim Kardashian West and Martha Stewart were offering CBD Oil.²¹ He purports that CBD is not yet medically proven for most of the conditions for which it is being advertised to the public today. While there certainly are a lot of charlatans who poison the alternative-health industry to make a quick buck, this statement follows a false narrative that I have come across before, which serves the FDA's agenda to dominate the CBD market, estimated to become \$22 billion by 2022.²²

Let's set the record straight, there's a lot that we already do know about CBD oil. Government officials and Big Pharma reps would just like the masses to think otherwise because the FDA approved a fake synthetic CBD oil called Epidiolex, which is being promoted as a safer alternative to naturally-sourced CBD oil.²³ The health benefits of CBD have been established by a variety of studies.²⁴ Furthermore, the World Health Organization report found CBD to be safe and nonaddictive.²⁵ And the irony is that government red tape is what stifles more independent research from going forward, to begin with.

"Since this keeps coming up; for those of you that believe or repeat the falsehood that

cannabis 'simply hasn't been researched,' there is plenty of research," says Master Herbalist Elizabeth Moriarty. "There are plenty of clinical trials in the US alone and in other nations as well."²⁶ As Rappoport puts it, "The FDA and its 'quack-buster' allies go after vitamins, demean 'unproven remedies,' and generally take every possible opportunity to warn people about 'alternatives,' on the basis that they aren't scientifically supported. Meanwhile, the very drugs these mobsters are promoting, and certifying as safe and effective, are killing and maiming people at a staggering rate."²⁷

So, let's look at some facts. The American medical system kills 225,000 people per year – 106,000 as a direct result of pharmaceutical drugs, details Dr. Barbara Starfield in the *Journal of the American Medical Association (JAMA)*.²⁸ Every year, in the United States, between 76,000 and 137,000 hospitalized patients die as a *direct* result of the drugs, according to another study in *JAMA*.²⁹ And according to the National Institute of Health, every year 2.2 million hospitalized patients experience serious adverse reactions to the drugs.³⁰ (This study does not take into account those people taking pharmaceuticals who died as a consequence of the drugs, without being admitted to hospitals.)

Now, let's look at how deadly vitamins are! Rappoport points out that in 2010, not one single person in the U.S. died as a result of taking vitamins.³¹ In 2004, three people reportedly died due to vitamins. Of these, two people were said to have died as a result of megadoses of Vitamins D and E, and one person as a result of an overdose of iron and fluoride.³² "Left unchallenged, the deceptive marketing we see today could undermine real potential benefits for future generations," says Minor. How ironic. Vitamins are dangerous but pharmaceutical products are supposedly immune from the criminal intentions of Big Pharma. 🔥

Maryam Henein is an investigative journalist, functional medicine consultant, and founder and editor-in-chief of HoneyColony. She is also the director of the award-winning documentary film *Vanishing of the Bees*. Follow her on Twitter: @maryamhenein.

Endnotes To access all the Endnotes, go to: <https://thenhf.com/2019/12/04/google-is-now-a-drug-company/>

NATIONAL HEALTH FEDERATION CAMPAIGNS



The National Health Federation is running multiple campaigns under the Campaigns tab on our website, www.thenhf.com.

We are looking for campaign leaders for each of those campaigns with web publicity skills. That would include Instagram, Twitter, Facebook, and other social media. Additional ideas to publicize the campaign would also be welcome. Please email us at contact-us@thenhf.com if you would like to be a campaign leader.

Every quarter, we intend that *Health Freedom News* will have a page listing two or three campaigns that NHF is promoting. We would appreciate it if all NHF members would write two letters a month — one to your local paper, one to your congressman — and sign the petition on www.thenhf.com if there is one. Here are the first two campaigns:

Get Big Pharma out of the FDA

The FDA kills about a million Americans each year by licensing drugs that kill (Opioids, Avandia, and Vioxx killed 450,000) and by denying Americans access to safe and natural treatments, vitamins, and supplements.

The FDA is almost exclusively run by the big pharmaceutical corporations, whose men and women occupy important posts in the Agency, in the most grotesque conflict of interest in our history. So, Big Pharma essentially controls its own licensing and drug approvals, and can force you to buy their phenomenally expensive drugs, by banning safe natural alternatives that work.

There's a petition to sign on www.thenhf.com/campaigns. And please write to your newspaper, Congressman, and Senators; you can cut and paste from the above, or from our NHF website. See <https://thenhf.com/campaigns/get-big-pharma-out-of-the-fda/>.



Repeal the 1986 National Vaccine Injury Compensation Act

This atrocious Act does the opposite of what it says: it protects the pharmaceutical corporations when they kill, as they often do, by protecting them so they don't have to pay out for vaccine injuries. For example, over 100,000 children worldwide have autism from the MMR vaccine, a disease so serious it splits up families, while the child tears up the walls and is unable to speak. But it makes \$29 billion a year for the vaccine manufacturers.

If the vaccine pharmaceutical corporations had to take responsibility for their deaths and injuries, we might actually have vaccines that kill and maim far fewer people. But this disgraceful Act is a "get out of jail free" card for the pharmaceutical corporations, who exploit it to the max.

You can easily and quickly write to your Congressman and Senators by going to the NHF website at <https://national-health-federation.rallycongress.net/ctas/repeal-1986-natl-vaccine-injury-comp>. Key in your zip code in the appropriate box, and our program will generate a letter for you that is then automatically sent to Congress.



Thank you very much!

A handwritten signature in black ink that reads 'Scott C. Tipton'.

President
National Health Federation
www.thenhf.com

WIKIPEDIA: The Internet's Devil's Island

BY RICHARD GALE AND GARY NULL, PH.D.

Institutional incarceration, isolation under torture – physical and/or psychological – take many forms and shapes. During the course of modern European history, perhaps the most notorious and immoral prison was Devil's Island, a French penal colony located on one of the smaller isles in the Salvation Islands off the coast of French Guiana. It is estimated that 80,000 prisoners, many of whom were charged solely for reasons of political conscience, passed through the colony during the century while the colony operated (1852-1953). Seventy-five percent died largely from inhuman living conditions, hard labor, and tropical disease. Only a small handful of prisoners managed to safely escape the island, such as Henri Charriere and Rene Belbernoit who later wrote their respective memoirs: *Papillon* and *Dry Guillotine: Fifteen Years Among the Living Dead*.

Belbernoit's subtitle to his book *Fifteen Years Among the Living Dead* conveys the horrors Devil's Island's inmates endured. The French state was unforgiving and unapologetic in what by today's standards would be defined as extreme torture. Dysentery and malaria were rampant, and hard labor in the jungles exposed prisoners to the dangers of poisonous snakes and centipedes. Sanitation was absent and all were severely malnourished.

