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NHF Chairman of the Board



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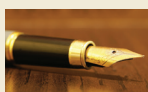
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practice for the physician, and freedom of choice for the layman. (ISSN 0749-4742)

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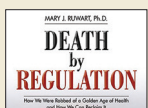
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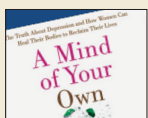
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In Memoriam – Dr. Robin Falkov NHF Treasurer Dr. Robin Falkov succumbed to a long-standing illness earlier this year. A true and passionate health-freedom fighter, she staved off her final moment far longer than the doctors thought possible. She is very missed by all. **Page 11**



In Memoriam – Dr. Hans J. Kugler NHF Chairman of the Board Dr. Hans Kugler helped lead NHF through tough times and good times. Having survived an automobile accident that would have killed anyone else, Hans stemmed off its ill effects for almost ten years. But in early May we lost a great friend and lover of science and liberty. **Page 12**



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LETTERS TO THE EDITOR



Dear Editor,

Oh, that genius Bill Sardi – him and his logic. But thanks to Bill Sardi, we are younger in all tests than we were, even being in alternative therapies for decades. I love the way the usual detractors cannot refute the science behind Longevinex and the garlic-related products.

Thanks, Scott, for putting Bill and me together four years ago. And thanks for our long, long friendship going way back.

And thanks for the decades in which you have stood pretty much alone at first in protecting us from the Evil Ones who would pull every last nutrient from food and supplements if they could, and they try, year after year. It's wonderful that during the past about four years, you have had other countries standing with you against the planned long-term genocide.

Folks, I encourage you to join the National Health Federation, **the one group that stands between supporting the effectiveness of food and supplements in providing health, and against those who have sold out to the side destroying healthy foods and effective supplements.**

God bless you, Scott.

Sincerely,

Robert Cadle

Dear Editor,

Katherine Carroll's article in the Winter 2018 issue of *Health Freedom News* about caring for an aging parent really resonated with me. Both my wife and I went through what she described with her mother, and really felt her sense of despair and hopelessness.

I wish that someone had given us the

information that she provided before we took on the responsibility. It would have helped us tremendously.

My best wishes and prayers for a happy and peaceful life for Katherine and her mom.

Ben Lizardi

Health Freedom News' Graphic Artist

Dear Editor,

I just had a nice heart-to-heart with my wife Marlene after reading Katherine Carroll's story about caring for an aging parent in a recent issue of *Health Freedom News*. I read directly from it to her and she beamed graciously when she heard the advice Katherine had written about the gut, minerals, Vitamins D3 and K2, etc. I know very few people who are so comfortable with the bare facts like the author, Katherine Carroll – no one actually.

The caring, truth, and knowledge Katherine has graciously shared with me through the magazine and past correspondence now seem more precious than ever before.

The seeds she planted in us have helped raise the awareness of many who previously didn't give a darn. Just our being "terminally healthy" has been the bait for a few. Marlene with a compromised thyroid to boot! Every time I re-purchase Vitamin D3 with K2, I think of Katherine's advice and kindness. Her role in encouragement and education has helped Marlene and me remain head and shoulders above where we might have been without it.

Just the fact that Katherine and the National Health Federation somehow came

across my path keeps me diligent in my search on the spiritual end. I was thankful she mentioned prayer in her article. If someone as grounded and substantive as she is can hold so tightly to her faith, then I must not take it lightly.

I love you and Katherine both with all my heart.

Many Blessings always,

Tom Coyl,

NHF Member and Faithful Donor

Dear Editor,

I love your work. However, I am very disappointed because in the previous *Health Freedom News* (Summer 2018, Vol. 36, No. 2) there was a serious error in Scott Tips' article about CBD. I wrote a letter to the editor about it. The letter was not published in the latest *Health Freedom News*, nor was there even a retraction of the error.

The error was in the first sentence, where it says that CBD is hemp oil. CBD or cannabidiol is a toxic chemical. Hemp oil is a nutritional product that has been on the market for 50 years or more. CBD is often mixed with hemp oil, but they are very different ingredients.

I sense that someone did not want the truth revealed. Please print a correction in the next issue of *Health Freedom News*.

Thank you,

Dr. Larry Wilson

Editor's Response to Dr. Wilson:

I am very sorry that you were disappointed that a correction had not been printed in a previous issue of this magazine, but we cannot possibly print every letter to the editor that has been sent to us in as timely a manner as we (or you) would like.

It seems that you fixated on a very general statement that was made in the first sentence only but you have completely overlooked the much more involved explanation that I gave in the very next (second) paragraph that CBD oil is "extracted

from the resin glands on cannabis (marijuana) buds and flowers” and “can also be extracted from hemp.” I then go on to mention that “the latter source [i.e., from hemp] is an industrial form of cannabis.” That more detailed explanation should have made it clear to you that CBD oil can be derived from hemp. In fact, when so derived, it has been sometimes called a form of “hemp oil” since it actually is extracted from hemp. Since there are cannabinoid receptors abundantly found in the human body, I am not in agreement about its toxicity. While CBD may be tainted in processing with toxic solvents, inherently it is not a toxic chemical. (See, e.g., Jon Johnson, “Everything You Need to Know About CBD Oil,” *Medical News Today*, July 27, 2018, at <https://www.medicalnewstoday.com/articles/317221.php>)

It saddens me, however, that you “sense” that we are somehow hiding the truth. Contrary to your assumption we didn’t want the truth to be revealed, this publication (which originated in 1955) has been uniquely defined as presenting the unpopular truth without flinching.

*Best wishes,
Scott Tips*

Dear Editor,

Love the sweet sound of Liberty???
NOOOOOO!

Not in this case. I don’t know if you viewed or remember the series on GMOs? I am viewing Episode 2 with Zach Bush, M.D., where at about the 25-minute mark he explains why Bayer wanted to buy Monsanto when wheat productivity and returns for board members and investors has plateaued because GMO crops (95% of soy, 85% of corn, etc.) are no longer increasing yields and 16% of the public has become aware enough to switch to only organic wheat products. (See <https://www.gmosrevealed.com/episodes/episode-2-yfpv3zo8oc.php>)

It was because Bayer had a derivative potential profit-making patented product

in waiting, which just prior to the buyout was approved by the EU and our own EPA to put this new GMO on the market. Monsanto owned 85-95% of our food chain in the U.S. and sold it to a German company, so now the American farmer is forced to buy new GMO seed from Germany – a “land grab!”

Every six years since the 1980s we have sold twice as much Roundup® aka glyphosate aka a water-soluble toxin – a doubling every 6 years. Two billion kilograms were sold last year (I don’t know when this video was produced, but think it was just recently as a recap of the GMOs series), which robs our soil of its nutrients and medicinal qualities and which fails to nourish the plant’s health and demands more poisons. Only 1/10th of 1% hits the weeds, the other 9/10ths hits the soil, water supply, oceans, environment and all us/its creatures – 80% of which poison runoff is collected in the Mississippi River and all of its tributaries and land area, also 75% of all the air and rainfall in that area is polluted with Roundup® toxins! If we stopped spraying today, there would still be these toxins in our environment worldwide for another 50 to 609 years!

If I write any more, this will get way too long; but I wanted to share with you and the NHF about all this. I knew it was bad, but was falsely (so I’ve now learned from this video) thinking it would stop with the Bayer buyout, which would bankrupt both companies. No such luck! The “You Know Who’s” are far too devious and evil.

*Sincerely,
Barbara Lyon*

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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Codex Label Deception Impacting Organic Foods

NHF Argues Against and Helps Defeat Organic Label Deception at Codex

BY SCOTT C. TIPS, NHF PRESIDENT

When it comes to their health, people can get very upset when they are deceived. That has been the problem for several years at the international Codex meetings where the powers behind GMO foods have strongly pushed for a definition of “Biofortification” that would include genetically engineered foods to be called “biofortified.” This deceptive strategy dovetails very nicely with the current labeling scheme in the United States where GMO foods can now be called “Bioengineered.”

Remember, Biofortification is simply the process by which the nutritional quality of food crops is improved through plant breeding with the aim of making the nutrients bioavailable after digestion. To most of us, that means “conventional” plant breeding. There is nothing wrong with that. However, some had wanted to convert Biofortification into a Trojan horse that would allow GM foods to slip into those countries that currently ban such foods. Those special interests had hijacked the Biofortification definition and ruined it by amending it to include genetically engineered foods.

So, for the last half-decade a battle has been waged across two Codex Committees – the Codex Committee on Food Labelling (CCFL) and the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) – over the Biofortification definition. I have reported



on each of NHF's many efforts over these years to block the deceptive definition from ever being adopted by Codex, with the last report published in *Health Freedom News* (Winter 2018, Vol. 36, No. 4) as my President's Note there. At the last Codex committee meeting to take up the definition, the CCNFSDU inconclusively punted the definition debate back to the CCFL in Canada.

The NHF Goes to Ottawa

Six months later, the National Health Federation delegation took its seats in Ottawa, Canada on Monday, May 13, 2019, in time to deliver two powerful interventions at the 45th session of the Codex Committee on Food Labelling. If you have been following NHF's work on the vitally important definition of “Biofortification,” you will be relieved to know that we won.

The CCFL decided that the definition of "Biofortification" is unnecessary and will not go forward.

This hot debate item was defeated at the very first morning session. Ironically, at the Codex Nutrition Committee meeting in Berlin last November, the U.S. head of delegation had declared that its adoption was "inevitable." We disagreed with him and kept fighting. In fact, NHF had been debating this definition with other delegations since 2012 in order to keep the meaning of organic foods from being further diluted and consumers from being deceived by misleading marketing. The European Union and other INGOs such as the International Baby Formula Action Network (IBFAN) were equally vocal against this definition. Nepal, which had been strongly opposed to the adoption of this definition at the Nutrition Committee meeting late last year, unfortunately could not attend this CCFL meeting.

At this most recent CCFL meeting, I spoke up twice on the Biofortification issue, arguing that the inclusion of GMO foods under the "Biofortification" label would be disastrous for consumers. (See my argument at <https://www.youtube.com/watch?v=iTa-JNMYmw70>) Additionally, I argued, among other things, that leaving it up to national authorities would dilute one of the major goals of Codex, which is harmonization of food standards across country borders, and that if the definition were to go forward at all, then it should be without GM foods included within the definition. (See again at <https://youtu.be/jXa84XVamHU>)

Deceptive Marketing of GMOs Stopped

The World Trade Organization (WTO) has had enforcement authority over Codex standards since the mid-1990s, which means that had this biofortification definition been adopted, then

"Biofortified" food labels would have appeared in virtually every country in the World under the threat of a WTO sanction. More than ever we need assurance that the food imported from other countries is compatible with what we expect that food to actually be. In Europe, a shopper seeing the word "Bio" on a product would expect that product to be organic, not GMO.

Had this Biofortification definition been adopted, it would have confused and degraded the organic market even further, creating a massive loss of consumer confidence. The proposed definition, allowing GMO foods to be disguised as "bio," would have deceived an entire demographic of health-conscious individuals, tricking them into believing that any product marked "bio" was organic or at least healthier than standard, pesticide-sprayed plants. And in so doing, it would have undermined their health as we all know the impact of GMO foods: infertility, accelerated aging, faulty insulin regulation, organ damage, gastrointestinal, and immune system disorders, among other things.

This is what your support for the oldest health-freedom organization in the World has afforded: Representation of you and your health interests on the global stage at Codex where decisions are made for 7 billion souls worldwide. Thank you all for helping to send NHF to these meetings so that we may continue to represent you globally as we have for decades now.

Please continue your support as members of NHF and donors as this is but one of many Codex committees with equally vital issues that will impact your life and that will be decided this year and beyond. If it were not for you, our faithful members and financial supporters, these arguments you are witness to would not happen. Thank you and let's keep fighting for our health and health freedom together. 🔥



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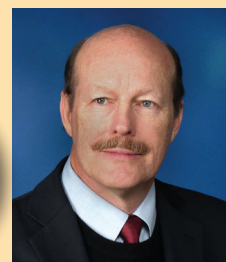
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Please, act today to preserve and protect a HEALTH FREEDOM HERITAGE for the next generation by taking the time to remember the NHF in your will.

