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# HEALTH FREEDOM NEWS<sup>®</sup>

FALL 2025 / VOLUME 43 / NO. 3  
TRUE INFORMATION FOR TRUE HEALTH

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**DEPARTMENTS**



**Letters to the Editor** In this column, we share your impressions, comments, opinions, and views on various health and health-freedom topics, this time including a strange Wikipedia intro, NHF's work, statins and dementia, the power of natural food for health, and Durk Pearson and Sandy Shaw. **Page 4**



**President's Note – Health-Freedom Report From the Old World** NHF President Scott C. Tips recounts two of his recent trips in Europe that highlighted NHF's role in helping organizations there to Make Europe Healthy Again. **Page 6**



**Online Board Elections 2026** The NHF announces its upcoming election of members of the Board of Governors to take place online, briefly outlining the election procedure and some voting details for NHF members only. **Page 15**



**Health Bits & Pieces** In this issue, Birgitta Lauren covers how music helps babies, garlic cripples spike protein expression, LASIK surgery may be supplanted, mismatched internal clocks and bedtimes cause insomnia, and how a ketogenic diet can protect young brains. **Page 16**



**Crossword Puzzle** *Health Freedom News* presents its latest crossword puzzle crafted especially for you and the NHF by Master puzzler Myles Mellor. **Page 18**



**NHF Lobbyist's Report – NHF Impacts MAHA Report** NHF Lobbyist Charles Frohman outlines the goals that NHF wanted HHS Robert F. Kennedy, Jr., to include in his final Report on Make America Healthy Again (MAHA). **Page 20**



**The Eye of the Storm** Kendra Duquette begins her new NHF column with a reminder of many of the health practices that we must all follow in order to stay healthy in this toxic World. **Page 26**



**Book Review** NHF CFO Katherine Carroll reviews Dr. Carolyn McMakin's book *The Resonance Effect: How Frequency Specific Microcurrent is Changing Medicine*, which details how Frequency Specific Microcurrent medical technology can successfully treat ailments without side effects. **Page 28**

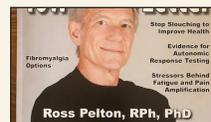
**FEATURES**



**Codex Alimentarius Commission Thinks 8,157 Million Pounds of Pesticides Applied Annually on Farms is Not Enough** NHF President Scott Tips reports on his attendance at a recent Codex Commission meeting in Rome where he spoke out against a new slew of toxic pesticides and observed no MAHA action by the U.S. delegate. **Page 8**



**News Release – Cloned Meat Reportedly Circulating in U.S. Food Supply Without Labels** It has come to light that lab-grown meat is in our food supply without proper disclosure. Campbell's Soup appears to be one such abuser of our trust. **Page 10**



**Board Member Introspective – Dr. Ross Pelton** NHF President Scott C. Tips shares a detailed account of Dr. Pelton's fascinating life, and his passion for holistic health and anti-aging, and for the National Health Federation. **Page 12**



**NHF's Scott Tips vs. U.S. Head of Codex Delegation** NHF CFO Katherine Carroll argues convincingly that NHF is the main global voice at Codex for regenerative agriculture and fulfilling MAHA goals. **Page 25**



# Give the Greatest Health-Freedom Gift of All.

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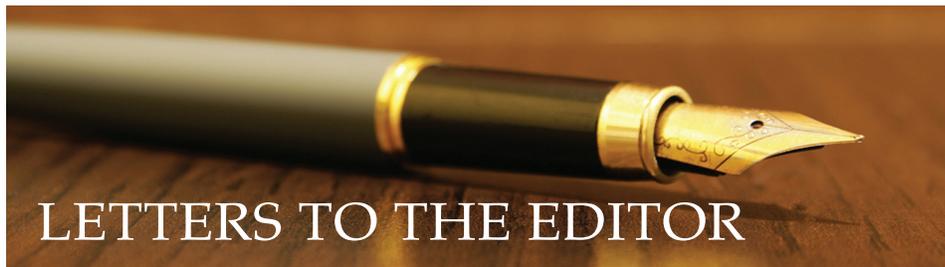
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For more than six decades, periodic bequests from our dedicated members have served as a valuable financial boost enabling us to better fight for your health freedom. Many of the major victories we have achieved through the decades would not have been 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 generations by taking the time to remember the NHF in your will.

Your passionate advocate for Health Freedom,

*Scott C. Tipes*



## LETTERS TO THE EDITOR

Dear Editor,

[In answer to the website's contact form asking how they heard about the NHF]

Oddly enough, from a derogatory Wikipedia article, which made me say, "I've got to know more about this organization!"

Sincerely,

*Dr. Jennifer Dillman*

Dear Editor,

All subscribers and members should be passing out past issues of *Health Freedom News* to friends and family, asking them to join the fight for freedom of choice in healthcare.

The pendulum is swinging back to normalcy. God bless you all!

Sincerely,

*Dr. Phil Burbutes*

(sent with a donation and request for 4 boxes of back issues)

Dear Editor,

Your monthly Zoom meeting coming up on Friday sounds very interesting. I will try to join in.

For 64 years now, my passion has been the study of health and nutrition. Whenever I have asked a doctor, "What caused this problem?," the answer I have received is, "We really don't know!" It's understandable, because 95% of health issues are created by what

goes in the mouth and enters the bloodstream (including medical drugs) and vaccines ... and doctors don't seem to know this information.

Doctors don't seem to know that the bloodstream was created to carry nutrients from unprocessed natural food to every organ, gland, and cell to nourish them and create energy. Mankind survived for eons of time, eating natural food.

The bloodstream was not created to carry lab-created substances, such as aluminum and mercury, which are hazardous brain-damaging elements. I was shocked to discover all of the substances that were in childhood vaccines, when I read *Vaccination is NOT Immunization* by Dr. Tim O'Shea. I finally understood why my first child nearly died from the vaccines the pediatrician gave him.

It took me some years before I woke up to the fact that everything the doctor told me to do was erroneous.

In 1961, my brother-in-law handed me some health books and said, "Start reading. You are listening to the wrong people." I silently scoffed and thought, "You're not a doctor!" However, I opened one of the books and the first thing I read was, SUGAR creates HYPERACTIVITY. The second thing I saw was TRANQUILIZERS STUNT THE DEVELOPING ORGANS OF CHILDREN. I immediately connected the dots.

From the time my son was born the doctor told me what to feed him (and I was a naive young mother who knew nothing about nutrition), I fed the boy as

the doctor told me to do, starting out with the formula of corn syrup and canned evaporated milk. The child cried non-stop for the first three months. He was being starved to death as there was no nutrient value in the formula at all. All of the doctor's other dietary recommendations were equally as bad, but I was clueless. Then, the teacher in his kindergarten class at school told me to take him to the doctor, because he was hyperactive and the doctor put him on tranquilizers at age 4-1/2.

This happened close to the time I opened those books and started reading. I got him off of the tranquilizers and sugar. He finally settled down and I never stopped reading and learning about health and nutrition for a lifetime.

Every time I saw my brother-in-law over the years, I thanked him for handing me those books. I would not be here and healthy at 91 if I had not started doing my own research.

The simple truth: The only things that belong in the bloodstream are nutrients from healthy unprocessed, pesticide-free food. We need supplements today, because of the lack of nutrients, even in food grown organically.

I wanted to contribute my testimonial to the power of natural food in creating health ... not drugs or vaccines.

Sincerely,

*Barbara Charis*

Dear Editor,

I think it would be valuable for RFK, Jr., to investigate the statin business. I have always believed the reason we have so much dementia and Alzheimer's is because of the statin industry.

I had a sister with Alzheimer's and when she went into a care facility my niece took away her drugs. She improved a little because she finally recognized her other daughter's voice on the phone, which she had not done for a long time. Not a big improvement because she had been sick for a long time and the damage had already been done.

I now have a friend who has dementia and the doctors are now giving her two statins. One wasn't enough for the doctor, and she is now getting worse by the minute. It is my understanding that the brain consists of 80% cholesterol, so why are they trying to take it out of our bodies?

I am blessed! I never took any statins and am 89 and still have a brain. I am hoping you will consider this as important as stopping all of the vaccines they give to innocent children now and throughout so many years. Both are desperate situations.

I'm hoping for a miracle. Thank you.

Sincerely,

*Betty Knudson*

Dear Editor,

Thanks, Scott, for the article (Memoriam for Durk Pearson). So sad to see the passing of the Longevity pioneer Durk Pearson. I was just doing a search to see what he was up to when this article was listed. I was hoping his next discovery was what I would see, as I am now 70. Somewhere I still have a horseshoe that Sandy bent for me to have at an Omnitrition convention back in the 90s. They promoted Durk and Sandy's product line that helped me with hundreds of body builders break their personal bests by 10-15%.

I was having a great time with

the guys in the gym as much as they were breaking their bests, until the company changed the compensation plan. It was a real shame. The team we built must have helped out a thousand people in three short months. Thousands of pounds of fat turned to muscle with smiles miles long from football players to blue haired ladies.

What Durk and Sandy started turned into more natural remedies as time moved on, however, their "Tang-tasting" products were amazing!! I will always remember Durk saying that "Amino acids should be taken alone or with one or two others to focus their commands on the pituitary and pineal glands." That one sentence seems to have faded into the mist over time as I don't see the knowledge being utilized in today's nutritional field and I don't have the wherewithal to produce those insights myself.

I do appreciate the knowledge they provided for us; I just wish the industry would keep up the knowledge base and not revert back to piling the kitchen sink into their products but be judicial in their intent.

Sincerely,

*Jeffrey Pollard*  
(website comment)

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**We welcome your Letters to the Editor. Please include all of your contact information. We reserve the right to shorten and/or edit any submitted letters.**

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# HEALTH-FREEDOM REPORT FROM THE OLD WORLD

*MAHA, MEHA, and Ye-Haw!*

BY SCOTT C. TIPS, NHF PRESIDENT



Left-Front (L-R): Tom Laussen, Scott Tips, Dr. Tia Kansara, and Sayer Ji

Winston Churchill's famous declaration to the British public on June 4, 1940 after the evacuation of the British Army from Dunkirk in the face of relentless German attacks warned in main part that "we shall fight on the beaches, we shall fight on the landing grounds, ... until, in God's good time, the New World, with all its power and might, steps forth to the rescue and the liberation of the old."

