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The Journal of the National Health Federation

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**A Cancer Cure
Has Gotten Out
of Control and Has
Spread Beyond
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of Modern
Medicine**

By Bill Sardi

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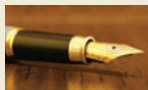
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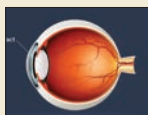
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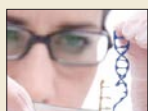
Letters to the Editor In this column, our readers comment on health, Candida auris, cancer, home schooling to avoid vaccinations, and Codex. **Page 4**



President's Note – NHF Shoots Down “Scientific Consensus” Scheme in Flames At the recent Codex Alimentarius Commission meeting in Geneva, Switzerland, among other things, NHF shot down a deceptive tactical move to pass unhealthy food standards. **Page 6**



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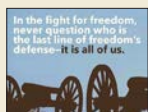
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Eat the Seed Seeds are the essence of nutrition, NHF Vice-Chairman Dr. Bradford Weeks tells us in this article that also blazes the trail for how NHF members can not only improve their own health but help NHF. **Page 10**



A Cancer Cure Has Gotten Out of Control and Has Spread Beyond the Confines of Modern Medicine Bill Sardi unveils yet another possible treatment for cancer in the form of a simple, already-on-the-market dog dewormer. **Page 12**



We Need Your Help More Than Ever So That We Can Continue to Protect You! It is thanks to our NHF members and supporters that NHF has been able to do as much as it has done over the last 64 years. But we need financial support now more than ever. **Page 16**



Is Roundup Killing for Greed? Walter Graham writes from personal experience about the toxic dangers of Roundup® and reports on its current legal dilemmas. **Page 18**



Famine of Omega-6 Dr. Donald Carroll reminds us of the importance of the parent essential oils, including the proper form of Omega-6 to take to maintain optimal health. **Page 22**



CalJam 2019: A New Hope for Health Freedom Jennifer Wolff-Gillispie reports on the fabulous California Jam event that took place in February in Southern California where thousands gathered to hear the message of health freedom. **Page 28**

ERRATA: The complete article **Cal Jam 2019: A New Hope for Health Freedom** By Jennifer Wolff-Gillispie is reflected in this issue. The complete copy of her article was inadvertently transposed with words from another article in the Spring 2019 issue of *Health Freedom News*. We apologize for this inadvertent mistake and correct that mistake by publishing Ms. Wolff-Gillispie's article here in full.

LETTERS TO THE EDITOR



Dear Editor,

Thanks to NHF for this very interesting article, "Hidden Epidemic: Death by Hospital; Candida Auris Seems Unstoppable" by Bill Sardi [HFN 37:1, Spring 2019].

After visiting people in hospitals many times, I told my children that I never wanted to go to a hospital. When it is time to die, I want to die in my own home ... and forget all of the wild, frenetic methods being used to keep one alive in a germ-riddled, depressing hospital. I believe, when it is time to go ... GO! Not stick around so the hospital can keep a bed filled and run up the bill.

The Swiss used to have sanitariums where people had access to fresh air and wholesome food. I wonder if any still exist?

The people who set up hospitals have no knowledge of health and healing. I have no idea why so many have bought into drugs and medical care in America. It sure isn't health care. My husband got a staph infection in the hospital, which accelerated his death. I saw the garbage he was fed, and it was a miracle he survived the hospital.

My husband was in a top-rate hospital. I have visited others there before. One was a dear friend who had heart problems. But I was appalled to see what she was being fed. She was being served fast food; some of it in little aluminum containers.

If people need hospitalization, they need their family to bring decent food to feed them. The biggest favor they could do for themselves is to stay out of hospitals.

The Number 1 cause of health problems is our daily habit of putting the wrong food, beverages, or substances into our mouth. The wrong items cause health problems. Yes, "good" food, the wrong

beverages, and substances can be harmful. People need to be aware and avoid; and stay healthy.

Bill Sardi's article on this Candida Auris really impacted me.

*Sincerely,
Barbara Charis*

Dear Editor,

I thank all of you for the efforts you take to represent us.

I am very proud of how Scott Tips represents us all over the World, even when he gets outraged and fumes with anger when the chairwoman is backing up deception of the public for GMOs. He is a real stand-up person and I so honor that quality in him and in all of you.

There is only one thing I cannot find in your *Health Freedom News* that disappoints me, since I healed from metastasis cancer in 2003, and have informed Scott Tips about that. **The issue is that cancer is not a deadly disease.** The true information is that cancer is a symptom, a survival mechanism, and not a disease to be dreaded. A tumor is a red flag that the body cannot detoxify on its own any longer and needs help to do so and clean up the mess inside.

I miss that you do not educate people about how **cancer does not have to be feared, because it is a survival-mechanism of your body, and the tumor encapsulates many poisons, ferments them and gives a little bit of energy to the body.** Doing so, the tumor prevents the body from being poisoned and even dying from the free flow of the many toxins that are in the body of a patient.

Cancer is a toxicity crisis! And the tumor has been growing for many years, perhaps even 20-40 years, before it can even be diagnosed! The cells did not go

out of control – that is a myth! They have a deeply well-meant purpose! The cells must mutate to stay alive in an anaerobic, acid, and toxic environment to help the soul stay longer on Earth in their vehicle: the physical body! **Cancer has been your friend to help you survive.**

It would mean that we must educate people about what the real cause of cancer is, and why and how cells start multiplying (cell-biology) and grow into tumors. This includes showing how cells with toxic content will multiply and reproduce the inner toxic content into new dysfunctional cells and cause chronic diseases. It could give insights on how the place of a tumor can reflect emotional problems, conflicts, traumas, and even Soul misalignment that people have to face and solve in order to heal, from the inside out and come in accordance with their Soul-purpose and Live this purpose. Even suppressed emotions can cause cancer cells, Candace Perth has discovered on a cellular level. And these emotions can make cancer tumors grow, an effect usually only blamed on the environmental toxins floating around us or intentionally put in food products to enhance shelf-life. We do live in a very polluted environment.

But the most interesting and most **empowering information** for people, so to say **THE SECRET OF LIFE**, is explained by people like Dr. David Jubb. He shows that our cells are "ever morphing, vibrating shimmering, harmonic, electro-magnetic, living colloids" (Jubb, 2006, page x), which have a life colloid cycle (Jubb, 2006, page 10) and can change by themselves into bacteria, viruses, and into cancer cells *and* can reverse back to healthy cells or decide to die (apoptosis) when appropriate changes are made in the "terrain" of the body and the consciousness of the person.

All living things have *living chemistry*. Chemical drugs contain no life and are therefore incapable of creating life; in fact, they are often harmful. The truth is that all chemical drugs are toxins and have severe side effects, because the body cannot

digest chemical drugs and cannot eliminate them; they are stored in cells, and make cells dysfunctional.

The first thing to do is to help the body (liver, kidneys, lungs, lymph) to detoxify thoroughly in many ways, as all non-Western medicine has done and taught for centuries. And also it helps to mentally and emotionally process and release false beliefs and suppressed emotions and solve these inner conflicts.

Help the body to become balanced again on every level (physical, mental, emotional, and spiritual), instead of giving it more toxins like chemo, chemical “medications,” or other damaging mainstream protocols.

Cancer is a metabolic disease, as Dr. Mercola has stated many times; it is not a death sentence. The cure is to change the metabolism to a healthy metabolism. Andreas Moritz describes this process in detail on the cellular level in his 2005 book entitled *Cancer is Not a Disease, it is a Survival Mechanism*.

When I read In *Health Freedom News* (Winter 2018 issue, page 23) of the “scientific evidence” that organic foods are linked to lower cancer risks by 25%, to me that is evidence that is so obvious. I understand, though, that this “evidence” is needed to ban poisons from our food and environment, no doubt.

But, again, detailed education about what toxins do on the cellular level to cause chronic diseases would be greatly appreciated.

With regards,

Beatrijs M.C.H. Penn, MA, CCC

*Psychotherapist and Holistic Cancer
Counsellor*

Dear Editor,

If SB276 becomes law, then parents in California may finally start doing what they already should have been doing with their children all along – which is to **Home School** them. SB276 does *not* apply to home schools. Study after study has shown that home-schooled children

attain a significantly higher academic achievement level than children who attend private or public schools. That fact is reason enough for a parent to home school one’s child. With vaccinations becoming mandatory – with no exceptions whatsoever – for children attending California’s private and public schools, this requirement should serve as the straw that breaks the camel’s back for those parents who truly are concerned about the well-being and educational attainment level of their children.

Please make sure in *Health Freedom News* to make this point to the readers: home-schooled kids do *not* have to get vaccinations.

Sincerely,

Bob Stevenson

Dear Editor,

Thank you so much for your invaluable action at the recent Codex meeting in Geneva!

Why is it that so few can see what is actually happening, how things really are? Or is it just inbuilt fear? I don’t think so.

Sincerely,

*Karl-Gustav Helmersson
Sweden*

Dear Editor,

Until the evil is cleaned out, Codex will have no credibility. It must be soul-destroying for you to deal with this.

We appreciate all that NHF tries to do.

Sincerely,

Monica Buchanan

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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A stylized, handwritten signature of Bob Beck in black ink.

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NHF Shoots Down “Scientific Consensus” Scheme in Flames

Full Codex Report – Geneva, Switzerland July 8-12, 2019

BY SCOTT C. TIPS, NHF PRESIDENT



CAC42 Meeting Room, in Geneva, July 8, 2019

Styled as “CAC42,” the Codex Alimentarius Commission (CAC) met in its 42nd session in Geneva, Switzerland on July 8-12, 2019, and I attended the meeting as the National Health Federation’s sole delegate. Populated with 632 participants, this was a large meeting, but one carefully shepherded by CAC Chairman Guilherme Antonio da Costa, Jr. of Brazil and efficiently run by a small platoon of professionals fielded by the Codex Secretariat.

As always, the main object of this meeting was to adopt (approve) all of the food standards and any guidelines already considered and adopted by the

subsidiary (lower-level) Codex committees during their own meetings since the previous CAC41 session. And there were plenty to adopt: cadmium levels in chocolate, milk additives, a slew of pesticide levels, lead levels in wines and other commodities, and even quinoa grain size, among numerous others. Some of these agenda items were real snoozers while others were of keen interest and debated harshly. Regardless, the bureaucratic trajectory both underlying and driving this meeting was relentless – get the generally industry-driven standards adopted. To bureaucrats, procedure is everything, the outcome is nothing.

Out of Thin Air ...