Your passionate advocate for Health Freedom,

Scott C. Tips



In A Free-Market Economy, The Best Remedy For What Ails Modern Medicine Is Competition, If It Would Ever Be Allowed

Supplements can help autistic children

BY BILL SARDI



In a free-market economy, is there freedom for alternative practitioners to recommend vitamins for young autistic children?

In the United Kingdom (UK) it is apparent alternative practitioners such as homeopathic physicians don't compete on equal ground with allopathic doctors. Entrenched allopathic (conventional) medicine has the advantage in that it claims to have the high scientific ground, controls payment systems, and is singularly favored by the news media. In fact, homeopaths are characterized as an example of health quackery in the UK.

I, too, have questioned the validity of homeopathic medicines, which are, to me, implausible dilutions of therapeutic molecules, sometimes toxic metals, that only provide femtograms per milliliter (femtogram = 0.000,000,000,000,001 grams) of their principal active ingredient. However, in an earlier published report, I noted that surprisingly these diluted homeopathic remedies were actually shown to evoke a biological response (alter genes).

But in the case of the battle between allopathic and homeopathic doctors in England, homeopathic dilutions aren't in question. Simple essential vitamins are.

The battle is over whether zinc and Vitamin-C therapy represent health quackery when prescribed for autistic children.

Smackdown of Vitamin Therapy

An advertising watchdog in the (UK) now advises "autism therapists" to "stop peddling false claims zinc and vitamin C supplements can cure the disorder (autism)."

Homeopaths advertise their alternative treatment under the acronym CEASE, which stands for Complete Elimination of Autistic Spectrum Expression, developed by the late Dutch homeopath Tinus Smits (1946-2010).

The National Autistic Society in the UK issued this statement about CEASE therapists:

"Misleadingness and offering false hope aside, there's potential harm behind such claims. So, we're taking steps to stamp them out."

So much for competition in the health-care arena.

Scientific Review of Current Studies

Given that Smits died almost a decade ago, let's delve into recently published science to see if it validates Smits' earlier recommendations.

The body of science that links blood-serum levels of the trace mineral

zinc with autism is growing. There are 145 published reports involving the relationship between zinc and autism listed at the National Library of Medicine website (PubMed.gov). Some of them are seemingly negative or confounding, but most are consistent with the idea that a shortage, imbalance, or fetal deficiency of zinc is associated with or causal (though maybe not singularly causal) for autism.

Naysayers will certainly point to a recent study that showed blood-serum levels of zinc and Vitamin A didn't differ between autistic children and normally health children. Zinc blood levels in autistic and normal children "were within the normal range." However, "normal" may mean it is normal for all kids to be deficient. It is only the commonly-occurring range, not necessarily the healthy range. This is how modern medicine pulls the wool over the public's eyes.

Furthermore, zinc blood tests are notoriously misleading because of a molecule (metallothionein) that binds to zinc and can render it non-bioavailable. Excessive doses of zinc may end up being bound to its carrier protein (metallothionein) unless a sufficient amount of selenium accompanies zinc supplementation to release zinc from its binding molecule. Therefore, serum blood levels of zinc may be meaningless.

Given a widespread deficiency of zinc among children, a zinc challenge could be given as a therapeutic challenge regardless of blood levels. A zinc challenge may provide a simple method for evaluating zinc status. After placing 10 ml of aqueous zinc in the mouth, a lack of taste or a delayed taste perception suggests a possible zinc insufficiency. An immediate taste perception suggests zinc status may be adequate.

Certainly, medical doctors (MDs) should be familiar with the fact that in the animal lab a mild prenatal deficiency of zinc produces offspring that exhibit some features of autism. This means a blood test of the young autistic patient is not pertinent, the blood level of the mother at time

of birth is. Critics of vitamin therapy must certainly know this.

Investigators at the prestigious Seaver Center for Autism Research and Treatment and the Friedman Brain Institute, Icahn School of Medicine at Mount Sinai in New York City, New York, report that heavy metals such as lead, manganese, cadmium, or copper combined with a deficiency of balancing zinc are "associated with schizophrenia or psychosis." Early-life exposure to metals "is a plausible cause of psychosis." Be advised, before the term "autism" was used to describe these introverted children, it was called childhood schizophrenia.

Other researchers at the University of California at Davis report the use of "maternal micronutrient supplementation" (i.e., zinc therapy) is associated with a reduced risk for autism. Indeed, researchers at Vanderbilt University School of Medicine report that a mutation in a gene responsible for the transport of dopamine in the human body (dopamine being a memory molecule in the brain) may contribute to the occurrence of autism and that zinc "reverses... the functional deficits of autism." "Zinc... may be a novel therapeutic target to rescue... functional deficits associated with autism," said the report.

Furthermore, it is not just zinc, but the ratio of zinc to copper, that may trigger the onset of autistic behavior. A European study of autistic children reveals autistic kids have much higher blood levels of copper over zinc than normal kids do. Researchers suggest testing for the zinc/copper ratio and to "give a zinc supplement if needed."

One cannot imagine anyone mischaracterizing zinc supplements as health quackery. But that is precisely what is going on in the United Kingdom where homeopaths embrace vitamin therapy to treat symptoms of autism.

At the very least zinc therapy certainly doesn't fall outside of the Hippocratic Oath that includes the dictum "first do no harm," which so many approved drugs violate. And zinc is an essential-for-life-

and-health co-factor in over 300 enzymes produced in the human body.

Vitamin C and Autism

Additionally, it is both intuitive and backed by scientific review that autistic children may be highly selective in their choice of foods (picky eaters) and gravitate towards sweets and carbohydrates, and thus are not infrequently found to be deficient in Vitamin C. The medical literature is dotted with case reports of autistic children who developed symptoms of scurvy (frank Vitamin-C deficiency).

In a two-plus-decades-old study of 18 autistic children given mega-dose Vitamin-C therapy, researchers concluded that Vitamin-C therapy reduces severity of symptoms consistent with the ability of Vitamin C to elevate the brain chemical dopamine.

Another study conducted by researchers at Columbia University, published eight years after the death of Tinus Smits, the Dutch homeopathic doctor who fashioned CEASE therapy, shows the risk for autism increases with use of post-birth antibiotics, prenatal acetaminophen (Tylenol), early weaning from breast milk, and increased number of ear infections, all which are the very hallmarks of CEASE therapy!



How about Vitamin D?

Let's not stop with zinc and Vitamin C. There is replete evidence that Vitamin-D supplementation may also be helpful for children with autism. Here is just a sampling of published reports.

- Vitamin-D blood levels have been found to be lower among autistic children and this correlated with their

symptoms.

- Another study concluded that high-dose Vitamin D safely improved symptoms of autistic children, but not among autistic children who were given an inactive placebo.
- Yet another published study suggests Vitamin D during pregnancy may be prophylactic for autism (prevent it altogether).
- Supplemental Vitamin D has been shown to reduce irritability and hyperactivity of autistic children.
- Among autistic and healthy children given equal amounts of Vitamin D, Vitamin-D levels were lower in the autistic group, which suggests inherent problems of absorption or metabolism.
- The prevalence of autism has been linked with geographic location of birth with sunnier countries nearer the equator having far lower rates of autism than northern countries, which strongly suggests a Vitamin-D

hypothesis for autism.

- Vitamin-D supplementation reduced the risk for autism in the 2nd birth of mothers who had an autistic child in their first birth from 20% to 5%.

The list of positive Vitamin-D published studies here is by no means comprehensive but it certainly provides some idea of what modern medicine could be applying right now to help autistic children.

Using Logic

Using logic rather than narrowly using science, here is a rationale for the use of zinc and Vitamins C and D for autism:

- Given that modern medicine appears to be clueless to whatever causes autism let alone what its possible cure could be.
- Given there are an estimated 700,000 autistic people in the UK for whom modern medicine offers no proven remedies for this behavioral disorder.
- And given that a shortage of zinc is prevalent among children through-

out the world, even in well-fed populations.

- Given a review of published studies reveals the use of dietary supplements among autistic children "seems safe."
- And given that reasonable supplemental doses of zinc, Vitamins C and D are without serious side effect, what could possibly be the objection against recommendations to use harmless vitamins for autistic children who need these essential nutrients for maintenance of immunity, to enhance the effectiveness of vaccines, and to achieve proper growth, wound healing, and mental development?

Sad isn't it? Millions of helpless kids caught in the middle of what amounts to a turf war.

For citation links, please go to: <https://thenhf.com/2019/06/26/in-a-free-market-economy/> 🔥



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IN MEMORIAM

Robin Falkov, D.N.B.H.E.

August 15, 1950 – March 3, 2019

DR. ROBIN FALKOV was a well-respected member and Treasurer of the Board of Governors of the National Health Federation, a position that she had held since March 2017. She was an active participant at Board meetings and always offered sage advice and counsel to those she encountered. More than that, Robin touched the hearts of all of us as well as her many friends throughout the World.

Although from New York City originally, Robin had been living in Placitas, New Mexico with her life partner of twenty years, Coast-to-Coast radio host Richard Hoagland, and her recently deceased, beloved dog Moralla. She often could be found in Miami, Florida. But no matter where she was, she never seemed to lack many friends and supporters.

A licensed Doctor of Oriental Medicine, she was fully trained in Traditional Chinese and Herbal Medicine, a homeopathic practitioner for over 25 years, and a Diplomat of the National Board of Homeopathic Examiners. The common bond of these and other energy medicines paved the way for her research into related technologies such as LED, which follows in the footsteps of NHF founder Fred Hart. At the time of her death, Robin was writing a book based upon her energy-medicine research.

Her comprehensive consultations included nutritional therapies, diet, and lifestyle review. At one time she used her knowledge and healing skills to save the life of her partner, Richard Hoagland, who had suffered a severe heart attack. Of course there were countless other individuals whom she healed and helped as well.

More profoundly, while healing individuals, Robin never lost sight of the "Big Picture." Since first seeing the threat posed to our health and health freedom by elements




within the Codex Alimentarius Commission in 1995, Robin had made Codex and trade treaties a focus in her interviews and workshops, which also frequently featured the NHF and its work. An investigative journalist, since 2013, she also produced and anchored her own international morning news show, *Event Horizons*, at www.freedomslips.com – Studio A as well as an afternoon show. Robin regularly interviewed NHF President Scott Tips on her program.

She passed away on the morning of March 3rd in a hospital in Albuquerque, New Mexico after a long illness that she had successfully managed for years, until the very end. She even bravely soldiered on with her last *Events Horizon* program having been given from her hospital bed on 28th January 2019. Like the proverbial shoemaker who is so busy shoeing other children that his own go unshod, Robin had spent most of her time helping others instead of herself. Unselfish is not a strong enough word to describe her. In the end, it cost her her life; but in doing so, it revealed the heartfelt compassion for others that suffused her character.

As her radio station so aptly put it the day after she died, "It is entirely due to Robin's compassion, her professionalism, her love for animals and humanity – and her love for

the audience that she lovingly regarded as her extended family – that both shows became such massive successes in such a short space of time. Robin kept her illness – colon cancer – to herself, only revealing her private battle when she felt the quality of her shows could be compromised by it. Robin's last show with the Station was: she was so unwell, yet she was so determined to share important news with her beloved audience that she hosted that final on-air hour from her bed. And no, the quality of her shows was never compromised by her illness, only enhanced by her passion, her determination and her candor. Robin was a dear friend to many at the Station. Her infectious love of life never failed to raise a smile, even on the darkest of days. And today is a dark day. Robin was – and remains – one of the most beautiful, spirited, passionate, and dedicated souls we were blessed and honored to know. We will miss her so very much."