With incredible effort and after tragic loss of life, that rescue and liberation took place 80 years ago. And the Old World owes whatever liberties it still enjoys now to the New World. Sadly, however, the hard-fought-for liberty was not permanent. Europe is in the clutches of another tyranny that has proven to be every bit as difficult to dislodge.

For 25 years now, the National

Health Federation (NHF) has not only waged a battle for better health and nutrition at numerous Codex Alimentarius meetings in Europe and elsewhere around the Globe but has also during that time birthed sister organizations such as NHF-Sweden, NHF-Ireland, NHF-United Kingdom, and NHF-Germany to make Europe healthier. Some of these branch organizations are no longer active, others still are; but all of them have represented an effort by the "New World" NHF to come to the rescue and liberation of Europe from the darkness of oppressive, overweening medical tyranny that brooks no competition to its monopoly, no matter how many lives suffer in pain and anguish and are ultimately lost.

U.S. Vice President JD Vance has correctly and boldly challenged the governments' suppression of free-speech rights within Europe, much to

the alarm of those in power who have become so comfortably accustomed to the complicit silence of previous U.S. administrations. Vance's firm denunciation of unwarranted European criminalization of their citizens' free speech was and still is welcomed by many Europeans.

So, too, many Europeans saw RFK Jr.'s elevation earlier this year to the important position of the U.S. Secretary of Health and Human Services as a positive step for health. Kennedy's Make America Healthy Again (MAHA) movement was the core element of his policy focus and an inspiration to others. In fact, the European equivalent of MAHA has just been launched with the Make Europe Healthy Again (MEHA) movement and its inaugural meeting sponsored by the Patriots for Europe Foundation in Brussels, Belgium on October 15, 2025.

Thanks to Sayer Ji (NHF's irreplaceable Policy Advisor and Global Wellness Forum founder), I was invited to attend and speak at this inaugural meeting on behalf of the National Health Federation. Held in a meeting room of the European Parliament building in Brussels during the early afternoon, there were some 50-60 attendees. But, before I spoke, other attendees like Dr. Aseem Malhotra (UK), Dr. Gerald Hauser (Austria), and Dr. Robert Malone (USA) spoke first with the event being





Dr. Heiko Santelmann speaking

capably chaired by MEHA co-founder Dr. Maria Hubmer-Mogg of Austria.

All of the speakers were well-informed and interesting, but I was particularly impressed by Dr. Malhotra's excellent speech spoken at length and from his heart. The Chief Medical Advisor for MEHA, Dr. Malhotra, cautioned all of us that current science is based upon a distortion of evidence, which is taking us down the wrong path. And the barriers to changing our path are psychological: fear, willful blindness, and mass hypnosis. He argued that the medical establishment's pat answer of "Trust the Science" to all challenges to that science is nothing but absolute nonsense. Science by its very definition, Malhotra said, is never fixed and always challengeable.

Dr. Malhotra promoted the 1948 World Health Organization (WHO) definition of health, which declares within its Constitution that health is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." He also recommended that everyone read John P.A. Ioannidis' article "How to survive the medical misinformation mess" as well as Joel Bakan's book *The Corporation*.

Sayer Ji and Dr. Tia Kansara both gave excellent, concise speeches, which can be viewed on Sayer Ji's online substack, so I will not discuss them further here other than to say that the audience showed its appreciation with great applause. My own speech came later, and I primarily warned the audience that all of their efforts to reform EU food laws for the better could come to naught if

they were to ignore Codex Alimentarius and its food standards and guidelines. Through global "harmonization," those standards and guidelines would largely overwhelm and supplant EU food law.

Overall, the meeting was well-organized and well-run. Its speakers and participants showed their determination to change health and medical rules, regulations, and laws for the better. This bodes well for the future of health and health freedom in Europe.

## And as an Added Bonus

While having dinner at a Greek restaurant after the MEHA meeting, I saw a Codex lobbyist quickly exit the restaurant from the back room. I was surprised because I knew him from many Codex meetings and was wondering about the coincidence of seeing him there in Brussels. Well, ten or twenty minutes later, who should come strolling out from the back of the room but the former Codex Alimentarius Commission Chairman Steve Wearne and the Codex Science Officer Dr. Markus Lipp. I got up from my table and spoke with them affably for several minutes and then they departed. I then took the moment to sneak a quick look at the back room from whence they had come and, sure enough, there was a large table, now mostly empty, with some people still lingering after their dinner meeting. It had all of the stink of a corporatist lobbying event. Now, what are the odds that of all of the restaurants in Brussels, on that day and that time, I would be there to witness this event happening?

## To Vienna and Back

Prior to the MEHA meeting in Brussels, I had also been invited to attend and speak at the health-freedom organizations AEGIS and the European Forum for Vaccine Vigilance (EFVV) associated meetings held in the Vienna, Austria region. The AEGIS meeting was to celebrate its 25th anniversary, while EFVV profited from its overlapping membership with AEGIS to hold a meeting shortly after the AEGIS celebration. This was not the first EFVV meeting NHF had attended, so it was

good to see old friends and make new ones.

Held over the weekend of September 20-22, 2025, in Hainburg and Vienna, Austria, and carefully choreographed by the talented Claudia Millwisch and her team, the joint AEGIS/EFVV event sought to revitalize both organizations and strengthen their ties with the National Health Federation and other vaccine and health-freedom groups. The two groups had been refused a permit to demonstrate in Vienna, so the speaking event was held outside of the city, which, unfortunately, led to a lower turnout than expected. Nevertheless, there was a crowd, and the speakers were well-received. I was one of the speakers and told the audience about NHF's work and vaccine-choice stance, among other topics.

## Ye-Haw!

Ye-Haw is not a word that I would typically use in life, even with my Texas upbringing. However, it seemed appropriate because of its context and rhyming with MAHA and MEHA, and, frankly, because these two events gave a big kick to the MAHA/MEHA movement, giving us an enthusiastic "let's get going" Ye-Haw moment in history that we all need to take advantage of before it's too late. 🔥

## Endnotes

1 This absurdity of suppression knows no bounds. A woman in Soviet Britain has just been fined £150 for the "crime" of pouring a tiny amount of left-over coffee down a street drain while waiting for a public bus. This happened in Richmond-Upon-Thames in October 2025, and three enforcement officers ran after her to catch this notorious criminal.

2 But RFK Jr.'s position is still under continuous attack. On October 7, 2025, six former U.S. Surgeon Generals published a letter calling for RFK Jr. to be fired. Typically, most of the signatories have direct ties to the \$1.7 trillion pharmaceutical industry. See, e.g., David Satcher (served on the board of directors for Johnson & Johnson), Jerome Adams (serves on the board of directors for Atea Pharmaceuticals), Richard Carmona (served on the board of directors for McKesson), and Vivek Murthy (founded a company to bring new drugs to market faster).

3 See <https://sayerji.substack.com/p/the-day-maha-went-global-our-stand>.

# Codex Alimentarius Commission Thinks 8,157 Million Pounds of Pesticides Applied Annually on Farms is Not Enough

BY SCOTT C. TIPS, NHF PRESIDENT

**O**n behalf of the National Health Federation (NHF) and its members, I began the week of November 9, 2025, with a flight to Rome, Italy, and then a very long day on Monday, November 10th, representing consumer health interests at the week-long 48th session of the Codex Alimentarius Commission (CAC). Surprisingly for a CAC meeting, NHF appeared to be the only consumer organization present in person, although one other consumer organization (IBFAN) put in a brief appearance one day mid-week.

The biggest concern for NHF at this meeting was the lengthy laundry list of nasty pesticide Maximum Residue Level (MRL) standards that the Codex Committee on Pesticide Residues (CCPR) decided to drop in the laps of the CAC delegates to approve for advancement up the 8-step ladder at Step 5/8 on their way to final adoption at Step 8. Unsurprisingly, most of the delegates seemed to think this was a great idea. This includes, by the way, the “untouched by MAHA” American delegate who was instructed to support the toxic MRLs’ advancement.

The European Union (EU) delegate, though, spoke out strongly against some 23 of these pesticides, and was joined in its opposition by Egypt, Norway, and Switzerland. The EU’s written comments stated its case more completely than the EU could verbally in the two-min-



Codex Alimentarius meeting room in Rome, Italy, on November 10, 2025

utes of restricted time allotted to all delegates for speaking.

After several countries had spoken, Vice-Chairwoman Dr. Jing Tian, who was chairing this agenda discussion, next called on NHF to take the floor, and I roughly argued as follows:

*“Thank you, Madame Chairwoman. The NHF supports and appreciates the positions of the EU, Norway, Switzerland, and Egypt on these pesticide levels. We have set forth our arguments against advancing any of these pesticide-level standards at length in CRD 8, which we hope all of you will read.*

*“But let me point out here that pesticides are greatly overused. In 1960, 196 million pounds of pesticides were used annually in agriculture. By 2022, that amount had ballooned to 8,157 million pounds of pesticides. This is unsustainable!*

*“The sad thing is that only 0.3% of pesticides applied actually reach the targeted pest. The rest go into the environment where they persist. De-*

*spite all of this, there are some who insist that Codex approve even more pesticides and at a faster pace. This is madness! If anything, Codex must remove from its approved list, at least 1-2 old pesticides for every new one that it adopts. I ask that NHF’s comments here be reflected in the Report.”*

Even if your own government representative fails you at Codex, you can count on the NHF to speak out for you and be heard. And because of one donor, who wishes to remain unnamed, NHF was there for you at this Codex meeting, despite my recent, wide-ranging trips from Vienna to Washington to Nevada and to Brussels beforehand!

Our NHF Articles Editor Katherine Carroll is reviewing a major book for the next issue of *Health Freedom News* on Parkinson’s Disease called *The Parkinson’s Plan; A New Path to Prevention and Treatment* by Ray Dorsey, M.D., MBA and Michael S. Okun, M.D. It is a highly recommended book and

will make you realize how vital it is to stop the insane authorization and ubiquitous use of pesticides, which damage the Dopamine-producing cells that are lost in Parkinson's disease. These pesticides can be inhaled, contaminate groundwater, and injure us by direct contact. NHF's work at Codex Commission and committee meetings handling pesticide residues is therefore vital. Most of us have a friend or loved one whom we have watched suffer the debilitating effects of Parkinson's disease cruelly robbing them of their life and slowly starving them to death as they can no longer swallow.