If you don’t get your way, just move the goal posts. Or at least invent a new term out of thin air. That is the way the Codex science officer decided to react to the unexpectedly stubborn resistance of 55 African countries to a standard for milk additives (emulsifiers and stabilizers), such as trisodium citrate, that the United States and a number of other countries and industry INGOs wanted adopted. With 50-plus stubborn African countries arguing against adoption, the Chairman could not find “consensus,” the preferred Codex method of reaching agreement to adopt or reject any standard. After all, when consensus

is defined as “the absence of sustained opposition,” the Chairman could hardly find “consensus” in the face of more than 50 naysaying delegations.

So, Markus Lipp, the FAO/Codex science officer and former Monsanto employee, reached into his bag of tricks and pulled out the nearly freshly coined term of “scientific consensus.” First tried, to my knowledge, at the April 2018 Codex Committee on Residues of Vet Drugs in Foods (CCRVDF) meeting in Chicago – where Dr. Lipp sprinkled that pixie dust on the Codex delegates in a vain attempt to overcome the European Union’s and NHF’s strong objections to the adoption of a standard for Zilpaterol, the notorious vet drug that has no therapeutic purpose but to cure sick financial balance sheets – the magical phrase “scientific consensus” was not so magical since it failed to fool most of the delegates and the Chairman there.¹ The Zilpaterol standard went down to defeat.

But with a certain moth-like quality within him that kept him circling the flame that had burned him before, Dr. Lipp could not help but chance using the “scientific consensus” argument at this meeting as well in an attempt to out-manuever the solid 55-African country roadblock. And the Codex Chairman echoed the phrase as if on cue. You see, if there could be found a “scientific consensus” in favor of the milk-additives standards, as dictated by the Codex Science Officer, then the Codex head table would argue that “scientific” consensus trumps “regular” consensus. Their logic behind this assertion is that since Codex is a scientific body, then scientific consensus is what counts. Forgotten by them, however, is that Codex also makes policy.

As Warren Buffet said once, “It’s only when the tide goes out that you learn who’s been swimming naked.” Well, the tide went out and those at the head table who had staked their position on “scientific consensus” were soon enough exposed as swimming naked.

I spoke out at the meeting against the

fake term “scientific consensus.” *In fact, I was the only one.* As NHF’s representative, I told them that: (1) I had spent a considerable amount of time reading through the Codex Procedural Manual and that nowhere in it does it use the term “scientific consensus”; (2) That the term “consensus” without any qualifiers appears in the Manual on page 8 and again on page 18 and should be given its ordinary and normal meaning; (3) a dangerous precedent would be set by using a contrived term to push through a standard so strongly opposed; and (4) you simply cannot make up terms as you go along and we either have integrity at Codex or we don’t. I concluded by hammering home the point that the milk-additive standard could not be adopted without true consensus.

By strongly challenging this biased and unsupported definition of consensus now, NHF was laying the groundwork for defeating the Zilpaterol standard next year. And interestingly enough, several Codex delegations thanked NHF for having spoken out against “scientific consensus.”

In the end, the Chairman called for a “side session” where the chairman of the Codex Committee on Food Hygiene would mediate between the two sides and reach a general (not scientific) consensus. That was done and the following day the Commission agreed to put back for further study one of the milk-additive standards (trisodium citrate) while adopting the other standards for emulsifiers and stabilizers.

For NHF, though, the most important result to come out of this discussion was to put a stake through the heart of the concept of “scientific consensus.” Without a doubt, the Codex science officer was floating this concept once again so that delegates would start getting used to the concept. It would then be put to use at the

next Vet Drug Residue committee meeting (May 2020) to adopt a worldwide standard for Zilpaterol. We cannot have that happen. By strongly challenging this biased and unsupported definition of consensus now, NHF was laying the groundwork for defeating the Zilpaterol standard next year. And interestingly enough, several Codex delegations thanked NHF for having spoken out against “scientific consensus.”

Pesticide Heaven

On another agenda item, NHF unfortunately did not score as well. The Codex Committee on Pesticide Residues (CCPR) had referred to the Commission a number of Maximum Residue Levels (MRLs) for pesticides that CCPR suggested be adopted at Steps 5/8 (Diquat, Imazalil, Oxamyl, Propamocarb, Propiconazole, Profenofos, Bentazone, Abamectin, Fenpyroximate, Kresoxim-Methyl, Pyriproxyfen, Cyprodinil, Pyraclostrobin, Fludioxinil, Mandipropamid, Spinetoram, Fluopyram, Sulfoxaflor, Fluxapyroxad, Benzovindiflupyr, Cyantraniliprole, Cyazofomid, Lufenuron, Isofetamid, Oxathiapiprolin, Ethiprole, Fenpicoxamid, Norflurazon, Pydiflumetofen, Pyriofenone, and Tioxazafen). The European Union, Norway, and Switzerland objected to the MRLs for a number of these toxic pesticides while Brazil objected to just one of them, Pyraclostrobin, due to acute risk concern for their consumers.

With solid research to back NHF’s objections at Codex – thanks to NHF Executive Director Katherine Carroll who spent a significant amount of time researching their toxicity – NHF supported the comments of the EU, Norway, and Switzerland but went even further and objected to the adoption of all of the named pesticides as health hazards for humans and animals.

So, I told the delegates that “**the first problem** not considered by the risk assessors is that these pesticides are cumulative. They accumulate in the body, even at low doses, and over time they accumulate greatly and detrimentally to humans. This

has not been considered by Codex in setting the MRLs here. **The second problem** is essentially one of synergy. They are often used together with other pesticides and herbicides. And they have never been tested for safety when used together like this. We do not even know what harm their interactions can cause. We suspect these will be even more harmful than when they are used alone and, indeed, science points in this direction. And **the third problem** is that these pesticides are Endocrine Disruptors, “gender benders,” even at low levels. It has been demonstrated that fertility problems and birth problems result from their use. This is an increasing concern that we cannot let these problems continue. We must be especially cautious in approving any MRLs for endocrine disruptors.”

I continued, “One of our introductory speakers yesterday morning very correctly stated that ‘*We cannot have food security without food safety.*’ We agree. The EU and others at CCPR and here at CAC – in written comments – have mentioned toxicological and similar concerns with a number of the pesticides up here for adoption. We agree with the concerns expressed by the EU and supported by Norway and Switzerland at CCPR, and for that very reason we ask that none of these MRLs be adopted but especially those for Diquat, Imazalil, Propiconazole, and Norflurazon not be adopted and that they be sent back to CCPR for further review and discussion.”

Naturally, the Codex science officer could not resist responding to my comments, claiming that the Joint FAO/WHO Expert Consultation on Food Additives (JECFA) risk assessments considered all factors and were comprehensive. Never having seen an unhealthy standard that she did not like, the United States delegate spoke up and helpfully asked that the JECFA reply be put in the record.

Cadmium Standard Approved Despite Substantial Objections

Surprisingly, when it came to consider-

ing the Maximum Limit (ML) for cadmium in chocolates, there was a knock-down, drag-out fight. Proposed at 0.3 mg/kg, this ML for cadmium was approved by the CAC despite the fact that some 30 countries objected to it as being too lax and a health hazard to children especially. Others, such as Argentina and the United States, dismissed the health concerns in agreement with the JECFA Secretariat, who called any health concerns “insignificant.”

In the *mêlée*, the EU (representing 21 countries at this meeting) stood its ground opposing the ML of 0.3 mg/kg but was subjected to a short health lecture by the Chairman that there is never a zero risk. The Cameroon delegate responded by asking if it is Codex’s goal to place as many food products on the market with the highest levels of heavy metals as possible? In turn – and taking a page out of NHF’s playbook – the outspoken delegate for the Economic Community of West African States (ECOWAS) correctly challenged whether there was consensus on this standard and said we should not put too much faith in JECFA science. Plucky Finland pointed out that there were more delegations against the standard than in support and that it was bad form for the JECFA Secretariat to suggest that he might need to explain the science to a delegation. Cameroon supported Finland while ECOWAS reminded the delegates that “there is still room for improvement with JECFA.”

Papal Infallibility

The cadmium ML for chocolate passed despite strong objections by numerous delegates. Under Codex procedural rules on consensus, the standard should have been stopped. This procedural failure highlights the outsized influence wielded by the Codex “science” officer and overall by JECFA itself.

One of the biggest problems at Codex is delegate susceptibility to the “Papal Infallibility” complex when it comes to science. It doesn’t help that the JECFA Secretariat definitely believes in its own infallibility

when it comes to scientific matters (despite frequently admitting large data gaps in available science from which to draw a conclusion). Any pronouncements on the safety of a food standard or pesticide standard that is handed down by JECFA is treated as if they are the stone tablets that Moses brought down from the Mount.

Yet, NHF’s written and oral comments in April 2015 after the Vet Drug Residue (CCRVDF) meeting in Costa Rica reveal that far from handing down stone tablets from the Mount, the JECFA Secretariat has clay feet instead. At that meeting JECFA had announced that recombinant Bovine Growth Hormone (rBST) use had resulted in *no* increase in mastitis or in pus in milk. “Why then,” I asked, “after such a thorough and systematic literature review did JECFA miss *the industry’s own data* showing a 79% increase in mastitis from rBST use along with a 19% increase in pus and bacteria in the milk?” I then read from Monsanto’s own warning label for Posilac, its rBST injectable drug, expressly stating that cows injected with Posilac are at increased risk for mastitis. I again asked the Committee, how could JECFA’s supposedly systematic review have missed the industry’s own safety issues? So much for thorough and “systematic” reviews.

Recombinant Bovine Growth Hormone is not JECFA’s only scientific stumble. When it came to aspartame – the well-known artificial sweetener with lesser-known, but still-proven deleterious effects upon humans and animals, which can include seizures, brain tumors, dementia, and weight gain² – JECFA got it wrong. Notwithstanding the considerable and increasingly accumulating evidence of aspartame’s toxicity, JECFA declared aspartame “safe” in the early 1980s at a consumption level of 40 mg per kilogram of body weight.³

This happened too with glyphosate, ractopamine, and Zilpaterol, all of which JECFA pronounced safe to use at levels that are harming people and animals. In my article published last year about the Codex Vet Drug Residue committee victory over Zil-

patrol, I describe in more detail JECFA's scientific errors and how Codex delegates were and still are seriously mistaken to trust JECFA "science."⁴

Yet, JECFA and most Codex delegates expect all of us to accept its scientific pronouncements without question. For a scientific body, Codex certainly has a congregation of religious adherents. Of course it is understandable that Codex delegates would want to defer on scientific issues to JECFA because it certainly saves those delegates from having to do their own scientific due diligence. Still, that is what they must do – their own independent inquiries, with an open mind as well. Part of the problem stems from what the JECFA Secretariat himself admitted matter of factly at CAC42 on July 10th, when he confessed that JECFA relies heavily on studies and data from the industry in order to make its safety assessments.