And our friend Robert Morningstar added, "It is with deep sadness that I received the news ... of the crossing over into afterlife of Dr. Robin Falkov. Robin was a dear and caring friend to all of us. Robin was always ready to help. I cherish the memory and the honor of having been able to exchange ideas with her on the air several times as a guest on her show. Robin was a real crusader for many causes with a deep passion for politics I shall miss 'Dr. Robin Falkov' dearly, but I rejoice in her wonderful life and the privilege of having known her kindness, and her gentle soul as a friend and confidante."

NHF President Scott Tips said, "Even now, I cannot believe that such a beautiful person, inside and out, is gone. Vibrant, compassionate, intelligent, and, rarest of all these days, wise, Robin was a vital part of every NHF Board meeting. Her presence there filled our meetings with a wonderful soul energy that cannot be easily replaced, if ever." 



IN MEMORIAM

HANS KUGLER, B.S., PH.D

December 11, 1935 – May 5, 2019

BY SCOTT C. TIPS

The artillery thundered ever closer as the Red Army advanced into eastern Germany. Young Hans, not even a teenager then, learned to shelter himself in a doorway as Russian fighter planes strafed the nearby ground. It was the kind of childhood that caused a young boy to grow up quickly into manhood.

Two Dogs and a Principled Stand

But it had not always been like that – at least not until 1943, when Hans' father, a wealthy, conservative German landowner, had commanded his two very-protective German Shepard dogs to attack and chase off his property a feckless Nazi Party leader who had come to the family home demanding land. Unfortunately for the Nazi, the two canines were faster runners and managed to take some chunks of flesh out of his fat limbs before he could escape. Two weeks later Hans' father received his draft notice, with orders to report to the Russian Front.

Although the family was left fatherless during this critical time, Hans' father returned home safely after having served as a medical assistant. But, in the meantime, the Red Army had overrun eastern Germany and occupied the region where Hans and his family lived. And after the fall of Berlin, the Soviets quickly set up the local German communists as the new totalitarian proxy rulers.

To instill obedience to the new order,

the Soviets created a political-indoctrination process of weekly communist-party meetings and Hans' father was ordered to attend. Having more important things to do, he did not go. Finally, under much pressure, Hans' father went to one of these meetings where he then proceeded to verbally lambast the local party leader for being a no-good, lying opportunist. Being somewhat thin-skinned, the communists took offense and threw the father in jail for six weeks. From then on, he plotted his and his family's escape to the West.



Escape to the West

In 1945, with Germany a shambles and confusion still rampant everywhere, it was not yet terribly difficult to escape from the East to the West. At the wall-less border, the new East German border guards made a pretense of firing over the family's heads

as they pointed them in the right direction with a friendly wave. It was in this way that Hans and his family crossed the border into West Germany, pausing briefly in Bavaria before continuing on to Stuttgart where they settled. At ten years of age, then, Hans began his new life in Stuttgart.

After finishing school there, Hans joined the West German Air Force. From 1958 to 1960, he advanced up the ranks to jet training. But instead of ordering him into a fighter-jet squadron, the Air Force recognized his abilities as a teacher and made him a platoon leader and instructor for three crews in the West German Air Force Academy. Then, it was back to school in Munich with Hans alternating between military reserve training and more education. During those days Hans operated an Air Force flight simulator outside of Munich.

Fellow NHF Board member Dr. Murray (Buz) Susser, himself a former fighter pilot but with the U.S. Air Force remarked, "It's strange to think that my good friend Hans and I, had we been born just a short time sooner might have been mortal enemies chasing each other across the skies in dog fights and shooting at each other. Instead, we have been close friends."

And Then Even Farther West

By 1964, Hans had been awarded his Bachelor of Science degree by the University of Munich School of Medicine, where he had majored in physiology under the noted



Nobel Laureate Doctor A. Butenandt. Deciding though that the United States might be the best place for him to continue his post-graduate studies, Hans applied for admission into the chemistry program of the State University of New York at Stony Brook. Parenthetically, Stony Brook is now recognized as one of the top universities in the World for medicine and sciences.

Not letting its reputation overawe him, however, Hans zipped through the program there, obtaining his Ph.D (in organo-phosphorus chemistry) in the shortest time of anyone in New York. The end of the 1960s and the start of the 1970s saw Hans at Stony Brook doing post-doctoral work and teaching chemistry as an assistant professor.

This and other research were the basis for Hans' first book on anti-aging – *Slowing Down the Aging Process* – published in 1971 and which was a groundbreaker in the field of anti-aging. I myself bought the book at the time and still have the copy today.

Leaving New York for Indiana in 1971, Hans worked for two years in the research department of the Standard Oil Company of Indiana in the field of environmental chemistry. Of particular interest to Hans were the effects of pesticides on chemistry, food, and human metabolism. He also researched the sound-stimulated rate of growth of agricultural plants.

Academia Calls

As interesting as the research was, though, Hans was drawn back to academia. Hans began teaching chemistry again, this time to pre-med students as well as teaching quantum chemistry to graduate students at Roosevelt University in Chicago in 1972, and he continued doing that for two years. While teaching at the University, Hans did his first studies on anti-aging and cancer. His research there led him to postulate and present at medical meetings his "Combination Theory of Aging." At the same time, Hans developed the ground-work for a "multi-factorial approach" to human and animal longevity, cancer, heart disease, brain functions, and chronic mental diseases, emphasizing immune and free-radical pathology.

Hans also associated himself with the famous Professor Dr. Robert Mendelsohn of the Illinois University School of Medicine. Together, they researched the combined effects of environmental and nutritional factors on overall health (such as immunity and base metabolism).

Later, when Hans moved to California, he continued teaching chemistry, this time at El Camino College. Academia and teaching seemed to be in his blood, as did writing.

In fact, Hans has also authored *Seven Keys to a Longer Life* (Stein & Day, 1978), *Tripping the Clock, A Practical Guide to Anti-Aging and Rejuvenation* (Health Quest, 1983), and some 200 articles in such various publications as *Let's Live*, *Prevention*, and *Health Freedom News*. As if that were not enough to keep him occupied, until the time of his death, he was also the editor of *Preventive Medicine Update* and the Senior Science Adviser to the *Journal of Longevity*.

The Apple Doesn't Fall Far From the Tree

Like his father, Hans was never shy about taking a stand and speaking his mind. All who know him will definitely agree with this point. A frequent speaker at general health and medical meetings,

Hans was known for stating his views clearly and firmly, whether those views are on science, medicine, or politics. And he didn't care who became angry because of those sincerely held views.

Hans also made appearances on radio and television programs, with easily more than 500 such appearances under his belt. The programs included AM New York, AM Canada, KPIX San Francisco, and many others. Reflecting his Renaissance-man personality, the topics covered by Hans on these programs had a wide ambit – primarily nutrition, anti-aging, drug prevention, politics, and climate change.

Translating his views and knowledge into action, Hans even ran for political office. Although unsuccessful, he made a strong showing that attracted attention.

This urge to act has also meant being actively involved on the board of directors and in other leadership roles of organizations such as the National Health Federation and the International Academy of Anti-Aging Medicine. In fact, Hans was a past president of NHF and, at the time of his death, on our Board of Governors for 28 straight years, having joined the Board in January 1991. As a result of his efforts, he has received some eleven awards from various medical and health organizations.

Still, while engaged in all of these various activities, Hans always made time for his special personal loves – flying aircraft and riding horses. Observing that the two activities often go together, Hans remarked several times that "it is interesting that the highest percentage of jet jockeys also own and ride horses." The Empty Saddle Club in Palos Verdes, California, which was originally founded as an old cowboy club and of which Hans was a long-time member, saw Hans participating in its cowboy events where he quickly became known as the "German Cowboy." As for his flying, I flew with Hans in his twin-engine plane not too long ago out of Torrance, California airport and he was a natural-born flyer. A pilot myself, I also flew Hans' plane but was not a match at all for his skill level.

Most Recent Studies and Work

Stem cells were Hans' most recent fascination. For the last many years, he had been focusing his research activities on applying stem cells to improve health and extend life. According to Hans, stem cells could give the body give a boost similar to what Dr. Paul Niehans' injected-cell therapy achieves. In fact, Niehans' therapy has helped Down's syndrome individuals tremendously and many other previously untreatable conditions.

Hans was very quick to point out, though, that he was not working on stem cells derived in any way from fetuses and that it is a bunch of nonsense that they must come from this source. Rather, the research that Hans pursued was based upon modifying our own skin cells (because at present, to be useable, stem cells must come from our own DNA), inserting the cells into a donated female egg cell that has had its own DNA removed, and then growing the culture in a Petri dish.

An avid bodybuilder, Hans had survived a serious automobile accident that would have killed a less-fit person. For a while, he was told by doctors and others that because of the accident and his reduced heart function, he would just have to adjust to a slower pace and a lower quality of life. But they hadn't known the young Hans who had grown up dodging bullets. Here was just another bullet to dodge, and he did, at least for many years. As Hans himself put it after engineering his own recovery with stem cells and sheer grit, "With a car accident and reduced heart function, everyone told me that I could not do anything about it – but, now, here I am completely back to normal, thanks to stem cells!" But the accident still had left Hans with a weakened heart and this eventually caught up with him.

Still, others such as NHF Executive Director Katherine Carroll, were impressed with his physical appearance and strength. As she put it, "It always impressed me that in his 80s, Hans was committed to retaining his vigor and musculature. I met him


once in a tank-tee shirt and he looked amazing for his age – or any age for that matter. It impressed me that when he encountered robbers in his garage, he kick-boxed them into submission and literally beat them up.

Whenever I would meet Hans for lunch at his favorite watering hole – The Good Stuff Restaurant – in Redondo Beach, California, he always impressed me the same way, someone having great strength undiminished really by age. But, as we all knew, Hans was not just brawn, he was brains as well; and you could see it in the many, diverse topics he expounded on, from chemtrails and climate change to politics to the latest advances in medical science. He was current on all and not ever shy about letting you know his opinion on them.

His Death

Unfortunately, though, on a Sunday morning, May 5, 2019, while driving with his beloved and always present companion dog Miss Boogle down a city street, Hans' weakened heart finally gave way and without it working properly he lost consciousness. His truck smashed into a power pole, and he was taken from the wrecked vehicle to a local hospital where he died. His dog was saved, but Hans was lost to all of us.

Hans Kugler was more than just a great, kind, and smart man, he was my friend for almost 30 years. At the time of his death, Hans was Chairman of the Board of the World's oldest health-freedom organization – the National Health Federation – and we should all remember that Hans was personally responsible on at least three separate occasions of having played a key role in saving the NHF from takeover by dissident Board members and outsiders. NHF owes Hans a huge debt. Having served on the NHF Board for almost three decades, Hans was virtually a one-man "NHF institution."

I miss Hans and his wisdom terribly. He instilled so much of that wisdom in those who had the privilege to be part of his inner circle. I was lucky to have had him as a close friend. We all were. 



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February 14, 2019

Mark Zuckerberg
Chairman and Chief Executive Officer
Facebook Inc.
1 Hacker Way
Menlo Park, CA 94025

Dear, Mr. Zuckerberg:

As more Americans use the Internet and social media platforms as their primary source of information, it is important that we explore the quality of the information that they receive, particularly on issues that directly impact the health and well-being of Americans, as well as the billions who use your site around the world. Accordingly, I am writing out of my concern that Facebook and Instagram are surfacing and recommending messages that discourage parents from vaccinating their children, a direct threat to public health, and reversing progress made in tackling vaccine-preventable diseases.

The scientific and medical communities are in overwhelming consensus that vaccines are both effective and safe. There is no evidence to suggest that vaccines cause life-threatening or disabling diseases, and the dissemination of unfounded and debunked theories about the dangers of vaccinations pose a great risk to public health. In fact, the World Health Organization listed vaccine hesitancy – the reluctance or refusal to vaccinate despite the availability of vaccines – as one of the top threats to global health in 2019. In a dramatic demonstration of the dangers, Washington state declared a public health emergency due to a measles epidemic in Clark County, signaling the resurgence of a potentially fatal disease that was effectively eliminated from the United States decades ago by vaccines.