With Codex servilely bowing to the incessant demands of the pesticide industry for approval of its latest bug (and people) killers, this existential threat to humanity must be stopped or at least far-better controlled. Our health and our lives depend upon it.

In the event, CAC48 advanced to Step 5/8 all of the pesticide MRL standards, thereby thwarting NHF's and the European attempts to block these nasty compounds from the environment. However, not all was lost as the Codex Secretariat announced that 355 of the older pesticide-residue standards were to have their ad-

opted status revoked, with no objections from the delegates. Most probably, many of these pesticides had gone off-patent and were far less profitable than the new ones set to become Codex-approved.

But it gets worse. The pesticide industry has been beside itself with impatience that the Codex scientific review process by the FAO/WHO Joint Meeting on Pesticide Residues (JMPR) is so slow. And industry has a point: The review process has been slow ... *for them*. But not for those of us who value health over money. So, the INGO front groups for the pesticide industry strenuously argued at this meeting for more resources of money and time be put into accelerating the approval of Codex standards for all of the many new pesticides in the industrial pipeline.

Of course, NHF loves slowing down the toxic-chemical approval process, so we found ourselves in the strange position of speaking out at this meeting *in favor of* JMPR's current slower-paced scheduling and even complimented the Codex Science officer for making do with what resources JMPR had. NHF also argued that if more money were to be put into the JMPR-review process, then none of that money could come from in-

dustry.

Frankly, the NHF would be happy if the Codex pesticide-approval process came to a screeching dead halt and the scientific panel-members simply partied in the Bahamas instead. The World would certainly be far healthier for it. In the end, nothing came of the discussion other than to keep it on the table for further discussion. But I can assure you that much will happen behind the scenes to advance the pesticide industry's proposal. After all, there's money to be made here! The Planet be damned and full speed ahead!

After Donald Trump's election in November 2024 with Robert F. Kennedy, Jr. riding into power on Trump's coattails, the many promises to Make America Healthy Again (MAHA) seemed real and actually imminent. During this time, and in alignment with MAHA, I promoted myself for the position as head of the U.S. Codex Office in order to better push for healthy food standards. Given my 25 years of experience attending Codex meetings and given the fact that I have outlasted virtually every other Codex attendee, I thought that this could happen. But it did not. Sadly, it's business as usual at the Codex Alimentarius Commission meeting in Rome where the U.S. delegation took the same positions as it always has in supporting toxic food standards at Codex. MAHA has not reached Codex, except through NHF alone.

Thanks again to all of our NHF members and supporters who helped make this participation in the Codex meeting possible. For those who wish to support our work, give now to make sure your Voice is represented! And if you are not yet a member of NHF, you are missing your chance to change the World. 🔥



Codex Head Table in Rome, November 10, 2025

# Cloned Meat Reportedly Circulating in U.S. Food Supply Without Labels



November 24, 2025 – According to a report from *Slay News*, unlabeled cloned “beef” and “pork” are already being sold in American supermarkets and restaurants, raising serious transparency and safety concerns.

Under existing FDA rules, meat from cloned animals and their offspring is considered “safe and nutritious,” while the agency does not require any special labeling. Unlike the FDA, Health Canada recently paused a plan to greenlight cloned meat without safety reviews or labeling after public backlash. The situation in Canada has amplified public scrutiny.

Critics, such as the National Health Federation (NHF), have long contended that these policies deprive consumers not only of the basic right to know what they’re eating but of healthy food as well. Moreover, the NHF and others raise a range of concerns, from ethical and animal-welfare issues to long-term health risks and lack of genetic stability.

As manufactured “demand” for synthetic or biotechnologically derived foods is pushed upon consumers, they increasingly reject this “fake” food and are calling for clearer labeling rules and a reexamination of the FDA’s earlier approval of cloned meat from as far back as 2008, so that informed consumers can avoid this unhealthy food, which is also reportedly found in soup.

It has been reported on X that Campbell’s Soup is using bioengineered meat (printed from a 3D printer) in its soup, as per Campbell’s Soup Vice President Bally in a supposed “rant” that he made at a meeting about the poor quality of the company’s products. Campbell’s Soup denies the poor-quality claim but has not, to NHF’s knowledge, addressed the real issue of whether or not it is indeed using 3D-printed meat in its soups.

The Florida State Attorney General, James Ulthmeier, was concerned enough to announce on X that the State’s Consumer

Protection Division is launching an investigation into the quality of Campbell’s products. He said, “Florida law bans lab-grown meat. Our Consumer Protection division is launching an investigation and will demand answers from Campbell’s.”

As NHF President Scott Tips says, “Instead of aiming for healthier and more nutrition-dense foods for consumers, food companies are taking the low road of developing highly processed foods with very low nutritional value that can also actually pose a health risk. We see this at Codex Alimentarius meetings of late, where the INGO front groups representing food manufacturers are pushing for the global adoption of standards that would allow them to sell this lab-grown ‘Franken-meat’ worldwide. And there are not even adequate label warnings that would allow consumers to differentiate between the ultra-processed meat and the traditional. If consumers were informed, then they could exercise their free-market power to drive the fake meat out of the marketplace by refusing to buy it.” 🔥

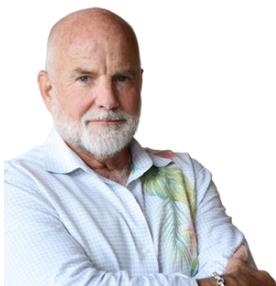


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# Dr. Ross Pelton, R.Ph, Ph.D., CCN

BY SCOTT C. TIPS

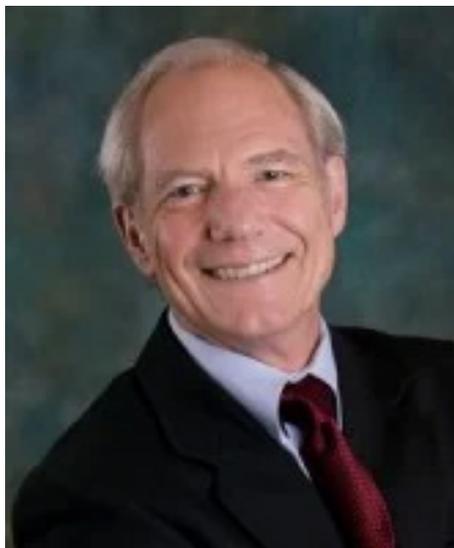
Dr. Ross Pelton is not just a run-of-the-mill, pill-pushing pharmacist. He is also a top nutritionist, author, and educator known for his work in natural and integrative medicine, having been recognized by *American Druggist* magazine as one of the **Top 50 Most Influential Pharmacists in the United States** for his contributions in natural medicine.

Ross is also a well-respected member of the Board of Governors of the National Health Federation, the World's oldest health-freedom organization. And that is only just the beginning ....

## How Did This All Start?

During his high-school years, Ross held down a part-time job in a drugstore, and the owner of the drugstore became his mentor. This mentorship led Ross to attend the University of Wisconsin, from which he graduated in 1966 with a Bachelor of Science degree in Pharmacy.

After graduation, Ross moved to Chicago where he worked at various pharmacies, including Walgreens. But Ross soon became bored with a job that was essentially not much more than a pill-counting and bottle-filling routine. He looked around for a change and his eyes and thoughts landed on the U.S. Peace Corps. So, in 1971, he signed up and was posted in Malaysia. After a 3-month training program on the island of Pulau Penang, most volunteers got a 1-month vacation before beginning their jobs. However, rather than taking vacation time, Ross and two other volunteers elected to take an additional



month of intensive language training. Ross then traveled to the city of Kuala Terengganu where he taught high-school chemistry in – yes – the native language of Malaysia. Ross fell in love with Kuala Terengganu, which is located on the east coast of Malaysia, bordering on the South China Sea, about 100 miles south of Thailand.

During his travels throughout Southeast Asia (Malaysia, Indonesia, Thailand, and Singapore), he was introduced to native healing arts by observing indigenous shamans and local healers. This alone was an eye-opening experience, which stimulated Ross' interest in health and natural healing.

Unfortunately, a motorcycle accident while in Malaysia put Ross in the hospital for 5-1/2 months. The silver lining in that dark cloud, however, was that Ross began reading books, which he had done little of up until then. He read 100 books that year and has been an avid reader ever since. Indeed, he's written 13 books on a variety of health-related topics.

## A Loaf of Bread, Half-Gallon of Milk, and Mystery Music

In October 1975, Ross returned to Chicago. After living in Malaysia, which is a tropical climate relatively close to the equator, Ross found Chicago's Winter unbearable. One morning in January 1976, after a huge snowstorm, Ross decided that Winter was "stupid." He loaded all of his belongings into his car and drove to San Diego, where he ended up living for 25 years.

One day in 1978, Ross was walking home from a 7-11 store with a loaf of bread and half-gallon of milk, he heard mysterious music coming from a small, local church. Intrigued, he investigated. Upon opening the door, he found a yoga class in session. He enrolled in that yoga class and met people who were passionate about health. These new friends introduced Ross to health books, magazines, and newsletters; and this was the catalyst that truly sparked Ross' new career in the world of health. In fact, over the past 25 years, Ross has developed a real passion for anything related to health, including life extension, anti-aging, and regenerative medicine.

Ross' passion for learning motivated him to enroll in and earn a Ph.D. in Psychology and Holistic Health from the University for Humanistic Studies in San Diego, California, in 1984.

## Mexico and Beyond

In 1988, Ross and his wife moved to Mexico where Ross worked as Hospital Administrator at Hospital Santa Monica in Baja, Mexico. This

clinic was well-known amongst CAM healers in the United States at the time and specialized in alternative, non-toxic cancer therapies. Ross contributed greatly to its operations until 1994, when he and his wife moved back to San Diego.

Thus began his transition to full-time work in clinical nutrition, becoming a Certified Clinical Nutritionist (CCN) and starting a practice in that field in San Diego. In 2001, Dr. Pelton and his wife relocated to Ashland, Oregon, where he worked for 12 years managing a Rite Aid pharmacy while continuing his writing, consulting, and educational activities. Known as “the Natural Pharmacist,” Ross’ website, bio, and blog can be found at [www.naturalpharmacist.net](http://www.naturalpharmacist.net).