JECFA lacks credibility when it deems a systematic review as complete and yet

misses important safety data plainly visible to even the general public. NHF keeps pointing this out to fellow delegates and finally it seems as if some other delegates are catching on, as shown by ECOWAS' comments at CAC42.

At this most recent Codex meeting – the most important one of the year – the National Health Federation was there to remind fellow delegates that Codex science can be mistaken, misguided, and even corrupted, and that we should not blindly accept whatever swill we have been given to swallow.

NHF thanks its donors who made it possible for NHF to attend and to stop the drive towards twisting Codex procedure so that a new meaning of "consensus" would allow unhealthy standards to be adopted. Without its generous donors, NHF would not have been there to shoot down this stealth tactic that would have gained deceptive momentum in successive Codex meetings. Instead "scientific consensus"

lays smoldering in the dust as a reminder to Codex to act with integrity. 🔥

Endnotes

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EAT the SEED

The most nutrient-dense food on Earth

BY BRADFORD S. WEEKS, M.D. / NHF VICE-CHAIRMAN OF THE BOARD



In reading this short article, which I share with you and your loved ones today, I am unabashedly seeking to conscript you to join with NHF and celebrate the revolution in nutrition: eat the seeds! Why would I want you to eat bitter seeds which are encased in an indigestible husk?.

Well, food scientists now understand that seeds are the most plentiful food source on Earth (think “renewable”) and are also, more importantly, the most nutrient-dense food on Earth. Yes, as the plant grows and the vegetable or fruit ripens, the humble seed naturally bioaccumulates nutrients up to 20 times more than what is present in the sweet flesh of the fruit or vegetable that produced the seed. The seed is a time capsule designed to take the plant’s genetic material into the future and so it is packed full of bioavailable genetic spare parts to buff up and renovate our own aging DNA (see “transgenetics”: the understanding that in addition to macronutrients we also absorb and incorporate genetic material from our food). In addition, the seeds are also fully stocked with nutrients to nourish the new

plant as it sprouts and thrives where the seed happened to be planted.

Seeds offer us optimal nutrition. The bottom line here is that seeds offer more health-giving nutrition than the sweet stuff we usually eat. So, you are now asking yourself, “Why do I throw away the lemon seeds when I make lemonade or the grapefruit seeds when I enjoy grapefruit? Why do I toss the most nutrient dense part of the avocado (the pit!) and scoop out and waste the numerous papaya seeds rather than eating them?” Why indeed!

Let me tell you why. There are three reasons:

Reason #1 – We humans are sugar-holics and being as we are addicted to sugar, we throw away the seed and eat the sweet flesh of fruits and vegetables. Big mistake! This fact reveals how humans and other are tricked by nature to help propagate plants. The sweet part of the fruit or vegetable is the decoy. It is designed to have you (or any animal) swallow without chewing the whole intact seed while eating the sweet fruit and then, upon completion of your digestive cycle, “deposit” the seed

along with your fertilizer remote from the source thus planting a daughter plant remote from where the original fruit was consumed.

Reason #2 – No one told you that you were throwing away the healthiest part of the plant. Did you know that there is twice as much bioavailable Vitamin C in the skin of an orange than in the flesh? What about the powerful anti-inflammatory enzyme bromelain? A pineapple’s core and peel yield the highest amount of bromelain in the fruit, at 40 percent by weight, but when was the last time you ate the skin of the pineapple let alone the fibrous core? And being Summer, let’s take the fabulous watermelon (rich as it is in structured, exclusion-zone water) for example.¹ If you were to eat the watermelon seeds, you would benefit from 20 times more selenium, magnesium, zinc, chromium, and the like than were you to eat just the sweet flesh.

Reason #3 – The seed is bitter and encased in an indigestible husk. Most seeds pass right through you because who would chew up a bitter seed? Just remember the last time you ate corn on the cob and observed a few hours later that many of the kernels spent time in your intestines but were not digested and exited offering you zero nutritional benefit. Well, here is the great news! We have the technology to optimally nourish you. Just as people have been grinding wheat berries to make wheat flour or slicing up groats to make steel-cut oats, you can now grind up your seeds and benefit from optimal nutrition.

All you need to become a do-it-yourself grinder are four things: (1) organic produce (more on this later); (2) a freezer; (3) a second-hand coffee grinder; and (4) a natural sweetener (being a beekeeper, I suggest raw organic honey). Collect all of the seeds from your organic fruits and vegetables, freeze

them in a glass jar, and once a day grind the frozen seeds to a fine flour (now the husk with all its glycoproteins and beta glucans is digestible) and add raw honey (now the bitterness is not objectionable) before spreading on your salad, adding to your hamburger before cooking, stirring into your soup, or mixing into your smoothie. Bingo! You are now eating the seed and revolting against the scourge of junk food and empty calories. (Warning: The food from which you source your seeds *must* be organic and non-GMO because all living organisms sequester and store toxins in fatty tissue: the tuna belly, eyes, and brain are where mercury accumulates, not the muscle. In the plant, the fatty tissue is the seed! Eat organic!)

I know, that sounds like a lot of work – picking, freezing, grinding, and more. So, we at NHF have made it easier for you and your family to eat organic and non-GMO seeds. Go to NHF's new seed-nutrition website (www.myrainlife.com/nhf) and buy your seeds prepackaged in drink form and select according to your needs: SOUL for seeds for nutritional support of healthy inflammatory response; CORE seeds for nutritional detoxification; FORM protein seeds for immune enhancement; BEND seeds for nutritional support of joints, ligaments, and tendons; and PURE seeds for pre- and pro-biotics to support your gastrointestinal tract and any auto-immunity overresponse from leaky gut syndrome.

The news gets better! Here is the win-win: You buy as a preferred customer of NHF at our e-commerce marketing website (www.myrainlife.com/nhf) so you get wholesale pricing with an unconditional satisfaction or money-back guarantee on the first box of any product you buy and NHF earns a commission which it can use to fund its heroic efforts. This is a way for you to donate to NHF simply by buying a seed drink that is so nutrient dense that one packet of Soul, for example, offers the equivalent of eight servings of organic vegetables, eight servings of organic fruit, and three servings of organic seed oils.

When I first started offering these seeds to my family and patients, I was astonished

at the incomparable results people experienced rapidly. I was so impressed that I consulted with the founder of the seed company and told him that I thought that his products were miraculous. He smiled and said words that I will never forget: *"Thank you Dr. Weeks for your kind compliment, but you are wrong. Our seed products are not miraculous. They simply feed the human body optimally and once nutrition is optimized, the human body, the real miracle worker, performs miracles."*

Do you believe in miracles? Of course you do! You and I are living proof. Within our skin, incomprehensible deeds of regeneration and detoxification are accomplished moment by moment by our genes, our enzymes, our fascia, our peristalsis, and of course by our mind. We all enjoy the benefit of our biochemistry ceaselessly striving towards health. Someone wiser than I once taught *"When nutrition is poor, drugs are useless. When nutrition is optimal, drugs are unnecessary."* Eat the seed and this one lifestyle improvement will lessen your need for patented, prescription, and side-effect cursed drugs, which are pitched by misguided M.D.s (who are increasingly acting not as healers but rather as Marketing Directors for big pHARMA).²

For any questions about seed nutrition and these powerful and convenient pre-packaged products, see the product dropdown menu at NHF's e-commerce marketing website which is operational in over 40 countries around the world: <http://www.myrainlife.com/nhf> or feel free to email your questions to the editor (of this magazine) and, once passed along to me, I will share more science-based information. 🔥

Dr. Bradford Weeks is a medical doctor schooled in nutrition. Vice-Chairman of the Board of Governors of the National Health Federation, Dr. Weeks can be reached at theseeddoctor@gmail.com and viewed at his YouTube lectures at <https://www.youtube.com/user/BradWeeksMD/>. His website is www.weeksmd.com.

Resources

Scientific test results of seed products:

SOUL CUT SHEET

https://myrainoffice.com/document_library/soul-cutsheet%5B1%5D.pdf

SOUL 3rd party Testing
https://myrainoffice.com/document_library/third_party_cell_assay_CS.pdf

SOUL Red CUT SHEET
https://myrainoffice.com/document_library/Soul_Red_Fact_Sheet.pdf

SOUL Brochure
https://myrainoffice.com/document_library/soul-brochure%5B1%5D.pdf

CORE CUT SHEET
https://myrainoffice.com/document_library/core-cutsheet%5B1%5D.pdf

CORE 3rd party testing
https://myrainoffice.com/document_library/third-party-testing-core-US%5B1%5D.pdf

CORE BROCHURE
https://myrainoffice.com/document_library/ENG_New_Core_Brochure_v1_Small.pdf

FORM CUT SHEET
https://myrainoffice.com/document_library/FormCutsheet.5.pdf

BEND CUT SHEET
https://myrainoffice.com/document_library/Bend_Cutsheet_v7.pdf

PURE CUT SHEET
https://myrainoffice.com/document_library/Pure_Cutsheet_V2_%281%29.pdf

REVRI CUT SHEET
Moisturizer https://myrainoffice.com/document_library/Moisturizer_Cut_Sheet_8.16.16.pdf

Purifier https://myrainoffice.com/document_library/Purifier_Cut_Sheet_8.16.16.pdf

Serum https://myrainoffice.com/document_library/Serum_Cut_Sheet_8.16.16.pdf

3 Step Info
https://myrainoffice.com/document_library/The_Line_Cut_Sheet_8.16.16_Review.pdf

Endnotes

1. Exclusion-zone (EZ) water is a term coined by University of Washington researcher Gerald Pollack. In brief, EZ water has particles in it that will create zones where energy differentials exist that will hold a charge, just as a battery does. Living water in living fruits and vegetables is EZ water.

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A Cancer Cure Has Gotten Out of Control and Has Spread Beyond the Confines of Modern Medicine

BY BILL SARDI



While Wall Street awaits the entry of over 1,813 new cancer drugs into human clinical trials representing billions of dollars of investment capital, the announcement of a bona-fide cure for cancer comes from an outsider – patient Joe Tippens.

An astounding report of Mr. Tippens' cancer cure is circulating on the internet now. First diagnosed with small-cell lung cancer in 2016 and with tumors popping up on scans in virtually every organ in his body, in desperation Joe Tippens began using a dog de-worming agent at the suggestion of a veterinarian.

He was told this cancer cure “was batting 1,000 in killing different cancers.” He heard one of the scientists involved in the research was cured. He had no time to dither. He was weeks away from dying.