There is strong evidence to suggest that at least part of the source of this trend is the degree to which medically inaccurate information about vaccines surface on the websites where many Americans get their information, among them Facebook and Instagram. As I have discussed with you in other contexts, and as you have acknowledged, the algorithms which power these services are not designed to distinguish quality information from misinformation or misleading information, and the consequences of that are particularly troubling for public health issues. I acknowledge that it may not always be a simple matter to determine when information is medically accurate, nor do we ask that your platform engage in the practice of medicine, but if a concerned parent consistently sees information in their Newsfeed that casts doubt on the safety or efficacy of vaccines, it could cause them to disregard the advice of their children's physicians and public health experts and decline to follow the recommended vaccination schedule. Repetition of information, even if false, can often be mistaken for accuracy, and exposure to anti-vaccine content via social media may negatively shape user attitudes towards vaccination.

Additionally, even parents and guardians who seek out accurate information about vaccines could unwittingly reach pages and videos with misinformation. A report by the Guardian^[1] found that on both Facebook and YouTube, suggested searches related to vaccines often led users to pages or groups

<https://www.theguardian.com/media/2019/feb/01/facebook-youtube-anti-vaccination-misinformation-social-media>

Giving Up on Liberty for a False Sense of Security

The Big Push for Vaccine Mandates

BY LAIRA DE LA VEGA,
NHF DIRECTOR OF VACCINE INFORMATION

Who knew when the alarm went off that Tuesday morning of March 5, 2019, at 3:00 a.m. EST, that I had travelled across the country to be getting ready to witness corruption first hand, only hours later? I was there to represent our National Health Federation members at a Senate hearing of the Health, Education, Labor and Pension (HELP) committee in Washington D.C. where Federal legislation to mandate (coerce is a better word) vaccines for adults was being considered.

Typically, at such committee hearings witnesses, pro and con, would be called upon to testify about the proposed legislation. Robert F. Kennedy, Jr. tried to get on the list of witnesses to testify against the legislation and was turned down flat. Our own NHF President Scott Tips made multiple efforts with the Senate HELP committee administrator to get his name on the witness list, but was ignored. It seems, however, that every pro-vaccine mandate witness who wanted to testify got their name on the list. Strange how Senate fact-finding works these days when someone has an agenda to harm millions of people.

When it comes to medicine and health, we have clearly seen corruption leading up to this point for quite some time. Even the most cursory research in this arena reveals that a handful of corporations own and control *all* of the current major media outlets.

And the media's heavily scripted narrative has only gotten significantly worse, if

that is even possible. This year 2019 is full of disturbing and egregious overreach by government, social media platforms, mainstream media channels, the pharmaceutical industry, and public-school system.

Many health-freedom activists, including myself, use social-media platforms to circulate educational information that people won't ever find simply by asking their medical doctors or by reading or watching mainstream news. But corporate entities such as Facebook, Instagram, Amazon, Pinterest, and Etsy increasingly censor this health information, keeping it from the native public. We can thank mindless puppets like U.S. Congressman Adam Schiff (D-CA) for most of this censoring. On February 14, 2019, Congressman Schiff sent a letter to Mark Zuckerberg, Chairman and CEO of Facebook, urging him to take action to prevent vaccine "misinformation" and advertising from appearing or circulating on Facebook. His request directly violated his oath to defend our Constitutional rights. Schiff also asked Zuckerberg to "consider what additional steps you can take to address this growing problem." It is unclear at present whether Zuckerberg put Schiff up to this request so as to provide himself with cover or whether the request originated with Schiff.

Regardless, many health-freedom activists using Facebook – myself included – have experienced significant levels of censorship. Much of our information pertains to vaccine ingredients, their toxicity

and adverse reactions, and also that vaccine manufacturers have zero incentive for safety because they have been liability-free since 1986 due to the National Childhood Vaccine Injury Act (NCVIA), and continue to manufacture an increasing number of vaccines that relentlessly injure those who do not receive proper informed consent.

What has been circulated heavily via social media and the mainstream news is the antiquated narrative that vaccines are safe and effective. Still, that false narrative is cracking. One CNN article on vaccines ("Washington is Under a State of Emergency as Measles Cases Rise," dated January 26, 2019) included an image of a child who clearly had a measles rash (see below). The problem, however, with this image was that this child was experiencing a known adverse reaction from the Measles/Mumps/Rubella (MMR) vaccine itself and not from wild measles. CNN was forced to retract the photo at once.

Most recent measles outbreaks have been discovered to be caused by the recently vaccinated, as the MMR is a live-virus vaccine that sheds, with this side-effect listed on the vaccine package insert. What an irresponsible, yet revealing error in journalism. Imagine what the image of that child does to the psyche of the masses who follow CNN – and that's just one news outlet. The masses rush to get vaccinated, then the outbreaks start, and legislative bills are introduced, and then passed: Bills that take away religious and medical ex-



emptions, bills that cause vaccine-educated parents to pull their children from schools that require forced vaccination, to homeschool them, and bills that force employees to be vaccinated at the requirement of the employer – and all due to the pressures from corporate and governmental overreach through irresponsible journalism.

Testifying at the invitation of the HELP committee hearing was Ethan Lindenberger, an Ohio high-school senior who at the age of 18 recently defied his informed, health-conscious mother by getting vaccinated. Lindenberger, who asked strangers on the online message board Reddit where he could get vaccinated received his invitation simply because he decided to get vaccinated against his mother's wishes. On the other hand, the committee could not be bothered to hear RFK Jr or NHF President Scott Lips' testimony, or from any number of other persons challenging the vaccine-safety myth, but it heard a teenager who didn't fully research vaccine-safety issues before getting injected with deadly and harmful toxins.

Although this particular hearing was at our Nation's Capital, at this juncture there is no Federal law that mandates vaccinations, but there are big legislative pushes being made at the State level to remove philosophical, religious, and/

or medical exemptions for vaccinations in several States, and all simultaneously. More alarmingly, this push is in sympathy with social-media censorship, the mainstream media's one-sided narrative, and the liability-free vaccine manufacturers. Why is this?

"Follow the money." Just look at Senator Lamar Alexander, who was also present and Chairman at the Washington, D.C. hearing and who has received over \$800,000.00 in "contributions" from pharmaceutical companies recently. However, there are politicians who have received much more than just that (www.opensecrets.org). It does not take a rocket scientist to see what is going on here.

On March 5th, the HELP committee hearing began at 10:00 a.m. at the Dirksen Senate Office Building and I was already there along with ultimately 600-700 concerned parents and activists.

Facebook had blocked me from going Live, and also for over an hour from even posting recorded video. They let fewer than 10 people (maybe? I don't know because the rules changed every five minutes) from our side to enter the hearing.

As I tried to report then, and did ultimately, people – "line-holders" – were paid to hold places in line for the corrupt individuals who want to rob us of our rights. Even when I "offered" to pay them

more, so that we could enter the hearing, we were told no "because they'll never hire us again."

The Press arrived, but only *after* they had sent more than half of us into overflow rooms, to make it seem as if nobody had showed up for this hearing. Some of us raised our voices to be heard, but they made us put away our signs and books because they said they were considered a "demonstration" and they threatened to arrest us if we spoke out of line or disobeyed them. And, yes, those are zip ties in the photo, meant for us.

I recorded one mother in particular, New York State resident Stef Miharas, whose child was severely injured from his routine MMR vaccine. She seemed to have been crying and yelled in the halls, "It seems they are saving 'industry' seats in the two front rows, which the senators told us was not going to happen, so someone either lied to the senators, or the senators lied to us. We all had specific word from our senators who are in this committee that this was first-come, first-served. But, there are two rows of seats saved, with white papers that say RESERVED, and nobody seems to know who's going to be sitting there" She was correct. Those rows were reserved for guests of the panel and the pharmaceutical industry. Bless Stef Miharas for her fierce voice in these hallways. Bless her for being bold and attempting to educate others despite deaf ears, all with the passionate pain she lives on with after her child's devastating vaccine injury.

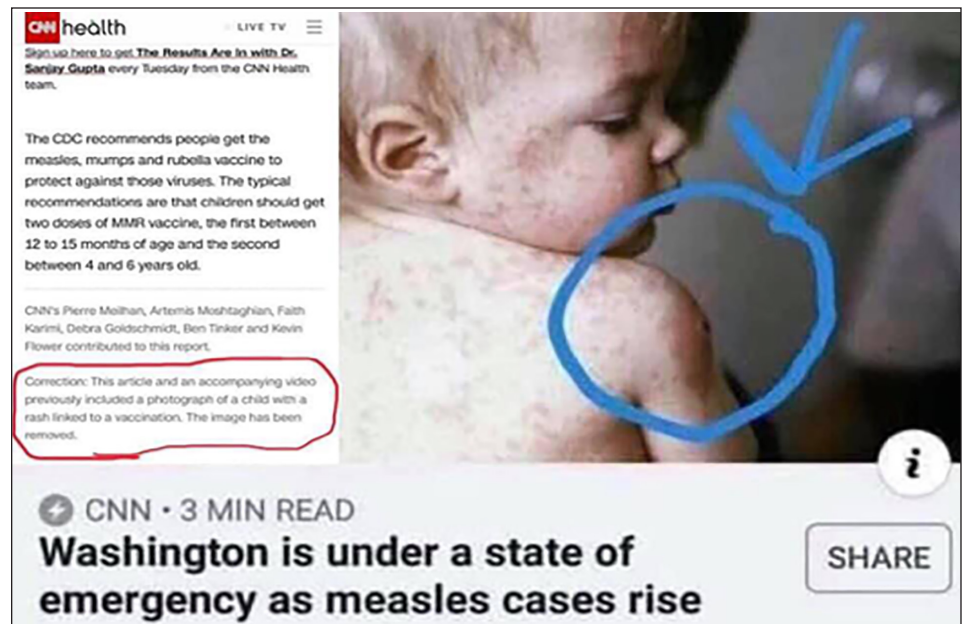
This is what we travelled from all over the country for. This is what corruption looks like.

Some of the most amazing and most caring people I have ever met chose not to go into holding rooms during the hearing but dispersed instead, taking full advantage of their presence in D.C. to seek out their Senators to speak out against vaccine exemptions being taken away and the universal forced vaccinations that greedy vaccine makers want as part of their end game. Others were in deep conversations, some even with the Capital police, educat-

ing them on the truth about vaccines.

Soon enough we learned of Ethan Lindenberger's testimony, in which he spoke of his home life, upbringing, and his opinions regarding his mother's beliefs, stating that he approached his mother with this concern because he felt that she was incorrect and tried to explain that vaccines are safe. Lindenberger also spoke about certain individuals and organizations that spread this "misinformation," and that in so doing, they instill fear. Opining that authorities must "combat preventable disease outbreaks," he claimed he had conducted his research and ultimately made a "clear, concise and scientific decision" to get vaccinated. Obviously, his research was defective and incomplete.

The most unbiased voice in the room came from Senator Rand Paul, stating "Today, though, instead of persuasion, many governments have taken to mandating a whole host of vaccines, including vaccines for non-lethal diseases. Sometimes these vaccine mandates have run amok, as when the government mandated a rotavirus vac-



cine that was later recalled because it was causing intestinal blockage in children. I'm not a fan of government coercion, yet given the choice I do believe that the benefits of most vaccines vastly outweigh the risks. Yet, it is wrong to say that there are no risks to vaccines. Even the government admits that children are sometimes injured by vaccines. Since 1988, over four

billion dollars has been paid out from the Vaccine Injury Compensation Program. Despite the government admitting to, and paying \$4 billion for vaccine injuries, no informed consent is used or required when you vaccinate your child. This may be the only medical procedure in today's medical world where informed consent is not required. ... Force is not consistent with the American story, nor is force consistent with liberty our forefathers sought when they came to America. I still do not favor giving up on liberty for a false sense of security."

More such Senate hearings are in the pipeline. We showed our Nation's legislators (and the media) that vaccines can, do, and have caused harm, and that we simply cannot consider mandates of any kind.