Since 2014, he has held the position of Director of Science and Education at Essential Formulas, Inc., a company that markets premium probiotics. Ross’ work with Essential Formulas resulted in Ross becoming a microbiome scientist. He has written numerous papers on probiotics, prebiotics, and postbiotic metabolites of the human-gut microbiome, which papers have been published in peer-reviewed medical journals.

## **A Lifetime of Achievement & Influence**

Ross is the author or co-author of 13 books, including *How To Prevent Breast Cancer* (1995). One of his best-known books is *The Drug-Induced Nutrient Depletion Handbook* (1999, updated in 2001), which has become a frequently cited and very useful reference work for practitioners interested in knowing how conventional pharmaceuticals deplete critical nutrients in the body. He also wrote *Alternatives in Cancer Therapy – The Complete Guide to Alternative Treatments*, which was published by Simon & Schuster in early 1994. But his most recent book, *Rapamycin – The Most Promising Life Extension*

*Drug* (2023), promotes the intriguing idea of extending one’s useful years through the treatment of mTOR Syndrome with rapamycin, which is the most effective life-extension drug ever discovered.

For many years, Ross Pelton has been a much-sought-after speaker at numerous health, pharmacy, and natural medicine conferences. Moreover, he often participates in webinars, podcasts, and educational programs aimed at integrating natural medicine with conventional health care.

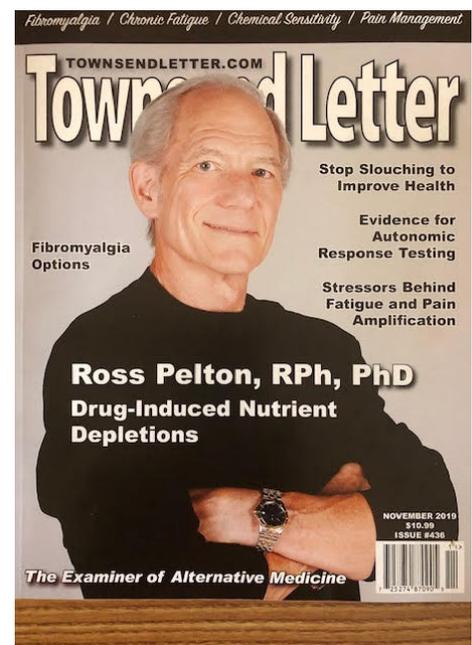
In October 2019, Ross won first-place honors for his scientific abstract on postbiotic metabolites in microbiome science at the prestigious “Microbiome & Probiotics Series: USA” annual conference. As reported in *Vitamin Retailer Magazine*, “[t]he exposition of “Postbiotic Metabolites: The New Frontier in Microbiome Science” depicted the critical roles that postbiotics play in the regulation of health and the maintenance of a healthy microbiome.” He has also been featured on the cover of the November 2019 issue of the very reputable *Townsend Letter*.

## **A Remarkable Philosophy of Natural Healing**

Ross emphasizes the important relationships among pharmaceutical use, nutritional status, and overall wellness. In doing so, he advocates for greater awareness of how certain medications deplete nutrients and supports the use of dietary supplements (especially including postbiotic metabolites) in resolving many deficiencies. Ross also notes that alternative or complementary therapies (especially for chronic conditions and cancer) should often be used alongside conventional approaches.

He also emphasizes the importance of circadian health, microbial balance (microbiome/postbiotics), and holistic considerations in ther-

apy, not just treating symptoms but actually supporting underlying biological systems. His work is devoted to educating both healthcare practitioners and the general public in these areas.



Ross’ overall passion is life-extension and anti-aging therapies. He writes about it and teaches it but has lately shifted his focus from writing books to writing articles for medical journals. Most recently, these articles include “The Microbiome Theory of Aging,” “The Glutathione Theory of Aging,” and “The mTOR/Autophagy Theory of Aging.” In January 2026, Ross’ newest article titled “Postbiotic Metabolites: A Paradigm Shift in Microbiome Science” will be published in the peer-reviewed medical journal *Integrative Medicine*.

Dr. Ross Pelton has a significant following who know that he deeply cares about improving our health and the human condition. Many of his contributions lie in raising widespread awareness of, and encouraging patients and practitioners to think broadly about, health options beyond mainstream medicine’s rigid dictates. His health message and his thoughtful actions as an NHF Board member have greatly benefited the National Health Federation and its members. 🔥

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# NHF Board of Governors Election 2025-2026 Notification

Dear Esteemed NHF members,

We are pleased to announce that the National Health Federation (NHF) Board of Governors Election of 2026 is now open for our members to cast their votes up to and including January 30, 2026. This year we once again revert to online voting. The paper-ballot method will still be available – but only upon special request. This voting method will enable the Federation to save thousands of dollars in costs.

## **We Need Your Email Address**

All NHF members please make sure that the NHF HQ has your most current, working email address. If in doubt, please send it to us at [contact-us@thenhf.com](mailto:contact-us@thenhf.com) or correct it online through your membership portal at: <https://thenhf.com/members-only/update-membership-information/>.

## **Look at the Candidates Here**

You can find information about the Board of Governors candidates who are up for re-/election in this 2026 election cycle at <https://thenhf.com/nhf-board-elections-2026/>.

## **Look for Your Link to Vote**

The link will be in an email that you should have already received from our online voting service, using the sender name “National Health Federation.” Voting is open to all members worldwide who are in good standing. As mentioned, for those NHF members who have given NHF their email addresses, *a special link with a registration code* to vote online has been sent to each member individually only by email during December 2025. Please look for it. One additional reminder email may be sent out to all registered voting NHF members in early January 2026.

## **How to Vote by Mail**

For any of you who may be electronically challenged, or who simply prefer to vote as in the past elections, you can contact the NHF headquarters by telephone (1-360-325-8692), fax (1-360-496-6039), email ([contact-us@thenhf.com](mailto:contact-us@thenhf.com)), or by regular post mail (P.O. Box 288, Mossyrock, Washington 98564, USA) and request that a paper ballot be mailed to you. Please provide your name and complete mailing address. So long as your ballot is properly marked, signed, and postmarked by January 30, 2026, it will be valid and counted.

## **Election Results**

The results from the election will be announced in the issue of *Health Freedom News* that first follows the vote tabulation by the Federation’s CPAs.

Thank you for being a valuable member of the oldest and most-experienced health-freedom organization in the World, and an active supporter of all that our valued Governors themselves stand for and protect for us all. Your vote is very much appreciated and is your opportunity to weigh in with your voice for what direction NHF should take in protecting and sustaining the health and health freedom of everyone globally.

Thank you with my warmest wishes,

*Scott C. Tips*  
President  
National Health Federation

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



### **A Whiff of Defense: Garlic Cripples Spike Expression in Human Cells**

Some researchers show that allicin, a natural sulfur-rich, bioactive compound formed when garlic is crushed or chopped, dramatically suppresses the expression of the SARS-CoV-2 spike protein's receptor-binding domain in human splenic fibroblasts (cells engineered to express the spike domain with a fluorescent tag). When allicin was applied either before or after genetic transfection, fluorescence, and therefore spike expression, plummeted from approximately 96% to just 4-7%, without causing any harm to cell viability,

morphology, or growth. Although the exact mechanism remains unclear, the authors propose that allicin may disrupt spike-protein synthesis or stability, perhaps because of thiol-reactive modifications. These findings highlight allicin's potent, non-toxic, antiviral potential and suggest that further studies are warranted.

*Ashpreet Kaur & Barnabe Assogba, "Garlic-Derived Allicin Modulates Expression of the SARS-CoV-2 Spike Receptor-Binding Domain in Human Splenic Fibroblasts," bioRxiv, June 12, 2025, at doi: <https://doi.org/10.1101/2025.06.10.659002>*

### **Meter Matters: Music Shapes Infant Brains**

A randomized study tested whether short-term music classes shape infant brains. Nine-month-olds attended twelve sessions of either rhythm-focused music play (triple-meter "waltz") or similar social play without music; afterward, magnetoencephalography showed the music group had larger mismatch responses in temporal and prefrontal cortices to violations of rhythmic timing – not only in music sequences but also in speech syllable patterns – suggesting that early rhythm play helps babies notice timing patterns and guess what comes next – in both music and speech.

*Zhao T, Kuhl P, "Musical intervention enhances infants' neural processing of temporal structure in music and speech," Proc. Natl. Acad. Sci. USA, 113 (19) 5212-5217, at <https://doi.org/10.1073/pnas.1603984113> (2016).*





### Accidental Ocular Break-through Might Outshine LASIK

A happy lab accident may point to a gentler alternative to LASIK eye surgery for myopia and astigmatism: Occidental College chemist Michael Hill and UC-Irvine surgeon Brian Wong found that very low electrical currents can temporarily change tissue pH and loosen molecular bonds, making the cornea malleable enough to “mold” without cutting – an approach they call electromechanical reshaping (EMR). In rabbit-eye tests (12 eyeballs, 10 with induced nearsightedness), a roughly one-minute EMR treatment adjusted focusing power and, in separate demos, even reduced some chemically induced

corneal cloudiness, all without laser ablation or creating a flap.

Outside experts say EMR could lower risks like dry eye by sparing nerves and, if reversible, offer a safety edge; but they caution that the cornea is biologically active and long-term durability, stability, and optical quality remain unknown; limited ex vivo data, funding pauses, and the need for live-animal and multi-year studies mean clinical use, if it arrives, could be far off.

*Daniel Kim & Mimi Chen, “An alternative to LASIK – without the lasers,” American Chemical Society (EurekaAlert.org), August 18, 2025, at An alternative to LASIK – without the lasers | EurekaAlert!*

### Keto Shields Young Brains

A new rat study shows that feeding baby rats a ketogenic diet (very high in fat, very low in carbs) after weaning can protect them from behavioral and mental problems caused by the stress that their mothers had during pregnancy. When exposed to stress before birth, many offspring on a normal diet later showed social withdrawal and lack of interest in their surroundings. But with the keto diet, only about 22% of male rats and 12% of female rats developed those problems. The diet seems to work differently in males (by lowering inflammation) and in females (by boosting antioxidant defenses). The research-

ers caution that more study is needed, especially to see if this could ever apply to humans.