But the most famous prisoner on Devil's Island, whose story would later become archetypal for illustrating the clash between tyrannical forces of power against progressive democracy and individual freedoms, was Captain Alfred Dreyfus. In 1896, Captain Dreyfus, who was Jewish by birth, was arrested as a spy and tried for treason. This was despite the lack of witnesses to testi-

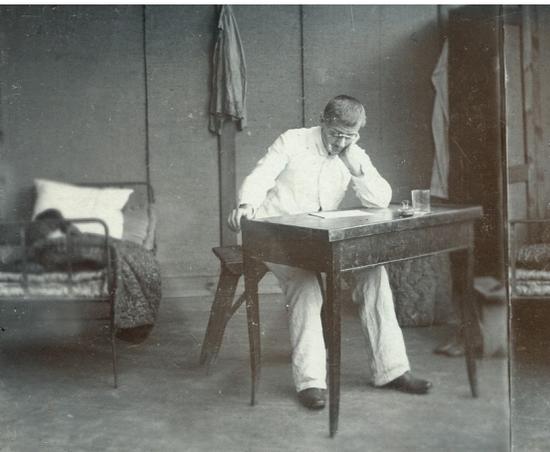


fy against him and a personal testimony indicting another military officer as the real spy. The only court evidence against Dreyfus was a spurious document that was later discovered to be a forgery. Nevertheless, the institutionalized racial prejudice against Dreyfus and the institutional denial of his innocence sealed the captain's fate. After being wrongfully declared guilty on two occasions, Dreyfus was sentenced to life imprisonment on Devil's Island.

It finally took one courageous French novelist and journalist, Émile Zola – later twice nominated for the Nobel Prize in Literature – to implicate French army officers and then French President Felix Faure of anti-Semitism, corruption, and a judicial cover-up that resulted in Dreyfus' reprehensible sentencing in the most horrendous prison of its day. Zola risked his entire literary career by penning and publishing his accusations against the French authorities in a letter entitled *J'Accuse* in a popular Parisian newspaper. The socio-political con-

trovercy that erupted over Zola's charges of institutionalized anti-Semitism pitted the bigotry of the Catholic-leaning French military ranks and the reactionary French court against liberal social sentiments that were gaining strength in France's move towards democracy. Yet, because of his actions, Zola too was charged with criminal libel. Following a second conviction, Zola fled and entered exile in London. What became known as the Dreyfus Affair continued to rage against French conservative and progressive factions while Dreyfus wasted away off the coast of French Guiana.

The Dreyfus Affair provides an example of imprisonment solely on biased and prejudicial grounds. Many of the penal colony's prisoners were there because of their beliefs, philosophies, or activities that were deemed heretical and dangerous to radicalized and reactionary powers. Today, there exists a virtual Devil's Island, an islet that operates as an isolated gulag, within the nearly 6 million entry pages on Wiki-



Eventually, Dreyfus was brought back from Devil's Island and declared innocent. He was fully exonerated and knighted with the Legion of Honor.

pedia. This archipelago of pages, which accounts for approximately 1,000 Wikipedia entries, largely concern alternative medical systems and natural health modalities, investigations in the field of parapsychology, genetically modified foods, toxic agricultural chemicals such as glyphosate, and opinions about vaccine efficacy and safety.

In addition, many of our most popular and leading voices in the alternative medical community and activists who challenge the corruption in Big Agriculture, Big Pharma, and our Federal regulatory agencies are penalized and sentenced without any judicial oversight. They are sentenced *carte blanche* by an invisible court to a virtual penal system. As long as the internet is operative, and Wikipedia is a functioning wannabe-encyclopedia, a large number of medical doctors, scientists and researchers, activists and natural health advocates, and even visionaries who dare to explore unexplained phenomena outside of the restrictive laws of Scientific Materialism, and in particular "Skepticism," will have their personal character wrongfully shackled in Wikipedia's prison without legal means of recourse for unwarranted libel and defamation (and no successful recourse in changing the defamation online either).

This virtual isle's pages have their own penal guards, editors within the Skeptic

movement, who have been armed with undeserved administrative privileges by Wikipedia's co-founder Jimmy Wales. What they have in common is a shared faith in modern Skepticism. In effect, Wikipedia has been transforming segments of the encyclopedia into a cyber-continent for Skepticism to promulgate its science-based xenophobia. Against all rules of editorial decency and objectivity, Skeptics are permitted to engage in character assassinations as if immune to the standards of law to which the rest of society must adhere. Those whom the Skeptics target to disparage and denigrate have no right to know who their anonymous accusers are. Nor are there any applicable and functioning means to appeal while their tainted biographies linger in a virtual solitary confinement yet open to the gaze of millions. Not unlike the movie *The Purge*, Wales has intentionally green-lighted Skeptics to carry out their mission to persecute people whose theories and practices they disagree with. These editors destroy reputations without consequences. None are held accountable. And the cancer of Skepticism continues to metastasize throughout Wikipedia entries.

We need to draw a very clear distinction between skepticism as a skill in critical thinking and Skepticism as a belief system that carries many of the defining qualities of a cult. As in most cults, modern Skepticism has its gurus (e.g., Michael Shermer, James Randi, Steven Novella, Paul Offit, Richard Dawkins, and others). It is extraordinarily intolerant of views that oppose its blind faith in a strict "scientific" materialist interpretation of reality that disregards and undermines the value of subjective experience such as intuition. In fact, their criticisms can verge on paranoia and conspiracy.

And Skepticism supports missionary activities that are given the task to condemn the heathen while promoting its reductionist doctrine, such as Susan Gerbic's Guerrilla Skeptics on Wikipedia. Therefore, Skepticism as a social move-

ment is at great variance with healthy psychological skepticism. For example, it is perfectly reasonable for a parent whose teenager is on psychoactive drugs and attempts suicide to suspect that the drug may be partially responsible. A parent may proceed to do homework, investigate the scientific literature, and would readily discover that there is in fact a confirmed correlation between SSRI drugs, such as Prozac and Zoloft, and relapses into depression and anxiety that have been shown to contribute to violent behavior. The parent may also very likely discover the large body of evidence in the scientific literature that some of these drugs have been shown to be no more effective than a placebo in clinical trials. With this new knowledge, the parent would have every right to question those medical authorities who argue SSRIs are perfectly safe.