Treatment began in the third week of January 2017. Three months later at MD Anderson Cancer Hospital in Houston, Tippens anxiously awaited the report of his oncologist who had no idea Tippens had started taking the dog deworming medication.

The doctor is reported to have walked up to Mr. Tippens and said: “I am going to have to ask you to leave this hospital, because we only treat patients with cancer here at MD Anderson.”

Within just three months his cancer vanished. His insurance company spent \$1.2 million before Tippens switched to a (then) \$5-a-week medicine that saved his life. Daily vitamins and CBD oil were also an essential part of his curative regimen.¹

Don't think Big Pharma isn't involved here. Merck Animal Health division makes the de-worming drug that has gone up significantly in price since the



report of Tippens' cure spread in the news media.

Joe Tippens now reports at his own “My Cancer Story Rocks” blog site that is bustling with visitors where he says that around forty otherwise hopeless cancer patients have reported similar cures.² Of course, he continues to take the anti-worming medication and dietary supplements as prevention.

His dietary supplement regimen that he still adheres to is as follows:

- Vitamin-E complex (tocotrienols, tocopherols)
- Curcumin (turmeric extract 600 mg/day)
- CBD oil

The History of This Cure

The anti-tumor therapy involves a deworming agent used for horses and dogs. It has been deemed to be safe by the Food and Drug Administration. Published studies involving this canine drug, fenbendazole, date back a couple of decades, yet there has been a lot of foot-dragging over fenbendazole since it was unexpect-

edly reported to exhibit potent anti-cancer properties when combined with a vitamin regimen in laboratory animals in a study published in 2008.³

Researchers reported that fenbendazole alone or vitamins alone did not alter the size or growth of implanted tumors in laboratory mice. But, their combination produced a striking increase in activity of one type of white blood cell, neutrophils, resulting in a no-growth effect. There also was strong inhibition of a protein (hypoxia inducing factor) that induces hypoxia (absence of oxygen), which forces cancer cells to utilize sugar for energy rather than oxygen.

In the laboratory this drug/vitamin combo overcame treatment resistance as well. Researchers were initially investigating fenbendazole because it was interfering with anti-tumor studies with other drugs.

Given that pinworms are a common problem in laboratories where mice are employed in pre-clinical testing of anti-cancer drugs, use of fenbendazole to clear these animals of parasites is stan-

dard practice. Unexpectedly, fenbendazole halted the growth of implanted human lymphoma cells in rodents.

To prevent animal infection during the testing period, the chow fed to these lab animals is sterilized and then vitamins and minerals (Vitamins A, B, D, E, K, and) are added back to eliminate variance in nutrient intake. But the chow for these lab animals in question was not sterilized and therefore more nutrients were delivered to these animals than normal.

Whereas implanted tumors take hold and grow 80-100% of the time, in this experiment none of the implanted tumors grew among 40 animals over a 30-day period!⁴ This was striking.

In 2011, researchers investigated fenbendazole for its ability to treat a nasty form of brain cancer (glioblastoma multiforme).⁵ Five-year survival with this form of brain cancer is only 10%. Over 600 clinical trials for this form of cancer have been unsuccessful in finding a cure. Yet, these researchers found the addition of an anti-worming (pinworm) agent (fenbendazole) halted the growth of brain tumors whereas among animals that were not de-wormed, there was consistent tumor growth. The researchers noted the long track record of safety for fenbendazole as well as its low cost and availability.

Contrarily, in 2013, researchers reported they found no evidence that fenbendazole has value in cancer therapy and but could warrant further testing.⁶ Then, in 2018, researchers in India reported fenbendazole exerts cancer cell killing activity at very low concentrations and does so partially by its inherent ability to inhibit the uptake of sugar (glucose) into fast-growing tumor cells.⁷ Cancer cells develop an inordinate demand for sugar to feed their growth, switching from oxygen to sugar as a source of energy. Fenbendazole did this by inhibition of an enzyme

called hexokinase.

Fenbendazole's ability to preferentially kill off malignant cells without harming healthy cells is another of its proposed properties.

The Last Thing the Cancer Industry Needs

The last thing the cancer industry needs is a cure. In fact, it cannot afford a cure. Financial analysts admit "a cancer cure is not a sustainable business model."⁸ Around 40 out of 100 Americans will develop cancer over their lifetime. The cancer industry plans on this.

The cancer industry relies upon treatment rather than prevention to generate its profits and support its \$172 billion worldwide army of researchers, technicians, pharmacologists, oncologists, and support staff. That figure doesn't include \$150 billion for anti-cancer drugs.⁹

University-based researchers estimate a 1% reduction in cancer mortality has a value of \$500 billion and a cure for cancer would be worth some \$50 trillion.¹⁰ There are an estimated 1,813 anti-cancer drugs under development.¹¹ A cancer cure would dash any hopes of profit for investors in these cancer research-and-development ventures. Nor would a cancer cure be welcome politically as it would vanquish hundreds of thousands of jobs.

Cancer treatment is widely available. However, if cancer patients are going to find a cure, they will have to go outside the confines of traditional cancer treatment centers. Cancer centers are glorified insurance billers.

Cancer patients are left to search for cures on their own. Their quest to find a cure usually begins only after rounds of chemotherapy, radiation, and surgery have been exhausted and cancer-treatment resistance predictably sets in.

I have said in the past that what is needed is an accessible, inexpensive

cure for cancer that doesn't require doctoring and therefore can step around the gatekeepers who cling to the status quo.

The lost jobs would be enough to bury a cancer cure under the rug. Cancer is considered a growth market. Analysts and cancer-drug companies make sales projections based upon incidence rates, which are largely age-based. Despite evidence and widespread fears that chemicals in the environment cause cancer, for the most part cancer is a malady of aging (~87% of cases occur in adults over the age of 50).

Massive screening efforts are made to generate earnings to pay for construction and technologies that must be amortized over time. In the cancer drug arena, incremental improvements in survival are small but are rewarded handsomely.

More than 15.5 million Americans with a history of cancer were alive in 2016.¹² Efforts to prevent recurrence are non-existent. Treated patients abandon cigarette smoking and eat healthier foods, but there isn't much more they are instructed to do.

A report by the American Cancer Society estimates that at least 42% of newly diagnosed cancers in the U.S. are preventable, which comes to some 729,000 cases.

Cancer screenings are conducted oftentimes to generate more patients to treat. Around 1.7 million new cases of cancer were expected to be diagnosed in 2018. And about 509,640 Americans died of cancer in 2018.

The American Cancer Society says survival rates have increased from approximately 49% to about 69% from 1975-77 to 2007-2013. However, this is explained by earlier detection and treatment that produce only statistical increases in survival as cancer patients succumb to cancer on the same calendar day regardless of what stage the cancer was treated.

A decline in the number of smokers is largely responsible for any decline in cancer death rates. Given that smokers are 25 times more likely to develop lung cancer than non-smokers, the decline in cancer death rates (2.3 million fewer cancer deaths from 1991 to 2015) is because lung cancer from smoking predominates statistically. No medical, anti-smoking program is attributed to this decline.

Laws that forbid smoking in public places have done more to reduce lung cancer rates than any labeling on cigarette packages.

Virtually nothing is done to boost the immune system – which declines with advancing age – though nutrition (Vitamins C, D, and the trace minerals zinc and selenium) would predictably ward off cancer, particularly zinc in maintaining thymus-gland-generated T-cells that produce antibodies against pathogens and malignancies. John Bailer, an authority on the cancer industry, has stated that “the national cancer program must be judged a qualified failure. Our whole cancer research in the past 20 years has been a total failure.”¹³

The cancer-care industry fails to say that there is no cure for cancer. In 1997, a leading cancer physician said “we no longer wonder if we will find a cure for cancer but when.” Two decades later, advances in cancer treatment towards a cure are yet to be announced.

Cancer patients for whom treatment has failed are left to opt for apricot seeds in their quest to survive. The elusive cure for cancer is attributed to it being many diseases in one.

An Israeli-based cancer therapy company made a recent claim it would announce a cure for cancer within a year. Sadly, that statement was scrutinized and found to be misleading.

One grim report concedes “cancer is often treatable, but will probably never be cured.” Tell that to Joe Tippens. 🔥

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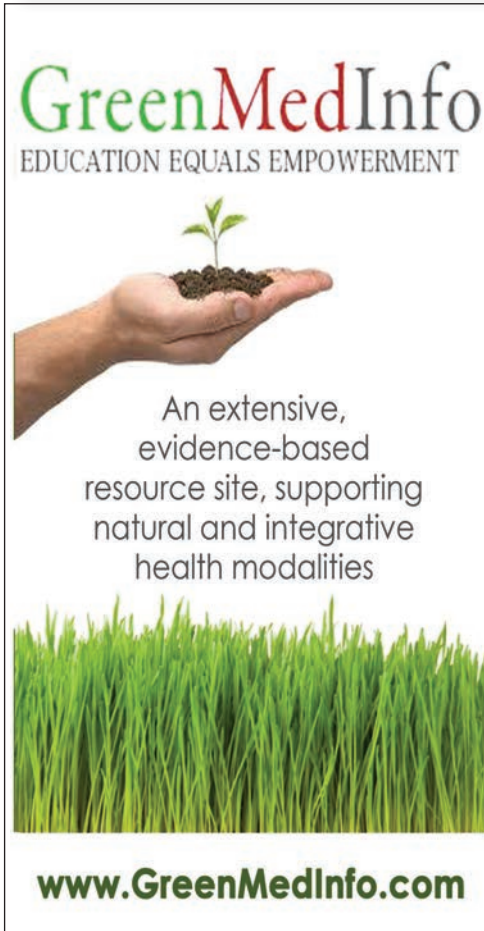
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YOU HAVE BEEN OUR STEADFAST LAST LINE OF DEFENSE

Dear NHF Members and Supporters,

We indeed are living in “interesting times”, and while the challenges might seem insurmountable, the truth is that more and more individuals are waking up to the numerous health dangers around them and they are taking action. In many ways, we are winning even if it might not seem to be the case at times. Together, we are actually striking bold blows for health freedom.

Summers are always the National Health Federation's driest months for contributions. People are on vacation and they have other needs on their minds. Our last fundraiser was below our expectations, although some generous individuals leaped into the financial gap and saved the day. These are the true heroes and heroines.

They recognize that NHF is their “health insurance” to protect them and their loved ones. They see that no one else is standing up for them as much as we are. Among other things, NHF's work at the global level at Codex is safeguarding food security and nutritional supplements **GLOBALLY**.