*European College of Neuropsychopharmacology, “Keto diet shields young minds from early-life trauma,” ScienceDaily, 12 October 2025, at <https://www.sciencedaily.com/releases/2025/10/251012054601.htm>.*



### When Your Clock and Bedtime Don't Match

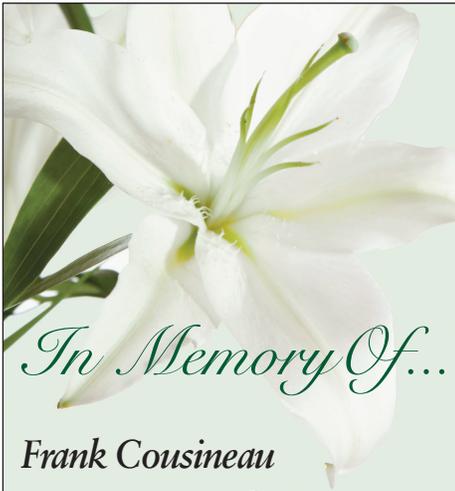
A study in the *Journal of Pineal Research* looked at 128 adults with diagnosed insomnia to see how their body clocks affected their sleep. Researchers tracked each person's sleep with diaries and wrist-worn activity monitors for up to two weeks. Participants then spent a night in a sleep lab and gave saliva samples in the evening so the team could measure when their melatonin levels naturally began to rise – a marker of their internal “nighttime” called dim-light melatonin onset (DLMO).



The timing of this melatonin rise matched when people went to bed, but it didn't directly explain how well they slept. What mattered more was the gap between melatonin onset and when they actually fell asleep. People whose gap was longer than about three hours took roughly 43-minutes longer to fall asleep and slept about an hour less than those with a gap shorter than two hours.

In short, the problem for many insomniacs isn't just when melatonin starts, but a mismatch between their body's internal clock and their actual bedtime – a misalignment that could be an important focus for treatment.

*Hannah Scott, Nicole Lovato, Maria Comas, et. al., “Circadian Rhythm Timing and Associations With Sleep Symptoms in People With Insomnia,” Journal of Pineal Research, 5 August 2025, at <https://doi.org/10.1111/jpi.70069>.*



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 Robert E. Harris, Jr. DMD  
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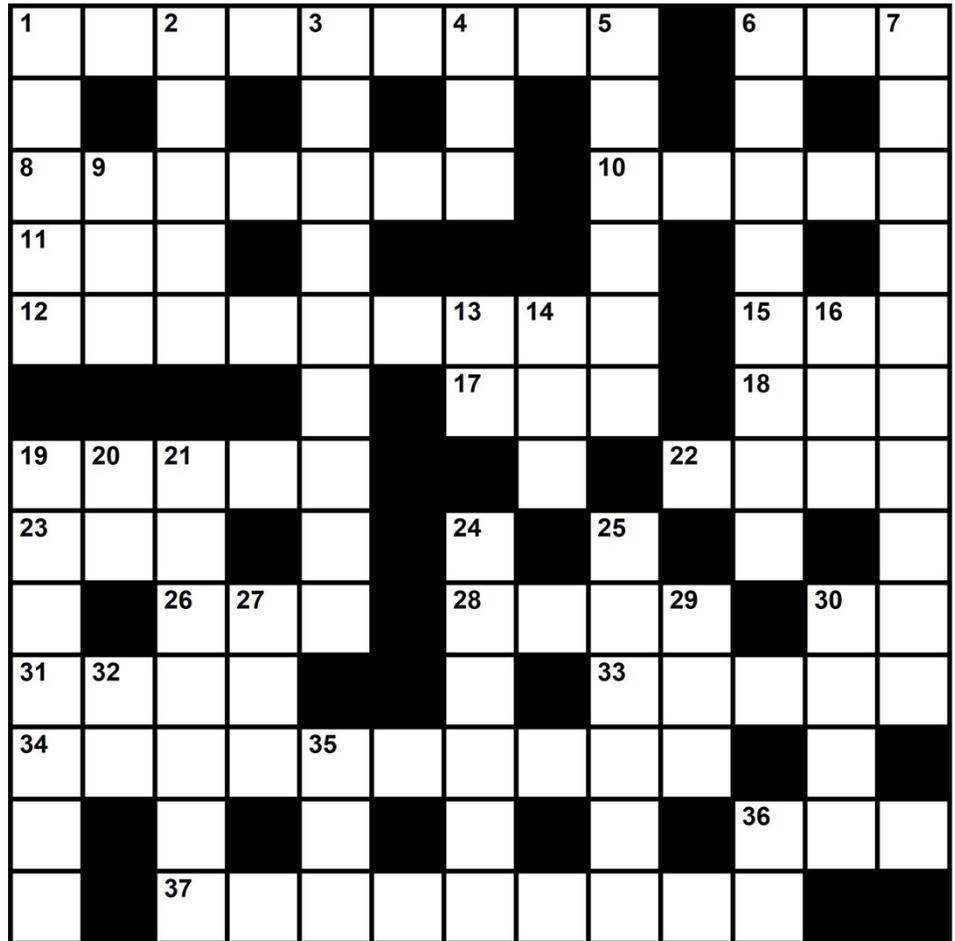
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# NHF Crossword Puzzle

By Myles Mellor (Please see answers on page 29)



#### Across

- 1 Dangerous emission that can result from "wearables"
- 6 Diagnostic scan, abbr.
- 8 Shared attitudes, values, goals, and practices that characterize an institution or organization
- 10 Paddle-powered boat
- 11 Nation described as the "home of the brave and the land of the free"
- 12 Creates and makes over
- 15 Cooking spray
- 17 No longer fashionable
- 18 Literary piece

- 19 Take a \_\_\_\_; courageously hold to a belief and course of action
- 22 Legislative group
- 23 Friend
- 26 Gov. agency that regulates the airwaves, abbr.
- 28 Author of Wealth of Nations, \_\_\_\_ Smith
- 30 Circle ratio
- 31 Tidy
- 33 Make more exciting, with up
- 34 Relating to the treatment of diseases by conventional means.
- 36 To and \_\_\_\_
- 37 The A in MFA

#### Down

- 1 Occur again, like some illnesses
- 2 \_\_\_\_ Lama
- 3 Traditional Indian system of medicine
- 4 Swelling reducer
- 5 Most pleasing
- 6 Exclusive control or possession
- 7 Drug used during the COVID-19 pandemic, found to be beneficial in treating the disease
- 9 Employ
- 13 Negative response
- 14 Good place for a soak
- 16 "Without further \_\_\_\_"
- 19 Leafy green used in salads, omelets, and quiches
- 20 British thanks

- 21 Sprouts that can be added to salads, sandwiches, and smoothies
- 24 Went without food for a period
- 25 Salt-like
- 27 Corp. exec., abbr.
- 29 MC tool
- 30 Social equal
- 32 NY railway
- 35 \_\_\_\_cursor
- 36 Distance measurement, abbr.

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## Food System Reform

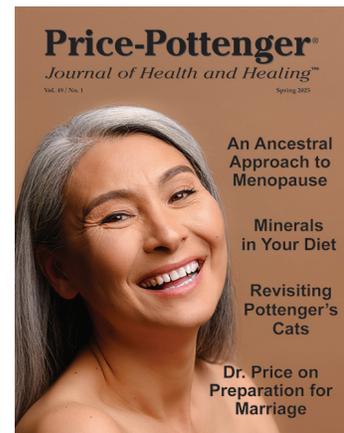
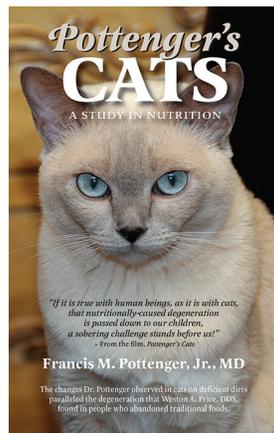
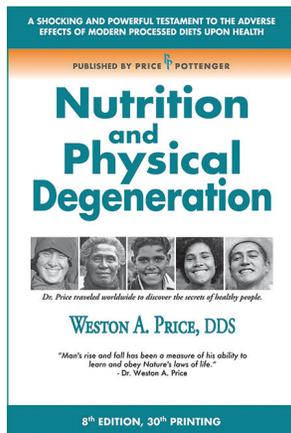
- Food sovereignty initiatives
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# NHF LOBBYIST'S REPORT

By Charles Frohman, M.Ed., HIA

**B**ecause the National Health Federation, the World's oldest health-freedom organization, has patrons willing to donate, NHF can afford to pay a lobbyist to influence decisionmakers in America's capital. Connections from our intense advocacy against COVID-19's tyranny has given us friends that led this last Summer to being invited to submit goals that Health Secretary Robert F. Kennedy, Jr., should include in his final Recommendations Report to Make America Healthy Again (MAHA).

In our list we included those campaigns we have long supported around informed consent, honest science, and ending regulatory capture. Especially we pushed RFK to step up his game on wireless radiation, which has become our lobbying priority. While RFK accepted only a portion of our recommendations, it was important to push hard knowing that politics inherently is limited to the extent to which Trump's administration or the Congress can give us the health freedom we desire. Because of our influence, however, MAHA's recommendations did include an HHS study on the health effects of wireless radiation, our main National advocacy front at this time.

In combination with other organizations, we influenced RFK to reform vaccines and insist on "freedom" (meaning, one would think,

informed consent – the right to ignore pressure to be a guinea pig). Also, his NIH deputy Jay Battacharya will clean up science – requiring placebos that are inert and showing replication that industry-funded science hates to prove.

Unfortunately, the following NHF recommendations were ignored by RFK in his MAHA report:

1. Wireless radiation remains unchecked on the farms. Congress has passed a bill to promote farm reliance on antennas and satellites whose radiation already led a court to order the shutting down of a nearby cell tower for culling 20% of a farmer's cows and depleting milk yield by the same percentage. The

report promotes Big Ag wireless to reduce reliance on pesticides, protect the soil, and enrich farmers. It's nice they want to reduce farm chemicals, *after* exempting chemicals and pesticides otherwise from oversight in the MAHA report. But precision agriculture makes soil STERILE! And the expense of fixed wireless equipment will exacerbate the current bankrupting trend among farmers, leading to even more purchase of Americans' property by Globalist WEF friends of Bill Gates. Send NHF's email for politicians to stop rogue Telecom antenna deployment on the farms and near our bedrooms & schools, until the Federal Communications Commission (FCC) updates their wireless-exposure limits.