Skepticism is a very closed-minded and authoritarian network of organizations, publications, and smaller radicalized militant groups who share a superiority complex. They believe their interpretation of scientific data is the final word and therefore their authority ought to surpass any and all contrary views. As stated above, this is especially the case for medicine, health, the treatment of disease, and theories about the mind and consciousness. Whereas a healthy skepticism attempts to eliminate bias, Skepticism finds comfort in the unquestioning complacency and laziness of believing only in its own ideological convictions and opinions. In our opinion, Wales and his cadre of Skeptics, and by extension the entire Skeptical movement, represent a very dangerous, faith-based dogma that is breeding a pseudo-scientific culture of intolerance, bigotry, and authoritarianism that is inimical towards individual human rights, in particular the freedom of choice on health matters. We witness this especially in the arena of the heated vaccination-mandate debates. The most ardent and rabid pro-vaccine advocates are found among the Skeptics.

Mr. Wales operates a hybrid of the late 19th-Century French judicial system. He has institutionalized prejudice and there is no counterbalance or deterrence to correct Skepticism's abuse of power. Today, there are hundreds of Captain Dreyfuses lingering without any efficient means for appeal in Wales' penal colony. In conventional courts of law, jurisprudence demands a day in court and a jury of peers. If found guilty, the option to appeal is available. When we consider how Dreyfus was unlawfully and cruelly treated by the French court, or the psychotic trials led by the Inquisition centuries earlier, we can better appreciate how Wikipedia and the Skeptics act as a law unto themselves: as prosecutor, jury, judge, and executioner. This has always been a danger when ideological zealots are handed power.

Most Skeptics who administrate and continue to expand their presence on Wikipedia keep their identities anonymous. Very rarely do they convey a professional knowledge about the subject matter they edit. They are not doctors or medical researchers. Groups such as Susan Gerbic's army of editor-trolls are more often than not recruits from Skepticism's rank-and-file who find a purpose in advancing Skepticism's fanatical mission to destroy the reputations of medical theories and practices outside of Skepticism's pro-pharmaceutical purview. Fortunately, since we started putting out these exposés on Wikipedia and Skepticism, numerous people are being educated about the systemic rot within Wikipedia and Skepticism's threat to public health.

British religion scholar Andrew Harvey has remarked that, "fierce truth is very hard to speak in America." People are absolutely terrified of the truth at the moment. Yet "finding ways to tell this truth," Harvey continued, "is the name of the game and to keep on telling it because the lies raged against it are now hysterical."

Zola found his voice, as have climate activists not beholden to Al Gore's capi-

talist green solutions to sustain the status quo as the Earth continues to get hotter; nor the thousands of parents of vaccine-injured children speaking up against a medical regime that has every intention to remove the democratic protections of "personal consent" from state-sanctioned medical interventions; and the numerous progressive journalists and scholars who have found the courage to speak against government and corporate corruption and untruths.

Eventually, Dreyfus was brought back from Devil's Island and declared innocent. He was fully exonerated and knighted with the Legion of Honor. So too did Zola return from exile and receive amnesty. Later speaking about the Dreyfus Affair, Zola said, "The truth is on the march, and nothing shall stop it." We now see clear signs that more independent investigators and journalists are starting to take a harder look at Wikipedia. It is just a matter of time before a tipping point is reached and the darker side of Wales and his Skeptic agenda finally reaches the mainstream media and Wikipedia will sit on the hot seat alongside Facebook and Google.

At the end of the day, what can be done? Every American institution, for- and non-profit, have final arbitration boards, most often a Board of Directors. Wikipedia's Board has the power and fiduciary responsibility to put a halt to Mr. Wales' and the Skeptics' unprofessional biases and the hyper-aggressive personal attacks against hundreds of thousands of physicians and clinicians who endorse and practice complementary and alternative medicine. However, we are also aware, that with few exceptions, the majority of large corporations in the pharmaceutical and agricultural industries, Wall Street, and Silicon Valley intentionally refuse to be held accountable for their crimes against humanity. Wikipedia needs to be held to a higher standard because people's lives are at risk. 

First aired on Progressive Radio Network, September 30, 2019.



In Memory Of...

Diane Bradbury

Rudy Diaz

Rose Ferlow

Alex Jim Geairns

A Caring Memorial

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Complete Press Censorship in Health

BY DAVID NOAKES



The mainstream press flatly refuses to publish one of the most exciting stories of our times – that there is a cure for cancer. We emailed all of the British National Dailies to tell them about the GcMAF Awareness Day scheduled for 11:00 a.m. on September 11, 2019, outside the Houses of Parliament in London. Some 200 wonderful people turned up with their own banners and T-shirts, which said “GcMAF cures cancer” and “Free Lynda Thyer.”

Yet not one newspaper turned up. They are all ruthlessly controlled, as they are in any dictatorship. The press is no longer a watchdog: It is a lapdog to massive corporations and government. They seem to ignore the fact that GcMAF is a safe, natural human protein, and therefore a human right, which saves the lives of 75% of

Stage-4 cancer patients.

To get our message out, we instead made five videos that are now on Facebook, YouTube (UKColumn), and Twitter https://www.youtube.com/watch?v=_Ke5ja_wfSg&t=214s

We had also telephoned and emailed the three major political parties here in the United Kingdom, all of whom said that they would receive our GcMAF presentation. So, off we marched to present our GcMAF information packets, first to the Conservative Party Headquarters at 4 Mathew Parker Street, London.

The Conservatives flatly refused to receive our A4 envelope. Eventually, after chanting “GcMAF Cures Cancer” and “Free Lyn Thyer,” I pushed my way through their locked gate when someone else banded their way in, and was able to

give it to a doorman. Who knows, though, what has happened to the envelope?

We then marched to the Brexit Party headquarters at 83 Victoria Street. The receptionist there dryly informed us that they had moved with no forwarding address. We rang the Party, and they said they were still there. But the receptionist flatly refused to take our envelope.

At the Labour Party HQ at 105 Victoria Street, the most ghastly woman, a real sales-prevention officer and the last person you would ever have in a marketing position, flatly refused, as did reception, to receive our envelope. Then, twenty of us gatecrashed our way into reception to no avail. All of these political parties are more concerned with isolating themselves from the public, with locked entrances, security enforced receptions, and internal policies of avoiding all public contact.

We had also emailed some investigative journalists, Russia Today (RT.com), and Al Jazeera. No, they didn’t show up either, as usual.

The BBC, see www.abolishthebbc.co.uk, and *The Daily Mail*, only support the \$1.3 trillion pharmaceutical corporations and their henchmen, the Medicines and Healthcare products Regulatory Agency, with its big pharma directors, who kill 200,000 British a year according to www.mhracorrupst.com.

But an Iranian film crew asked what the demonstration was about and filmed me while I told them. So, the only public media we could get was Iranian. How England has fallen.

