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HEALTH FREEDOM NEWS®

SUMMER 2024 / VOLUME 42 / NO. 2
TRUE INFORMATION FOR TRUE HEALTH

**Armada of Orbiting Satellites
Threatening our Health!**

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NHF's German Event Was a Smash Hit!

PAGE 13

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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, including a warning about tetanus injections and mask mandates, and kudos for the NHF's Heilbronn speaking event and NHF's health-freedom work. **Page 4**



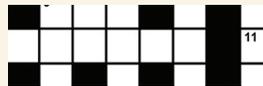
President's Note – WHO Pandemic Preparedness Treaty Fails ... This Year NHF President Scott C. Tips details how we can use the proposed Medical Freedom Amendment and other means to stop the WHO's global attempt to control medicine and thereby control you. **Page 6**



NHF Lobbyist's Report – Grassroots Appeal NHF lobbyist Charles Frohman appeals to all NHF members and friends to help health freedom by scheduling a Zoom meeting between him and your U.S. Congressional representative. **Page 17**



Medical Freedom Amendment Broadcast – Bait & Switch NHF Board member Michael LeVesque reveals how the purveyors of vaccines use "bait and switch" tactics such as the word "countermeasure" as a cover for vaccines. **Page 18**



Crossword Puzzle *Health Freedom News* presents its latest crossword puzzle crafted especially for you and the NHF by Master puzzler Myles Mellor. **Page 21**



Health Bits & Pieces NHF Board member Birgitta Lauren covers the link between diet and brain health, the benefits of aloe for Alzheimer's disease, the surprising effect of a father's gut microbiome on pregnancy health and a baby's growth, the power of human touch, and how slow walkers are often slow thinkers. **Page 22**



Film Review John Leake reviews Dr. Andrew Wakefield's excellent film *Protocol 7*, a whistleblower story that dramatically unveils the corrupt machinations of the vaccine industry as a small-town lawyer takes on a corporate giant. **Page 27**



Book Review Dr. Donald A. Carroll reviews Christian Drapeau's book *Cracking the Stem Cell Code*, which details how stem cells can contribute to recovery from even the worst of health conditions, and where to find or make them. **Page 29**

FEATURES



International Dark-Sky Association vs. FCC and SpaceX Arthur Firstenberg explains how our health is threatened globally by an armada of orbiting satellites, which increase in number each year and emit dangerous RF/EMF radiation. **Page 10**



NHF's Heilbronn, Germany Event a Smash Hit! NHF President Scott C. Tips reports on the NHF health-freedom event held in Germany in April that drew a full house of devoted health-freedom activists. **Page 13**



Pain NHF Board member Michael LeVesque cautions that pain is a signal not to be ignored, and in this article he explores the many natural ways to control and suppress pain. **Page 24**



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Help Preserve and Protect a Health-Freedom Heritage for the Next Generations.

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

For more than six decades, periodic bequests from our dedicated members have served as a valuable financial boost 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. Tips



LETTERS TO THE EDITOR

Dear Editor,

Happy Spring! May peace, joy, and love surround you. Thanks for all you do!

Sincerely,

Gail Armstrong (sent with donation)

Dear Editor,

I was privileged to attend the Heilbronn event. Thank you so much for your great work.

Sincerely,

Martin Loose

Dear Editor,

I have recently learned that the tetanus injection is now a 3-in-1 injection and includes a COVID-19 booster. Shouldn't people be informed first and asked if they are okay with being injected? Especially since it is the boosters that are being linked to turbo cancers and other harms, as well as COVID-19 infection itself, which is a known side effect.

The Nuremberg Code states specifically that people should be given full information of the contents, risks, and harms of what is being injected into their bodies. In the last three years this has been ignored and is therefore considered a crime against humanity. People have to be very careful, especially where their children are also concerned.

The injections used in dental clinics have also been found to contain graphene oxide.

Thousands of studies have now confirmed that masks do not work but can cause bacterial pneumonia and hypoxia with extended use. Will people comply the next time, or do their own research to establish the truth? Medical staff have said that they change their masks every 20 minutes to avoid bacterial build-up. Where was the wider public informed that this should be the case to protect their long-term health going forward?

Sincerely,

M.D. Guzinska

Dear Editor,

I just wanted to say thank you to whomever was responsible for putting the article about glycine in the last National Health Federation magazine. I had read it before when Dr. Mercola wrote about it in the past, and had tried taking glycine at that time, but it didn't help me.

This time I realized that I wasn't taking NAC, taurine, or liposomal Vitamin C when I tried it before, so I dug out my bottle of glycine and started taking it again. I now feel better than I have in decades! Better sleep, more energy, and clearer mind and memory. Since I feel like doing more now, I'm not sure if it helped my chronic fibromyalgia pain yet.

Sincerely,

Gary Morgan

Dear Editor,

Keep on with all your excellent work. What the pharmaceutical gangsters continue to do, in trying to rule us, and take our choices away that enable us to control our own health is horrific. Not just big pharma, we know, but the giants forcing many poisons upon us, e.g., more and more RF, bombarding us with toxic sprays from planes as part of their geoengineering schemes, injecting vaccine materials in food and animals. It goes on and on and on.

Let's hope and pray we're all still here in a year. The powers-that-be seem hell-bent on pushing World War III, which we all know can be, and likely will be, beyond catastrophic.

May Peace Prevail,

Geraldine

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.

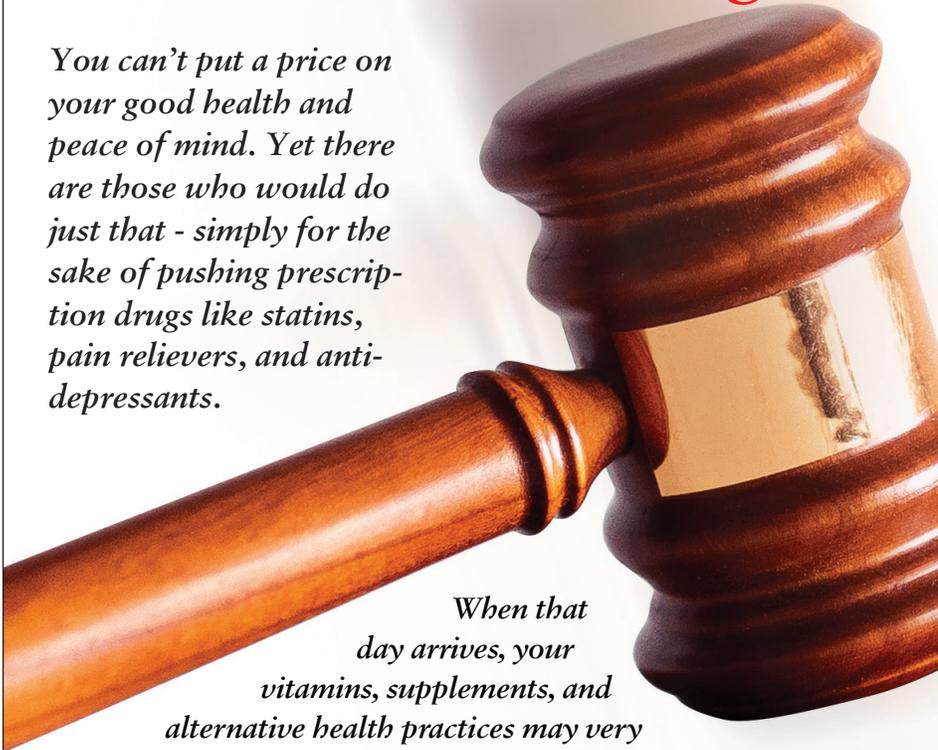
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What Will You Do If They Crush Your Health-Freedom Rights?

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 nearly 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.



It is easy to join Become part of our powerful global community and send in your membership today.

NATIONAL HEALTH FEDERATION

Your Voice for Health Freedom® since 1955



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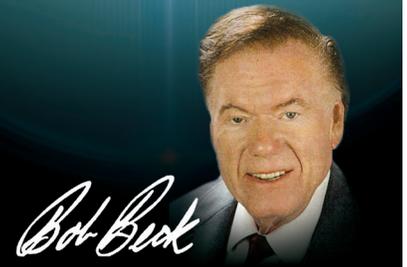
Pulsed Electro-magnetic Fields (PEMF)

3

Ionic Colloidal Silver

4

Ozonated Water



Dr. Robert "Bob" C. Beck, D.Sc.

Truly a man ahead of his time, Bob Beck recognized that the health challenges many people face can be addressed effortlessly and painlessly through some very basic technology.

bobbeck.com

WHO PANDEMIC PREPAREDNESS TREATY FAILS ... FOR NOW

The Global Treaty that no one wants except the control-freak elite would have created a worldwide medical dictatorship. Here's how to stop it forever.

BY SCOTT C. TIPS, NHF PRESIDENT

After two years of negotiations among its delegates, the World Health Organization (WHO) admitted defeat in late May 2024 for any adoption this year of its WHO Pandemic Treaty. As Roland Driecq, co-chairman of WHO's negotiating board, admitted in late May 2024, "We are not where we hoped we would be when we started this process."

In Geneva, WHO Director-General Dr. Tedros Adhanom Ghebreyesus said after the talks ended in failure, "This is not a failure. We will try everything – believing that anything is possible – and make this happen because the World still needs a pandemic treaty."

The Mission

In a carefully choreographed move at the tail end of the COVID-19 pandemic, the WHO had been conveniently charged with the task of constructing a global agreement that would centralize a global medical response to the next pandemic in the hands of the unelected and unaccountable WHO. A medical dictatorship ... in all but name.

Yet, given its complete and utter failure to competently manage the last "pandemic", or even worse its *deliberate* mishandling, it was strange indeed to charge the WHO with any responsibility for managing the next pandemic unless and until the WHO is fundamentally reformed. Even then, it would still fail

since centralized approaches to pandemics offer markedly inferior responses to medical crises. Placing all of the World's eggs in one basket risks a major catastrophe for humanity should the one global medical response be the wrong one!