2. Pesticides get a free pass, as do chemicals. Congress even has a provision in Appropriations to build on State laws to immunize Biotech from pesticide-harm liability. *This is outrageous.* Glyphosate depletes a number of important nutrients in humans that are keys to our health. It's so condescending for the report to include language assuring America that EPA's Zeldin has a robust chemical screening process – i.e., *we should just shut up.* Amer-

**KNOWN EFFECTS OF ELECTROMAGNETIC RADIATION INCLUDING 5G IoT:**

**Livestock**

- ✓ Reduced milk production/weight gain
- ✓ Altered pregnancy patterns
- ✓ Chronic disease, cancer
- ✓ Anxiety & stress
- ✓ Reduced ruminating and lying times
- ✓ Avoidance behavior

**Plants and Trees**

- ✓ Reduced germination, growth, seed production
- ✓ Reduced Chlorophyll/ photosynthesis
- ✓ Disease prone
- ✓ Require more water
- ✓ Climate fatigue

**Soil**

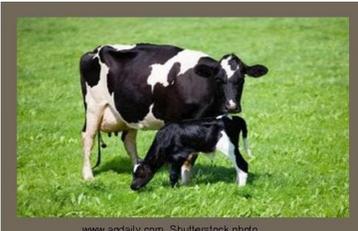
- ✓ Reduced worm count, calcium, good bacteria
- ✓ Change in mineral balance

**Bees/Pollinators adversely affected**

- ✓ Bee Colony Collapse







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HR 6142/S. HR 2542 AND HR 1697/S.734

icans need to send NHF's email to stop environmental toxification on the farms and everywhere else.

3. Forget geoengineering. That atmospheric, aviation-induced cloudiness above our heads? Ignored, utterly. Watch journalist and former aviation technician David Byrd on NHF's Rumble channel, where at a recent NHF monthly Zoom session, he gave a presentation revealing the truth about this secretive, nefarious spraying of humanity like bugs. NHF was also lucky to have experts Dr. Marvin Herndon and Nikki Florio join the program as well.

4. The MAHA Report also failed to address Medical Cost Sharing, a model that allows patients to make price-sensitive healthcare choices — a crucial mechanism for realizing the intent of Trump's hospital price-transparency directive. However, this alternative to ObamaCare is constrained by outdated regulations that exclude any Health Sharing nonprofit formed after 1999 from receiving mandate exemptions. The high, mortgage-like costs of ObamaCare premiums and deductibles have already pushed millions of largely self-employed families toward Sharing arrangements, much as consumers have shifted from banks to credit unions. As I noted on Substack, with further premium increases likely as taxpayer subsidies expire, even more families will depend on meaningful competition to ObamaCare.

Despite the failure of MAHA to include every health-freedom goal, RFK did accept NHF's recommendations at least on vaccines, science, and some wireless. We can work with that and continue pushing on the other campaigns. Meanwhile, enjoy reading our original submission to RFK, here:

**Read Our NHF Letter to RFK Jr. on pages 22-24.**

# What Will You Do If They Crush Your Health-Freedom Rights?

*You can't put a price on your good health and peace of mind. Yet there are those who would do just that — simply for the sake of pushing prescription drugs like statins, pain relievers, and anti-depressants.*

*When that day arrives, your vitamins, supplements, and alternative health practices may very well skyrocket in price. Or be taken from you entirely.*

## Is there a way to fight back?

*A way to defend your health freedoms and your moral rights to control what goes into your own body?*

The answer is yes. For 70 years, the National Health Federation has stood on the front lines across the World, safeguarding and advancing your right to consume healthy food and supplements, and to use alternative life-saving therapies.

But the NHF can't do it alone. We need your support to eliminate restrictive health laws and to further advance what health freedoms we have now.

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August 4, 2025

The Honorable Robert F. Kennedy Jr.  
Secretary of Health and Human Services  
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Washington, D.C. 20201

Dear Sir:

For over 70 years, the National Health Federation has fought for health freedom and the right of individuals to make their own health decisions, both in the U.S. and overseas. In fact, we are the only accredited health-freedom NGO at Codex Alimentarius, where the World Health Organization often promotes international food standards that are not for the benefit of individual consumers. We are joined in this submission by other organizations, signed at the bottom.

Health freedom is (or should be) a fundamental human right. Health Freedom demands individual autonomy and liberty, informed consent, honest science, and an end to regulatory capture by corporate interests. The history of government, both in this country and throughout the World, has been one long grab by corporate interests for ever more power and profit, always at public expense. In recent years, the fight has frequently hinged on health freedom. The response to the COVID-19 “emergency” showed the degree to which those who profit from fear and illness will go to enforce their agenda of monopoly profit and market control. For too long, both government and big business have acted as though the people exist for their benefit, rather than the other way around. It’s high time we all remembered and applied Jefferson’s self-evident truths – that government, laws, and legal fictions such as corporations exist to serve the people, and if they fail to do so, it is the right of the people to alter or abolish them.

We suggest the following points for the MAHA agenda:

**No one-size-fits-all health regulations.** Every human being is unique. We differ in genetics, epigenetics, microbiome, environment, health history, and desires. We respond differently to treatment, often on a bell-shaped curve (normal distribution). What works for one person won’t necessarily work for another. One health solution or “standard of care” cannot possibly meet every human situation and need, so the idea that any central authority can decide what’s best for everyone is absurd. Health freedom requires autonomy and informed consent, not the rule of the majority (or the bureaucracy) over the needs of individuals. We all need to be able to find and use affordable individual solutions to meet our differing needs. We support a Health Freedom Amendment to end government interference with individual healthcare decisions.

**No vaccine mandates or fraudulent science – even during emergencies.** It’s always more lucrative to vaccinate everyone than to treat the sick – especially when the vaccine maker is immune from any harm they may cause. The number of suggested (or required) vaccines has exploded, and the cumulative effects have never been tested, even if we trust safety testing of individual vaccines (which we cannot). In addition, government has shown that it will “never let a good crisis go to waste.” We support Rep. Mary Miller’s National Informed Consent Exemption (NICE) bill, which secures our right to say no to unwanted vaccines, and also reports the health results

of vaccinated vs. unvaccinated control groups. Congress should ban all forms of requirements or mandates from schools, universities, employers, and the military. It should always be a matter of free choice whether or not to take a vaccine or any other biopharmaceutical. Congress also should restore vaccine injury liability to makers, without which they have zero incentive to improve vaccine safety, and repeal the PREP Act, which grants the government totalitarian powers during loosely-declared “emergencies.” Giving private corporations immunity for harms they cause is tantamount to extending them sovereign immunity. Such favors turn the stomachs of most Americans, who demand responsible and transparent business practices, especially where public health is concerned.

**Stop poisoning farms & thus our food.** The 118th Congress tried to use the Farm Bill to strip away local authority over organic standards and further erode GMO labeling laws, favoring chemical agriculture over community health. Now States are pushing for pesticide liability shields, on top of provisions buried in the Federal Appropriations bill to protect manufacturers from accountability for the profound harm their products cause. Long a captured agency, the EPA must adopt strict, health-protective pesticide standards similar to those seen in Europe, with a strict five-year ban on industry employees from working there and adding consumer representatives to weigh in on EPA policies. In addition, the USDA must support transition to regenerative organic practices that restore soil, protect biodiversity, and stop the toxic assault on our children, our food, and our environment. Healthy soil, plants, animals, and humans will help Make America Healthy Again.

**Respect patient demand for healthcare choices.** The FDA’s so-called “guidance” on traditional homeopathy and pharmacy compounding has treated natural, time-tested remedies like unapproved new drugs, burdening them with impossible demands. This regulatory overreach threatens access to safe, affordable care outside the pharmaceutical monopoly model. Scientific evidence about natural and healthy products is suppressed, while corporate giants hide toxic ingredients behind deceptive marketing, and public demand for clear labeling is ignored. Congress must defend health freedom, restore truth in labeling, and end the suppression of alternative healthcare options.

**Protect informed consent from rogue wireless radiation deployment.** The MAHA investigation into the true drivers of America’s chronic disease epidemic now includes the threat of ever-higher doses of electromagnetic radiation (EMR). Contrary to industry arguments, wireless broadband is less reliable, less secure and certainly less affordable (in the long run) than hardwired alternatives. Before Congress enables the unchecked rollout of antennas across our neighborhoods, schools, offices, farms and parks, the FCC must comply with the 2021 court order mandating updated, science-based exposure limits. We support Rep. Smith’s HR 8082 (from the 118th Congress) to restore local control over antenna placement and the repeal of Section 704 of the Telecom Act, which shields the wireless industry from any liability for human harm. Public health trumps corporate profits.

**Ban climate-based geoengineering experiments.** For decades, government and military contractors have been modifying weather, spraying the skies with toxic aerosols, and altering atmospheric conditions without public consent, or oftentimes even knowledge. The government now wants to spend billions more to pollute the atmosphere under the guise of solar dimming, blanketing our skies in a toxic haze that causes respiratory illness, disrupts sunlight-dependent biology, and fuels the chronic disease epidemic. Congress should defund all geoengineering programs and pass Rep. Greene’s bill to halt these dangerous, unauthorized experiments.

**Give families healthcare payment & healer alternatives.** Despite growing public frustration with insurance bureaucracy and denied claims, Congress and several States are attempting to restrict Medical Cost Sharing, an innovative nonprofit model that offers patients real choice. To prevent ACA exchange plans from monopolizing the market, Congress must repeal the barriers that punish Sharing ministries launched after 1999, and allow monthly Share payments to qualify as HSA-eligible expenses. We must also eliminate the insurance mandate tied to HSAs, giving Americans freedom to direct their own care. On the supply side, healthcare quality can be elevated through Competitive Certification: if a provider meets the criteria of a recognized certifying body, they should be exempt from rigid state licensing laws. This would enable a free market of certifying bodies competing

on integrity, safety, and results. The Federal government should encourage this transformation while breaking up medical monopolies and restoring trust in, and access to, American healthcare of all flavors.