We ask you to join them and us with your financial support to give NHF the means to represent you at the global level to protect your health and health freedom. **If NHF is not there, who will protect your health and health freedom?** Industry? The Medical Mafia? Countries bent on protecting their cozy ties with industry at the expense of your health? **No, just NHF. As we have been for more than twenty years at Codex and more than 64 years overall.** We have *major* battles ahead. **Now is the time to support yourself by supporting NHF.**

In addition to food security and food/soil integrity, NHF has been focusing on violations of individual rights and our loss of health freedom related to vaccines and the wireless 5-G rollout. We've fought and are STILL FIGHTING the suppression of GcMAF, a proven cancer cure for which our NHF Chairman, David Noakes, went to PRISON IN ENGLAND FOR SAVING THOUSANDS OF LIVES.

When asked by the Judge at his sentencing hearing whether he would do it again, knowing the consequences, David didn't even hesitate one second in replying, “Yes, Your Honor, if it would save lives, I would.” For that, he was sentenced to 15 months in prison and is facing another 10-20 years in prison in France if extradited there.

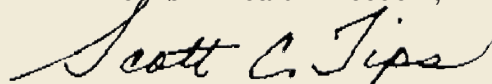
THAT is what NHF is about. Speaking the Truth, fearlessly and relentlessly, no matter the cost, until all of us have achieved the freedom to exercise our *inherent right* to choose for ourselves what we put into our own bodies.

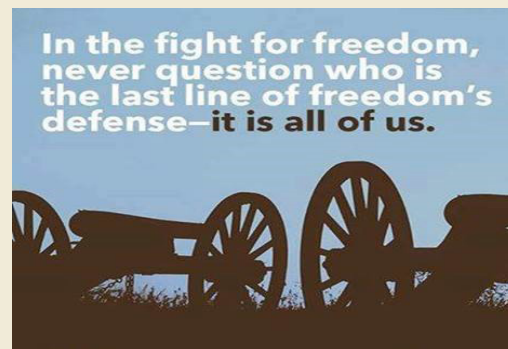
We are happy and proud to report that NHF has had an operationally successful 2019. But let's end strong together and prepare for 2020. Nothing can be taken for granted.

I am asking you to invest wisely in your health and the health of your loved ones by donating online at <https://thenhf.com/join-us/make-a-donation>, by calling our office at **1-626-357-2181** to donate by phone, or by mailing in a check in the envelope you will find stapled into this magazine. Regardless, please let me hear from you today.

Thank you for caring and for trusting us to help protect you and your family. You can take pride in knowing that we are going up against the Big Players and their lap-dog “regulators” and you and I, the NHF, are winning!

Yours in Health Freedom,


President
National Health Federation
www.thenhf.com



ONGOING NHF WORK

- **Defending the Definition of Organic.** Protecting you at Codex from the global battle to degrade what is called “organic” these days. **STATUS:** NHF helped **identify and stop a deceptive definition** from being adopted by Codex that would have allowed GMOs to be sold under the label “Biofortified.” NHF won the battle and the GMO industry/Big Ag lost! Your faithful financial support made this victory possible. THANK YOU!
- **Keeping Drugs Out of Your Food.** NHF has been battling to keep industry from doping food with GMOs, antibiotic-laced feed, and dangerous **Ractopamine** and **Zilpaterol**, the last two of which are **powerful vet drugs with steroid-like effects** that accumulate in your body when you eat meat and have not been tested for safety when used in conjunction with other chemicals. These drugs have no therapeutic value except to bolster the bottom line of Big Pharma and Big Ag’s financial statements. **STATUS:** NHF and its allies defeated Zilpaterol temporarily in April 2018, but the Codex Committee on Residues of Vet Drugs in Foods (CCRVDF) meets again in May 2020. And Merck, the maker of Zilpaterol and angry as Hades after its last stinging defeat, will be primed for a fight. **It is absolutely vital that you fund NHF, enabling us to end the fight at this meeting.**
- **Advocating for “Informed Consent.”** Additionally, these two vet drugs, ingested by anyone eating non-organic meat and accumulating in your body, involve **devious label deception** as they can still be labeled “*all natural*.” Consumers have a **Right to Know** and to **make an Informed Choice** about what they put into their bodies. Routinely, this right is being violated, especially when it comes to food and vaccines. **STATUS:** Read our full report at <https://thenhf.com/2019/07/22/victory-at-codex-over-dangerous-vet-drug/>
- **Participating Actively at Codex.** As the only health-freedom organization on the entire Planet accredited by Codex, NHF both monitors and participates at numerous Codex meetings, demanding integrity and global accountability while challenging industry-induced deception and junk science. **STATUS:** NHF’s work here is ongoing and constant and has been since the mid-1990s. See our latest report on Codex in this issue of the magazine.
- **Protecting GcMAF (Cancer Cure) From Being Suppressed.** With the NHF Chairman still in legal jeopardy, it is vital that we defend his rights. GcMAF has a **75%-100% success** (compare that with the miserable 1.5-2.5% “success” rate for chemotherapy). Concealed for 25 years, GcMAF had 300 scientists, 150 scientific research papers, and over 11,000 patients on it before MHRA (the UK equiv-

alent of the FDA) raids shut it down. Killer FDA has shut it down too. This therapy is being suppressed by the global Medical Mafia because it is a threat to their multi-billion-dollar cancer industry. See <https://thenhf.com/news-release-instead-of-a-medal-they-gave-him-prison/> and <https://thenhf.com/campaigns/get-big-pharma-out-of-the-fda/> **STATUS:** NHF Chairman David Noakes is now out of prison, but cannot leave England-Wales while awaiting extradition hearings, and needs immediate significant funding to avoid illegal extradition to a French prison **where he faces 10-20 years, all because his life-saving product did not have the proper “license.”**

- **Arguing sensible “Reduction of Waste”** rather than increased toxic-chemical farming to “feed the World.” Glyphosates and other farm chemicals are poisoning the World. Fertility is plummeting along with health. NHF has argued at Codex and elsewhere that since roughly one third of the food produced in the World for human consumption every year – approximately 1.3 billion tons – gets lost or wasted, costing nearly \$1 trillion. See our report at <https://thenhf.com/codex/our-work-at-codex/crashing-monsantos-pesticide-party-in-beijing-2/> **STATUS:** Facing an uphill battle here, NHF continues to educate Codex delegates and others as to sensible alternatives to toxic farming (including no-till farming and restoration agriculture), which will feed the World in a healthy, sustainable way. **NHF needs funding to attend the Codex Committee on Pesticide Residues in China in early 2020; we missed the 2019 meeting due to lack of funding and our health suffers!**
- **Putting a Stop to Water Theft by Big Water.** Global corporations such as Nestle and U.S.-based Crystal Geyser, which is actually owned by a Japanese pharmaceutical company, are plundering the World of its water resources. Additionally, since 1955, NHF has consistently demanded water integrity and removal of fluoride from the public water supply. Representatives need to know States cannot be violated by water theft leaving residents high and dry, literally: <https://national-health-federation.rallycongress.net/ctas/big-bottom-vs-big-water>

URGENT ISSUES AND ACTION LINKS:

The 5G Rollout

Without **any** studies whatsoever on health, and adding to the already heavy EMF burden on humans and animals, 5G just rolls out. **It is up to each of us to stop it.**

Recently, NHF Board member **Sayer Ji** invited you to more fully understand the dangers of 5G and what to do about them. Register for free now at this

link: https://the5gsummit.com/?idev_id=25910. Or, or you can sign up directly on the NHF website at <https://thenhf.com/2019/07/23/four-free-ebooks-about-emfs-and-5g-radiation/> Either way, you receive valuable information and free downloads while you support NHF.

Vaccine Mandates and Exemptions

Worldwide, these are being stripped from citizens unlawfully. Combined with a lack of safety studies and informed choice, this is a gross violation of civil rights. Make your Voice heard by acting on this link: <https://thenhf.com/2019/08/27/kill-the-bill-sb276-violates-all-rights/>

Repeal of the 1986 National Vaccine Injury Compensation Act

Repeal the 1986 National Childhood Vaccine Injury Act and hold manufacturers liable for any and all injuries and deaths caused by their vaccines.

Subpoena Dr. William Thompson and investigate the vaccine and other fraud promoted by the Centers for Disease Control and Prevention (CDC), which is nothing more than a vaccine company holding and profiting from numerous vaccine patents but disguised as a quasi-governmental scientific body. It is a fraud.

Classify all vaccines as pharmaceutical drugs and test for safety accordingly. And if they cannot be made safely, then they should not be allowed on the market at all or should be removed if already on the market. Please act now at <https://national-health-federation.rallycongress.net/ctas/repeal-1986-natl-vaccine-injury-comp>

FDA Rulemaking

The U.S. Food and Drug Administration is a rogue agency that has long ago ceased to protect consumers and must be brought to heel. NHF has a plan that it hopes to enact in the near future to rein in this agency’s unconstitutional actions.

ACT NOW TO SAVE YOUR HEALTH AND THE PLANET

The NHF is the most powerful international health-freedom group fighting for you. For access to dietary supplements, safe food/food security, and for the preservation of the small farmer and organic food producers worldwide, NHF is your organization. With your help, we will continue fighting (and Winning!) to preserve global health freedom.

NHF is dedicated to individual liberty, dignity, and responsibility. We have several major Codex meetings and battles ahead of us. **It is absolutely urgent to act – not just to care – right now.** In addition to NHF’s 5G, anti-mandatory vaccine, and GcMAF/cancer focus, there are other Codex Committees NHF must attend, with the same fierce battles for your health; for your very life. **We need your help to speak for you as Your Voice for Health Freedom.™**

Is Roundup Killing for Greed?

BY WALTER GRAHAM





Remember the good old days in the 1950s when smoking was perfectly safe and doctors were used in TV and magazine ads? A time when it was safe to use sunscreen and talcum powder on your baby? A time when asbestos was a safe building material and thalidomide was good for morning sickness? With smoking it turned out that the industry had known for decades that its product caused cancer but hid the evidence which then led to massive litigation.

You would think that government and industry should have learned a big lesson from smoking, thalidomide, asbestos, DDT, and the like. Well, guess again, here we are with yet another clear cover-up of the harm caused by a product we have all unknowingly absorbed into our bodies from multiple sources.

French Grass Sprayed Greener

I first ran into Roundup[®] with its main ingredient glyphosate, when I moved my family to the sunny idyllic rural South of France along the edge of the spectacular Pyrenees Mountains to live in a charming French-speaking market village. My wife and I, along with our two children, wanted the chance to enjoy a foreign language, a culture of fresh food, clean air and a healthy, outdoor lifestyle. In short, all of the things that France had to offer.