And if there is anything that humanity can count upon, it is that unaccountable and corrupt bureaucracies will make huge mistakes just as they did during the last so-called pandemic (if that was truly a mistake and not a deliberate act of bioterrorism). Sadly, though, it will be you and me who pay the price, especially if the centralized medical dictatorship envisioned by the Treaty comes into force.

Alarming, the Pandemic Treaty is constructed to be a "framework treaty," that is,

**Placing all of the World's eggs in one basket
risks a major catastrophe for humanity
should the one global medical response
be the wrong one!**



one that can be tinkered with every year by the parties to it. And who knows what evil mischief that would cause? WHO-expert James Roguski says, “Adoption of such a framework convention would set up an ongoing Conference of the Parties that would meet on a yearly basis to adopt protocols in a manner that would occur largely without public input and outside of public scrutiny.” So, we would be faced with an agreement that could become more monstrous and deadlier with time.

The Plan

As mentioned, a final draft pandemic treaty was intended to be presented in late May 2024’s 77th session of the World Health Assembly (WHA), which was then expected to be pro-forma adopted by its health-minister delegates in Geneva. That did not happen.

Undeterred, though, the WHO is pressing forward with its plans for the Treaty’s adoption. As Roguski further stated, “The 10th meeting of the Intergovernmental Negotiating Body [INB] will be held in hybrid format July 16-17, 2024. They hope to reach consensus on the “Pandemic Agreement” before the end of 2024.” So, although the Treaty failed to be adopted last Spring, as we all knew, it was only a temporary reprieve. The INB’s intentions are to bring the Treaty before the 78th session of the WHA in 2025, or if possible, by a special session of the WHA in late 2024.

The IHR

However, the 77th session of the WHA still took up its other agenda item and passed various proposed amendments to its International Health Regulations (IHR). The most important of these would enable WHO to shove medical decisions down the World’s throats; and the decisions would be made by one unaccountable person, the WHO Director-General.

One of the proposed amendments to the IHR would have, for example, replaced the words “The implementation of these Regulations shall be with full respect for the dignity, human rights and

fundamental freedom of persons” with the deliberately vague phrase “based on the principles of equity, inclusivity, coherence and in accordance with their common but differentiated responsibilities to the States Partners, taking into consideration their social and economic development.” Fortunately, the review committee considering the amendments rejected this change; instead, this introductory language was left intact except for a tag line at the end stating, “and shall promote equity and solidarity.” (See https://apps.who.int/gb/ebwha/pdf_files/WHA77/A77_ACONF14-en.pdf)

On the other hand, the wording so feared in the Pandemic Treaty is right there in the recently adopted amendments to the IHR:

“4 bis. If the Director-General determines that an event constitutes a public health emergency of international concern, the Director-General shall further determine, having considered the matters contained in paragraph 4, whether the public health emergency of international concern also constitutes a pandemic emergency.”

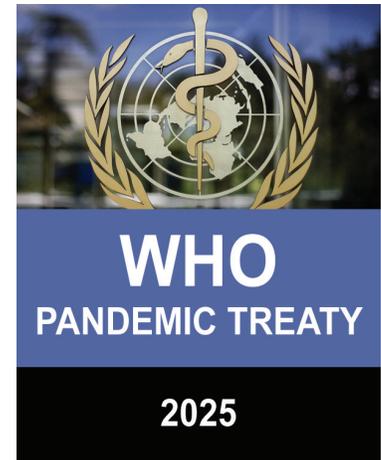
So, the WHO Director-General will be a global medical dictator after all. How inconvenient for the rest of us.

It was a long week as the WHA considered and adopted fundamental changes to its IHR, which changes put all of us at risk of mandatory “emergency” public-health measures that would take away our freedoms. However, since the IHR amendments were not timely submitted to the WHA (that is, four months before the start of its May 27th meeting), they could not be properly considered at this year’s meeting per WHA’s own procedure.

Of course, that did not prevent the WHA from proceeding as if all were normal and passing the majority of the IHR amendments. Roguski’s comments in this respect are very germane. *“The core lesson that was learned by the participants in these negotiations [from the*

last COVID-19 pandemic] was that “Big Pharma” was NOT big enough. Their desire is to make pharmaceutical products available in unlimited supply around the world.”

The Bottom Line



The WHO Pandemic Treaty will be brought up at next year’s annual meeting; and even though the WHA adopted the IHR amendments at its late May 2024 meeting, they were improperly accepted (and thereby, in my opinion, *ab initio* void). Soon enough, if either Donald Trump or Robert F. Kennedy, Jr. is elected President of the United States, it is virtually certain that they would reject the Treaty and the IHR amendments. Otherwise, if Kamala Harris wins, the Treaty and IHR changes will remain, thereby guaranteeing that America and the rest of the World will have many more pandemics in the future.

That is exactly why it is more important than ever for all of us to push forward the adoption of the recently rewritten Medical Freedom Amendment, which now includes specific wording to protect Americans from tyrannical international treaties and organizations, especially those organizations that have been captured by the pharmaceutical industry. To see the revised wording, go to page 20 or to: <https://thenhf.com/pass-the-medical-freedom-amendment/> and send word to your representatives that you want this Amendment passed. Together, we can do this. 🔥

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Modern Medicine is Broken!

But There Is Something We Can Do About It

It seems that year after year our healthcare declines while mortality and disability rates climb. Sadly, we are seeing:

- More chronic disease than ever
- Corrupted science & research
- Lying scientific experts
- Untrustworthy and fabricated medical reports
- Anti-human government “health” agencies
- Expensive, ineffective, and even deadly treatments
- The deadweight hand of Government in every healthcare decision

That is exactly why it is more important than ever for all of us to push forward. For almost 70 years now, the National Health Federation has educated, advocated, and legislated to protect your health and your health freedom. We have fought to make available to you those remedies and solutions for your health problems and to preserve your health-freedom rights, those very rights that are threatened now more than ever, as bullet-pointed above.

The Medical Freedom Amendment

Our proposed Medical Freedom Amendment (MFA) is a game changer! If we had the MFA in place now, we would have GcMAF treating cancer patients, we would see an end to persecution of alternative doctors and traditional medicines, and we would witness a blossoming of real medicine and real cures! Both lifespan and life quality would expand. To read it, please go to page 20 of this issue of *Health Freedom News*.

YES, we know the MFA is a long-shot. The hurdles we will have to jump just to get a constitutional amendment passed are *enormous*. Yet, even if we fail, the national conversation about

“No one can find a safe way out for himself if society is sweeping towards destruction. Therefore everyone, in his own interests, must thrust himself vigorously into the intellectual battle. None can stand aside with unconcern; the interests of everyone hang on the result. Whether he chooses or not, every man is drawn into the great historical struggle, the decisive battle into which our epoch has plunged us.” – Ludwig von Mises

health rights that it will create will be benefit enough! Millions of people will be educated about health freedom and its benefits, **and this alone can create change.**

NO, we are not putting all of our eggs in one basket! Our lobbying & legislative efforts also continue regardless of the passage of the MFA. As does our unique work at the Codex Alimentarius Commission and committee meetings.

YES, we are redoubling our opposition to the World Health Organization’s power grab over global pandemics, to geoengineering, and to the dangerous and toxic web of wireless fields that are becoming impossible to get away from.

YES, we need your help to do all that we can to protect you!

All around us we can see that our World is in trouble, that everything from our food to our water to our air, and consequently to our very body, is becoming increasingly poisoned with harmful chemicals and dangerous frequencies. We all can see that our political representatives no longer seem to

heed our wishes but instead only obey the dictates of distant, unelected princes and big corporate interests.

No One Can Stand Aside

As the great economist Ludwig von Mises once said, no one can stand aside with unconcern. Whether we wish it or not, **ALL OF US** are getting swept up into this maelstrom where we must fight to preserve and expand our freedoms or else lose them all to a new technological Dark Age where we are the short-lived, half-alive and half-aware serfs and slaves answering to an invisible elite that thinks it knows best. *There are no bystanders in this fight.* We ask that all of you join with the Federation, in every possible way that you can, to help us restore and enhance our freedom, health-freedom rights, and to prevent the kind of totalitarian medical responses we had forced upon us during the COVID-19 “pandemic.” Your health depends upon it.

We ask you for your financial support to continue our health-freedom work and to make the Medical Freedom Amendment a reality. **Go to**

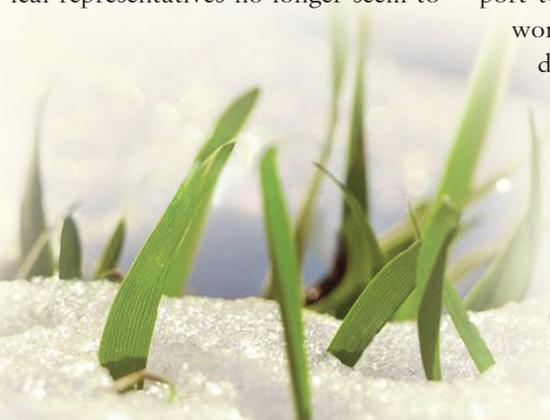
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or use the envelope in this magazine to mail us a check.

Thank you!

Yours in Health Freedom,



Scott C. Tips
President and General Counsel
NATIONAL HEALTH
FEDERATION



*Paralyze their resistance
with your persistence*

INTERNATIONAL DARK-SKY ASSOCIATION vs. FCC and SPACEX

BY ARTHUR FIRSTENBERG

On December 29, 2022, the International Dark-Sky Association (IDA) – now known as DarkSky International – sued the U.S. Federal Communications Commission (FCC) over its decision to approve SpaceX’s application for up to 30,000 more low-orbit satellites, in addition to the 12,000 already approved and in the process of filling our skies. This is Case No. 22-1337 before the United States Court of Appeals for the District of Columbia Circuit, and has not yet been decided by the court.