**Respect patient privacy & autonomy.** We reject any effort to expand the post-9/11 surveillance state under the guise of health or innovation, including the GENIUS Act's quiet rollout of central bank digital currency control, or the misguided push for wearable surveillance. Congress has rightly defunded the national Patient ID for years, recognizing the threat it poses to autonomy and civil liberties. Now, digital ID schemes are being re-packaged to track, score, and ultimately coerce Americans who dissent from government narratives. This is not health policy, but disguised digital authoritarianism. Congress must draw the line: stop all forms of Digital ID, and work to defend privacy, patient autonomy, and free thought in the age of coercive technology.

**Regain control over the U.S. Codex Office.** The National Health Federation has been attending Codex meetings for more than 28 years, and I myself have more than 25-years' experience at Codex, more than 99.9% of those in current attendance. During that time, NHF has observed the U.S. Codex Office acting as nothing more than a branch office for corporate influences and against the health interests of American consumers. From opposing GMO labeling to dumbing down nutrient levels in foods, to supporting toxic vet drugs in animal foods and melamine in infant formula, the U.S. Codex Office has been a force for ill-health at Codex meetings for decades. It is long past time for this stance to change, especially since the FDA has already announced its intention in the *Federal Register* to harmonize its own food rules and regulations to Codex standards. New, pro-health leadership is needed at the Codex Office to save MAHA.

**Defund all bioweapons research at once.** If the COVID-19 "emergency" proved anything at all, it proved how incredibly dangerous bioweapons research and gain-of-function studies are to the human race. Debilitating Lyme disease is now endemic across the World thanks to bioweapons research at Lab 257 on Plum Island. The coronavirus and other viral research studies have shown themselves to be even deadlier. It is only a matter of time before a genetically modified virus or bacteria is released from one of our bioweapons labs that will prove to be an "extinction-level" event for humanity. This insanity must be stopped.

The National Health Federation believes that health freedom is a non-partisan issue affecting all Americans, which should find ample support on both sides of the aisle. Even corporate interests, if they consider the long-term wellbeing of their investors' children and grandchildren – not just short-term shareholder returns – can recognize the value of respecting a free market that rejects unwanted products or services. The real threat to American healthcare is not consumer choice but **monopoly power, unchecked price gouging, and anticompetitive practices**, which harm both patients and the system as a whole.

With sincere appreciation,



Scott C. Tips  
President & General Counsel  
The National Health Federation

**For questions email [Contact-Us@thenhf.com](mailto:Contact-Us@thenhf.com)**

# NHF'S SCOTT TIPS VS. U.S. HEAD OF CODEX DELEGATION

## *Regeneration or Contamination?*

BY KATHERINE A. CARROLL, ARTICLES EDITOR, CFO

**I**n a blatant disregard for health or alignment with Health Secretary Kennedy's commitment to regenerative agriculture, the U.S. Delegate at Codex Alimentarius Commission's recent meeting in Rome accepted more of the same sick agriculture model and agreed to adopt additional pesticides set to enter the global market, destroying the soil, and our health. As Scott Tips noted in his President's and Codex report, "...pesticides are greatly overused. In 1960, 196 million pounds of pesticides were used annually in agriculture. By 2022, that amount had ballooned to 8,157 million pounds of pesticides. This is unsustainable!"

**So, we have a global body and the U.S.'s own representative at Codex, supposedly committed to food safety, deliberately undermining our health by agreeing to a literal deluge of additional pesticides added to the current burden flooding our bodies and environment.**

Scott Tips represented the majority of us, however, with the force and vigor we've come to expect from him and NHF when he raised a lone Voice to confront uneducated or lackadaisical delegates bent on keeping the World drenched in chemicals. NHF has earned a proud and fearsome reputation at Codex because of the bold, well-researched, and informed commitment to food safety, health, and respect for the Planet.

While U.S. Health and Human Services Secretary Robert F. Kennedy, Jr. and U.S. Secretary of Agriculture Brooke L. Rollins, alongside Centers for Medicare & Medicaid Services Administrator Dr. Mehmet Oz aims to fix our broken food production system and thus begin to restore health to America, we all need to agree. **Together, they announced a \$700 million**

**Regenerative Pilot Program to help American farmers and growers adopt practices that improve soil health, which means fewer (or no) chemical inputs will be required, enhance water quality freeing it from groundwater contamination and pesticide run-off, and thus boost long-term yields that will strengthen America's food and fiber supply.**

While some condemned the announcement on X, in particular, farmers and growers have an exit option from chemicals toward soil health and delivering nutrient-dense food. And Kennedy's move clearly champions a turning long overdue back to agriculture's healthy roots.

Several members of the National Health Federation's leadership and membership were in the *Make America Healthy Again* film that will be released in January 2026. For my part in the film, I shared that unless we protect our food supply at the global level with World Trade (as NHF does with our only health-freedom seat at Codex), ensuring that tainted food is not contaminating the food supply, we will never make America (or the World) healthy again. Yet, when we have our U.S. Head of Delegation at Codex going against the desires of leadership at the heart of health in the current American administration, we have to ask why? It's always what you don't know, but we suspect it's about money and Big Ag and Big Chem, which is the antithesis of what Codex is supposed to represent with their stated commitment to food safety.

We are not only **seeing change** with this announcement and commitment to regenerative agriculture by key players in government, but Scott Tips' **arguments for this change** at the global level where food standards are set surpassed the shameful represen-

tation America has received from the U.S. Codex Delegation. Who really represents you and carries your Voice where change is made?

What if NHF had not been at this Codex meeting and **no** voice for health and health freedom were raised with respect to the tsunami of new chemicals, pesticides, and herbicides coming to contaminate our food, body, and land? **It is vital for each of us to have the fearless representation of Scott's decades of not only Codex experience, but his years of being a lawyer and skill in the fight. It is vital for NHF to have continued funding for research, education, and appearance physically at these important global meetings as well as participation in local and national government.**

NHF remains outspoken and committed at the global Codex level to healing the land, protecting the bees, and championing the pollinators, and insisting on stopping the degradation of soil and our body with this outrageous Big Ag and Big Chem drive to increasing pesticide use. **NHF requires your financial support** to attend the meetings where vital food and soil contamination decisions are made – currently halfway around the World in China, which hosts the Codex Committee on Pesticide Residues and Codex Committee on Food Additives. NHF has spoken at the Farm and Ranch Freedom Association in Texas where we met regenerative farmers and authors *years* ago. Finally change is happening! It is gratifying to be a part of the necessary change taking place in America right now. As we begin the biggest wealth transfer in ages with farms changing hands and new people taking on the grower/farmer role, NHF intends to keep fighting for soil and our body to be revitalized. Are you with us?



# THE EYE OF THE STORM

By Kendra Duquette, Preventative Health Practitioner

Kendra J Duquette, PHP is the co-founder of the Take Your Health Back Now! system, Preventative Health Practitioner Training and Certification Program [www.instituteofpreventativehealth.com](http://www.instituteofpreventativehealth.com), two-time author, co-host of the TYHBN podcast, and public speaker. You can reach her at [kendra@kendraduquette.com](mailto:kendra@kendraduquette.com)

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

**H**ealth sovereignty is about *empowering* yourself with the knowledge and tools that allow you to make the best choices for you and your family's health with confidence and clarity. This sovereignty is necessary to truly live healthily in our increasingly unhealthy World. Focusing on what we have control over so that the body can deal with that which is out of our control is how we stay in the eye of the storm that is the current normal. In this column, I will always give you the nitty gritty truth, but I will also always follow that with empowering solutions. This is how we rise above the chaos!

The enormity of the current situation with our food system in the world at large can leave even the fiercest health-freedom advocate feeling frustrated, overwhelmed, and helpless, ready to give up as if there is nothing that can be done to make a positive impact. Toxins are bombarding our bodies on every level and the adulteration of foods can seem impossible to change, or even understand at times. When there is a toxic overload as well as inadequate nutrients in the food we consume, including the absence of the life-force energy that comes from real whole food, the body is in an endless cycle

of debris clean up without the cellular energy to rebuild. This creates a toxic internal environment, which is a root cause of all chronic diseases.

The complete adulteration of our entire food system is hard to navigate or even comprehend. There are GMOs that are now labeled bioengineered. The latest addition to the mix is "GMO 2.0," synthetic biology or syn-bio, which is not labeled at all, has undergone little to no testing, and can be called "plant-based" and "natural," making it undetectable and therefore unavoidable unless you really know what you are looking for.

For instance, syn-bio yeast is in almost all bakery goods, alcohol, dairy, and plant-based dairy. (Not labeled.) What about cheese? The majority of cheese uses "plant-based" rennet, which is most often synthetic biology as well. Syn-bio products are also sprayed on produce to extend shelf life and used as a mold inhibitor. These products can be used on organic produce as well as conventional, without any labeling. Produce is already laden with toxins, pesticides, insecticides, and fungicide residues, and we can't forget about the biosludge that is used as a fertilizer on conventional crops. While organic produce cannot be grown or treated with most

of these chemicals, they are still irradiated, forced-ripened, and sprayed with the syn-bio alternatives. Have you ever noticed the organic apples at the store always look perfect, but if you were to pick one off of your own tree or a small orchard, it would be much smaller and beautifully imperfect? This visual perfection only happens through significant adulteration at every stage of food production.

Conventionally raised livestock are fed GMO grains and alfalfa, which cause not only the problems associated with GMOs, but they are also not species appropriate, plus there are substantial pesticide and mold-inhibitor residues on this feed. Couple this with the multitude of vaccines and other medications that conventionally farmed animals receive, even factory-raised honeybees, and it is no surprise that the animals are extremely unhealthy. And all of this is passed on to you, the end-consumer.

Many people are reacting to meat glue, transglutaminase, and are unaware of the source of the problem because it is considered "natural" and does not have to be labeled at all. Factory-farmed insects – touted as a "sustainable" protein source – are raised on industrial waste, definitely not the healthy alternative that they would like you

to believe. Then, you have all of the catch words like grassfed, pasture raised, free range, cage free ... what does it all mean? We haven't even mentioned fish, which are already very toxic, full of contaminants from the polluted waters that have bioaccumulated in their bodies, then there are the labels: wild-caught, farm-raised, lab-grown (which is called "wild type," don't confuse it with wild-caught).