We’ve already had 33 persecutions, including all of our bank accounts shut for nearly 5 years, 14 raids by over 100 officers, forced to watch 200 people recover-

ing from Stage-4 cancer then die of it when the MHRA banned GcMAF, perjury by the MHRA, then 15 court cases, four prison sentences with more to come. All to protect the multi-billion dollar super profits of the poison of chemotherapy.

We want to free Lynda Thyer, the first of four GcMAF biomedical scientists, because the MHRA had contacted their opposite numbers, OCLAESP in France, and asked them to prosecute her and me to double our sentences, to 26 years in my case, so as to keep GcMAF hidden for another 25 years.

It is illegal to prosecute someone twice for the same offence in Europe under both the Lisbon Treaty and the ECHR, the European Convention of Human Rights. But the law does not trouble either the judges or the Crown Prosecution Service (CPS). They have their own agenda, dictated to them by senior freemasonry, and they convict according to their agenda. The merits of the case do not count.

OCLAESP contacted the most corrupt Judge I have seen, Judge Jean-Luc Gadaud, who dreamed up nine charges out of his own imagination for me, then copied them to Lyn, even copying my case number. Neither Lyn nor I did anything with GcMAF in France, but that doesn't worry lawyers or judges.

Gadaud declared a conspiracy between two tiny GcMAF companies in France, Duurzaam BV and Cytoinnovations, who had never heard of each other, which allowed him to use the terrorism provisions of the European Arrest Warrant, EAW, and went to arrest Lyn and me with 13 police, four with machine guns. But we were rarely in France, and weren't there. He got the innocent David Halsall, and put him in prison without charges, from whence he emerged five months later half-dead.

Three corrupt English judges, Rebecca Crane, Sir Michael Supperstone in the High Court on the Strand, and Michael Snow, in the Supreme Court, all said Lyn should be extradited to France, even though they knew she was innocent of all charges in

both Britain and France.

Our courts in France, the U.S., and UK are all invalid Admiralty courts. A valid common law court of the people, with a jury of 12, has already convicted three of the judges, Supperstone, Nicholas Loraine-Smith and Gadaud, of Abuse of Power and Malfeasance in public office. Unfortunately, the State does not listen.

Lynda's now spent over four months in French prisons, the worst prisons in Europe; conditions are so appalling 1,000 attempt suicide every year. Please write to her: **Lynda Thyer (#452710 3R08), MAF de Fleury-Mérogis Prison, 9 Avenue des Peupliers, 91705 Sainte-Genevieve-des-Bois, France.**

However, she might not be in prison for long as our NHF team of lawyers just won a victory in French court on November 29th to obtain her release soon.

The CPS and the courts used to side with the man on the street against big corporations and governments. Not anymore. According to Benito Mussolini, a dictatorship is when the courts and the State combine with big corporations against the people. The UK is already the worst of Western dictatorships.

The website for GcMAF is www.gcmاف.se. The site mentions some 300 scientists, 350 doctors and clinics, and 150 scientific research papers supporting the safety and efficacy of GcMAF. Half of those research papers even made it on to the American National Library of Medicine, as they should have, given that GcMAF has at least 9,000 patient success stories behind it. As if that were not enough, GcMAF has over 100 videos and 500,000 followers on YouTube. We will get there.

If you live in the United States, you can go on www.thenhf.com, click on "Campaigns," and then "GcMAF Cures Cancer." Next, click on "Take Action" at the bottom, key in your zip code and address, and the site will send an automated letter (which you can edit) to your Senators and Congressman. If you haven't already, it really is long past time for you to take action. 



Give The Greatest Health Freedom Gift of All.

Help Preserve and Protect a Health Freedom Heritage for The Next Generation.

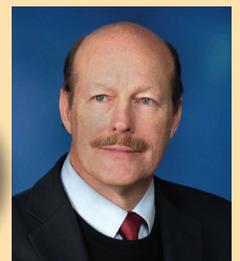
One of the most powerful ways to preserve and protect a Health Freedom Heritage for the next generation is by remembering the NHF in your will.

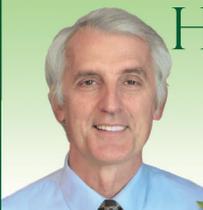
For more than six decades, periodic bequests from our dedicated members have served as a valuable financial boost to enable us to better fight for your health freedom. Many of the major victories we have achieved through the decades would not have been possible without someone caring enough to remember the NHF in their will.

Please, act today to preserve and protect a HEALTH FREEDOM HERITAGE for the next generation by taking the time to remember the NHF in your will.

Your passionate advocate for Health Freedom,

Scott C. Tipton





HEALTH BITS & PIECES

By Dan Kenner, Ph.D., LAc

Neither *Health Freedom News* nor I are suggesting that any such medical care or treatment be conducted without competent medical advice and supervision.



Third Eye in the Gut

Melatonin is a hormone derived from serotonin and is known to initiate sleep in humans. Beyond this, it has an inhibitory action on gastric acid secretion and seems to control the lower esophageal sphincter. The main source of melatonin is the pineal gland but it has also been detected in cells of the digestive tract. Low levels of melatonin can lead to gastroesophageal reflux disease (GERD). This has led to research on a possible therapeutic benefit of melatonin supplementation for treatment of GERD. In a comparison study researchers enrolled 27 people who had GERD and nine healthy individuals as controls. The 36 subjects were divided into 4 groups: control subjects, patients with reflux disease treated with melatonin alone, patients treated with omeprazole (Prilosec) alone, and those taking a combination of melatonin and omeprazole for 4 and 8 weeks. At baseline, at least 18 patients in the treatment groups were symptomatic and had reduced lower esophageal sphincter (LES) pressure and a more acidic pH above the LES. Melatonin levels were also lower in the treatment groups than in the control group. At 4 and 8 weeks, almost all participants experienced relief of heartburn and stomach pain. The combination of melatonin and omeprazole relieved their symptoms sooner, but LES pressure was increased in the melatonin groups and unchanged with omeprazole alone. Stomach pH increased in all groups with combination therapy showing the greatest effect. In other research, a single-blind study of more than 300 patients compared a combination of melatonin and a vitamin product to omeprazole and showed that control of symptoms was better with melatonin.

Kandil T, Mousa A, El-Gendy A, Abbas A, "The Potential Therapeutic Effect of Melatonin in Gastro-esophageal Reflux Disease," BMC Gastroenterology 2010; 10:7; Brzozowska I, Strzalka M, Drozdowicz D, Konturek S, Brzozowski T, "Mechanisms of esophageal protection, gastroprotection and ulcer healing by melatonin; implications for the therapeutic use of melatonin in gastroesophageal reflux disease (GERD) and peptic ulcer disease," Current Pharmaceutical Design, 2014; 20(30): 4807-15; Pereira R, "Regression of gastroesophageal reflux disease symptoms using dietary supplementation with melatonin, vitamins and amino acids: comparison with omeprazole," Journal of Pineal Research, 2006; 41(3): 195-200.