How quickly it changed when we set up home in a suburban neighbourhood, on the edge of the village, in time for the kids to start school, and an opportunity to enjoy the Summer with record-breaking heat.

One day shortly after our arrival I was in the front yard, which was surrounded by a high box hedge, when a loud diesel tractor slowly came down the street and into view at the gate opening. There stood a man in shorts, tee-shirt, and flip-flops spraying a billowing cloud of chemical

out of a large hose attached to a tank behind the tractor. My car, windows open, was covered in seconds as the cloud swiftly moved toward our house. I raced inside and shut all windows in an attempt to reduce our exposure to whatever this was.

The next day I wrote a letter to the Mayor asking what chemical was being sprayed, the side-effects, the list of ingredients, and the like. He refused to answer my letter, so I changed it into a petition and went door-to-door getting signatures. I was shocked to discover that 50% of all the homes had one person left living in each house after their partners had all died of cancer. None of these people had suspected the continuous spraying with a toxic herbicide permeating everyone's house, garden, and vegetable patch could be a possible cause for their cancers. The village, in its infinite wisdom, had implemented this chemical assault to eradicate weeds growing along the edge of the road – trading weeds for cancer!

After getting my petition signed by the surviving partners, I took it to the local newspaper, which printed the petition, forcing the Mayor to answer the questions. That was the moment I got introduced to Monsanto's Roundup[®] with active ingredient glyphosate, their biggest selling weed-killer world-wide.

After doing research aided by the Pesticide Action Network in England ([www.](http://www.pan-uk.org)

[pan-uk.org](http://www.pan-uk.org)), I realized this was extremely toxic and a persistent environmental pollutant. Now, armed with scientific proof of harm, I wrote a second petition that was published in another regional paper resulting in the stopping of spraying in our neighborhood. My petition pointed out that our street was on a steep hill running down to the river where only 100 metres downstream the town pulled in its **drinking water!**

The illusion of a pristine French lifestyle disappeared and we quickly started distilling all of our water to avoid the Roundup-laced tap water like the plague.

In 2015, France finally banned the sale of Roundup[®] for private use. Many other countries and municipalities have banned or restricted the sale of glyphosate as well. A list can be found at: www.Roundupcase.com, a site set up by the legal firm leading the attack to beat this biotech bully into warning its customers of the risks that Monsanto has spent decades denying.

Litigation Feeding Frenzy

If, like me, you thought that watching what you eat and exercise keeps you healthy, then I encourage you to watch the documentary *Secret Ingredients* by Jeffery Smith and Amy Hart. They follow five American families who do all the right things but are plagued with multiple ill-health issues ranging from auto-immune



disorders to autism. One family has 21 different crippling ailments that all clear up when they change to eating organic only and filter their water, thereby removing Roundup/glyphosate, GMOs, and other pesticides from the family diet.

Amazingly, the only reason we have Genetically Modified Organisms, known as Frankenfood, is because Monsanto's Roundup started killing the very plants they were supposed to protect. Rather than withdraw their toxic product, some mad genius at Monsanto created GMO crops that could survive any amount of Roundup/glyphosate you sprayed on them, making GMO crops Roundup-laden. It is estimated that as much as 80% of U.S. food consumed may be GMO.

The U.S. is facing the biggest health crisis in history with auto-immune disorders, allergies, and autism rates off the charts compared to 30 years ago. Roundup and GMOs are not the only cause, but when you watch *Secret Ingredients* you will have to admit that it is a huge contributor.

As levels of glyphosate rise in our food, soil, air, and water every day, I am reminded of a documentary by Bill Moyers in 2001 called *Trade Secrets* in which he

has his blood analysed only to find a large number of synthetic herbicides/pesticides still present in his blood 10-40 years later! Are we facing the same problem with Roundup today? The answer would seem to be yes according to court documents released during trial in California. There are a reported 10,000 pending lawsuits against Monsanto over Roundup health damage, sparking a feeding frenzy of legal action against this Big-Pharma giant losing three lawsuits in a row, with one **\$2 Billion award!**

Now I admit that I have laughed at jokes about sleazy lawyers after a few personal run-ins with unsavory practitioners: *What's the difference between a lawyer and a prostitute? The prostitute stops screwing you after your dead!*

However, after investigating Roundup I have gained a new understanding for the need of someone to protect the little guy when there is possible government collusion and industry skulduggery as you can plainly read in the Monsanto papers to be found on: www.Roundupcase.com. *Thank goodness for lawyers!* – my new mantra.

In 2018, the German Pharmaceutical giant Bayer bought Monsanto shortly after the lawsuits started (one can only

guess what the future holds for the executive who came up with one of the dumbest acquisitions in history). When word of the first large pay-out hit the news Bayer's stock price reportedly dropped by **45%!**

A study by eminent oncologists Dr. Leonard Hardell and Dr. Mikael Eriksson of Sweden revealed clear links between glyphosate (commonly known as Roundup, Monsanto) and non-Hodgkin's lymphoma, a form of cancer. ("Herbicide Tolerance," New Study Links Monsanto's Roundup to cancer," June 2001)

"You cannot say that Roundup is not a carcinogen ... we have not done the necessary testing on the formulation to make that statement."

– Donna Farmer,
Monsanto Senior Scientist

Since the link between glyphosate and NHL has been established a major pay-out was awarded last year in California. Monsanto was ordered to pay **\$78.5 Million** in damages to a school groundskeeper who developed cancer after regularly using Roundup. The 46-year-old man, Dewayne Johnson, has non-Hodgkin's lymphoma. This was quickly followed by a **\$80.2 Million** verdict in *Hardeman v. Monsanto* for causing, you guessed it, non-Hodgkin's lymphoma.

Then, earlier this year, Monsanto was ordered to pay its highest damages yet in a massive lawsuit over the popular weed killer. A jury ordered Monsanto to pay more than **\$2 Billion** in punitive damages to Alva and Alberta Pilliod, a couple who were both diagnosed with non-Hodgkin's lymphoma after using Roundup on their properties for decades.

Bayer is appealing these court decisions.

One of the key documents used in court was the product safety sheet given to Monsanto employees, ordering them to wear goggles, gloves, a respirator, chemi-

cal overalls, and chemical-resistant boots when spraying Roundup. This is in stark contrast to Monsanto's TV ad, which shows a man spraying his lawn wearing a short sleeve shirt and shorts, which makes it appear harmless. This document was seen as proof of malice by the jury, which led to them finding against Monsanto and its lucky new owner Bayer.

There were also internal documents demonstrating possible collusion between Monsanto staff and EPA employees to attack all science that found harm, defending Roundup safety at all costs, ghost-writing the safety studies, and more. Clearly, they were putting greed before peoples' health.

"Every single thing that causes cancer...has had this moment, where the science was buried, where the company who was making the money hid it, and it finally gets caught up where the truth gets brought to the forefront, when jurors get to see all those internal documents, get to see the science that was buried, and set it straight. This is that moment. This is that moment where you actually get to make them change their conduct...This is, frankly, their day of reckoning."

—Brent Wisner lead attorney speaking to the Media about the Roundup Litigation

Further evidence shows that in 1999 Monsanto hired Dr. Perry, a professor at the University of Wales, to carry out a secret review of glyphosate. Dr. Perry concluded that glyphosate is capable of producing genotoxicity both *in vivo* and *in vitro* by a mechanism based upon the production of oxidative damage. Oxidative damage to DNA can lead to cancer. This is evidence that this company knew

as early as 1999 that their top seller could cause cancer but they failed to disclose this study to the public until the first lawsuit beat these documents out of them in the court discovery process.

Detoxing Glyphosate

Dr. Mercola's site, www.mercola.com, states: "Chances are, if your glyphosate levels are high, you probably have a number of other pesticides in your system as well. Fermented foods, particularly kimchi, are potent chelators of these kinds of chemicals. Taking activated charcoal after a questionable meal can help bind and excrete chemicals as well. Remember to stay well-hydrated to facilitate the removal of toxins through your liver, kidneys, and skin."

Glycine is an important detox aid for glyphosate in particular. Dr. Dietrich Klinghardt, recognized as an international authority on metal toxicity and its connection with chronic infections, recommends taking 1 teaspoon (4 grams) of glycine powder twice a day for a few weeks and then lower the dose to one-fourth teaspoon (1 gram) twice a day."

Fulvic acid also helps eliminate glyphosate from the body. This product can be easily found and bought online.

Conclusion

We are living in a war zone, with GMOs, Roundup, mandatory vaccinations, the arrests of scientists and businessmen who cure cancer, chemtrails, restrictions on herbal remedies, fluoridation of public water supplies, and more. It is down to all of us to stand up and say, **No! It's My Body. It's My Choice!**

"Only after the last tree has been cut down,

Only after the last river has been poisoned,

Only after the last fish has been caught,

Only then will you find that money cannot be eaten."

— Cree Indian Prophecy 🔥



In Memory Of...

Justin Raimondo

Charlotte Gerson

John N. Hathcock, Ph.D.

Brad Linaweaver

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The Famine of Omega-6

The Elixir of the Holy Grail

BY DR. DONALD A. CARROLL, OPTOMETRIC PHYSICIAN, NTP



In 1929, the husband-and-wife team of George and Mildred Burr did a study on the importance of Essential Fatty Acids (EFAs). They found that young rats subjected to a complete fat-starvation diet over a period of several months developed disease and soon die.¹ Then in the 1950s, Johanna Budwig found that in studying blood samples from people with cancer, diabetes, and liver disease they consistently lacked linoleic acid (LA), the parent Omega-6 essential fatty acid. She developed a flax-seed-oil formula combined with protein, high in alpha linolenic acid (ALA), the parent Omega-3 essential fatty acid. With this oil, she claimed to successfully treat a **staggering** list of ailments: cancer, cardiovascular disease, diabetes, acne, and other skin conditions, vision and hearing, constipation, sterility, dry skin, menstrual problems, glandular atrophy, fatty liver, gallstones, pancreatic malfunctions, kidney degeneration, blood disorders, anoxia, arthritic conditions, and childhood diseases such as mumps, measles, and swollen tonsils, immune deficiency, and low vitality.

Now, for some reason, at the turn of the century despite Budwig's successful studies, the health recommendations of the scientists and health professionals directed to use the Omega-3 derivatives, EPA and DHA from fish oil despite all the previous research on Omega-6 and Omega-3 from seed oils. This is what I was taught in nutritional therapy classes years ago. Omega-6 was the "bad guy" evidently as I was told it causes inflammation. Obviously the adulterated Omega-6 oils are inflammatory but when I was taught this in school I was confused since Omega-6 had the most powerful natural anti-inflammatory PG1 as its chief derivative. It seemed like there was a conspiracy against Omega-6 by the carnivores or possibly the pharmaceutical industry and fish-oil companies. It is the old trick of making something the opposite of what it really is or creating a market.

