



# LAUNCH OF THE FEDERATION IN THE UNITED KINGDOM — GLENDA DAVIES TO LEAD

On March 17th, in Cardiff, Wales, the Federation officially launched its NHF-UK branch and Glenda M. Davies, the key organizer, formally accepted the position of NHF-UK Executive Director. The diversity of her background has been remarkable and she brings exceptional skills and knowledge to the task.

Glenda grew up in South Wales on a small hill farm surrounded by farm animals, horses, and dogs. She developed an early knowledge of illness and health through her mother's work as a hospital pharmacist in the local psychiatric hospital. After leaving school, she entered into nurse training and became a registered general nurse at the age of 21. Following this, she wanted to continue developing her interest in studying medicine, but while applying several times she took an interest in studying for an alternative medical profession.

She became particularly interested in Chiropractic and embarked on a part-time chemistry access course in preparation; however, when the funding opportunity for this course changed, she decided to read chemistry instead "to get to the bottom of things," for which conventional student grants were still available in the UK. During her studies she continued to work as an agency nurse and saved to travel around Europe and the USA. Her third year was spent at the University of Alcala de Henares, Spain, where she did a research project on developing calcium ion-channel blocker drugs for the pre-senile dementia condition in AIDS patients, based on funnel-web spider toxins. During this year she became proficient in Spanish and traveled extensively throughout the country.

Having gained her B.Sc (Hons) in 1995 from the University of East Anglia, Norwich in Chemistry, she decided to take her studies further and gained a Ph.D in Bio-inorganic chemistry in 2000. Part of her thesis involved looking at the importance of certain minerals, mainly zinc, in the body.

Unfortunately, this Ph.D period took its toll on Glenda's health and after developing irritable bowel syndrome-like symptoms and fatigue and finding no help with conventional medicine she underwent nutritional testing and discovered, ironically, among other things a severe deficiency in zinc!



What followed was a complete change in diet and a regime of high-dose self-supplementation, using her own knowledge of optimum mineral and vitamin levels. Using these nutritional and herbal supplements, she nurtured herself back to health and both her energy and weight returned to within normal levels in 2 years. This led to a self-realization of the limitations posed on peoples' health by the conventional Western medical systems that are in place and more so, these days, by the all-pervasive influence of the pharmaceutical-industrial complex.

Since then, Glenda has become a strong advocate of holistic and naturopathic approaches to health, and of the importance of a natural wholesome diet. She is also a Reiki healer and recently earned a diploma in hypnotherapy. Her other loves include her two Border collies, horses, cooking, and self-discovery.

The Federation welcomes its newest branch and, with it, its newest director. Based upon the great interest already shown in the UK by many individuals, this will a strong focus of growth for the NHF, especially under the watchful direction of Glenda. 

Without protection of civil liberties, the idea that our rulers should or would love us like our parents is naïve to the extreme. Personally, I think that one writ of habeas corpus is worth more than all the Confucian philosophy ever written.

—Lin Yutang

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