We will *not* give up. At some time and at some level, this virtually one-sided hearing will impact every single one of you who is reading this post, and even the ones who don't. Is everyone ready to kiss their rights goodbye? Tune into CSPAN and watch it all for yourself.

Just remember, NHF continues to fight on as we have since 1955. These meetings are expensive to attend. We thank all of you health-freedom lovers who are standing beside us now in support financially, with your prayers, and in sharing the real truth about vaccines, our liberty, and our rights. 🔥



Prepare the Funeral Dirge for Monsanto / Bayer

Unanimous Federal Jury declares Roundup Weed Killer a Major Factor in Man's Lymphoma as Bayer's Stock Price Plummets

BY STEPHEN FOX

Monsanto developed glyphosate in the 1970s, and this weed killer is now sold in 160-plus countries. The herbicide came under severe scrutiny in 2015, though, after the French-based International Agency for Research on Cancer (part of the World Health Organization) classified it as a "probable human carcinogen." Lawsuits against Monsanto ensued, but the U.S. EPA still stubbornly says that glyphosate is safe for people when used in accordance with label directions.

During the trial, Edwin Hardeman, a 70-year-old Santa Rosa man, testified that he had sprayed Roundup® (the commercial herbicide containing glyphosate) for nearly three decades to control weeds, poison oak, and overgrowth on his Sonoma County property starting in the 1980s. During its use, he got the herbicide on his skin. In 2015, he was diagnosed with non-Hodgkin's lymphoma.

Hardeman's case is considered a "bellwether" trial for hundreds of other plaintiffs in the U.S. with similar claims, which means the verdict could affect future litigation and other cancer patients and families. Monsanto, now owned by the German pharmaceutical company Bayer, faces more than 9,000 (see 13,400 lawsuits at end) similar lawsuits across the U.S.

U.S. Judge Vince Chhabria presides over hundreds of Roundup lawsuits and has deemed Hardeman's case and two others "bellwether trials." The judge had bifurcat-



ed Hardeman's trial into two phases. Hardeman's attorneys had to first convince jurors that using Roundup was a significant factor in his cancer before they could make arguments for damages.

The outcome determines whether lawyers will keep fighting or will move to settle the cases. Legal experts said a jury verdict in favor of Hardeman and the other test plaintiffs would give their attorneys a strong bargaining position in any settlement talks for the remaining cases before Chhabria. This trial moves on to the second phase to determine whether the company is liable and if so, for how much.

Jennifer Moore, one of Plaintiff's lead attorneys said: "This has been a long time coming for Mr. Hardeman. He's very pleased he had his day in court, and we're looking forward to Phase 2."

Many government regulators have rejected links between cancer and glyphosate.

Monsanto has vehemently denied such a connection, saying hundreds of studies have established that the chemical is safe. Bayer, who acquired Monsanto last year, said in a statement after the verdict that it continues to "believe firmly that the science confirms glyphosate-based herbicides do not cause cancer." It added, "We are confident the evidence in phase two will show that Monsanto's conduct has been appropriate and the company should not be liable for Mr. Hardeman's cancer."

The jury reached the verdict on its fifth day of deliberation. Hardeman's lawsuit is the first to go to trial of more than 760 lawsuits that were filed against Monsanto in Federal courts around the nation, all transferred to Chhabria's court.

Tuesday's unanimous verdict comes after the historic verdict in August 2018, in which a California jury in State court ruled that Roundup caused the terminal cancer of Dewayne Johnson, a former school groundskeeper. That jury said Monsanto failed to warn Johnson of Roundup's health hazards and "acted with malice or oppression," awarding Johnson \$289 million in damages, which was later reduced by that presiding judge. While Johnson's attorneys argued that Monsanto had "bullied" scientists and fought to suppress negative studies about its product, this Federal judge barred Hardeman's lawyers from discussing Monsanto's alleged influence on research and regulations during the trial.

Chhabria went so far as to sanction Har-

deman's lawyer for bringing up Hardeman's "personal history," referring to internal Monsanto documents, and explaining the process behind various regulatory decisions about glyphosate in her opening remarks. With Hardeman's trial limited to a strict discussion of whether Roundup exposure caused his cancer, his attorneys have argued they were facing a significant disadvantage.

Although the judge restricted the first part of the trial to a limited discussion of Hardeman's cancer, he issued something of a rebuke of the company in one procedural order last week, saying: "There is strong evidence from which a jury could conclude that Monsanto does not particularly care whether its product is in fact giving people cancer, focusing instead on manipulating public opinion and undermining anyone who raises genuine and legitimate concerns about the issue."

Environmental advocates celebrated the verdict. Ken Cook, the president of the Environmental Working Group, said the ruling supported previous conclusions that "glyphosate causes cancer in people. As similar lawsuits mount, the evidence will grow that Roundup is not safe, and that the company has tried to cover it up."

Other environmental groups agreed. "It is also a resounding verdict against our pro-industry EPA regulators, who have failed miserably in their duty to protect us all from the known health risks of dangerous pesticides," said Nathan Donley, a scientist at the Center for Biological Diversity.

Unlike DeWayne Johnson, whose doctors have described his illness as terminal, Hardeman's cancer is in remission. In pre-trial rulings, Chhabria described evidence linking Roundup to cancer as "shaky" but decided there was enough to bring the case to a jury. He rejected Monsanto's motions for dismissal. Federal law, he said, "allows states to regulate or ban pesticides that have been federally approved."

Chhabria had earlier granted the company's request, however, to divide the trial into phases, requiring jurors to consider first whether Roundup was a likely cause of Har-

deman's illness without hearing evidence of Monsanto's conduct in marketing the product, a central factor in determining the company's liability for damages.

Lawyers for Hardeman and other plaintiffs contend the company hid evidence of the herbicide's danger from its users and "ghostwrote" some of the purported favorable research findings. Hardeman's lawyers, Aimee Wagstaff and Jennifer Moore, said after the verdict, "Now we can focus on the evidence that Monsanto has not taken a responsible, objective approach to the safety of Roundup. Instead, it is clear from Monsanto's actions that it does not particularly care whether its product is in fact giving people cancer, focusing instead on manipulating public opinion and undermining anyone who raises genuine and legitimate concerns about the issue."

During the trial, Monsanto lawyers argued that there was no provable cause of Hardeman's illness, but that the most likely factor was hepatitis C, from which he had suffered for nearly three decades.

His lawyers countered that Hardeman had been free of hepatitis since 2004, but an oncologist testifying for Monsanto said the illness had lasting effects on the genetic system, a "hit-and-run" impact as the witness put it that left its victims vulnerable to cancer.

The jury awarded Hardeman \$80 million in the next phase of the trial. Lawyers for Monsanto/Bayer have asked Judge Chhabria (who is overseeing a batch of lawsuits accusing the company's blockbuster herbicide Roundup of causing cancer) to reverse the \$80-million-damages verdict in the first bellwether trial of the multidistrict litigation or to grant a new trial.

In early May 2019, a Superior Court jury in Oakland unanimously awarded \$2+ billion to the Pilliods, a husband and wife suffering from non-Hodgkin's Lymphoma. Their lawsuit maintained that Roundup-glyphosate weed killer caused their cancer; this becomes the largest single U.S. jury verdict to date against the company in litigation over the chemical. The jury found Roundup was defectively designed, that the company failed to warn of the herbicide's cancer risk,

and that the company acted negligently.

The German chemicals giant now faces more than 13,400 U.S. lawsuits over the herbicide's alleged cancer risk. Bayer in a statement said it was disappointed with the verdict and will appeal, adding that both Alva and Alberta Pilliod had long histories of illnesses known to be substantial risk factors for non-Hodgkin's lymphoma.

After the Bay Area jury verdicts, Vietnam banned Roundup. The toxic level of herbicides containing glyphosate had been of concern in that country for a long time.

As if Vietnam had no experience and knew nothing of US neurotoxic chemicals like Agent Orange, U.S. Secretary of Agriculture Sonny Perdue criticized Vietnam's move to ban Roundup, saying the decision would have "devastating impacts on global agricultural production," and that the U.S. government had shared scientific studies with Vietnam concluding that glyphosate is unlikely to pose a carcinogenic hazard.

"As I've often said," Secretary Perdue continued, "if we're going to feed 10 billion people by 2050, farmers worldwide need all the tools and technologies at our disposal. In addition to the immediate effect of slowing the development of Vietnamese agricultural production, there's the risk that Vietnam's farmers will turn to unregulated, illegal chemical products in place of glyphosate. Vietnam needs to look at the potential ramifications for its own farmers. On numerous occasions, USDA has shared scientific studies with MARD from the U.S. Environmental Protection Agency and other internationally recognized regulatory bodies concluding that glyphosate is unlikely to pose a carcinogenic hazard to humans. This ban flies on the face of that scientific evidence."

Whatever scientific evidence Secretary Perdue is citing, it is certainly not all of the science that was considered by the Monsanto juries, which found Monsanto/Bayer liable to the tune of billions of dollars. It is a sad day indeed when government officials appear to be nothing more than corporate shells instead of representing their own citizens. 🔥



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.

Ketogenic Diet for Cancer?

The fact that many malignant tumors rely heavily on sugar to fuel their survival and growth has inspired hopes that ketogenic and other low-carbohydrate diets could reduce the risk for common cancers or interfere with metastasis. But there is now new evidence suggesting that ketogenic diets may actually promote certain kinds of cancer. An international team that included Chinese and American researchers examined the effects of the keto diet on a gene mutation called BRAF, known as the BRAF V600E mutation, which is found in some cancers. The BRAF V600E mutation occurs in more than 50% of all melanomas, 10% of colorectal cancers, 5% of multiple myelomas, and all hairy-cell leukemias. The research team found that a ketone produced in ketogenic diets called

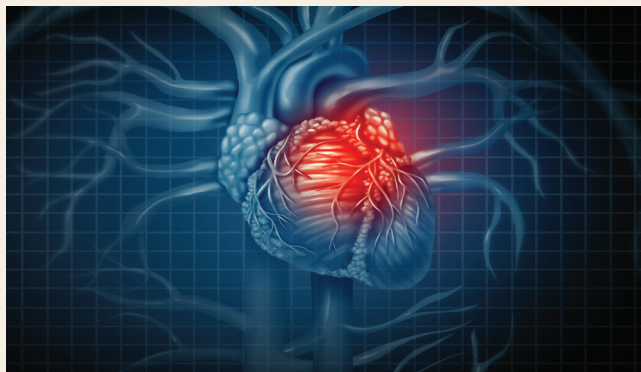
acetoacetate promotes the growth of melanomas and other tumors that carry the BRAF V600E mutation. It is still possible that ketogenic diets can prevent, slow, or arrest tumor growth in a substantial proportion of human cancers, but the success of some diets high in carbohydrates for cancer treatment, such as the Gerson Program, suggests that the jury is still out on a best cancer diet for all types of tumors.

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Early Warning for Heart Attacks

Someone has a heart attack somewhere in the World every seven minutes. Until now there has been no method available for early detection of build-up of the arterial plaque that can trigger heart attacks and strokes. A team of researchers in Germany, along with researchers at the Cleveland Clinic, tested the "Fat Attenuation Index" (FAI) on over 3,900 subjects in a study that followed the participants for ten years after having computed tomography (CT) coronary angiograms.

It is difficult for doctors to know which plaques are most likely to cause life-threatening arterial blockages and determine which patients should be treated with more aggressive forms of therapies. The data from this study of the FAI technology, reported in *The Lancet*, was found to predict fatal heart attacks before they occurred with superior prognostic accuracy. Subjects with an abnormal FAI were estimated to have up to a 9-times higher risk



of a fatal heart attack within five years. Using this technology, fatal heart attacks could be predicted years in advance by reading routine heart scans to pinpoint the population most at risk. According to the researchers, this new technology based on analysis of CT coronary angiograms will save lives.