Long-exposure photographs of the sky by astronomers already look like this:

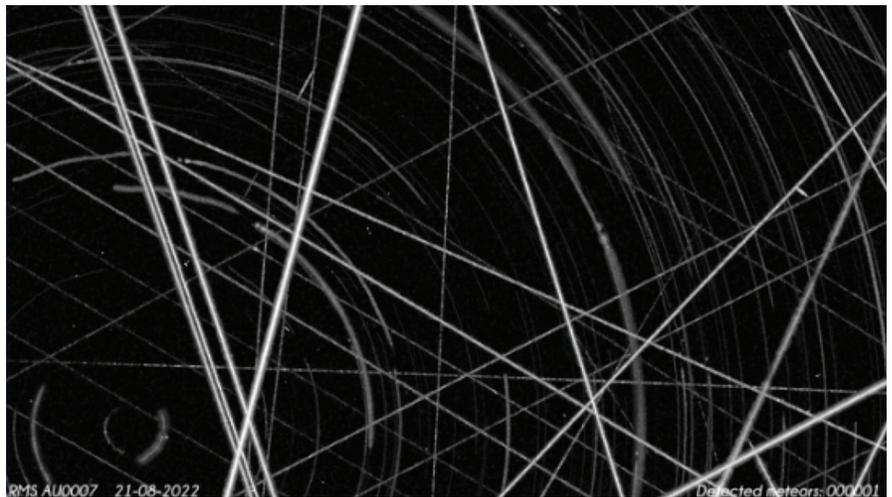


IMAGE 1.

Photo taken by an amateur astronomer in a suburban location in Western Australia. The circular tracks are stars. The much brighter straight tracks are all satellites, except for one track which is a meteor./

On the right is a 77-minute exposure taken by astronomer Dave Thanatos in Salisbury, England. In this darker location, the circular tracks of the stars are brighter than the straight tracks of the meteors and satellites, which, however, fill the entire frame of the photograph. There are only ten meteors in this picture. All the other straight tracks are satellites. And as Scottish astronomer Andy Lawrence, lead author of “The Case for Space Environmentalism,” said, “Good luck telling the difference!”

American plasma physicist Sierra Solter implored the FCC to “*please save our night sky ... Please, please, don’t take away my stars. To feel that my place of comfort and calm – a starry sky – is being taken away and given to billionaires is suffocating.*”

On December 18, 2023, Ms. Solter published a scientific article detailing her fear for our Planet. Each of the 42,000 planned Starlink satellites, she wrote, has a design lifespan of only five years, after which it will be de-orbited, burned up in the atmosphere, and replaced. She calculated that this will require 23 satellites per day – each the size of an SUV or a truck – to be burned up in the atmosphere forever into the future, leaving an enormous amount of toxic chemicals and metallic dust to accumulate in the air we breathe and in the ionosphere.

This is already happening, she wrote, and should be stopped if we value our lives. “Since the beginning of the space industry, approximately 20,000 tons of material have been demolished during reentry. ... This is over 100 billion times greater than [the mass of] the Van Allen Belts.” She estimated that if 42,000 Starlink satellites are deployed and regularly demolished – let alone the 1,000,000 satellites planned by other companies and governments – “every second the space industry is adding approximately 2,000 times more conductive material than the mass of the Van Allen Belts into the ionosphere.”

“Unlike meteorites, which are small and only contain trace amounts of aluminum, these wrecked spacecraft are huge



IMAGE 2.

A 77-minute exposure taken by astronomer Dave Thanatos in Salisbury, England. In this darker location, the circular tracks of the stars are brighter than the straight tracks of the meteors and satellites, which, however, fill the entire frame of the photograph. There are only ten meteors, the rest are satellites./

and consist entirely of aluminum and other exotic, highly conductive materials,” she explained in an April 16, 2024 article in *The Guardian*.

Much of the metallic dust will settle into the ionosphere where, she says, it could act as a magnetic shield, reducing the magnitude of the Earth’s magnetic field in space. If that happens, the atmosphere itself could eventually be destroyed, because the Earth’s magnetic field – the magnetosphere – is what deflects the solar wind and prevents it from stripping away the Earth’s atmosphere, as she told Teresa Pulterova in an interview on Space.com.

Other astronomers involved in the litigation before the FCC and now the Court of Appeals include: Meredith Rawls with the Vera C. Rubin Observatory in Chile;

Gary Hunt with Action Against Satellite Light Pollution in the UK; Samantha Lawler at the University of Regina in Canada; Graeme Cuffy of Port of Spain, Trinidad and Tobago; Mark Phillips, President of the Astronomical Society of Edinburgh; Roberto Trotta of the Imperial College London; Carrie Nugent, Associate Professor of Computational Physics and Planetary Science at the Olin College of Engineering in Needham, Massachusetts; and Cameron Nelson of Tenzing Startup Consultants in Charlottesville, Virginia.

Other issues are also mentioned in the appeal. For example, the burned-up aluminum produces aluminum oxide, which destroys ozone and contributes to climate change. So do the water vapor, soot, and nitrogen oxides in rocket exhaust.

“Please save our night sky ... Please, please, don’t take away my stars. To feel that my place of comfort and calm – a starry sky – is being taken away and given to billionaires is suffocating.”

*~ American plasma physicist
Sierra Solterto to the FCC*

“If you are a bird you do not want to fly anywhere near a Starlink Gateway. And if you are a human, you do not want to live near one either.”



Some Gateways have up to 40 radomes. Each of those domes weighs 1,750 kilograms. Each aims a narrow beam at moving satellites. According to FCC filings by SpaceX, each beam can have an effective radiated power of more than 1,000,000 watts, which it can aim as low as 25 degrees above the horizon. If you are a bird you do not want to fly anywhere near a Starlink Gateway. And if you are a human, you do not want to live near one either. When a satellite aims its beam containing thousands of signals at a Gateway, that beam is about 10 miles in diameter by the time it reaches the Earth.

Robin is a Starlink subscriber who lives in a remote area of Idaho less than three miles from the Starlink Gateway in Colburn. She writes about the effects on her family and her animals – effects that disappear when they are at their other home in Montana where they are surrounded by a National Forest. The effects on her guinea hens are similar to the effects that I wrote about in my last newsletter:

“Our guinea hens make a strange noise while moving in a circle. This only hap-

pens in Idaho where we live within 3 miles from a SpaceX ground station. We never see this phenomenon in Montana.

“We also had 2 separate litters of Chihuahua puppies born. Both litters had defects, and both lost a puppy and were smaller in size. The very same thing happened with our cat – small litter, birth defects and the loss of one kitten. There was a fire last year and we were forced back to Idaho and

are making EVERY EFFORT to move away from the gateway and our neighbors’ Starlink dishes as quickly as possible. My health is a concern here, but when I go home to Montana I am fully recovered as are my husband and son. We live off grid both places. No electricity, no running water, and it’s a crying shame what is happening to the world with all these manmade devices.”

When in Idaho, Robin suffers from extreme vertigo and nausea, burning migraines, severe pain in her spine and all of her joints, tingling in her fingers and toes, memory problems, “extreme gut pain, and at times stabbing pain in the gall bladder and liver,” bradycardia, tooth pain and sinus infections, and “severe heart palpitations to the point where I’m gasping for breath while my heart pounds.” Her husband has joint pains, frequent urination during the night, and headaches. Her son has heart arrhythmias, stabbing pains in the gut, and brain fog. She and her husband hear the radiation. “We’re hearing a sort of sped-up Morse code,” she says. “When I go home

to Montana I am fully recovered as are my husband and son.”

Robin knows many people in her area who are similarly affected. She adds that, “*when we first moved here in 2019 we had A LOT of birds. We now have a silent Spring, it’s like a dead zone. I’ve heard/seen one robin and just a handful of birds. We used to put out 11 hummingbird feeders and as of last year we only need one. There were quite a few black bears and a couple of grizzlies but now only one grizzly is around.*”

At last count there were 277 Starlink Gateways in operation or under construction in the World: 181 in North America and the Caribbean, 26 in South America, 2 in Africa, 26 in Europe, and 42 in Asia and the Pacific.

The FCC maintains a webpage listing thousands of licenses that it has handed out to hundreds of companies to operate both fixed and mobile satellite Earth stations in the United States. Some of these stations are far more powerful than the Starlink Gateways. SES’s Earth station at Bristol, Virginia, for example, emits up to 1,900,000,000 watts of effective radiated power, and it is allowed to aim it as low as five degrees above the horizon. SES’s Earth station at Brewster, Washington is allowed to emit almost 1,000,000 watts in the actual direction of the horizon! SES owns O3b mPOWER, which is the satellite system that had its first radomes on board the Diamond Princess cruise ship, the ship that had the famous outbreak of disease blamed on COVID-19 at the beginning of the pandemic.

Arthur Firstenberg is a scientist, journalist, and author who is at the center of a worldwide movement to reduce electromagnetic pollution. He is President of the 501(c)(3) nonprofit organization The Cellular Phone Task Force, and author of The Invisible Rainbow: A History of Electricity and Life (2017). He can be reached at: P.O. Box 6216, Santa Fe, New Mexico 87502 USA, and arthur@cellphonetaskforce.org.

First posted at <https://cellphonetaskforce.org/astronomers-in-court-against-fcc-and-spacex/>. 🔥

NHF'S HEILBRONN, GERMANY EVENT A SMASH HIT!

BY SCOTT C. TIPS, NHF PRESIDENT



first posted at <https://cell-nuclear-force.org/astronomers-in-cooperation-against-fac-and-spacex/>

After months of planning, and after having lost our master-event planner Petra Weiss who suddenly and unexpectedly died of hospital sepsis in early December 2023, NHF's event was saved by Ernesto Langrock, who picked up Petra's fallen torch and worked very hard with me to make this one-day, live event on April 27, 2024, in Heilbronn, Germany a great success. Styled as "Recht trifft Medizin" (*Law Meets Medicine*), this NHF event hosted a great number of fantastic speakers, including Catherine Austin Fitts, Dr. Sucharit Bhakdi, Tom Lausen, and Dr. Walter Weber, before a predominately German audience of 400 attendees.

Importantly, our intrepid health-freedom advocates from NHF-Sweden – Sara Boo and Michael Zazzio – pitched in to help, flying from Sweden to Heilbronn



HEILBRONN

to be present as both speakers and co-organizers. Sara spoke compellingly about the global vaccination agenda and why countries must exit the United Nations in order to avoid the new WHO treaty and International Health Regulations (IHR), while Michael used his insights and experience to show the processes and influences underpinning globalism.