Preventing Diverticulitis Attacks

Japanese researchers have discovered that burdock root tea can prevent episodes of acute colonic diverticulitis (ACD). Parts of the burdock plant have traditionally been used medicinally in Japan to treat digestive problems and inflammation. Burdock, known as gobo in Japanese, is eaten as a vegetable in the traditional Japanese diet. A randomized clinical trial at Keiyu Hospital in Yokohama, Japan, demonstrated that daily intake of burdock tea could be an effective strategy for preventing

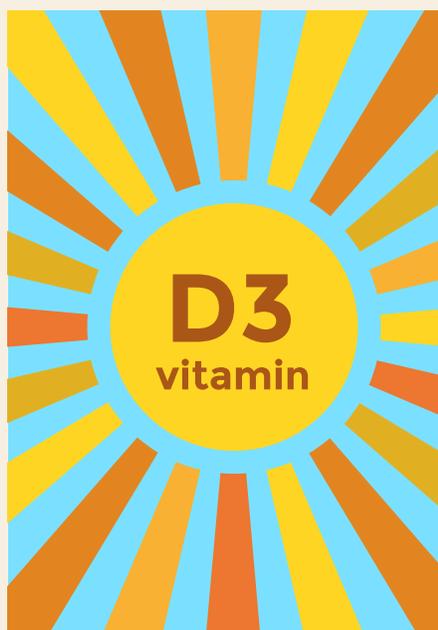
recurrence of ACD. An experimental group received 1.5 g of burdock tea three times a day, while the control group received no treatment. Burdock tea treatment significantly reduced the rate of recurrence and lengthened the intervals between ACD attacks.

Mizuki A, Tatemichi M, Nakazawa A, et al., "Effects of Burdock tea on recurrence of colonic diverticulitis and diverticular bleeding: An open-labelled randomized clinical trial," Scientific Reports, Volume 9, Article number: 6793 (2019).

Vitamin D for Cancer Survival

Scientists from the United States and China analyzed evidence from 52 randomized, controlled clinical trials involving 75,454 participants and found that Vitamin-D supplementation was associated with a reduced risk of cancer mortality by 16%. The US-Chinese team found that Vitamin-D3 supplements produced a greater reduction in the risk for death from cancer than Vitamin-D2 supplements. The authors stated that "According to these findings, supplementation with Vitamin D3 for at least three years should be considered."

Zhang Y, Fang F, Tang J, Jia L, Feng Y, Xu P, Faramand A, "Association between vitamin D supplementation and mortality: systematic review and meta-analysis," British Medical Journal, 2019;366:l4673. doi: 10.1136/bmj.l4673.



Vitamin C in Hospital Medicine

Researchers from the University of Sydney and the University of Helsinki who analyzed data from 12 clinical trials with 1766 patients found that on average Vitamin-C administration decreased stays in the Intensive Care Unit (ICU) by 7.8%. Oral administration of an average dose of 2 grams per day in another 6 trials reduced the length of stay in an ICU an average of 8.6%. Patients requiring mechanical ventilation for more than 24 hours who received Vitamin C had an 18.2% reduction in the required duration of mechanical ventilation in 3 trials. A previous study found that recommended

levels of Vitamin C for critically ill patients are too low. Patients receiving an average daily intake of 125 mg of Vitamin C per day, and 200 mg in those receiving IV nourishment, still had low blood Vitamin-C levels, which were only one-third of what would have been expected with the supplementation. Patients with septic shock had significantly lower levels than other patients and had higher levels of inflammation. The researchers concluded that critically ill patients require a daily dose of over 2,000-3000 mg of Vitamin C every day to normalize plasma levels.

Hemilä H, Chalker E, "Vitamin C Can Shorten the Length of Stay in the ICU: A Meta-Analysis," Nutrients, 2019, 11(4), 708, at <https://doi.org/10.3390/nu11040708>; Carr A, Rosengrave P, Bayer S, Chambers S, Mehrtens J, Shaw G, "Hypovitaminosis C and vitamin C deficiency in critically ill patients despite recommended enteral and parenteral intakes," Critical Care 21: Article number 300 (2017).



Fish-Oil Benefits Revisited

Recent research challenged the benefit of fish oils for cardiovascular health. A new meta-analysis by researchers at Harvard School of Public Health and Brigham and Women's Hospital reviewed the evidence from thirteen clinical trials. The trials that were reviewed included over 127,000 subjects with average age 64.3 years over a five-year period. This was a significantly larger survey of evidence than any previous review. The meta-analysis confirmed that people who received omega-3 fish-oil capsules enjoyed significantly reduced risks for cardiovascular and coronary heart disease with fewer adverse outcomes. The research team concluded that supplementing with fish-oil capsules reduced the risk of a heart attack by 8%, reduced the risk of developing coronary heart disease by 5%, and the risk of dying from it by 8%. The paper's lead author, Yang Hu, reported, "We found significant protective effects of daily omega-3 supplementation against most CVD outcome risks, and the associations appeared to be in a dose-response manner."

Aung T, Halsey J, Kromhout D, et al., "Associations of Omega-3 Fatty Acid Supplement Use With Cardiovascular Disease Risks - Meta-analysis of 10 Trials Involving 77, 917 Individuals," JAMA Cardiology, 2018; 3(3):225-233. doi:10.1001/jamacardio.2017.5205; Hu Y, Hu F, Manson J, "Marine Omega-3 Supplementation and Cardiovascular Disease: An Updated Meta-Analysis of 13 Randomized Controlled Trials Involving 127,477 Participants," Journal of the American Heart Association, 2019; 8(19):e013543, doi: 10.1161/JAHA.119.013543. Epub 2019 Sep 30.

Vitamin E in Hospital Medicine

Past research has shown that Vitamin-E therapy is not effective for preventing myocardial infarction (heart attack, or MI), but new research suggests that Vitamin E can be used as an acute therapy in patients suffering from the disease. The medical treatment used to restore blood flow to the heart tissue is called reperfusion therapy. Reperfusion resulting from the emergency intervention can cause substantial damage to the heart due to aggravated inflammatory and oxidative stress responses. The research showing the benefit of using Vitamin E is highly significant because there is currently no drug available in the clinic that can reduce the cardiac damage caused

by reperfusion injury. Cardiac-tissue damage caused by oxidative stress and infiltration of the damaged tissues by white blood cells is effectively counteracted by administering Vitamin E at the time of the procedure. The authors state that therapeutic use of Vitamin E "holds promise as an inexpensive and readily translatable novel treatment preventing cardiac damage and thereby reducing mortality and morbidity in patients who suffer a MI."