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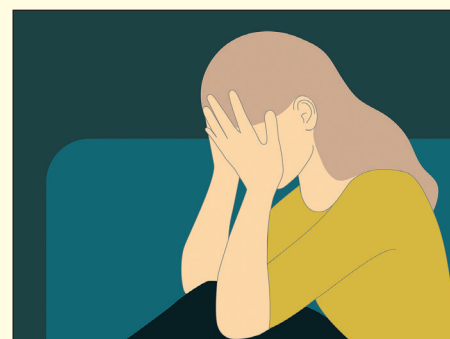
Diet and Depression

Separate studies in different countries both reached the same conclusion with respect to the relationship between diet and mood regulation. Using as the standard the Alternative Healthy Eating Index (AHEI), which is based on foods and nutrients predictive of chronic disease risk, the studies have analyzed data about mental health, especially depression and dietary habits.

Researchers from the University of Paris published their analysis of data collected from 26,225 men and women aged 18-86 years who had completed diet surveys during a six-year prospective study. The French team compared the participants' self-reported diets to the Alternative Healthy Eating Index-2010 (AHEI-2010) and three other healthy eating plans. The results strongly linked the quality of the diet to the probability of developing symptoms of depression. They wrote, "Overall, these findings suggest that diets in accordance with national or international guidelines could have beneficial effects with regard to mental health."

In 2016, scientists from Canada and Iran also published a study that compared participants' self-reported diets to the AHEI-2010. They established that the 25% of participants whose diets scored the highest on the AHEI-2010 index were 49% less likely to develop anxiety and 45% less likely to develop depression when compared with the 25% scoring at the lower end of the scale. Adherence to a healthy diet brought even greater benefit to women and younger people (40 years old or younger).

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Do Supplements Improve Health?

Studies of the value of supplemental nutrition have produced contradictory conclusions. Some evidence reviews question the value of daily multivitamins, while others find definite benefits. One of the problems is that research studies on vitamins and other supplements are too short to show benefit and the longevity-promoting properties of many nutrients are not adequately considered. According to this argument, nutrition science overlooks the long-term needs of the body. Most vitamins and minerals are co-enzymes for hundreds of different enzymatic reactions in the cells.

Nutrients necessary for day-to-day health are also essential cofactors for enzymes required for functions like DNA repair, cardiovascular health, prevention of mitochondrial decay, and prevention of general oxidative stress.

According to a new review published in the *Proceedings of the National Academy of Sciences* as many as 70 percent of Americans are deficient in one or more of these key nutrients. Accord-



ing to research cited in the review, most American diets are deficient in vitamins and minerals that play roles in promoting longevity and in preventing chronic diseases such as heart disease, cancer, and even neurodegeneration. Some of the important longevity and disease-prevention factors are produced by probiotic intestinal flora. The article also presented a detailed survey of additional evidence published by other scientists. The author asserts that not only one's

lifespan but one's "healthspan" can be prolonged by ingesting adequate quantities of 30 known vitamins and essential minerals. These nutrients, along with eleven additional substances not currently classified as vitamins, should be recognized as essential "longevity vitamins" because of their potential to extend a healthy life.

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Conflict of Interest

The *New York Times* reported that published studies in peer-reviewed medical journals are rife with conflict of interest. A study published in the *Journal of the American Medical Association* in August found that out of 100 doctors who received the most compensation from device makers in 2015, conflicts of interest were disclosed in only 37 percent of the articles published in the following year. The *New York Times* found that the journals often did not vet disclosures by researchers, although many relationships could have been easily detected on a Federal database, and gave confusing advice to authors. Flaws in the reporting system were identified nearly a decade ago by the Institute of Medicine. The failure to report their financial relationships with pharmaceutical and health care companies when their studies are published in medical journals is an ethical and medical crisis. The concern is that researchers' industry connections may increase the likelihood of, consciously or unconsciously, skewing results to favor the companies with whom they are associated. Fundamental changes in how conflicts of interest are reported were recommended but have not been implemented.

The problem of the influence of drug companies on medical research and consequently on medical practice has existed for decades, at least as far back as 1959 when there were Senate hearings on the issue. There were scandals involving the Dean of the medical school at Yale University and others involving medical clinics and organizations. Dr. Mehraneh Dorna Jafari, an assistant professor of surgery at the Univer-

sity of California, Irvine, School of Medicine, one of the authors of the study, stated that "The system is broken. The journals aren't checking and the rules are different for every single thing."

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The Impact of Stress on Fertility

BY DR. APRIL GRAHAM

I recall a day in my final year of naturopathic medical school where a mid-30-something female popped on my schedule for infertility. My heart was jumping for joy (not because this woman struggled with infertility), but because I felt it was such a gift and joy to help improve the health and terrain of a woman's body to help her bring a baby into the World.

I had my preliminary treatment plan already figured out before she arrived; however, I did not want to just talk about nutrition and supplements and send her on her way. I wanted to be the physician to truly address this patient on a deeper level. Once I met this woman, and she was sitting in front of me, I intuitively knew there was something deeper we needed to address.

I excused myself from the room and begged my supervisor to just let me do a homeopathy intake instead (after all, this could be the only time I ever saw this woman). My supervisor kindly agreed, even though that was not her primary form of treatment. (Side note: Homeopathy is a system of medicine that addresses the whole person based on the principle of "like cures like.")

This woman had been trying to conceive for several years and had tried nearly everything natural. I dove into the homeopathic intake, which involves asking many open-ended questions for the purpose of understanding the whole person, and what needs to be healed. I discovered that she was under a great amount of emotional stress, with her job and relationship with her husband being the biggest stressors. We uncovered some core belief systems that were false and affecting her overall sense of wellbeing. This essentially turned into a counseling session, where she ultimately did the work



Illustration by Lorenzo Lizardi

of making the connection as to how this was affecting her fertility. Tears poured out of her eyes. Emotions that had been held back were released. I prescribed a well-indicated homeopathic remedy that I was very excited about.

A few weeks later, she came back for a follow up. As I was talking with her, she shared that she was in a much better mental-emotional space, and that she was no longer carrying around her stress in the way that she was. She also mentioned, somewhat

casually, that her period was a few days late. My heart was exploding, I knew something had shifted. We did an in-office pregnancy test, and sure enough, she was indeed pregnant! I was feeling a little proud of myself assuming that the homeopathic remedy I had given her had worked. Then, I discovered that that she never even took the remedy!

While I was still so happy for my patient, I was confused. Could I take any credit for her pregnancy? But, why did this matter? It didn't, really. It wasn't about me, it was about her. She was pregnant, after trying for several years! Back in the preview room, I expressed some disappointment to my secondary (third-year student), who had participated in both visits, "So, it wasn't the homeopathy. It had nothing to do with our treatment," I said. She responded by knowingly smiling, saying "Maybe, it did." I paused. What did she mean by that? Could it have been the process of the homeopathy intake? Treating the whole person? I then remembered the counseling, and the emotional release that my patient had had a few weeks prior. "I think you are right," I replied. I was completely stunned.

But, why should I have been stunned? The physiology makes perfect sense. Stress increases circulating cortisol in our bodies. This cortisol sends a message to our brain to produce less cortisol through negative feedback (this is what people refer to as the HPA axis). This happens in the same part of our brain that directs the production of other hormones such as progesterone, estrogen, and testosterone (HPO axis). This means that through a complex process called reciprocal inhibition, the excess cortisol response can actually lead to fewer sex hormones be-

ing produced. Research has backed up this idea by showing that stress can affect hormone production, as well as endometrial receptivity (Whirlledge & Cidlowski, 2017).

In addition, there is something we know as the “pregnenolone steal.” Pregnenolone is a precursor hormone. Its role is to produce other hormones including estrogen, testosterone, progesterone, and the stress hormone cortisol. When our bodies are under a significant amount of stress, including emotional stress, pregnenolone is shunted into cortisol, reducing production of the other hormones (which we need for fertility!).

Women intuitively know that our menstrual cycles are directly affected by stress. In fact, in her new book *The Fifth Vital Sign*, Lisa Hendrickson-Jack states that stress “can shorten your luteal phase, delay ovulation, and in some cases, suppress ovulation together.”

There is less research focus on stress and male-factor infertility but considering the Leydig and Sertoli cells that produce testosterone, and sperm, respectively, are under the direct hormonal influence of the brain (HPG axis), there is every reason to believe that stress can also affect semen health.

It has actually been reported that feelings such as uncertainty, conflict, lack of control, and lack of information are considered **the most** stressful stimuli and strongly affect the HPA axis (Kloet, 1992). I have to say that it is no coincidence that these feelings are at the core of many couple’s struggles with infertility.

Unfortunately, in North America, when a couple has been trying to conceive for 12 months (or 6 months when the woman is over the age of 35), they go to their primary-care doctor, and are then referred to an OBGYN or Reproductive Endocrinologist. At this point, they will undergo a full workup, and depending on the results of the blood and semen tests, they will be provided with a treatment plan. The treatment plan usually includes some combination of drugs, hormones, injections, or procedures such as intrauterine or in vitro insemination. This process causes undue stress on

so many couples, and the results are not always great.

Considering emotional stress can influence our biology, including our hormones, immune system, nervous system, and cellular function, doesn’t it make sense to consider the mind-body connection when searching for a root cause of infertility?

It was such a gift for me to see firsthand, the power of a patient healing herself through counseling. Since then, I have witnessed many healing moments and could never go back to practicing without treating the whole person. Our bodies do not exist in isolation from our minds. We are more than just people with reproductive system issues. We are whole beings!

I have to wonder how different infertility rates might be if primary-care doctors recognized the importance of establishing the foundation for optimal health and recognized the importance of the mind-body connection to hormonal function and infertility. 🔥

Dr. April Graham is a naturopathic physician who created the Faithful Fertility Method to help those struggling with infertility. She does video-conferencing sessions, or takes visits in her comfy clinic (if you are in the Seattle area). She combines her counseling skills and advanced fertility training with her own personal experience and wisdom, and the tools of naturopathic medicine, to set you up for fertility success. For more information, visit www.faithfulfertility.com.

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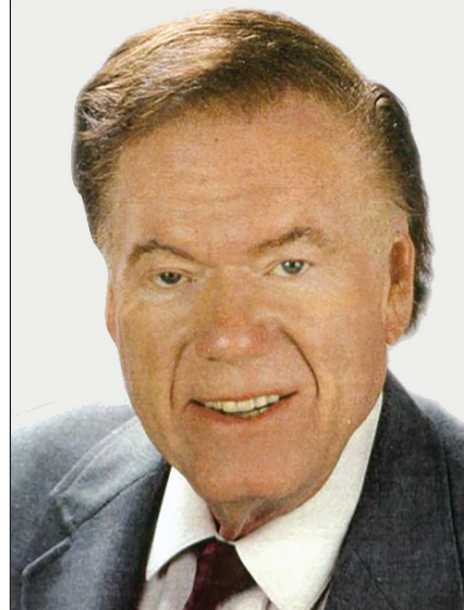
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Dr. Robert “Bob” C. Beck, D.Sc.

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Breathe Easier with Raspberry and N-Acetylcysteine *Treat COPD Naturally*



Receiving a diagnosis of chronic obstructive pulmonary disease (COPD) is frightening and disheartening. Currently there is no cure but there are natural options available in a treatment plan alone or alongside medication or for prevention of COPD. Characterized by ongoing breathing problems, restricted airflow, and productive coughs, COPD usually grows progressively worse leading to long-term disability and early death.

Rising air pollution rates globally are a big concern. It is not only wise but vital to be proactive in protection of the lungs instead of waiting for COPD symptoms. Both indoor and outdoor air pollution have strong correlations to COPD.¹ Smoking exacerbates the disease by generating oxidant radicals capable of modifying the structure of the respiratory tract and increasing


lung inflammation in COPD. The 1960s saw the tobacco industry increase the smoking market by targeting women. The vulnerability of women, with their smaller lungs and estrogen potentially playing a part in worsening lung disease, along with diagnoses that are often simply missed, means women die from COPD more often than men.