After brief introductory remarks in German by Ernesto Langrock and me, news anchor and Kontrafunk moderator Robert Meier began the event with a lecture on "Woke Culture," a cultural movement promoted by the left-green German government, and its impact on gender issues. Subsequently, a member of the Bundestag (German Parliament), Nicole Höchst, spoke eloquently about current figures and developments related to the Corona com-



Tom Lausen speaking before the attentive crowd

RECHT TRIFFT MEDIZIN
 Ein Symposium der Spitzenklasse

NHF
 27. April 2024
 14 - 20 Uhr

Harmonie Heilbronn
 Allee 28, Heilbronn

WHO - Eine Verletzung des Grundrechts?
CORONA - Eine Aufarbeitung

Eintritt: 40.- €
<https://eventfrog.de/recht-trifftmedizin/>

Weitere Gäste:
 Imad Karim
 Nicole Höchst
 Prof. Dr. Fritz Söllner
 Robert Maier
 Florian Pfaff
 Prof. Dr. Dr. Hans Pistner
 Christof Plothe
 Michael Zazzio
 Sara Boo
 Natalie Reisenbüchler (Moderation)
 Scott Tins (Gastgeber)

Tom Lausen
 Dr. Walter Weber
 Sucharit Bhakdi
 Catherine Austin Fitts




Imad Karim, Scott Tips & Dr. Hans Pistner

tial to protect citizens' rights and avoid State disinformation.

Prof. Dr. Fritz Söllner – an economist and author of several books – discussed the economic impact of the COVID-19 crisis, noting in particular that Germany's GDP fell by 4.9% in 2020 and the unemployment rate rose from 5.0% to 6.4%. His research and publications focus on the

economic impacts of migration, war, and public policies during lockdown phases. He analyzes the macroeconomic consequences of such events on the economy.

After a short break, German-Tunisian filmmaker Imad Karim presented his film *Dekadenz* and initiated an open discussion. The film deals with the COVID-19 lockdown period and its impact on culture, as well as the decline of reporting by public broadcasters.



plex, addressing the social and economic damage caused by the Corona policies.

Tom Lausen – an author, analyst, and popular speaker – provided insights into his work as an expert for the German Federal government, analyzing over 1,000 inquiries from members of parliament on the topic of COVID-19. Tom's clever use of slides in his Power Point presentation had the audience laughing virtually non-stop – no mean feat when discussing such a serious topic.

Florian Pfaff – a former Bundeswehr officer – spoke about his experiences during his military service and the current distorted media coverage of the conflict between Russia and Ukraine where atrocity events are staged to depict Russia as evil. Overall, Pfaff argued that transparency and accurate media reporting are essen-



Ernesto Langrock & Scott Tips, the day after

Prof. Dr. Dr. Hans Pistner – a medical doctor with two doctoral degrees and now active in the political arena – spoke about the everyday life of medical professionals during the COVID-19 pandemic, especially noting that hospitals were not as overwhelmed as the mainstream media reports had suggested.

The pre-eminent virologist and former professor at the University of Mainz, Dr. Sucharit Bhakdi is much admired in Germany for his integrity and courage. He joined the event via video livestream to present new scientific findings from his virological and genetic work.

Dr. Walter Weber – an internist from Hamburg and a member of the Doctors for Enlightenment circle – shared his experiences during the COVID-19 pandemic and his fight against the mask mandate. More to the point, Dr. Weber bravely faced legal charges for issuing medical certificates exempting patients

from wearing masks. He, too, spoke with a dry sense of humor that often had the audience laughing.

The ever-popular Catherine Austin Fitts – a former managing director and member of the board of directors of the Wall Street investment bank Dillon, Read & Co., former Assistant Secretary of Housing and Federal Housing Commissioner at the U.S. Department of Housing and Urban Development in the first Bush Administration, and former president of Hamilton Securities Group, Inc. – generously shared her wisdom via video link with the crowded room on the subject of financial freedom and its opposite, financial control. She detailed exactly how the subtle and not-so-subtle use of financial power is being used to control us and direct our decisions, especially those concerning our health. Even though she spoke in English, the audience avidly followed her words.

Except for Ms. Fitts, Mr. Zazzio, and Ms. Boo who delivered their speeches in English, the symposium was conducted in German and was a smash success, according to all who attended. One attendee aptly spoke for many when he said, “I was privileged to attend the Heilbronn event. Thank you so much for your great work.”

The event’s success – albeit fraught with difficulties from the beginning (which only reinforced the fact that we were to proceed with getting this information out) – will lead to others like this in Germany and around the World. NHF is an international federation dedicated to health, health freedom, and education, which leads to activism. If you are interested in hosting an event such as this in your area, let us know at contact-us@thenhf.com.

To see the video of this event, as well as interviews of the speakers and me, go to: www.thenhf.de.

The advertisement features a photograph of a family (a man, a woman, and a child) walking through a forest with autumn foliage. In the foreground, several bottles of Common Sense Herbs products are displayed, including SuperLax, Blood Builder Plus, ENDURANCE RAW VEGAN PROTEIN, FF-II, PMS, and Cardio Help. The background is a dark green gradient with white and gold text and graphics.

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Want to Help NHF Lobby for Health Freedom?

Here's how to schedule a Zoom meeting with your representative on your preferred issue ...

With President Trump joining candidate Robert F. Kennedy, Jr. in agreeing that the real epidemic isn't COVID-19 but rather chronic disease, at least two of our three main politicians running for the U.S. Presidency understand the true threat to health in America and much of the Western World.

This epidemic is caused synergistically by toxins polluting our air, water, food, land, and medicines. For each of these environmental assaults, NHF has a campaign with an email that you can send to your congressional representative and both senators.

Will you please help me, as your NHF lobbyist, schedule a Zoom meeting with your congressional representative, so that I can explain the issue and together we can discuss its importance with him or her for your congressional district, your State, and America as a whole? Do not be concerned if you do not feel comfortable enough to address or openly speak to your representative, I can certainly do the speaking for both of us.

Beyond sending our emails to Congress, we need *direct* meetings with these politicians and their relevant staffers.

To help schedule a Zoom meeting, you can:

1

Click on your preferred NHF campaign now (see thenhf.com) to send the suggested email for that campaign to Congress

2

Then call that politician's office – via the operator at 202-225-3121 – to request the name and email address of the special “Legislative Assistant for Health” of your representative

3

Email that staffer/assistant a request to meet by Zoom in the following week with your email's Subject line stating “Request to meet by Zoom to discuss [insert topic of the campaign you chose in #1 above]”

4

Forward any response you receive from Congress to charles.frohman@thenhf.com to schedule the Zoom for all three parties – NHF, you, and the representative and/or their staffer

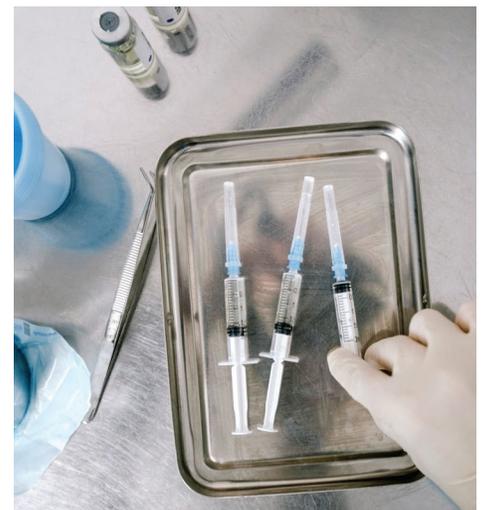
5

with another email, resend the same email, or call again the following week if there's no response.

Congressional staffers are terribly busy, with a broad portfolio of issues to track – and upon which they must not only advise their bosses on how to vote but also on how to answer countless letters from their constituents concerning these same issues. Thus, persistence will be required to secure this meeting for NHF and you.

Over the past year, NHF has met with dozens of congressional staff, mainly to oppose wireless bills pushed by the telecommunications industry. While COVID-19 has awakened the World in such a way that health-freedom advocates can go on the offensive against vaccine tyranny, no equivalent catastrophe has warned decision makers that the mesh of wireless antennas they are allowing to be deployed outside of our bedrooms, classrooms, and in our parks might be a grave danger.

We are also commencing calls for co-sponsors for our bill to ban vaccine mandates and report on vaccinated/unvaccinated comparison studies (which will expose over-vaccination as related to the chronic disease epidemic).



We will lobby with you on any health-freedom campaign that you support and the NHF is pursuing, including:

- Restoring pHARMA vaccine injury liability (taken away by Congress in 1986)
- Opposing FDA's persecution of nutritional supplements, homeopathy, and natural compounding
- Exiting the WHO and the UN
- Replacing occupational licensing with competitive certification
- Expanding Health Savings Accounts
- Exposing vaccination of livestock and crops on ranches and farms
- Insisting that the EPA bans toxic pesticides and geoeengineering
- Adopting the Medical Freedom Amendment to the U.S. Constitution, and
- Restoring some trust in public health authorities by ending the Federal health bureaucracy and dividing it among the 50 States, where it properly belongs.

Which one or more of the above campaigns motivates you to schedule a Zoom meeting for the NHF to discuss the issue directly with your representatives?