Wallert M, Ziegler M, Wang X, et al., "α-Tocopherol preserves cardiac function by reducing oxidative stress and inflammation in ischemia/reperfusion injury," Redox Biology, 2019; Volume 26, 101292, at <https://doi.org/10.1016/j.redox.2019.101292>





NHF WORLD REPORT

BY KATHERINE A. CARROLL, NTP
NHF EXECUTIVE DIRECTOR

BAMBOOZLED BY BAMBOO?

*If it Isn't in Your Cup,
It Should Be*



Considered an invasive species by some, a Panda's favorite treat, "the King of Vegetables" with significant, multi-faceted health and practical-use benefits, bamboo needn't bamboozle or perplex you. Prolifically abundant, it serves us on so many levels. From supporting hair, nails, and building collagen, to rejuvenating skin and joints, to framing houses, creating furniture, and far more, bamboo has proven itself as a sustainable product and supreme provider.³

GreenMedInfo.com cites 42 diseases and 29 pharmacological actions where bamboo exerts its powerful influence from cardiovascular to neurodegenerative diseases such as Alzheimer's disease, cognitive decline/dysfunction, dementia, brain damage and ischemia, to inflammation.¹ But bamboo doesn't stop there, from various types of cancers and chemotherapy-induced toxicity to diabetes and its complications, blood sugar, lipid, and immune system regulation, HIV and Cytomegalovirus infections, bamboo is a proven healer. Add more basic actions of bamboo on asthma, atopic dermatitis, anxiety and depression, and it makes me wonder why this isn't in everyone's cup? Toss it in along with whatever else you're steeping for some real health insurance.

Recorded as being consumed by the Chinese during the Ming Dynasty (AD 1368-1644) and found in a note from the Tang Dynasty (AD 618-907), bamboo is literally one of the most useful plants on the Planet. The tallest member of the grass family, bamboo is from the Bambusoideae subfamily. Taxonomically, there are 1,641 bamboo species, 120 genera, and 3 tribes from this subfamily.

Bamboo is characterized by its strong but flexible upright flight to the sky. It can reach astounding heights, growing several feet per day. One chart shows a single cane growing to 25 feet in 25 days! Bamboo spreads vigorously, taking territory vertically as well as horizontally. The weight of a heavy, wet snow mere-

ly displays its incredible flexibility as it bends nearly flat only to spring up tall again once the snow melts. These great properties lend themselves well to the creation of health and raw materials from nutraceuticals to flooring, plywood, and even bedding. More uses emerge all the time from this “green” gift. Trendy bamboo has allowed America to surpass China and Japan in having the greatest number of bamboos. My Philippine friend tells me the soil around the bamboo is the best for potting soil.

Why drink plain water when you can potentiate it with an herbal pharmacy in a cup? Bamboo leaves make an herbal decoction that tastes great – like an earthy green tea – and can easily become your daily health-habit ritual either taken alone or mixed with other herbal teas such as jasmine and mint in creative, exotic blends. Use the usual ratio of one teaspoon of dried leaves to a cup of pure water, steeping it for 5-10 minutes. If you have a structured water filter, it will pull the nutrition out without you even having to heat the water. The addition of monk fruit, stevia, raw honey, or lemon enhances the flavor of this delicate tea. However, because some bamboo has been found on DNA testing to be adulterated, pregnant women are advised to avoid it as consumption could induce abortion. Fertile and pregnant women should therefore consult a healthcare provider prior to including bamboo in their diet.

Young shoots of bamboo, harvested the first two weeks after their appearance and under a foot tall, boiled to just crisp-tender, are a staple in Asian countries such as the Philippines, India, Nepal, Japan, Indonesia, Thailand, Korea, and of course, China. Highly versatile, bamboo shoots take on other flavors. Canned or fresh, they are easily available at Asian markets. As a vegetable side dish flavored with seasonings, butter, or ghee, or used in a stir fry with other proteins or vegetables and sauce, or added to soups and salads, bamboo shoots are

an invaluable health-addition. In Indonesia and the Philippines, bamboo shoots are made into a type of spring roll called Lumpia. Bamboo-shoot recipes abound on internet sites for both vegan and meat-based versions.

On my own land, a few gallon pots of bamboo planted several years ago have now morphed into a veritable forest both in height and in terrain covered. For this reason, many gardeners contain bamboo plants in a concrete trench or other boundary. Because of its high glass-like silica content, cutting bamboo cane isn't easy but anyone can easily harvest its leaves. While my fresh, organic leaves harvested this morning are dehydrating to use in tea (purchasing it is approximately \$6.55 per ounce!), I will tell you more exactly why bamboo leaves and shoots are truly the *King of Vegetables*.²

Last year I was excited about horsetail, which we can wildcraft here, wanting the strong fingernails and beautiful hair that natural silicon imparts. But when I found out that *bamboo leaf tea has ten times the silica that horsetail extract has*, deciding to jumpstart the process was logical. Horsetail averages 5-8% organic silica. **Bamboo leaf contains an amazing 70% organic silica!**

Amazingly, this innocuous, ancient plant is a powerhouse of amino acids, fatty acids, vitamins, minerals, chlorophyll, soluble fiber, and carbohydrates. Medicinally, bamboo is cooling and calming. In addition to uses listed above it is also good for digestion, obesity, lung, chest, stomach, heart, and urinary dysfunction. It is detoxifying, quelling inflammation. Bamboo leaves and shoots are important for male fertility, influencing thyroid hormones, balancing blood sugar levels and they are a powerful antioxidant reducing cellular damage. Bamboo is good for bone and dental health, and promotes general overall wellness. It is antibacterial and helps in asthma cases too.