After reading a book by Brian Peskin, *The PEO Solution*, several times it finally started to sink in that the solution to aging and disease are EFAs with the higher ratio of Omega-6 to Omega-3 instead of fish

oil. Since Omega-6 produces GLA, which makes PG1, this makes it the key, solving one of the main issues with health – **inflammation**. Most every disease has at its root inflammation. Peskin shows from a physiology perspective how every cell in your body including the skin, organs, and nerves are primarily made with Omega-6 – even the mitochondria, which power the cells. For **oxygen** to get into the cells it must have a healthy cell wall, which is primarily made of Omega-6. *Don't minimize this factor since getting oxygen into the cell is the key factor in killing cancer.* Cancer cannot live with oxygen. This was discovered by Nobel Prize winner Otto Warburg.²

Peskin brilliantly refutes the arguments that Omega-6 is inflammatory in the 2017 *Three Seminal Findings* posted on his web site <https://brianpeskin.com/>. The Kuopio Ischemic Heart Disease Risk Factor Study goal was to use the key inflammation marker that medicine uses, C-reactive protein (CRP), to directly measure the serum levels of parent Omega-6 (LA) and its derivatives GLA, DGLA, and AA. The conclusion was that the higher the serum LA the lower CRP. Low-serum LA was associated with higher CRP (inflammatory) levels. Let this be understood: Pure, unadulterated, organic non-GMO **Omega-6 is very highly anti-inflammatory**.³

Eicosanoid expert Paul Beatty gives a brilliant summary of the problem in today's lipid research: "The neglect of lipid biochemistry in clinical medicine has led to many incorrect assumptions, the misleading one that many researchers naively accepted – long-chain derivatives of parent Omega-6 EFAs promote inflammation. This is totally incorrect." Both Omega-6

and Omega-3 are very important. **However, Omega-6 is much more important.**

The host of findings of the benefits of Omega-6 are astounding. The same health issues Johanna Budwig found to benefit with Omega-3 and protein are found with Omega-6 and more. The blood sugar levels are normalized, the blood pressure is normalized. Cellulite disappears. The skin becomes beautiful. The joints return to youthfulness. Sleep issues resolve. The thyroid, adrenals, kidneys, liver, and pancreas live in harmony as well as your brain. Think about it! Every cell in your body is functioning at an optimal level in the blood, tissues, hormones, and organs. You can watch a video of what the blood cells are doing after ingestion. Within minutes they start moving freely with no stagnation. Your body is finally working literally like a well-oiled machine.⁴

One other thing that should be noticed about Omega-6 is that it is a powerful **detoxifier** through the oil metabolic pathways. It even detoxes highly toxic aldehyde, a by-product of sugar. Now you can feel safer eating your honey.⁵ Another interesting fact is that the seeds that Omega-6 are pressed from contain the genetic material to start a new plant. The potential for these **genes** to influence our genes with new youthful life is a whole other dimension to be explored.

Once we understand that Omega-6 is the foundation of health, how do we incorporate its use into our lifestyle? Organic, non-GMO, cold-pressed seed oils are the best. Hemp seed oil is one of the highest in the Omega-6: Omega-3 ratio and has some GLA. The article *The Composition of Hemp Seed Oil and Its Potential as an Important Source of Nutrition* recommends 3-5 tablespoons daily. I like to crush a clove of garlic and mix it with the oil like a salad dressing and spoon it over my food. Some of the other high Omega-6 oils are black cumin seed oil, grape seed oil, black raspberry seed oil, safflower seed oil, and sunflower seed oil.

Black cumin seed oil has antioxidant, antidiabetic, antihistaminic, antihypertensive, anti-inflammatory, analgesic, antimicrobial,

and antitumor effects. What more could be expected from such a fantastic elixir?⁶ All the seed oils have many other lipids, nutrients, minerals, and vitamins included with them, and possibly other things we have not yet discovered. A combination of several of the oils can create a synergistic blend of super powerful nutrition.

David Horrobin, MD, PhD, hypothesized decades ago that "proteins are literally afloat in a lipid sea, and their functioning is dependent on the behavior of the configuration of the lipid sea." Now we see why Johanna Budwig years ago found out why Omega-6 deficiency caused those diseases. Omega-6 is truly the elixir of the Holy Grail. 🔥

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Give The Greatest Health Freedom Gift of All.

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

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

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

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

Your passionate advocate for Health Freedom,

Scott C. Tips





HEALTH BITS & PIECES

By Dan Kenner, Ph.D., LAc

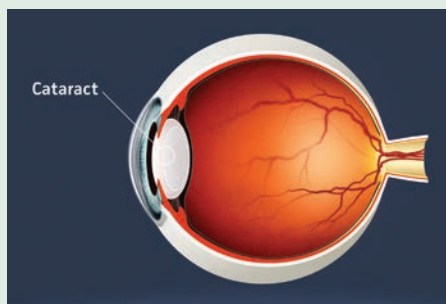
Neither *Health Freedom News* nor I are suggesting that any such medical care or treatment be conducted without competent medical advice and supervision.



Gateway Drug to Addiction Cure

The latest version of reefer madness is the use of cannabidiol (CBD) for treatment of drug addiction. Opioid abuse is a global public health problem. Fewer than a quarter of one million people suffering today from opiate dependency actually receive treatment. There are numerous therapies available for opioid-dependent patients, but unfortunately most patients relapse. Early Phase I research studies with animal models have consistently demonstrated that cannabidiol (CBD), a non-psychoactive component of cannabis, specifically inhibited cue-induced heroin-seeking behavior. The selective effect of CBD on drug-seeking behavior was pronounced after 24 hours and endured even two weeks after the last drug administration. CBD in this study and in various clinical studies was also found to be well tolerated and safe in human subjects. CBD has neuroprotective, anti-inflammatory, and immunomodulatory benefits and applications in various clinical syndromes.

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Healing Cataracts

A cataract is a clouding of the normally clear lens of the eye. Roughly 20% of all individuals over age 60 have at least early-stage cataracts, and by age 75, that number goes up to 80 percent. Currently, surgery is the primary form of treatment. The amino acid n-acetyl-carnosine (NAC) provides beneficial effects to the eye. It may even have a therapeutic effect on cataracts. One study used NAC in the form of eye drops and concluded that "l-carnosine showed a dramatic inhibition of advanced glycation end product formation" and that it "offers prospects for investigating new methods of treatment for diabetic cataract and any diseases that are caused by glycation." Glycation is the bonding of a sugar molecule to a protein or lipid molecule without enzymatic regulation

resulting in damaging end products. Another study used solid lipid nanoparticles that carry NAC molecules directly through the cornea to treat cataracts. The researchers claimed that NAC nanoparticles "may revolutionize cataract treatment and reversal, by improving drug permeation, reducing toxicity and no damage to corneal tissue."

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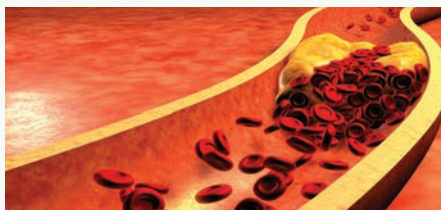
Gum Disease and Alzheimer's

Dementia is now the fifth greatest cause of death around the World. About 70% of these deaths can be attributed to Alzheimer's Disease (AD), yet the cause of this disease is not understood. Research has shown that gum infections exacerbate symptoms in AD animal research models and cause AD-like brain inflammation, neuronal damage, and amyloid plaques in healthy mice. New evidence suggests that amyloid proteins may be a defense against bacteria. This has inspired studies looking at bacteria in AD, particularly those that cause gum disease, which is a known risk for the condition because bacteria involved in gum disease and other illness have been found after death in the brains of those with disease. The bacterium *Porphyromonas gingivalis* has been found to inflame parts of the



brain affected by AD. Gum disease is very common, affecting about one-third of all people. Chronic periodontitis and infection with *Porphyromonas gingivalis* have been identified as significant risk factors for developing amyloid β plaques, dementia, and AD. *Porphyromonas gingivalis* is mainly found in periodontal infections, but it is also found in healthy individuals with no oral disease. Translocation to other tissues has resulted in its appearance in coronary arteries, placenta, and liver tissue.

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Eggs and Cardiovascular Disease

Eggs have long been targeted as a food to be avoided to prevent high blood cholesterol and alleged cardiovascular risk. Egg yolks are rich in fat and targeted as a dietary hazard for those who want to prevent cardiovascular disease. A 13-year-long Swedish epidemiological study involving over 70,000 men and women found no connection between higher egg consumption and the risk for cardiovascular disease: heart attack, heart failure, or stroke. Another smaller study in Finland followed 1,032 middle-aged men for 20 years. It found no links between higher egg or cholesterol consumption and higher risks for coronary artery disease. The no-risk finding of the Finnish study held true even among study participants with ApoE genotypes that raise the risk for developing cardiovascular disease. Two small (1,950 to 2,497 participants respectively) but lengthy (22 year) studies from the same Finn-

ish team found no links between higher egg consumption and a higher risk for developing stroke or dementia.

Larsson S, Åkesson A, Wolk A, "Egg consumption and risk of heart failure, myocardial infarction, and stroke: results from 2 prospective cohorts," *American Journal of Clinical Nutrition*, 2015; 102(5):1007-13, doi: 10.3945/ajcn.115.119263; Epub 2015 Sep 23; Abdollahi A, Virtanen H, Voutilainen S, et al., "Egg consumption, cholesterol intake, and risk of incident stroke in men: the Kuopio Ischaemic Heart Disease Risk Factor Study," *American Journal of Clinical Nutrition*, 2019; pii: nqz066, doi: 10.1093/ajcn/nqz066. [Epub ahead of print]; Virtanen J, et al., "Associations of egg and cholesterol intakes with carotid intima-media thickness and risk of incident coronary artery disease according to apolipoprotein E phenotype in men: the Kuopio Ischaemic Heart Disease Risk Factor Study," *American Journal of Clinical Nutrition*, 2016; 103(3):895-901, doi: 10.3945/ajcn.115.122317; Epub 2016 Feb 10; Ylilauri M, Voutilainen S, Lönnroos E, et al., "Association of dietary cholesterol and egg intakes with the risk of incident dementia or Alzheimer disease: the Kuopio Ischaemic Heart Disease Risk Factor Study," *American Journal of Clinical Nutrition*, 2017;105(2): 476-484, doi: 10.3945/ajcn.116.146753; Epub 2017 Jan 4.