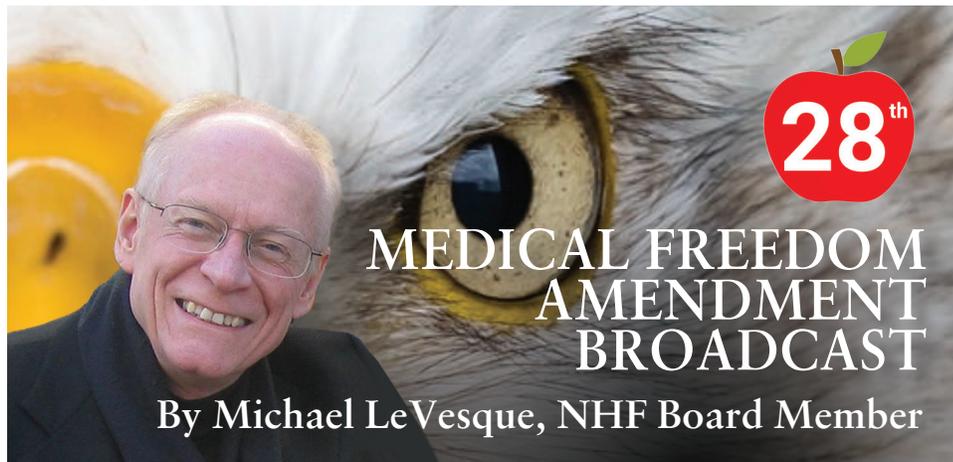
I will explain any of the above campaigns to your representative, if you first schedule the Zoom meeting with him or her, or their staff. Let me, as the NHF lobbyist, argue for you or together with you. 



*Will you start the effort now,
with #1 above?*

Thank you!

Please subscribe to the NHF's Rumble channel where you can freely watch all of our NHF Monthly Brainstorms. Also join the NHF's groups and pages on Facebook, LinkedIn & Twitter, to help our campaigns.



Medical Freedom Attacked by the Court System

“Bait and Switch”

“NC Court Rules Federal PREP Act Protects Forced Vaccination without Parental Approval”

The North Carolina Court of Appeals has ruled against a mother and son who sued the Guilford County school board and the Old North State Medical Society over a 14-year-old boy's forced COVID-19 vaccination. This ruling was made on March 5, 2024.

The vaccination occurred without parental consent and against the boy's consent and wishes. The court acknowledged that the intent of the State law is to protect bodily autonomy and parental rights, and that the violation suffered by the plaintiffs when the boy was forced to take the shot against his wishes was outrageous and “egregious.” The Old North State Medical Society had forced the son to receive the Pfizer/BioNTech Comirnaty COVID-19 shot when he had only gone to be tested for COVID-19.

North Carolina State law provides that “a health care provider shall obtain written consent from a parent or legal guardian prior to administering any vaccine that has been granted emergency use authorization [EUA] and is not yet fully approved by the U.S. Food and Drug Administration (FDA) to an individual under 18 years of age.”

Still, notwithstanding the Appeals Court stating that it was an “egregious” act and that State law was on the plaintiffs' side, it reached a unanimous decision *against* the mother and son. The court handed down an egregious decision, knowingly taking away the boy's personal, inalienable medical freedom, requirement of parental consent, and bodily autonomy. What was the Court of Appeals' logic that led it to defile justice?

The State statute, according to the Appeals Court, was preempted by the Federal Public Readiness and Emergency Preparedness Act of 2005 (PREP Act). The court concluded that the Guilford Board of Education, which hosted the clinic, was not at fault. They based this on three other out-of-State cases. We are thus witnessing the growth of case precedents to establish this case's rulings as a definitive rule for all States, in essence further substituting Federal for State authority over medicine.

The boy had attended a free testing center for COVID-19 since he had been exposed to SARS-CoV-2 virus and needed clearance to attend football practice. The letter informing him of the clinic stated, “consent for testing is required.” **However, testing and vaccinating are two completely**



different things (Bait and Switch).

There was no bodily autonomy, no parental consent, no personal consent, no protection by State law, no informed consent, and instead only a misleading statement of consent when forced to receive the “vaccination.”

Informed Consent, as a Rule of Law, means that it cannot be pre-empted nor is it conditional. Therefore, there are no conditions restraining its application. Informed consent goes hand in hand with medical choice.

Also, extremely dangerous is that the court case includes battery charges. This determination means that the PREP Act can include a physically forced “countermeasure” (switch), called a “vaccination” (bait). What else does a “countermeasure” include? What lurks on the horizon could forebode the worst with “countermeasure” defined as quodlibet (whatever you like).

The PREP Act goes hand in hand with tyranny, despotism, and medical enslavement. The PREP Act goes even further by giving immunity to any “covered person,” and who may that be in the future? Who can do what to whom? What other rights that we hold dear are in danger and easily ignored and by whom without recourse? Will eventually the term “covered person” include other than a person, such as a robot since the government is so cavalier with its definitions?

Here are some details from the PREP Act,

“There was no bodily autonomy, no parental consent, no personal consent, no protection by State law, no informed consent, and instead only a misleading statement of consent when forced to receive the “vaccination.”

which states explicitly that any other law to the contrary is subject to the PREP Act as follows: *“Subject to the other provisions of this section, a covered person shall be immune from suit and liability under Federal and State law with respect to all claims for loss caused by, arising out of, relating to, or resulting from the administration to or the use by an individual of a covered countermeasure if a declaration under subsection (b) has been issued with respect to such countermeasure.”*

Where does this term “countermeasure” originate from? It can be found in the USA PATRIOT Act of 2001, which was over 500 pages long and amazingly introduced the very next day after the 9/11 Twin Towers terrorist act. This is why the Medical Freedom Amendment (MFA) includes the term “countermeasure.” **We now know that the COVID-19 shots were not vaccinations, they**

were intended “countermeasures.”

The United States government approved the multitude of experimental injections as military anti-terrorist “countermeasures” in the form of technological computerized formulas of a modified RNA spike protein in a sea of chemicals foreign to our bodies, actually a genetically modified organism (GMO). They acted under the authority of the USA PATRIOT Act of 2001 and the PREP Act of 2005, to function as a military response with immunity from liability.

Did you know that the Pfizer shots listed hundreds of side effects (bad effects) prior to their emergency use authorization? Were you ever told that?

The USA PATRIOT Act of 2001 was not conceived, hopefully, to expose the entire American population to the tyranny of government over our medical freedom by allowing an international corporate phar-

“Did you know that the Pfizer shots listed hundreds of side effects (bad effects) prior to their emergency use authorization? Were you ever told that?”

maceutical monopoly to tap into the United States Treasury and launch an outright attack by experimentation upon U.S. citizens. Or, was this Act conceived as a weapon against us, the citizens? This would be a criminal act. Regardless of the intent, it has certainly turned out that way.

Technically, the “vaccinations” are “countermeasures,” that is one word. The results have been devastating as direct evidence from the U.S. government’s Vaccine Adverse Event Reporting System (VAERS) demonstrates at the government’s website. **A wolf in sheep’s clothing. So, why can’t a “countermeasure” be an “emergency use authorization”?** It in fact is!

The court ruled incorrectly. No “egregious” act should be enforced by any court anywhere. The court by its ruling has unambiguously enforced dictatorship and destroyed freedom for this young man, and in so doing, did so for everyone. It also dissolved States’ rights over medical freedom.

Can we trust our government to uphold our medical freedom without enacting the Medical Freedom Amendment? The answer is simple – NO.

What if the court had ruled for the boy, that his bodily autonomy was absolute and violated, and that the State had the power to protect him? This would have set a new precedent for courts to ponder, especially since Congress decided to take away State power. The case would have been appealed. The State Court could argue that their State law used the words “emergency use authorization” in a broad and appropriate sense. States have power over medical rights regardless of Federal legislation. This is why this court decision is so important, because it is relinquishing its constitutional powers.

When Congress enacted the law enabling EUAs and the FDA used it as a medical, military “countermeasure,” the law required that

there could be no other alternatives available and that a national biological, chemical, nuclear or radiation attack be taking place. It certainly was not intended for a “pandemic” situation where the suspected viral agent is mutating faster than medical science is able to cope with and where the pandemic’s severity is questionable.

This is where malfeasance came into play, with the FDA and the NIH denying alternative therapies that were safe and effective. It was profits time for the pharmaceutical industry. Tragically, it was also a time when all kinds of illegal actions took place regarding our civil rights.

In a nutshell, the term “countermeasure,” through a trickery of terminology, provided cover for fast-tracked, medical experimentation of a military weapon. The government not only endorsed this activity, but it funded and laid the groundwork for it. Hospitals and doctors were incentivized (“bribed”) to endorse its actions. It destroyed small independent businesses, while allowing large corporations to conduct business as usual since these corporations will more readily adhere to government conformity. This was a government coup against our most intimate freedom, health.

Now we face great impending danger from the World Health Organization (WHO) in the form of an international pandemic treaty and agreements that would grant the WHO Director-General global dictatorial powers over whatever he or she decides is a pandemic. Scott Tips, President of the National Health Federation, made this point to me recently when he said that Article VI of the United States Constitution makes international treaties the law of the land. So, the additional terms and wording drafted by Scott have been added to fully protect our inalienable rights from tyranny, despotism and dictatorship under all circumstances. 🔥

Here is the recently amended Medical Freedom Amendment:

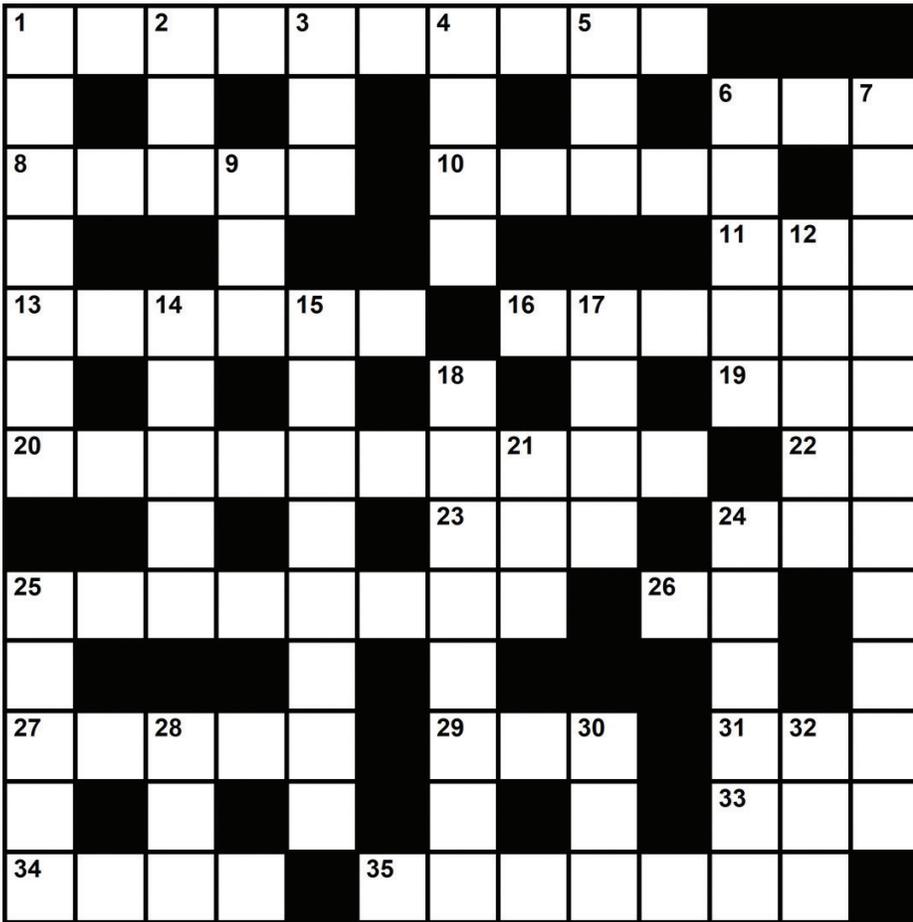
“All people have the Right to secure their Health in the manner they choose. Congress, the President, State Legislatures and Executives, Governmental Agencies or Departments shall make no law, rule, regulation, countermeasure, executive, emergency order, or enter into any treaty or international agreement that impedes the Individual’s rights to informed consent nor right to medical choice nor freedom of medical choice. The treaty provision of Article VI of this Constitution shall not apply in any way to this amendment.

Nor shall the President, Congress, State Legislatures and Executives, Governmental Agencies or Departments make any law, rule, regulation, countermeasure, executive, emergency order, or enter into any treaty or international agreement that impedes the Individual’s right to medical privacy and freedom without individual and specific judicial warrant supported by Oath and affirmation of necessary cause to protect Society from Harm describing the Individual’s condition and danger it presents.”

The Medical Freedom Amendment campaign can be accessed at <https://thenhf.com/pass-the-medical-freedom-amendment/>, while the videos can be found on YouTube at <https://www.youtube.com/watch?v=t-h2K-8HUvU> and on the MFA blog March 2024 at MedicalFreedomAmendment.org in several languages – Spanish, French, German, Portuguese, and Italian. Please join the National Health Federation and take part in supporting the Medical Freedom Amendment.

NHF Crossword Puzzle

By Myles Mellor (Please see answers on page 30)



Across

- 1 Toxic chemical in Roundup®
- 6 When it's "broken," that's good
- 8 Bread baker's ingredient
- 10 The best way to bring broadband into homes, as opposed to wireless
- 11 The Trojans, abbr.
- 13 Complete
- 16 Nut high in Omega-3s and antioxidants
- 19 The "I" problem
- 20 Changes in the characteristics of a cell or organism as a result of altered gene expression
- 22 News agency, abbr.
- 23 Inflamed
- 24 Historic time period
- 25 Main structural protein found in skin and other connective tissues
- 26 Patient's tag shows it
- 27 Desire eagerly
- 29 Edge
- 31 Stop the sale of
- 33 Falsify
- 34 Kitchen appliance
- 35 1910 report that led the way for the concept that pharmacology is the only solution against disease

Down

- 1 Naturally occurring amino acid that has potent anti-inflammatory effects
- 2 Vote of approval
- 3 Feverish
- 4 Not dangerous
- 5 Check
- 6 Dried fruit
- 7 Animal feed additive and steroid-like drug that causes blood vessel constriction, rapid heartbeat, and anxiety
- 9 Relaxing center
- 12 Glucose or fructose, e.g.
- 14 Test
- 15 Joined to a metal atom by two or more bonds
- 17 Like gastric juice
- 18 Appealing to the intellect
- 21 "___ lords a-leaping"
- 24 Esculent
- 25 Bean used in making chocolate
- 28 Type of bandage
- 30 Alloy
- 32 Mostly oxygen and nitrogen



In Memory Of...

Ron Rattner

Bryan Malinowski

Dr. Jim Meehan

Rhonda Massie

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HEALTH BITS & PIECES

By Birgitta Lauren, Holistic Health Coach

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

The Link between Diet and Brain Health

Published in *Nature*, recent research has shown that a healthy, balanced diet is linked to superior brain health, cognitive function, and mental wellbeing. The study, involving researchers at the University of Warwick, sheds light on how our food preferences not only influence physical health but also significantly impact brain health.

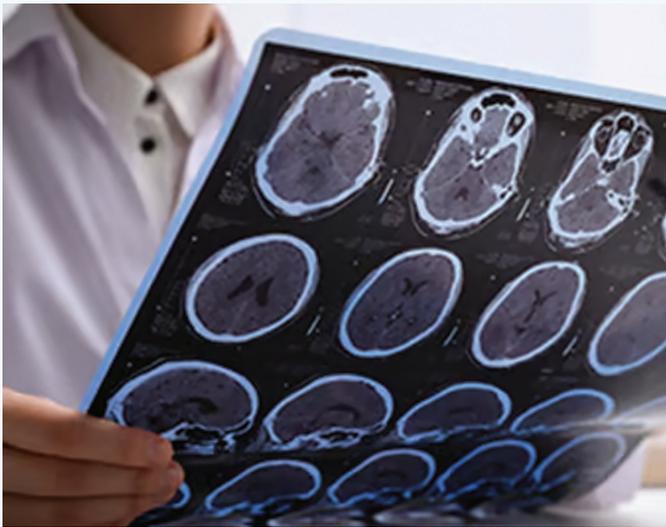
The dietary choices of a large sample of 181,990 participants from the UK Biobank were analyzed against a range of physical evaluations, including cognitive function, blood metabolic biomarkers, brain imaging, genetics, and even higher



amounts of grey matter in the brain – linked to intelligence – compared with those with a less varied diet.

Zhang R, Zhang B, Shen C, et al., “Associations of dietary patterns with brain health from behavioral, neuroimaging, biochemical and genetic analyses,” *Nature Mental Health*, 2024(2), pp. 535-552, at <https://doi.org/10.1038/s44220-024-00226-0>.

Alzheimer’s, the Immune System, and Improved Cognition



A recently published study sheds new light on an important component of the immune system in patients with Alzheimer’s disease. The study was published in the *Journal of Alzheimer’s Disease*, and the authors say that, to their knowledge, it is the first to describe these elements in Alzheimer’s patients.

The Alzheimer’s group was given a dietary supplement consisting of a natural aloe polymannose multinutrient complex (APMC) for 12 months, which resulted in “an overall rebalancing of the Th1/Th2 ratio.” Th1 is the pathway affecting innate immunity – the body’s first line of defense but is pro-inflammatory. Th2 affects adaptive immunity, which creates antibodies specific to the viruses, bacteria, or toxins that it encounters, strengthening over time, and is anti-inflammatory. Importantly, this rebalancing toward Th2 was associated with improvements in Alzheimer’s patients’ cognition at the end of the study.

Lewis J, McDaniel H, Woolger J, et al., “The Characterization of the Th1/Th2 Ratio in Moderate-Severe Alzheimer’s Disease Patients and Its Response to an Aloe Polymannose-Based Dietary Supplement,” *Journal of Alzheimer’s Disease*, 2023, 96(4): 1723-1737, at <https://pubmed.ncbi.nlm.nih.gov/38007658/>.

Dad’s Gut Microbes Impact Pregnancy Health and Baby’s Growth

In researching microbes, male fertility, and pregnancy, scientists focused especially on how and to what extent gut bacteria can affect biological processes at body sites far from the gut, in particular reproductive tissues. None of this is fully understood.

After changing the community of gut microbes in prospective mice fathers by administering either antibiotics or laxatives, the sperm from a father with a perturbed gut microbiome triggered changes in the placenta (which forms from cells of the embryo) that developed in its mating partner. Some of the resulting offspring had a lower birth



weight and a higher chance of premature death than did offspring of fathers with a normal microbiome.

The researchers report that the use of antibiotics affected the production of healthy sperm, with negative consequences for the development of embryonic cells into the placenta and for offspring weight and lifespan. The molecular pathways underlying this phenomenon are not yet fully understood. The effect was reversed 8 weeks after recovery from antibiotic treatment.



Veerus L, Blaser M, Sadovsky Y, et al., “Dad’s gut microbes matter for pregnancy health and baby’s growth,” *Nature*, May 1, 2024, at www.nature.com/articles/d41586-024-01191-5.

The Human Touch

Researchers have recently confirmed that nonsexual touch, like hugging and massage, has “critical importance” in promoting physical and mental health. Chronic pain from arthritis, injuries, fibromyalgia, anxiety, and depression can be helped simply with touch. A friendly pat on the back can even enhance sports performance by reducing anxiety and performance damage from stress.

Overall, they found that touch provided beneficial effect best suited for de-

creasing depression, anxiety, and pain in adults and children, as well as promoting weight gain in newborns. Touch from humans versus a robot was most effective, but touch from a stranger was equal to touch from a familiar person except in the case of newborn infants. Parental touch was superior to that of medical staff. Frequency of touch was more beneficial than duration. Several quick hugs per day may

be more beneficial than a 20-minute massage.

Experts suspect that gentle touch activates three important neural messengers: oxytocin, dopamine, the opioid system (endorphins), the vagus nerve, and the sympathetic and parasympathetic nervous systems.

Packheiser J, Hartmann H, Fredriksen K, et al., “A systematic review and multivariate meta-analysis of the physical and mental health benefits of touch interventions,” Nature Human Behaviour, April 8, 2024, at <https://doi.org/10.1038/s41562-024-01841-8>.