Lignins are a complex organic polymer deposited in the cell walls of many plants such as bamboo making them

rigid and woody. Lig-8, a lignophenol derivative from bamboo lignin, is a highly potent neuroprotectant protecting against apoptosis (self-induced cell death). One protective mechanism provided by bamboo lignins impacts retinal ganglion cells. With glaucoma diagnosis rising, this 2007 study is of particular interest when it states that, “Apoptotic cell death is associated with neurodegenerative disorders such as Alzheimer’s, Parkinson’s, or Huntington disease as well as glaucoma. We believe that the elucidation of the mechanism of antiapoptotic action of lig-8 may help in finding new approaches to the treatment of neurodegenerative disorders.”³

As we appreciate the multifaceted abilities of bamboo in its many forms, including bamboo vinegar (which is made from bamboo charcoal and used in detox foot pads), you will hopefully find several ways to include bamboo leaves and shoots in your diet to support and balance the body, mind, and spirit. As with any natural substance, add the factor of *time*, typically a few months, in order to register benefits. In the meantime, this ritual will restore health on the cellular level and with a great deal of pleasure in the process. From harvest to cup, processing the bamboo-leaf by dehydration doesn't take long at all. Here's to inexpensive, sustainable health in a cup! 🔥

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Endnotes

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The Swedish State's Attack Against Complementary and Alternative Medicine

BY SARA BOO AND MICHAEL ZAZZIO

There has been a concerted effort in Sweden for more than two years to suppress and eliminate complementary and alternative medicine (CAM). Once a strong and established practice in Sweden, CAM has been challenged time and again in this country by a larger, monopolistic competitor with control over the Swedish government. That competitor is the same one that attempts to establish monopoly medicine throughout every country in the World—the enormous pharmaceutical companies that make billions and billions of dollars in profit all the while dispensing disease-care to captive patients using carefully controlled regulators, medical doctors, pharmacists, hospitals, medical journals, news media, and so-called scientific research that all together give a profounder meaning to the word “fake.”

The Committee and Its SOU Report

Dr. Kjell Asplund was appointed by the Swedish government as its lead investigator in a public inquiry into alternative and complementary medical care. A medical doctor, he has held a professorship at a Swedish university hospital and has been the Director General of the National Board of Health. Kjell Asplund is thus a product of the Swedish medical education system, which is based on indoctrination and not on education in the true sense of the word. Dr. Asplund, therefore, indisputably represents orthodox Swedish medicine and as such is already deeply biased in his position as an investigator of alternative medicine.

Asplund's so-called investigation led to a SOU (Statens Offentliga Utredningar, or Government Official Investigations) Report on alternative and complementary medical care that is for the Swedish Parliament (Riksdag) to consider in passing legislation. Typically, in Sweden, the Swedish government

will appoint and convene committees for the analysis of issues in anticipation of proposed legislation before the Riksdag. These committees are the equivalent of “Blue Ribbon” committees in the American system. In this case, following two years of meetings, Asplund's committee generated a SOU Report that was highly unfavorable to CAM, all in anticipation of harsh legislation against the practice of CAM. The second, legislative step, called the “Patient Safety Act,” would fatally restrict competition in health care.

The Biased Committee

The SOU study is a government inquiry and thus constitutes a form of exercise of authority or equivalent. It thus falls under both the form of government (constitution) and administrative law. According to the form of government, all exercise of authority must be exercised *impartially and objectively*. According to the Public Administration Act, public administration and corresponding information shall be based on objectivity, impartiality, and legality.

Unfortunately, Asplund's “expert” group was far from impartial and most definitely was biased. How many times in the past have we seen this trick pulled on us? There was no impartiality in the investigation, nor was there any objectivity. How could there be when at least 82% of the 17-person expert panel was hostile to CAM practice? Only *one* of the experts was even a CAM clinical practitioner.¹ The others were all orthodox, monkey-see, monkey-do healthcare experts.

The expert group's composition was obviously over-represented by experts in the orthodox school-of-medicine field. An overwhelming majority of the group members come from the regional health service or Swedish authorities with a direct connection to the public health service. For many in the expert group, there is a conflict of interest; yet another problem with the committee and

therefore its report. Since the impartiality requirements were not met, the legality of the SOU committee and its report also fails. It cannot be lawfully considered.

The Report Violates EU Law

In addition to these basic and partly constitutional requirements, the Asplund expert group also contravened EU law that limits the Swedish State's ability to form a commercial cartel and to create national laws that distort competition. According to the principle of preferential treatment, EU law is prioritized before all other national laws.

First of all, the right to freely choose healthcare within the European Union is protected and cannot be restricted by national law, including that of Sweden. The EU is based on ostensibly unrestricted free competition and a “customer” concept that characterizes EU legal assessments in the European Court of Justice. The EU law has thus ensured a customer concept in the healthcare sector, namely that the healthcare consumer is a customer and must be allowed to choose.

Therefore, any individual from an EU country has the right to offer his or her services in other EU countries. The person concerned has the right to move across all national borders within the EU to perform those services in all other EU Member States. This of course also applies to healthcare services. The fact that the EU Member States have the right to design their patient insurance systems as they want does not mean that they can restrict free competition in the free healthcare market. There cannot be any statutory requirement to belong to a particular licensed healthcare staff in order to be able to perform healthcare services. Yet, that is exactly what the SOU Report and its legislative spawn, the Patient Safety Act, proposes to do. It is therefore illegal as it will restrict Swedish patients' rights by requiring

them to forgo CAM treatments.

In fact, previous attempts made by EU Member States to circumvent this right have not been successful. For example, during the Swedish Presidency of the EU, a proposal for a Directive was rejected that would have limited the freedom of EU citizens to seek health care in other Member States. This proposal for a Directive was found contrary to the basic principles of the EU Treaty. The draft Directive had in all likelihood been canceled by the European Court of Justice, whose case law on this question is crystal clear.

Second of all, the EU's rules on competition (based upon Article 49) contain two prohibitions – one against anti-competitive agreements and one against abuse of a dominant (i.e., monopolistic) position. Yet, through their special-interest organization SKL (Sveriges Kommuner och Landsting), the Swedish official healthcare providers controlling Swedish healthcare have created a cartel determined to strengthen their already formidable position, thereby violating Article 49. This dominance, though, is further extended by the proposed unlawful changes to the Patient Safety Act, particularly its Fifth Chapter, which restricts any competitors from challenging the regions' medical monopoly. Asplund's intentions were to revise the Swedish Patient Safety Act's Fifth Chapter and create a new law making conditions for CAM practitioners even worse. This anti-CAM Bill can thus be regarded as an anticompetitive agreement that violates EU law.

Since the entire EU is full of “non-registered” therapists who offer their services within the EU, NHF-Sweden has made the argument that trade between Sweden and at least one other Member State could be affected by the legislation, and thus the Bill must be disqualified.

Moreover, the Swedish government and the regions cannot use their dominant healthcare position to limit choices in the medical market to the detriment of consumers (the patients). Today's revised Patient Safety Act, Chapter 5, limits such diversity of choices for healthcare consumers; and patients cannot freely choose between all of the

possibilities for cures and relief that exist.