COPD is also often diagnosed too late, when the disease has become advanced. Early warning signs such as shortness of breath can easily be written off as “just a part of aging.” **But in fact, COPD is the third leading cause of death by disease in the U.S.** Over 11 million people have been diagnosed and more have the disease without realizing it.²

Levels of inflammatory cytokines are raised in COPD. Oxidants play a strong role in the development of COPD. To counter oxidative stress, a diet rich in antioxidant vitamins such

as N-acetylcysteine (NAC) has great potential and may protect against the development of COPD.³ High-dose oral NAC is also used alongside COPD medication as an additional therapy for COPD patients.⁴

The antimicrobial and anti-bacterial activity of fruits such as raspberry is well documented in research and compounds in raspberries significantly alter cytokine and antioxidant production.⁵ *Corynebacterium diphtheriae* and *Moraxella catarrhalis* proved to be the most sensitive to raspberry extracts. Pneumonia, lower respiratory infections, and ear infections are also helped by the pharmacological actions of raspberries.

These are two simple additions, NAC and raspberries, that can be made to our diet and nutritional supplementation program that could literally save your life. 

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FRESH CONTENT & REALTIME NEWS YOU CAN TRUST WE'RE BACK!

BY KATHERINE A. CARROLL, NTP, NHF EXECUTIVE DIRECTOR

After a hiatus, the National Health Federation's eNewsletter is back and with fresh, not merely recycled, content – with real and realtime news from sources you can trust. See: <https://thenhf.com/resources/newsletters/>.

Soon after reading the newsletter, longtime member Dr. Allan Spreen emailed (the same whose quote appears on the NHF website, "The National Health Federation is unique among health-freedom groups in having an opportunity to positively and directly affect the health and lives of some seven billion individuals worldwide." We want *you* to be one of those empowered lives by receiving our various email communications, not only the newsletter! Here is what Dr. Spreen had to say:

"Dear Ms. Carroll,

Very much enjoyed your (newsletter) article on NAC and raspberry extract. Though the raspberry information is new to me, I've been using and prescribing NAC for breathing problems for years, to very beneficial effect. Having been with NHF for quite a long time you and Mr. Tips are doing such impressive work. Well done!"


Not only do we want to stay in touch with our health-freedom family, we love to hear from you in return. We need instant, two-way communication options and certainly by email. Whether by supporting NHF campaigns, sharing breaking news you likely won't read from any other usual sources, or sharing advances in nutrition or healing, NHF needs you and you need NHF. We're all in this together.

Another member wrote, "I am really impressed with the selections as well as content



in your newsletter."

Make sure that you are subscribing to NHF email communications! Sign up today at <https://thenhf.com/join-us/e-newsletter-sign-up/> and then access the newsletter under "Resources" on www.thenhf.com website. You can also read the PDF version of recent issues of *Health Freedom News* by registering and logging in at the Member's section: <https://members.thenhf.com/>. If you need help, call Monique Davalos, NHF Office Manager at (626) 357-2181 or email us at contact-us@thenhf.com.

Our Mission Statement reflects, among other things, our commitment to making sure you have all the information available to protect your health and health freedom. We are fulfilling our part. As NHF members, we hope you are taking advantage of your unique position to get firsthand news, *real and realtime*, from sources you can trust. For a sample of what you can expect (the article Dr. Spreen appreciated and hopefully you will too) read this issue's World Report. 

STAY CURRENT Knowledge is power and this is your lifeline to exclusive reports

We all get over-inundated with far too many emails and keeping a spare inbox is everyone's concern. However, communications from the National Health Federation are vital if you wish to stay current with the organization you have chosen to support. Because of lag times in print publishing, we need to be able to relay important information to you quickly. So it is absolutely imperative that all of our members who have computer access to sign up for the free e-newsletter. Under that designation you will receive news releases that contain details only NHF members and e-list subscribers are privy to, exclusive stories and reports that others have yet to learn of.

So, don't miss updates from the National Health Federation. Stay current with all things Health Freedom and sign up for our FREE E-Newsletter at <http://eepurl.com/dBbN2b>.

Current NHF Members, have you accessed your National Health Federation member-only online portal? Visit <https://members.thenhf.com> to login. If you do not have a Username/Password, please email us at contact-us@thenhf.com with your desired username. Then you'll be on your way to being in the inner circle of your fellow health-freedom friends and able to act quickly when needed. Knowledge is power and this is your lifeline to exclusive reports.

ELECTION RESULTS FOR THE 2019 BOARD OF GOVERNORS

Reelected and elected to the NHF Board were:

David Noakes

Corinne Buckley

Dr. Russel Myers, D.C.

Sayer Ji

Dr. Bradford Weeks, M.D.

BY JEFFREY LUPO

Death by Regulation

By Mary J. Ruwart, Ph.D. (ISBN 9780963233615; SunStar Press & Liberty International; 2018, paperback, 303 pages; \$27.99)

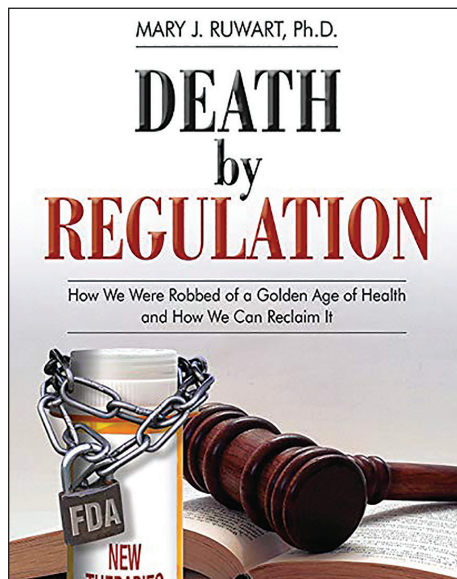
"If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny."
— Thomas Jefferson

Dr. Mary Ruwart's *Death by Regulation* looks with sobering professionalism into the U.S. Food and Drug Administration (FDA). Death by Regulation thoughtfully reveals the Food and Drug Administration to be neither safe nor effective. Full of relentless, in-line citations and assertive direct quotes, this book maintains an important message to the reader. Whether you are a healthcare professional, a parent or an electrician, your health is important. Death by Regulation gives us the score of the past, present, and imminent future of government's impact on our health.

Dr. Ruwart holds a degree in Biochemistry and received her doctorate in Biophysics. She was employed by Upjohn Pharmaceuticals for nearly 20 years as a research scientist. Here, she gained the experience and behind-the-scenes insight that she bravely shares with us. I have had the pleasure of meeting this bright, warm-hearted woman whose kindness cannot go unmentioned.

My own personal launch into health occurred when I witnessed my wife literally drop dead next to me. Fortunately, I saw her resuscitated soon after. An ambulance ride to the hospital was followed by ten days in the Cardiac Intensive Care Unit. The answers we were expecting never came. I have my theories; but, to this day, we still do not know what the cause was and we probably never will.

Dr. Mary Ruwart's book has been promoted by prominent professionals such as Medical Director of Internal Medicine at Elite Locum Tenens Dr. Kyle Varner, Bartley Madden (author of *Free to Choose Medicine*),



and Libertarian party nominee and former U.S. Congressman Dr. Ron Paul. These names, like my own and many others, mean to uphold the crucial information contained in Dr. Ruwart's book.

Death by Regulation opens in the early 1960s before the inception of "the Amendments," a set of strict regulations whose timeline parallels that of the Codex Alimentarius Commission established in 1961-1963. The reader is guided by Dr. Ruwart's masterful ability to translate scientific literature into simple logic. Dr. Ruwart has appeared in multiple interviews and conferences where she can be found eager to address a wide-ranging demographic. We follow "the Amendments," as well as their causes, effects, and subsequent court cases. We see the potential dawning of the "Golden Age of Health" and arrive at the current pressing situation. Dr. Ruwart's efforts, as a scientist in the health field as well as an ethicist, echo

the National Health Federation's message on the importance of freedom of choice, preventative care, protection of individuals' rights, and government restriction.

Dr. Ruwart's easy-to-follow description brings with it an unexpected sense of hope. Her voice serves as a calming one in an apparent sea of incompetence and corruption. Roughly three-fourths of the way through *Death by Regulation*, I was hit by a deeper, at the time shameful, inner question. "Is this really true?" The question was not one that could be persuaded by logical reasoning. It was, to be honest, more a question of my own ability to accept the truth rather than identify it. In that moment, I connected with the author's message and my purpose for picking up this book. It is the same reason I believe most of us pick up any book. Not simply to be informed or entertained, but to connect.

Death by Regulation is merciless in its calculations of the realities brought upon countless people throughout the World. Its tone is reminiscent of Dr. Ron Paul's fundamental *Liberty Defined*. Dr. Ruwart's book gives us an objective leg to stand on when considering the principal forces affecting our health. For those planning to pursue a career in Health and Wellness, or those simply planning their health responsibly, *Death by Regulation* should be required reading. 🔥

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BY TRACY KOLENCHUK

A Mind of Your Own: The Truth about Depression and How Women Can Heal Their Bodies to Reclaim Their Lives

By Kelly Brogan M.D. with Kristin Loberg

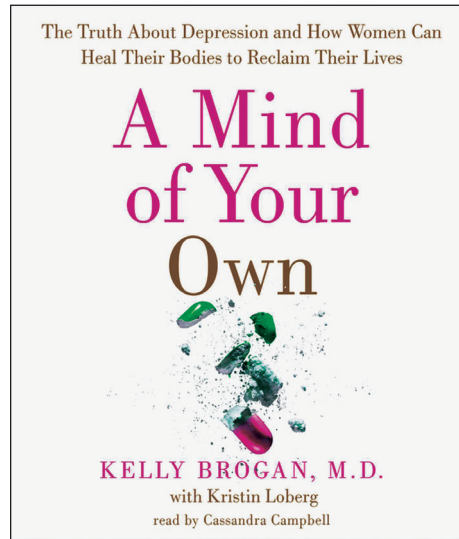
(ISBN 978-0062405579; Harper Wave; 2016, hardcover, 352 pages; \$28.99)

Kelly Brogan cures depression. There's only one problem. It is not possible to prove anyone's depression has been cured. Depression cured is not defined in current medical theory. So, Brogan tells women how to "heal their bodies and reclaim their lives," offering "An Invaluable Guide to Conquering Depression and Anxiety in 30 Days." If she called the book "Kelly Brogan Cures Depression," she would be branded a quack.

She's not a quack. Dr. Brogan is a Doctor of Medicine, a graduate of Cornell University Medical College with a master's degree in Brain and Cognitive Science/Systems Neuroscience from M.I.T. She worked for years as a board-certified psychiatrist but now says, "Before I stopped prescribing, I had never once cured a patient. Now people are cured every week in my practice." She cures, and she's not a quack. What is she? She is ignored. Depression cannot be cured, so when Brogan cures a depression, it is ignored.

The book has two main sections. First, an in-depth look at depression. Is depression a symptom, an illness, a disease, or a medical disorder? It is not well defined in medicine. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) lists eight different "depressive disorders," including "Other Unspecified Depressive Disorder." Brogan says depression is a symptom, not a disease, and advises, "There is no such thing as an anti-depressant" and "60 percent of people stay on anti-depressants for more than 2 years, 14% for more than a decade." Anti-depressants don't claim to cure. In fact, Brogan says, "The medical industry isn't selling a cure. They're selling sickness."

In the second section, Brogan tells us how to cure depression. She begins with, "Many of my patients come to me like wilting, withering plants, propped up by sticks and tape, having lived in a dark room with recirculated air." The book provides many examples of patient success that will be familiar to any woman who



has suffered depression or has a friend who suffered depression:

- Eva, who had been taking an antidepressant for two years but now wanted to get off of it because she was planning to get pregnant.
- Jane, who fell into this black hole after being treated for irritable bowel and acne with drugs. Unfortunately, there is another Jane referenced later.
- Melissa, who was just 31 years old with no previous psychiatric history, complaining of agitation, a racing heart, insomnia, and anxiety. Another psychiatrist had given her prescriptions for the antianxiety drug Ativan and the antidepressant Zoloft.
- Jessica, who was 23 years old, complaining of PMS with acne and a pervasive feeling of unease that qualified as textbook depression.