Walk Slowly, Think Slowly

In a five-decade cohort study of 904 participants in New Zealand, physical and biological indicators of accelerated aging, including compromised brain integrity (e.g., reduced brain volume and cortical

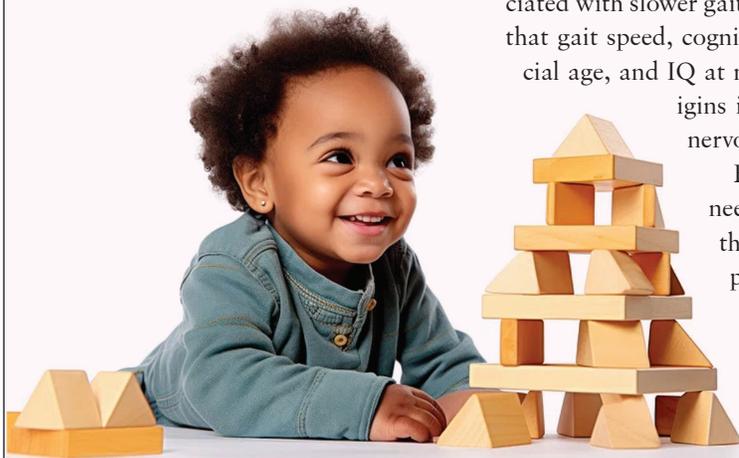
thickness), were associated with slow gait measured at age 45 years. Lifelong compromised brain health – including poor neurocognitive functioning as early as age 3 years and childhood-to-adulthood decline in cognitive functioning – was associated with slower gait at midlife, meaning that gait speed, cognitive impairment, facial age, and IQ at midlife may have origins in childhood central nervous system deficits.

Further research is needed to determine the association more precisely between childhood neurocognitive functioning and midlife gait speed. It is thought that



epigenetic lifestyle factors are more important here than genetic factors, and therefore early optimal diets could prevent bad effects later in life.

Rasmussen L, Caspi A, Ambler A, “Association of Neurocognitive and Physical Function with Gait Speed in Midlife,” JAMA Network Open, Oct 11, 2019, 2(10):e1913123, at <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2752818>.



Pain

BY MICHAEL LEVESQUE, NHF BOARD MEMBER



Stepping into a room filled with labeled bottles from floor to ceiling is not the most welcoming sight. It wasn't intended that way. There were only twelve shelves and a handful of supplements in the beginning. All varieties of people came into the store back then, and they seemed to belong to a small, unnamed secret sect of believers. Stories floated around the store like vapors of incense, raising eyebrows, with heads nodding, and looks of recognition.... What did it all mean? Why didn't everyone else know this? There were mentions of conspiracies, frightening stories of physicians losing their licenses, and personal anecdotes. It was all about health and nutrition.

Being there, at the very genesis of vitamin stores in the U.S., was one of the joys of my life, and knowing something was good for you, regardless of what others said, built character. It meant you had to read, you had to listen, and you had to pay attention to your internal self. Suddenly, an insight struck – you became aware that you had control over your health, you made the difference – all you needed were the facts.

That was many years ago. Today, health topics about nutrition are heard in everyday conversations. So, here is my perspective, from one who takes supplements, and loves and respects the world of nutrition.

Where to begin? One of the basic reasons a person first seeks information about supplements is to learn how to relieve pain. Let's start there.

Pain may appear in the form of a cramp, a twinge, a spasm, a sting, an ache, or a paroxysm. Pain can take the

form of neuralgia, rheumatism, arthritis, heartburn, a toothache, or a stomachache. It can be sciatica, gout, a cramp, earache, or labor pains. Pain has so many faces and so many causes and, as a merchant for many years in nutrition, one gains a growing perspective of the role that nutrition plays in managing pain.

Pain signals to us that something is wrong. It makes us pay attention. Pain has several basic centers: the lower back, frontal part of the head, the base of the head, and the abdominal area. It can also be in the joints or from an injury. Pain is an individual experience that requires us to consciously explore its cause. Is it emotional or physical, is it chronic or intermittent, is it dull or acute? It causes much apprehension, resulting in our searching for a solution as easily and quickly as possible.

Most of us know one simple solution, that miracle, aspirin, or one of its non-acidic competitors. Aspirin is quite remarkable in its abilities – it inhibits prostaglandin synthesis as well as interleukin 6 (IL-6), which is a factor in heart disease and breast and liver cancer. It also protects the brain, is a powerful antioxidant, helps to prevent cataracts and protects against glycation in diabetes. Aspirin is one of those wonderful remedies that came from the natural world of herbs, specifically meadow sweet and white willow bark. Unlike aspirin, white willow bark is not a product developed with industrial chemical solvents and manipulations. White willow bark also has buffering agents due to its great complexity and performs the same feats as aspirin, but in a deep, subtle, and gentle way.

The herbal world provides miraculous applications for pain, such as Jamaican dogwood, a potent anti-inflammatory and antispasmodic, cat's claw, cayenne, and feverfew. Feverfew is best known for its relief of migraines, muscle tension, and rheumatoid arthritis. It is also a powerful inhibitor of COX-2 and phospholipase A2 enzymes, which are associated with pain and inflammation. So, it is useful for pain as-

“One of the basic reasons a person first seeks information about supplements is to learn how to relieve pain.”



sociated with headaches, menstruation, spasms, and pain of the musculoskeletal system, and intestinal spasms. It is a powerful herb that has some precautions for pregnancy. Other potent COX-2 inhibitors are hops, chamomile, holy basil, scutellaria, and ginger.

Interestingly, rheumatoid arthritis was thought to be the result of an overactive immune system. The Mayo Clinic now has studies that show patients with rheumatoid arthritis have prematurely aged immune systems. Good nutrition and building the immune system are major keys to good health.

There are many natural pain relievers with a multitude of other benefits. For example, calcium is the most abundant mineral in the body, and in addition to strengthening our bones is a natural pain reliever, and one of the absolute best. At the same time calcium is necessary for a regular heartbeat, the transmission of nerve impulses, and the contraction of muscles. It should usually be balanced with other minerals, such as magnesium (another major natural pain reliever), zinc, and phosphorous.

Other nutrients that reduce pain are glucosamine sulfate and chondroitin. Glucosamine sulfate is an amino sugar used to create cushioning fluids and tissues around joints. It is used for sciatica, inflamed discs, and arthritis. It is also necessary for the formation of skin, eyes, bones, tendons, nails, ligaments, and parts of the heart. Chondroitin is a powerful anti-inflammatory and a biological response modifier that activates the immune system when conditions require it.

An excellent anti-inflammatory is Pycnogenol from pine bark. So is grape seed extract, and both are high in OPCs (oligomeric proanthocyanidins), a bioflavonoid and a strong antioxidant. OPCs help to relieve arthritis, sports injuries, and varicose veins. They also repair damaged collagen, increase circulation, and strengthen capillaries. Other natural pain killers are Vitamin K1 for chronic pain, Coenzyme Q10 (CoQ10) – an enzyme that is both a potent antioxidant and cellular energizer, and manganese, which shrinks tissue, thereby aiding circulation.

Pain is usually linked closely to swelling or stagnation, which in turn are caused by bad circulation and increased inflammation. Two of the major keys to good health are reducing inflammation and increasing circulation. Enzymes are one of nature's most healing catalytic elements. Proteolytic enzymes are a major element in reducing inflammation. Proteolytic enzymes enter the stagnant area and break down waste material, thus improving circulation and eliminating bruising and swelling. The tissue is further enhanced and protected by antioxidant enzymes, such as catalase, superoxide dismutase (SOD), glutathione peroxidase, and methionine sulfoxide reductase. These enzymes stop further



damage by free radicals, clean the synovial fluid, and improve circulation within the joints.

Other proteolytic enzymes are bromelain from pineapple and papain from papaya. These are often combined with quercetin, rutin, and hesperidin, which are potent bioflavonoids.

Vitamin C affects pain reduction in many ways. It is the most tested and studied nutrient in the World and has an incredible history of benefits. It is essential to collagen and elastin production – the substances that hold our bodies together. It detoxifies heavy metals, promotes wound healing, and increases white blood cell activity. It protects against cancer, heart disease, arthritis, and allergies. It is a crucial factor in treating male infertility, diabetes, constipation, iron deficiency, and drug withdrawal, as well as in suppressing the HIV virus. Vitamin C is necessary for healthy gums, growth, adrenal gland function, and so much more. Along this line, pantothenic acid (Vitamin B5) is another aid for pain via the production of natural cortisone, courtesy of the adrenal glands.

Other nutrients in the arsenal of in-

flammation reduction are the essential fatty acids (EFAs). Evening primrose oil, black currant oil, and borage oil are excellent sources of gamma-linoleic acid (GLA). These support the PGE1 (prostaglandins series one) function that affects hormonal balance. GLA is used beneficially for PMS, arthritis, eczema, brain injuries, inflammation, menopausal hot flashes, multiple sclerosis, cardiovascular disease, and other conditions.

Two other important nutrients are methylsulfonylmethane (MSM) and turmeric. Turmeric (curcumin) is the bright yellow herb found in Indian food. It helps to reduce cholesterol, arthritic pain, and blood clots. As a potent anti-inflammatory it also aids in cleaning the intestines of unwanted iron deposits, which otherwise aid the growth of fungus, such as candida; and it is extremely beneficial for the skin, eyes, and the brain.

MSM is a natural form of sulfur found in all living organisms and assists in a variety of areas such as reducing arthritic pain, relieving snoring, and improving the growth of hair and nails. MSM helps to protect against lupus, arthritis, and cancer. It also helps form

the bonds that link connective tissue together and is often found in combination with glucosamine sulfate and chondroitin. It is also helpful for allergies and constipation.

Pain from burns can be relieved through raw, unfiltered, unheated, untreated honey. I am always amazed at the immediate relief honey gives when applied topically and how miraculously healing it is when applied to the skin for an extended period. European burn clinics find that, “In vitro and in vivo studies have highlighted a broad range of activities provided by honey in burn treatment. These include anti-infectious, anti-inflammatory, antiexudative, antioxidant, wound healing, wound debriding, and nutritional properties.” (See, e.g., <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4158441/>) Unfortunately, U.S. clinics want to radiate the natural honey to get rid of any spores, which is not only unnecessary but also destroys the beneficial enzymes, among others.