Any legislation that violates EU competition rules is *ipso facto* invalid. If it is the case that companies, regions, or States violate these rules, then the EU Commission may decide to impose fines to stop the unlawful conduct. The EU competition rules apply not only to companies but to Member States as well. So, no EU country may act in a way that hinders the free movement of goods, services, and capital within the EU, and this applies to healthcare.

NHF-Sweden Fights On

Sadly, NHF-Sweden seems to be the only organization in Sweden that is pointing out to the World how the Swedish government is violating the law with this proposed legislation. We are putting up the hardest fight of anyone. The proponents of the Patient Safety Act are violating constitutional law, health laws, European rights (EU laws), as well as international laws about integrity, private and family rights, rights to belief systems, and our right to the optimal health.

Unfortunately, many organizations — even those supposedly on our side of this issue — are thinking that the new proposed legislation is actually good! So, Asplund and the “Social Ministry cartel” would easily get this legislation passed if it weren't for us.

NHF-Sweden has analyzed this legislative proposal for more than four months now and we know exactly how dangerous it is for health freedom. It is a very insidious law. In fact, our paper arguing against this legislation is almost 90 pages long.² In it, we show not only the conflicts of interest and extreme biases mentioned above, but also many other flaws in the SOU Report, including that the commissioner also did not do many of the different tasks that he was obligated to do by the government.³

There are so many problems with and flaws in this legislation that we do not think they can go much further with it. But Sweden is very corrupt, so we still have to fight hard. As just one example, one governmental department did not want to publish our position paper for the public, but we were able to force them to publish it, by referring

to laws that required publication.

Another one of our NHF-Sweden papers has yet not been published — a paper containing official information about the wages paid to the handful of secretaries in the secretariat. The Social Ministry did not want to publish our paper that included those figures as the ministry officials regarded the information about the wages paid to those individuals as personal humiliation!

Similarly, Michael Zazzio aired on one of our main Swedish radio stations in a head-to-head debate with Kjell Asplund — the man who wrote and is the only person responsible for this illegal proposed legislation.⁴ During that program, Asplund lied when he claimed that CAM therapists were to blame for a renal-failure epidemic. Yet the truth was that a Chinese herb marketed for weight-loss and sold in Belgian stores was responsible. The problems were due to confusion between two herbs called by the same name in China, and therefore this confusion led to the kidney damage. Asplund's lie was completely senseless, as CAM therapists had nothing whatsoever to do with the Chinese herb. Besides, herbs do not have anything to do with healthcare laws. Such herbs are regulated either through medical or food legislation and not through healthcare laws.

The fight to protect real medicine here in Sweden continues. Please stay tuned. 🔥

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BY LEA AELLA

Own Your Self – The Surprising Path beyond Depression, Anxiety, and Fatigue to Reclaiming Your Authenticity, Vitality, and Freedom

By Kelly Brogan, M.D. (ISBN 13:9781401956820; Hay House; 2019, hardcover, 352 pages; \$24.29)

I have read a lot of new non-fiction and self-help books this year, from every topic imaginable. Many have been game-changing, including *Breaking the Habit of Being Yourself* by Joe Dispenza and *The Conscious Parent* by Shefali Tsabary. But I might have just met the only non-fiction book that I could barely put down..

Kelly Brogan, M.D., Holistic Psychiatrist, is a powerhouse voice in the holistic health world known for her bracing intellect, clarity, and unapologetic discarding of societal conventions that prevent us from living in biological and spiritual alignment.

I discovered Kelly's work at a time when I believed my body was failing me and I felt aimless on my path. Her first book, *A Mind of Your Own*, showed me how to partner with my body through dramatic lifestyle changes and mindfulness practices that put me in the driver's seat of my health again. I did not expect her second book, *Own Your Self*, to hit me so deeply and fully.

Own Your Self is a blueprint of self-reclamation. It is for anyone who has ever felt pain, had a symptom, been "sick," or has been taught to believe that they cannot be well without a pill or medical intervention. It is essentially a synopsis of the entire body of mental, physical, emotional, and spiritual healing work that I have embarked upon this year.

The tears flowed as she swept me through her challenging and transcendent journey into becoming a living expression of authentic being. It shares perspectives that are so radical they completely invert everything we've been taught to believe regarding mod-



ern medicine, nutrition, disease, emotion, relationships, and pain.

She shares perspectives such as esoteric practices in intentional discomfort through ordeal medicines, natural home birth as the most existential and egregiously bypassed initiation into womanhood, and German New Medicine, which completely reframes

illness, infection, and even cancer as the **healing** process, not the dying process.

She invites you into a world where symptoms are not nuisances but prompts for psychic and environmental exploration; where emotions are not inconvenient distractions but welcome signposts of life; where pain and even suicidality is not to be avoided, numbed, or feared but rather embraced as a roadmap to essence. *Own Your Self* not only explains the basis for her deeply prescriptive and implausibly simple answers to illness, but offers a rare insight into her own journey to show you just how far a human can surpass their own perceived limitations.

Layered between stunningly exquisite personal stories and musings is a comprehensive healing toolbox with something new for even the most advanced health-conscious reader, like silence-based meditation and "forest bathing," breathwork practices like Kundalini and Clarity, and movement modalities like Qi Gong and ecstatic dance.

The book renewed my appetite for feminine community by exploring the resurgence in "Red Tent" gatherings. And she even had unexpected bonus material on bringing consciousness to parenting and a natural emer-

gency "first aid" kit for acute symptoms.

But it is not all practices and mindsets that can feel too out of reach to attempt. She includes many quick, simple, "break the glass" meditative tools for interrupting negative patterns and regaining a foothold of ease and empowerment. There isn't a human alive I wouldn't want to experience this literary journey; and, yet, there are many who aren't ready for its uncomfortable wisdom.

You must be ready to shed attachment to the mythology of physical and mental health, and be prepared to approach your wellness as an inquiry into your internal landscape. You must be ready to take full responsibility for healing the reality your choices have manifested until now. You must be ready to welcome the searing discomfort of self-awareness, shadow hunting, and the Dark Night of the Soul. You must be prepared to **feel** again. All of it. And believe me – it hurts.

As Dr. Brogan astutely puts it, "The good news is, you are responsible for your health. The bad news is, you are responsible for your health." Not your doctor, not pills, not the FDA or the CDC. You.

Taking back that responsibility is welcoming what could become many Dark Nights. Those will hurt too, and this book cannot make them painless. But what this book can give you that you won't find in a pill is a treasure map back to the radiant being you forgot you could be somewhere along the way.

Own Your Self is going to be in the Christmas stockings of those whom I love most, because I believe there's no greater gift you can offer than a path to one's authentic self. After pushing through one of the most painful and empowering years of my life, with many more on the way, reclaiming myself was just what the doctor ordered. 🔥

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