These cases are thin, but inspiring, nevertheless. You can find more and more details under "Success Stories" on the author's website. Case studies are often dismissed as "anecdotal evidence" by critics. Know this, though: every cure is a single case, a story, an anecdote. Conventional medicine ignores anecdotes – so it ignores cures.

How does Dr. Brogan cure depression? She says "Many of my patients have been to multiple doctors ... But ... nobody has asked ... Why are they unwell?" Brogan identifies many common causes of depression and addresses each cause in turn. When causes are addressed, the illness fades and disappears, cured. She identifies and works on specific causes for each patient and cures with health.

Chapter 10, "Four Weeks to A Natural High," offers a 30-day plan – as a starting point for many patients and a cure for some. It is not trivial. I believe few doctors would undertake to work through such significant changes with a patient. Dr. Brogan also takes special care and offers special advice to patients taking medications for depression. The longer someone spends on medicines – the harder it is to quit. Fortunately, Dr. Brogan offers a way out to those wise enough to listen.

Can a book cure depression? Can this book cure your depression? Dr. Brogan says, "My patients are my partners. We collaborate, and they work hard ... at a time when they feel they can't even lift a finger." If you want to cure your depression with this book, you might succeed. However, you may need help from someone dedicated to curing depression.

Dr. Brogan is a doctor with a lot of experience curing depression, but little experience writing books. She made a wise decision to collaborate with an excellent author, Kristin Loberg, and the result is a New York Times bestseller. It is primarily about and written for women. I'd love to see one for men.

Dr. Brogan is not alone. There are other doctors curing depression, even writing books about curing depression. They too are ignored by conventional medicine. Conventional medicine "treats" depression, without a definition of cured. *A Mind of Your Own* was published in 2016, after years of experience curing depression. How long will it take the medical profession to pay attention? How long to understand? 🔥

Cal Jam 2019: A New Hope for Health Freedom

By JENNIFER WOLFF-GILLISPIE, HWP, LC
NHF Director of Holistic Health



Every year as Cal Jam approaches, I feel a sense of excitement and urgency as I wonder what this year's event will bring. I look forward to the speakers, hearing the music, and just enjoying being amongst some of the most knowledgeable, brilliant, driven, and dedicated people on the Planet. It is an opportunity to see old friends and make new ones and to have an "ear to the wall" on breakthroughs in health and nutrition directly from some of the most respected professionals in wellness and health freedom. However, this year was one for the books.

In preparation for Cal Jam 2019, Laira De La Vega, NHF Director of Public Relations, and I decided to seize an opportunity and plan an intimate event the evening before. We envisioned a gathering of health-freedom leaders who could meet, mingle, and get to know the unparalleled work of the National Health Federation as well as become acquainted with what NHF is and how we could help. This invitation-only event brought representatives from the National Health Federation including President Scott Tips, who led the meeting, Vice President Gregory Kunin, Executive Director Katherine Carroll, Chairman Dr. Hans Kugler, NHF Board Member and Chiropractor Dr. Russell Meyers, Los Angeles NHF Representative Birgitta Lauren, and NHF Policy Advisor, researcher, and author Bill Sardi.

Additionally, representatives from the Children's Health Defense, Mary Holland and Kim Mack-Rosenberg, COO of Informed Consent Action Network and Supervising Producer of "The Highwire with Del Bigtree," Catherine Layton, participated. Also joining the group was Dr. Judy Mikovits, researcher and author of *Plague: One Scientist's Intrepid Search for the Truth about Human Retroviruses and Chronic Fatigue Syndrome, Autism and Other Diseases*. NHF member, Chiropractor, and wellness educator, Dr. John Bergman, Chiropractor and advocate and activist, Dr. Madeline Altman, activist Shawnee Harris, and board member Karen Harris of California Health Coalition Advocacy were present as well.

As a personal chef and owner of Rejen Lifestyle, I collaborated with my very generous friends Ernest & Misty Romero from J Wolf Catering to donate all the evening's organic, non-GMO, plant-based hors d'oeuvres, which I prepared with the help of my lovely daughter, Kodie, while Bill Sardi kindly provided the refreshments.

With so many experienced, informed, and conscionable people in attendance the conversation quickly turned to the current state of health freedom in our Nation and the threats, not to public health (as mainstream media would have you believe), but to our inherent rights as Americans to freedom of choice, informed consent, and safety from

the bodily harm that is inevitable when one-size-fits-all medicine becomes mandated in the United States or any country.

Our collective consensus was to create more opportunities to collaborate with one another in the future working toward educating and informing the public as to what independent studies are proving in regards to vaccine dangers (in stark contradiction to the "safety" and "efficacy" studies done by Pharmaceutical companies); the fraud, conflicts of interest, and failures at the CDC, FDA, and HHS; working diligently to help overturn the 1986 National Childhood Vaccine Injury Act; staying abreast with new proposed State laws and bills focused on vaccine mandates as well as the ever-increasing media blackout surrounding anything vaccine-awareness related. With such an amazing turnout and wonderful feedback, we decided that not only would we hold an annual pre-Cal Jam Health Freedom Leaders event, but we would also create a website where these leaders could together share vital information, which can be found here: <https://yourvoice.foundationforhealthresearch.org/>. Dr. Russel Meyers and Dr. John Bergman of Bergman Chiropractic promised to not only deepen their involvement within NHF, but to bring awareness of its work to their clients and colleagues.

This was definitely a night to remember and as stated by one of the participants that evening, "the information shared in this room will change the world."

If that weren't enough, the next morning brought what we'd all been waiting for – CAL JAM! Dr. Billy DeMoss, chiropractor and founder of Cal Jam was featured on the cover of the last issue of *Health Freedom News*; his article garnered a lot of support and interest. This issue was widely distributed during the event to attendees as it contained two extremely informative articles, one from Dr. Billy DeMoss and one by Katherine Carroll, about the importance of Chiropractic to the health of children, and the latter on NHF's long history of supporting and defending the chiropractic profession.

For the last 3 years I have been honored to attend Cal Jam representing the National Health Federation, but this year was extra special for me as my 18-year old daughter Kodie, who is vaccine injured and on the Autism Spectrum, decided to volunteer her time as well. An advocate and activist in her own right, she came to learn and she came to help, but more importantly she came to be a voice for those who have already been injured.

Every year the speakers blow my mind and this year was no different. The lineup included: BJ Hardick DC, Dave Asprey, Brad Glowaki DC, Fran Drescher, Fred Schofield DC, Claudia Anrig DC, Mark Debrincat DC, Guy Riekeman DC, Hugo Gibson DC, Niurka, Tony Ebel DC, Patrick Gentempo DC, Josh Axe DC, Robert F. Kennedy Jr., Mary Holland, Del Bigtree, James Chestnut DC, Zach Bush MD, Ben Greenfield, Ron Oberstein DC, Devin Vrana DC, Heather Wolfson DC, and the man who makes it all happen – Dr. Billy De Moss.

Each one having their own unique and compelling message focused on health and action, they took to the stage for two days sharing vital, groundbreaking information and news. As I sat and listened to information on Chiropractic, nutrition, vaccine safety and more, the overwhelming thought that kept coming back to me was, “*everyone I know should be here.*”

Why? Because I believe knowledge is power, especially when it pertains to your health and personal freedom. We all deserve the truth. In a time when we know our media only tells one side of the story and Big Pharma pays them to do so, The National Health Federation, its members, and I want transparency and I hope that you do too.

The messages from Cal Jam that impacted me the most, which I wanted to bring back to you, are:

“[T]here is no question that as a matter of global law, international law, mandates can’t stand. They are a violation of our fundamental human rights. So, starting in the 1920s in case law in the United States, we have the notion of informed consent that any adult must be able to make a decision about their own medical interventions. After WW2, and you know the revelation of medical atrocities that Nazi Germany had perpetrated, the Nuremberg Code stipulated that any person involved in a human experiment had to have free consent, they had to have the right to refuse. And that definition over time extended and extended, so that it’s now not just about experimentation; it’s about **any** treatment option. And so, in 2005, under the United

Nations, UNESCO created a declaration on bioethics and human rights. Article 6 of that declaration which every country in the World has signed onto, including the United States, **says it has to have prior, free, and informed consent for all medical interventions.** There is no carve-out for vaccine mandates, there is no carve-out for preventative medicine. You have the right to prior, free, and informed consent. Coercion is not informed consent. **Let’s be clear. You have to have the right to say no for it to actually be consent.**

“So where do mandates come from? It’s really important for us to understand – how could it be that there is this total cognitive dissonance between what our human rights are and what the laws are in the country today? So, where these mandates come from is a Supreme Court decision from 1905 called *Jacobson vs Massachusetts*. And Jacobson was in a totally different era, totally different medicine, right? This is before antibiotics, this is before IV nutrition, this was before refrigeration. This was a completely different era and they were dealing with a deadly respiratory illness. They were dealing with smallpox. They were dealing with one vaccine. So, what I find remarkable, is that ... Massachusetts upheld the Cambridge mandate for the adult population. Right? They didn’t impose this on children because children were too vulnerable. This was for adults and the penalty for noncompliance was a fine of \$5 that in today’s dollars would be about \$115. Right? Radically different then what we have today where all this is being imposed on children, not on adults for the most part and it’s mandated so if you don’t comply with the mandates here in California, these kids can’t go to school. This is effectively almost a kind of internal exile. This is deprivation of civil rights on a really remarkable scale.” – Mary Holland, J.D.

“We are living in an age that I never expected this country to end up in. Even reading Orwell and Kafka and the weird stuff that is happening today, the surreal stuff, where you have a party that I grew up in and love, the Democratic Party. The heads of the Democratic Party, Adam Schiff, one of the most visible, vocal Democrats in this country, last week wrote letters to heads of Google and Mark Zuckerberg of Facebook asking them to censor information from mothers and others about vaccinations and they are already doing it. We had, we had, I’ve put two pictures of vaccine injured children on my Facebook page ... this week on two different days I tried to put them on Facebook, and they were blocked. Here you

have a head of the leaders of one of the biggest Parties (Democratic) in our country who is asking social media to censor information that is critical, that is questioning the safety of a pharmaceutical product. These companies that make our vaccines, four companies, are convicted felons. Every one of them. In the last ten years, since 2009, they have paid collectively 35 billion dollars in damages and penalties, for lying to doctors, for bribing doctors, for defrauding public-health regulators. And the Democrats say, oh, they are terrible, what a horrible company – but when it comes to vaccines, they are telling the truth?” – Robert F Kennedy, Jr.

“Now ... I don’t want a bunch of followers, I want you guys to go back to being leaders.” – Dr. Billy DeMoss

In my book, these are all calls to action. Dr. Billy DeMoss exemplified this when he promised to raise money for Robert F. Kennedy, Jr.’s, Children’s Health Defense (CHD). Mr. Kennedy asked if Dr. Billy could raise \$20,000 for CHD and Billy countered with the promise to raise \$100,000. When this health-freedom community gathered after Day One of Cal Jam for the Gala dinner, donations started pouring in from the guests. On Day Two, the CHD was presented with a check for \$500,000 to go toward a legal fund to investigate, expose, and dismantle any agencies, individuals, corporations or laws that do not put our health and freedom first. This generosity and nobility aren’t just for those we look up to. Each one of us is capable of “moving mountains” and being a leader. It starts with your desire and drive for change. And there is no reason this exact same kind of fundraising could not also be done for our NHF.

Our lives right now and the lives of our future generations depend on you and me to pay attention, become informed, rally for, and support freedom and the right to informed consent, network within our own communities to raise awareness of health and medical freedom issues, let our voices be heard as many did on NHF’s recent campaign at Rally Congress, “Urge Congress to Oppose Federal Vaccine Mandates,” <https://national-health-federation.rallycongress.net/ctas/oppose-federal-vaccine-mandates>. Share this actionable link on social media, call, e-mail, and write letters to companies, government representatives, and the President showing your disapproval or support of their actions and be charitable to causes that truly support and protect *you*, like the National Health Federation. See you next year at Cal Jam! 🔥



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