Other numerous products that help relieve pain are phenylalanine (as DLPA), noni, black cherries, and homeopathic remedies such as arnica and calendula. There are also topical gels and ointments, such as Tiger Balm, White Flower, Ice Factors, and Arniflora®.

Pain always provides us with an opportunity to identify underlying causes. Sometimes it is as simple as needing to drink more water daily, or getting a new mattress, or changing the position of a computer screen or getting different lighting or having a window open, or needing sunlight. Other times it requires a change in one’s lifestyle to create more balance, moderation, and attention, including to one’s breath. Sometimes it is caused by a complex situation such as a stressful job, a troubled relationship, or an old injury. When the cause is identified one can look for resolutions and use imagination and critical thought to gain a solution. It is then that pain has become a guiding light to a doorway of knowledge, freedom, and health. Best of health to you! 🔥

BY JOHN LEAKE

Protocol 7

Produced and Directed by Andrew Wakefield

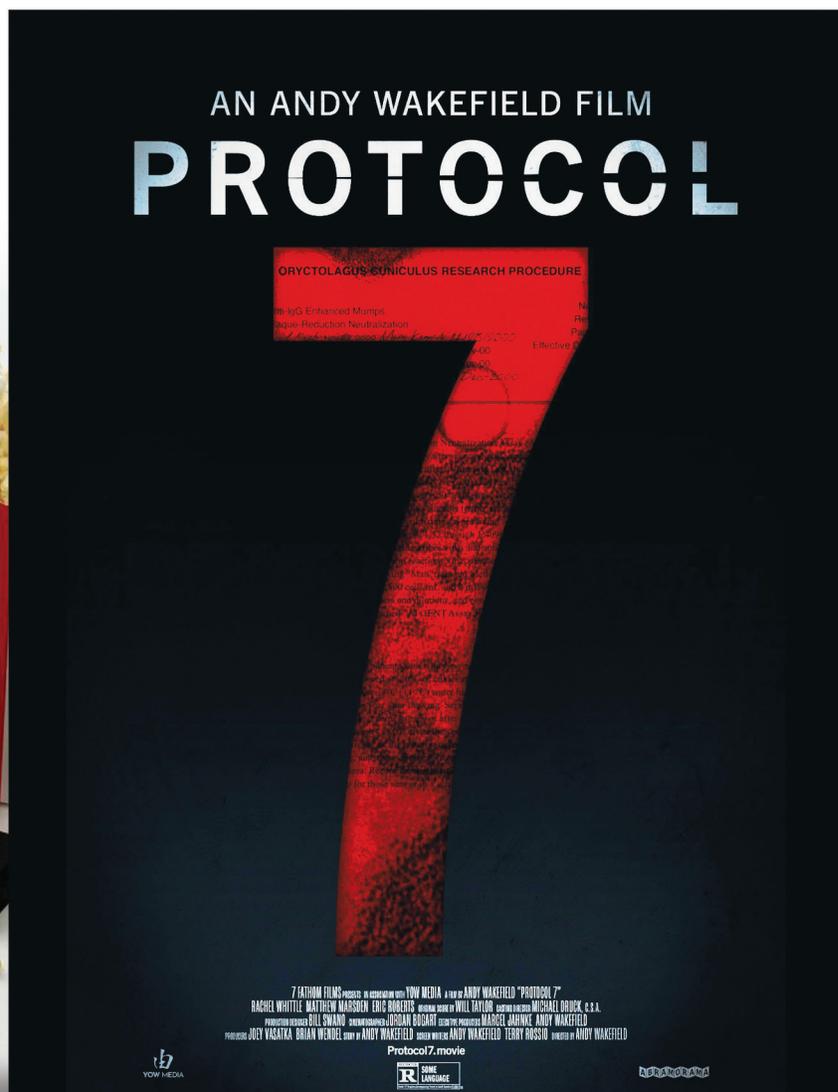
(2024; 7 Fathom Films; Protocol7 - Home; 1 hour 38 minutes; Rated R; ticket prices vary)

Andrew Wakefield's directorial debut is bold, ambitious, and dramatic.

IMDB's tagline for *Protocol 7* succinctly conveys the film's two major dramatic elements: "With the catastrophic regression of her adopted son, Lexi, a small-town lawyer, is confronted with the reality of corporate fraud at the highest level. Will she hold a massive corporation accountable in this true whistleblower story?"

Readers of my Substack are familiar with Andrew Wakefield's seminal documentation of children who developed enterocolitis and autism shortly after receiving MMR vaccines. After publishing his findings in *The Lancet*, his paper was

subsequently retracted and he became the subject of what may be the most vicious vilification and cancellation campaign since Dr. Ignaz Semmelweis was canceled in the early 1860s for proposing that anatomy students wash their hands



PROTOCOL 7

with chlorinated lime after dissecting cadavers, and before they examined pregnant women in the maternity ward.

Those who would like to learn more about Wakefield's life and work will likely be engrossed by my interview with him last year, at <https://petermcculloughmd.substack.com/p/interview-with-dr-andrew-wakefield>.



Protocol 7 is a medico-legal thriller based on the true story of two Merck lab scientists who, in 2010, blew the whistle on the company's fraudulent manipulation of lab data to support the company's efficacy claim about the mumps component of its MMR vaccine. The case has been tied up in courts ever since.

Rachel Whittle plays a small-town at-

torney and mother of an autistic child. British star Matthew Marsden plays a doctor with a history of being a lone voice in the wilderness about MMR vaccines and autism. Another British actor, Harrison Tipping, delivers what struck me as the film's best performance – that of a Merck lab scientist who is a willing participant in the fraud, but also one

who is tormented by his recognition that he is debasing his work and talent in the service of an ugly lie. Eric Roberts elegantly plays Dr. Errani, the head of Merck's MMR division, who demands that the lab team figure out a

way to support the company's efficacy claim by whatever means necessary.

As with any film that set out to convey a great deal of information at the same time it tells a story, *Protocol 7* occasionally labors under the weight of its ambitions. Nevertheless, it contains much suspense, drama, and poignancy. It is especially effective in showing the unques-

tioning faith that most of our society and institutions place in vaccines.

So strong is this faith – and so reinforced by vast financial interests – that merely questioning the safety and efficacy of vaccines will imperil one's career and may even imperil one's life. As I mentioned to Andy Wakefield at the film's screening in Austin, Texas in early June of this year, I believe he has been branded and punished not for his heterodox scientific views, but for what is today's equivalent of HERESY. *Protocol 7* reveals high priests of this vaccine religion to be money-grubbing fraudsters. Hopefully the film will awaken many people from their dogmatic slumber.

I applaud Andrew Wakefield's courageous foray into film directing and I recommend that all of our readers refer to the film's Showings Schedule to see if it's coming to your town on its North American tour. 🔥

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This film review was first published by John Leake on June 10, 2024, in the substack Courageous Discourse, at petermcculloughmd.substack.com/p/film-review-protocol-7. All rights reserved to the author.

BY DR. DONALD A. CARROLL, OD

Cracking the Stem Cell Code – What’s New, What’s Real & What’s Next in Stem Cell Science – *Adult Stem Cells Hold the Promise of Miraculous Wellness (Updated Edition)*

By Christian Drapeau

(ISBN-13: 978-0981020952; The Natural Wellness Group; 2013, paperback, 282 pages; \$21.95)

This book has explained to me why my 3” by 2” post-surgical ankle wound would not heal until I decided to try exercise despite a gaping and serious injury. By exercising, that big wound healed in a week after weeks of no improvement with orthodox medical treatment including a wound vacuum, antibiotics, and even a host of nutritional supplements and an excellent, anti-inflammatory diet.

In his fascinating book, author Christian Drapeau points out why exercise increases the release of stem cells from your bone marrow. I wish I had received this vital advice from my wound specialist or my surgeon. Drapeau goes on to explain the process of how stem cells are made and then signaled by the wound; not only wounds but also organs, tissues, and nerves are repaired in this manner.

Moreover, the author had been researching blue-green algae and started finding that its use resulted in a significant number of cures. From diabetes, Parkinson’s, nerve damage, and scar healing (even scars healing after 50 years!), blue-green algae has a powerful impact. When Drapeau studied the blood after

blue-green algae ingestion, he found out that the algae actually released stem cells into the blood. Thus began his journey of investigation into all of the many aspects of how stem cells are involved with far more healing than we had originally thought. He describes all of the different types of stem cells and how they are released from bone marrow and signaled by the wounds. I was most interested in what herbs he found worked. Can you imagine the synergistic effects from the blue-green algae when adding the other helpful nutrients along with exercise?

Along with exercise Drapeau describes the other herbs he has found that may increase stem-cell production significantly. The ones he put in his Stemregen formula are sea buckthorn berry extract, aphanizomenon flos-aquae (blue-green algae), Stemaloe™ (aloe macroclada, Madagascar as vahona), fucus vesiculosus seaweed extract, seaweed, panax notoginseng extract, beta-glucan 1-3, and colostrum.

Beta-glucan was a new molecule for me. It is found in mushrooms, among other plants. I have been taking reishi mushroom every night before bed to

sleep better and enhance spirituality, as it is said to do. Now I find out it also releases stem cells. Because it is a polysaccharide, it is also an immunomodulator, strengthening the immune system.

Other items the author had found helpful in releasing stem cells were: goji berry, gotu kola, cordyceps, and hericium. Additionally, a blend of blueberry catechins, green-tea catechins, carnosine, and Vitamin D3 increased stem cells. An anti-inflammatory diet – including omega-3 fatty acids and/or herbals such as cat’s claw, curcumin, and ginger – was also noted as beneficial.

I have been researching Dr. Adeel Khan M.D. and his cutting-edge, stem-cell procedures at his Eterna Health Clinics, but I am going to try these natural methods first. I tore the cartilage in my knee when in high school and would love to get it back. I like the idea of using exercise and herbals to stimulate my own stem cells.

Natural stem-cell enhancers have also been shown to improve Parkinson’s, diabetes, rheumatoid arthritis, cardiomyopathy, cerebrovascular disease, strokes, and spinal cord injury. In Tibetan and

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