What about processed foods? GMO-laden processed food is stuffed full of synthetic ingredients and chemicals like color enhancers, preservatives, artificial sweeteners, emulsifiers, shelf stabilizers, taste enhancers, and highly processed oils, then loaded with sugars and sodium to trigger cravings, and finally, because it is devoid of any nutrition, it is fortified with synthetic vitamins and minerals.

Couple all of this with the fact that, as a society, over the last century, we have come to believe that we should be able to have any food that we want on demand. For example, we assume that we can get an avocado at the grocery store for that guacamole recipe without a single thought regarding our location or the season. There is a complete disconnect between people and the natural cycles of plants and animals. Avocados only grow in very warm climates and take up to 18 months to flower, grow, and ripen. Why then do we believe that no matter where we live in the World, we can have them on demand, 24/7? For that to happen, produce is picked before it is ripe, shipped thousands of miles to its destination, then forced-ripened, sprayed with syn-bio products to prolong shelf life, and irradiated for san-

itizing. This is all done behind the scenes and feeds the mindless consumerism that keeps this system running.

I could go on, but let's get to my **Top Ten Solutions To Empower Yourself** to avoid what is quietly happening to our food system!

**1. Avoid** – All processed food, both organic and conventional. If it comes from a box, bag, can, or container, avoid it!

**2. Avoid** – All conventionally/large-scale farmed grown fruit, produce, meat, fish, dairy, and grains, organic included!

**3. Avoid** – Eating Out! It is impossible to know what is in your food when you eat out.

**4. Avoid** – RO water filters, unknown tap water, bottled water, and conventionally softened water for drinking.

**5. Yes** – Eat real, whole food!

**6. Yes** – Get to know your local, small-scale farmers. Ask them questions about their farming practices, for example: are they organic practicing vs organic certified, do they use regenerative farming practices, are they natural certified? Visit their farms and know where your food comes from!

**7. Yes** – Grow your own! Whether you have a large or small property or even live in an apartment, you have options. Raised beds, no-till gardens, or *hügelkultur* beds are great choices. If you don't have much space, try container gardening or produce towers. Anyone can grow sprouts and microgreens! (Use organic, heirloom seeds.) When you are beginning, try an herb garden or grow herbs indoors. How about backyard chickens for eggs, planting some nut and fruit trees, making your own "edible forest," or even building

a greenhouse? There are so many options for every lifestyle!

**8. Yes** – Eat with the seasons! Learn what is native to where you live and eat accordingly. Plant your gardens thoughtfully with a full growing season in mind. You can even grow things like lemons yourself in containers in cold climates! Learn to preserve anything extra you might have, this can be done in many different ways. Fermenting is a great way to preserve just about anything and is full of good natural probiotics. You can also preserve in a salt brine, freeze, or dehydrate. This way you can avoid that mindless consumerism during the colder months but still have a variety of good, nutritious food available to you.

**9. Yes** – Learn what is native to your area, and start to wild forage. Usually, the plants you find growing wild (often considered nuisance plants or weeds) are more nutrient-dense than the garden vegetables you would grow yourself. It is just a mindset shift and something that we have gotten away from in the modern society we live in.

**10. Yes** – Drink lots of filtered water. Gravity filters in stainless steel containers are a great, affordable choice, but again, there are many options available for every lifestyle. There are hundreds of chemicals and contaminants in our water, so filtering mindfully is a must.

Remember, true health sovereignty is having the knowledge needed to make healthy choices and putting your focus on what you have control over, rather than getting caught up in that which is out of your control, is how you stay in the eye of the storm! 🔥

BY KATHERINE A. CARROLL, CFO, ARTICLES EDITOR

# The Resonance Effect -

*How Frequency Specific Microcurrent is Changing Medicine*

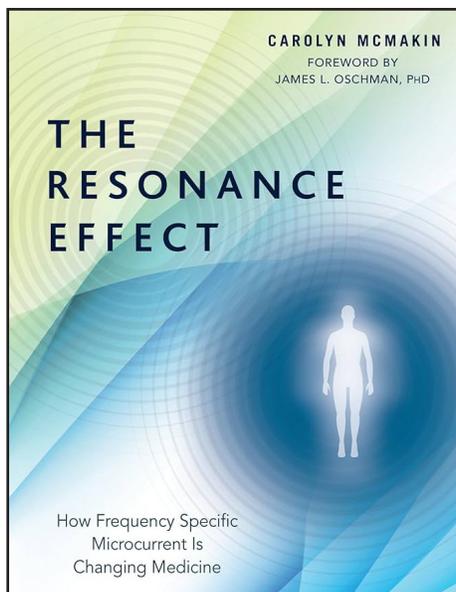
By Carolyn McMakin, M.A., D.C.

(ISBN 978-1623171100; North Atlantic Books; 2017, paperback, 251 pages; \$16.91)

**T**he *Resonance Effect* captured my interest from the beginning. It is a great physiological Whodunnit challenging practitioners to get to the root cause where the frequencies work. In the Foreword, energy medicine's James L. Oshman, PhD. states, "This is a very exciting, entertaining, and often humorous account of the life work of a brilliant woman on a mission. Carolyn McMakin has taken Frequency Specific Microcurrent (FSM) therapy to the cutting edge of modern medicine. This is a new and precise kind of medicine: precise because it pinpoints the cause or multiple causes of an ailment, no matter how complex, and treats it without side effects. Western medicine needs more methods like this."

This remarkable book will resonate most with people who have reached a crossroads in their treatment, when surgeries have caused painful complications, conventional medicine has failed, or every path to healing seems exhausted. It is also invaluable for professional athletes determined to stay in the game. *The Resonance Effect* will restore your belief in miracles, although, in the world of Frequency-Specific Microcurrent (FSM), such "miracles" are everyday occurrences.

But even more than phenomenal practical applications (even encompassing emotional healing frequencies such as depression and PTSD), the magnitude of divine orchestration that led Dr. McMakin to take this path throughout her life to this



day is profound. Resurrecting research found on a slip of paper that was done in the early part of the 20th Century reads like an exciting novel. Later, frequency medicine was crushed by the Medical Mafia so her persistence in helping to revive it as a healing modality is of massive importance. And later still, Dr. McMakin plays a major role in saving the very machine possible for frequency specific microcurrent to continue as a therapy. This story alone is absolutely mind-blowing and makes for a compelling read.

Dr. McMakin opens her book describing "resonance" in terms we can appreciate, such a fine musical performance resonating with us, touching us on soul levels. It is the same concept when speaking of the oscillating electrical fields of FSM that resonate deeply into our biochemistry and physiology to create

true health by healing at the root cause of dysfunction. What follows is an extraordinary, almost treasure-hunt-like journey: her fascinating story of wanting to become a doctor since childhood, only to set that dream aside after marrying a man who also aspired to be a chiropractor and starting a family instead.

From her early days as a pharmaceutical representative observing medicine from the outside to the sermon that inspired her to say "yes" and trust God with the "how," her journey led her through medical school while rearing young children, and eventually through a divorce that opened the door to meeting a kindred spirit, Dr. George Douglas. He introduced her to Frequency-Specific Microcurrent (FSM) after healing her shoulder injury with one of the early frequency devices. Her story is ultimately one of divine guidance and the rediscovery of true healing for the World.

George had learned about frequencies in a three-month internship with an Australian osteopath, Dr. Harry Van Gelder, who had come from England to the U.S. in 1946. There, he bought an osteopathic practice that came with a machine made in 1922. A list of frequencies scribbled on a piece of paper came along with the machine. (Just this makes me think this would make a fantastic movie.) Using a host of alternative therapies along with the frequency device, Van Gelder's fame spread across Canada and the Western United States with his suc-





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No action is  
an empty one."*

*~ Joan D. Chittister*

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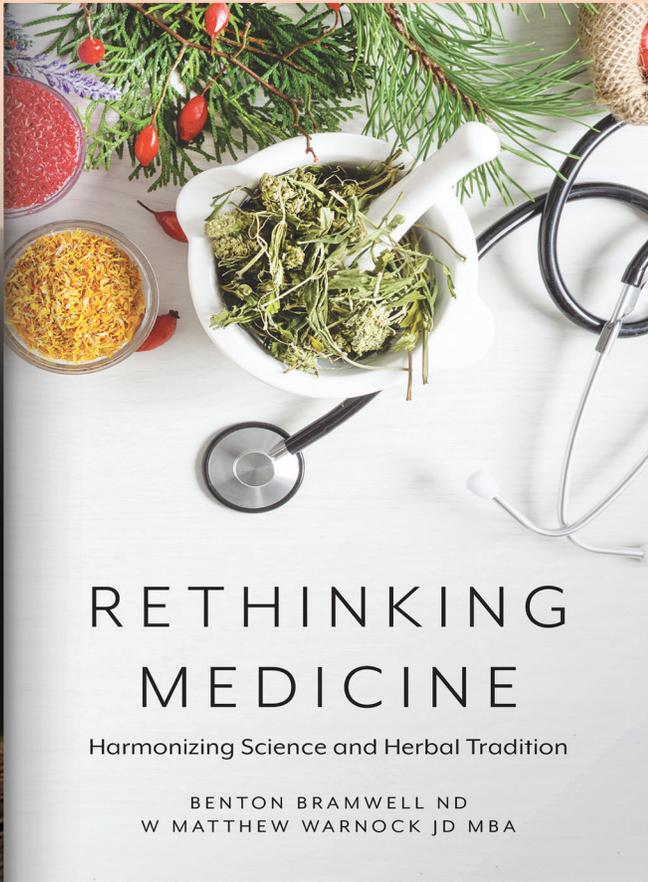
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 HUMANS AND HERBS HAVEN'T CHANGED, BUT HOW WE UNDERSTAND THEM HAS  
 --IT'S TIME TO RE-EXAMINE HOW CONVENTIONAL AND HERBAL MEDICINES ARE SIMILAR,  
 HOW THEY DIFFER, AND WHAT THEY CAN LEARN FROM EACH OTHER.

**BY BENTON BRAMWELL ND & MATTHEW WARNOCK JD MBA**



*"AMERICANS ARE OVERPRESCRIBED,  
 OVERDOSED, OVERCHARGED"*