More Saffron Madness

In 2017, this column reported the efficacy of the herb saffron for depression. New research suggests the popular but expensive spice saffron (*Crocus sativus* L.) is as effective as the stimulant methylphenidate (Ritalin) in treating symptoms in young people with attention deficit hyperactivity disorder (ADHD). Saffron has been used traditionally in the Middle East for various therapeutic purposes. Its active constituents seem to increase the reuptake inhibition of dopamine and norepinephrine and are GABA- α agonists. According to senior author Shahin Akhondzadeh, Ph.D., professor of clinical psychopharmacology at Roozbeh Psychiatric Hospital, Tehran University of Medical Sciences, "From this preliminary study, the main point is that we can consider saffron as an alternative [to stimulants] in patients with ADHD. Short-term efficacy of saffron demonstrated the same efficacy as methylphenidate, although larger, controlled studies with longer treatment periods are necessary to verify the findings." Ritalin, which is commonly used to treat ADHD, has side effects including loss of appetite, sleep disturbances, and nausea. Furthermore, approximately 30% of children do not respond to Ritalin, which has led a search for nonstimulant strategies.

Baziar S, Aqamolaei A, Khadem E, et al., "Crocus sativus L. Versus Methylphenidate in Treatment of Children with Attention-Deficit/Hyperactivity Disorder: A Randomized, Double-Blind Pilot Study," *Journal of Child and Adolescent Psychopharmacology*, 2019; 29(3): 205-212, at <http://doi.org/10.1089/cap.2018.0146>.

Essential Oils for ADHD

Attention deficit hyperactivity disorder is a brain dysfunction causing symptoms of poor attention, hyperactivity, impulsive behavior, or all three. Symptoms vary from person to person, but many people with attention deficit hyperactivity disorder have sleep problems due to hyperactivity, and have issues relaxing, falling asleep, and staying asleep. Currently there is no known cure. Researchers at the University of Minnesota found that inhalation of lavender essential oil promotes relaxation and improves sleep in ADHD patients. Vetiver essential oil seems to help people to concentrate. Participants showed increased attention levels, brain activity, learning skills, and memory after inhalation of lavender oil. High concentrations of 1,8-cineole within rosemary essential oil may also help to keep the mind sharp. Subjects with higher levels of 1,8-cineole were found to perform better in cognitive testing for speed and accuracy; they also reported more feelings of contentment. Anecdotal evidence supports the use of lemon, eucalyptus, cedarwood, bergamot, frankincense, and ylang-ylang essential oils for ADHD. They have been found to be effective in treatment

of ADHD symptoms. Lemon and frankincense essential oils can improve concentration and cedarwood essential oil has a relaxing and sedative effect."

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NHF WORLD REPORT

BY KATHERINE A. CARROLL, NTP
NHF EXECUTIVE DIRECTOR

JAPAN BREAKS ETHICALLY FROM THE WORLD TO BRING HUMAN-ANIMALS TO TERM

After *The Shape of Water* movie about chimera was released, Jonathan Collins, editor of the *Townsend Letter for Doctors and Patients*, asked to reprint my 2015 article, *ALIEN SPECIES – Creating a Brave New World*.¹ Since much had changed in the world of human-animal amalgamations, an update was in order, which was published in 2018 with Townsend and in many venues from the NHF website, *Health Freedom News*, GreenMedInfo, and others.² Clearly people were fascinated and horrified at once with the prospect of what Michio Kaku said of chimera in his fine book, *Physics of the Future*, that they would either be walking among us or locked up in a zoo.³

While the World agreed that it was not ethical to bring chimera to term, particularly regarding the Great Ape that already possesses so many human characteristics, Japan decided differently.⁴ Claiming a need for pancreases due to organ shortages, and despite 3D-printing being a viable option,⁵ Japan



announced, pushing the bounds of integrity and decency and going against global consensus, it will be taking human-animal chimera to term in order to harvest pancreases. Term equals maturity.

Meantime, Polish researchers have successfully created the World's first 3D bionic pancreas complete with blood vessels! This will reduce the risk of rejection as it uses a patient's own cells. No need for human-animal blending here. The article states "although the scientist's work couldn't yet completely substitute a pancreas, it could restore or kickstart insulin production." So there are other options, but as Japan blindly steps outside global consensus it leaves the World open to potentially disastrous results for all concerned. 🔥

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Endnotes

1. Katherine A. Carroll, "ALIEN SPECIES – Creating a Brave New World," *Health Freedom News*, Vol. 33, No. 4, pp. 18-21, Winter 2015, at <https://thenhf.com/2019/07/04/alien-species-creating-a-brave-new-world/>.
2. Katherine A. Carroll, "The Alien Species Agenda... On the Threshold of a Brave New World," *Health Freedom News*, Vol. 36, No.1, pp. 26-29, Spring 2018, at <https://thenhf.com/2018/06/04/the-alien-species-agenda-on-the-threshold-of-a-brave-new-world/>.
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MILLION DOLLAR CLUB

Maureen Kennedy Salaman, past President of the National Health Federation (NHF), began the Million Dollar Club to finance NHF's health-freedom battles. "Few of us will ever have \$1 million for a great cause," says Maureen. "But most of us can save \$100 a year. This is only \$2 a week – a mere 30 cents a day and with 1000 people giving, we have our \$1 million." While separate from membership dues, either given in one contribution or over a ten-year period at \$100 a year, joining the Million Dollar Club is a vital and bold statement of your belief in NHF's ability to protect health and health freedom for you and your loved ones. When the

contribution is received, your name may be printed in *Health Freedom News* from time to time, listed under your home State or country. If you prefer to remain an anonymous contributor and not be listed in the magazine, we will honor your wish.

Join with these great supporters of the oldest health-freedom organization in the World and the only one with the power to actively shape global policy at Codex where food, beverage, and nutritional supplement guidelines and standards are set for the Planet.

Do give – your life and the lives of over 7 billion individuals depend on it!

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19. Elsa W. Konig
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22. Ann Akers
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24. Nancy Appleton
25. Ingrid H. Armitage
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27. Dr. John Bergman
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30. Charles Blachbourn
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33. Fred & Corinne Buckley
34. Mildred Camenzind
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63. Yvonne Kaup
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247. Eddy S. Churman
248. Robert E. Morrison
249. Alda G. Ramussen
250. Mr. & Mrs. Thomas C. Symons
251. Olive Thornton
252. Harry Towne

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253. Libbie Bouska
254. Angeline B. Lychwek-Weisman
255. Daniel J. & Armilla Mrotek
256. Alfred H. Schmidt

BAHAMAS

257. David B. Melville

HONG KONG

258. Dr. Alexander Yuan, D.C., N.D.

MEXICO

259. Fernando O. Urrea

NEW ZEALAND

260. John Whitman Ray, N.D., M.D., M.A.

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.foundationfor-healthresearch.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 Winter 2018 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/urge-congress-action-vaccine>. 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! 🔥

BY DONALD A. CARROLL, O.D.

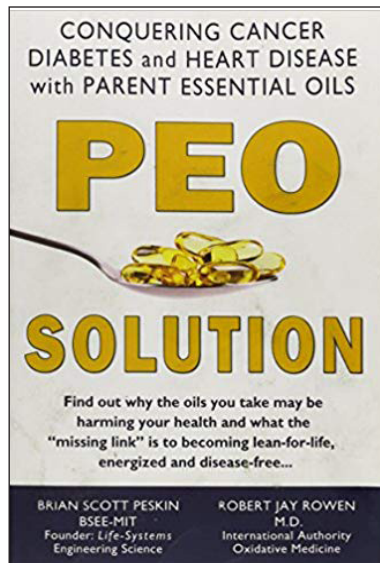
PEO Solution – Conquering Cancer, Diabetes, and Heart Disease with Parent Essential Oils

By Brian S. Peskin and Robert Jay Rowen, M.D; (ISBN 978-0-9882780-3-5; Pinnacle Press; January 2015, Paperback, 532 pages, \$42.50, Kindle \$24.50)

PEO stands for “Parent Essential Oils,” the only true essential fatty acids (EFAs): parent Omega-6 (linoleic acid, or LA) and parent Omega-3 (alpha-linolenic acid, or ALA). The term “parent” is used because these are the whole, unadulterated forms of the only two essential fats your body demands, as they occur in nature. Only a small part of these PEOs are changed to derivatives by the body as they are needed.

One of the most common problems in my practice of Optometry is Dry Eye Syndrome (DES). I, like most of my colleagues, prescribe 2-4 grams of fish oil (EPA, DHA derivatives of ALA) per day for this issue. A case study in this book describes an author with DES who was using organic, pure fish oil that cured her symptoms in 2 weeks. She stopped the fish oil when she learned about the side effects (listed below) and started using double strength PEOs. In a week her eyes felt better than they ever were. “I’m so thrilled because I was on my computer much longer yesterday and that usually irritates my eyes a lot. As I sit here typing, my eyes are not watering, and they feel comfortable. This is so important to me, because I write novels and my eyes can get very tired. Again, thank you for introducing me to this science. I feel so fortunate to have found a healthy way to control an irritating condition.”

After reading this book I can see why she was so happy. Fish oil is anti-inflammatory but has many side effects: thinning skin, mitochondrial toxicity, blood glucose increase, etc. LA from Omega-6 is so important to all



cellular membranes but especially our skin. LA increases the oxygenation of all of cells and is the most important substrate, fundamental to all cell membranes. The LA metabolites (PGE1 and PGI2) are extremely strong vasodilators. The book goes on to show how many of the diseases such as cancer are caused by low oxy-

genation. If we increase oxygenation with the use of Omega-6 fatty acids, studies show how incidences of cancer decreased along with autism, Alzheimer's, cardiovascular disease, diabetes, and other diseases. PGE1, a derivative of LA, has been found by researchers to be the body's most powerful anti-inflammatory. Because inflammation is one of the major drivers in disease and loss of well-being, we can see why LA is one of the most critical components in our diet. GLA, a derivative of LA, is the precursor to PGE1 so it should be included in your essential fatty acid formula, especially in diabetic patients who often have enzymatic desaturase impairment since GLA is not always converted from LA.

ALA is shown to be more important than the derivatives EPA and DHA in CVD. AA and its derivative PGI2 is used daily in the brain much more than DHA.

Adulterated, rancid Omega-6 fats are poison. This is where Omega-6's bad reputation originated: From using rancid vegetable oils for cooking, and other such purposes. We need organic, cold-pressed Omega-6 and Omega-3 oils in a formulation that favors the

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