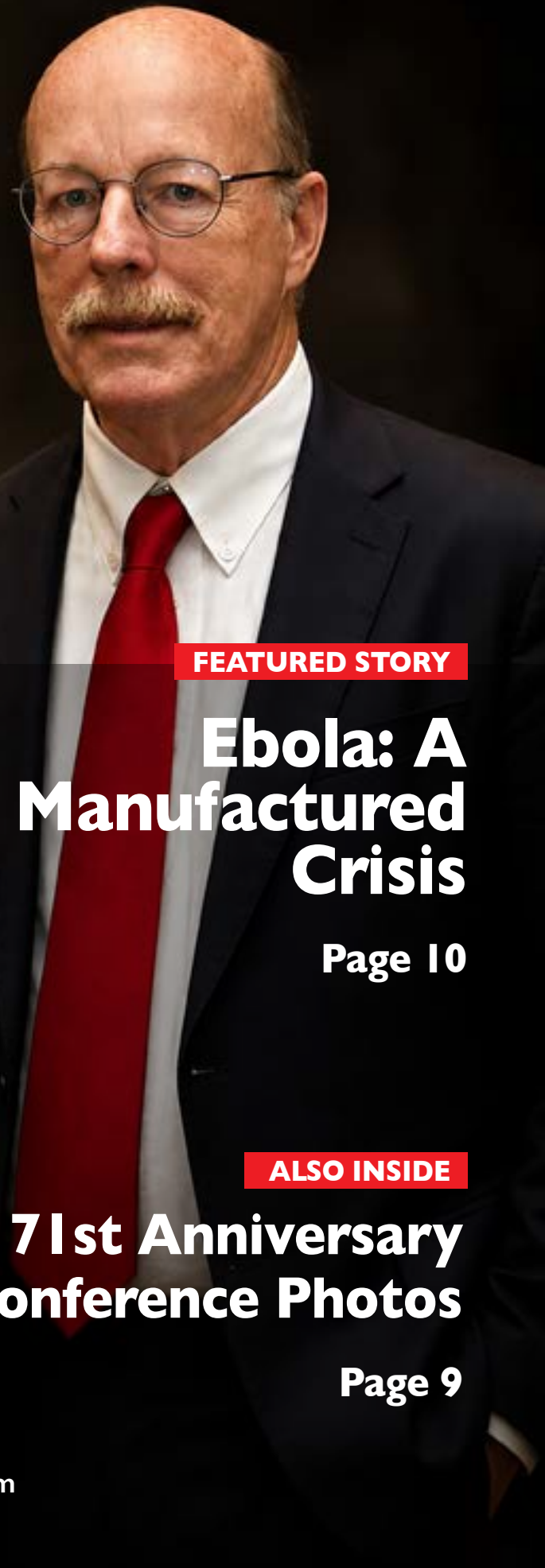


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# HEALTH FREEDOM NEWS®

SUMMER 2026 / VOLUME 44 / NO.2  
TRUE INFORMATION FOR TRUE HEALTH



**FEATURED STORY**

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# Give the Greatest Health-Freedom Gift of All.

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Your passionate advocate for Health Freedom,

*Scott C. Tips*



Dear Editor,

Thank you so much for all that you do.

Sincerely,

*Marguerite Dunne*

Dear Editor,

Thank you for the tireless dedication as a watchdog for our world food system.

Sincerely,

*Gerry and Yvonne Segal*  
(Sent with donation)

Dear Editor,

I received my current issue of *Health Freedom News* [HFN 44:1] It is an excellent issue... and the lead article by Matt is exceptional.

Kudos to Scott, Kat, Matt, and all others behind the scene that make this happen!

Healthy regards,

*Dr. Ross Pelton*

Dear Editor,

I would like to express my sincere appreciation to you, Mr. Scott Tips, for your informative contribution regarding freedom of choice in healthcare services.

Sincerely,

*Jacinte Levesque Naessens*

Dear Editor,

What are you going to do about this latest betrayal? What? More glyphosate to "deal with the food problem"? Help get this crap off the table! It stinks!

What about RFK Jr's glyphosate statement? I am really done unless he finds a way to disavow that really stu-

pid argument undoubtedly put out by the mic.

Sincerely,

*Rose Jenkins*  
(sent as a comment upon the MAHA movie)

Dear Editor,

I was researching possible alternative treatments for cancer and came across your December 2021 article regarding David Noakes, Lyn Thyer, and GcMAF. Is there any update on the story available please? I would be grateful to know.

I thank you and wish you well.

Sincerely,

*Jo Sai*

**Editor's Reply:** Thank you for asking about Mr. Noakes and Dr. Thyer. After an incredible ordeal that included imprisonment in both England and France as a result of two judicial systems that wouldn't know justice if it banged them sharply over the head, Dr. Thyer first and then later Mr. Noakes were released and put France in their rearview mirrors as quickly as they could and returned to England, where they are both now living quiet lives. Sadly, Mr. Noakes has suffered ongoing health issues from his harsh imprisonment in France; and all because he helped thousands of people with their health problems, one-quarter of them at no charge. Thousands were helped, no one was hurt, and no one complained – except the pharmaceutical industry that saw its monopoly threatened and initiated this whole evil circus.

Dear Editor,

I love this magazine. The articles are so informative on topics that are crucial to our well-being.

I am so appreciative of the wonderful work you and NHF have done with Codex.

Thank you so much. I am sending

a donation to support this quality program.

Sincerely,

Ronald E. Carroll, M.D.

Dear Editor,

Thanks for doing this Zoom conference on EMFs!!! I will see if I can get it into my schedule. For your information, I had a friend (now deceased) who was so violently affected by EMFs that she couldn't be near a 3-4 story building due to the EMFs from the wiring in the walls!

I also have a friend who bought a Tesla. He would become nearly paralyzed when driving it, due to the EMFs. He got an EMF meter, and any reading above 2 was considered unhealthy. The passenger-seat area of that Tesla registered over 200, he reported to me! Of course, he sold the car very quickly. Is anyone measuring these?

So, what is happening to the folks who are using Waymo driverless taxis, with all of its electronic sensors? Are they getting cooked each time they take a ride in one?? Has anyone measured the EMFs in one of these cars while in use??

How about other un-looked-for sources? I know, from my husband having been an electronics engineer, that every electron moving in any direction creates an electro-magnetic field.

How about "SMART" appliances and even "SMART" lightbulbs?? Let's all recognize that "SMART" doesn't mean "intelligent," it actually stands for Sustainability Monitoring Assessing Rating Tracking – so it is meant to put you under surveillance 24/7.

The really dangerous part is that the wavelengths of our broadcasting electronic devices are now approaching the harmonics of those that Life organisms use to communicate, cell to cell. Life uses chemical reactions that release electrical impulses, which communicate along the nerves. The "long" wavelengths such as radio are much less destructive to organic life. But each step into smaller waves increases their likelihood of seriously disrupting life organisms. "2G," "3G," and "5G" are actually symbols for the wavelength getting smaller and smaller.

There are already places in the crosshairs of radar, etc., where bird

populations have been nearly exterminated. "Collared" wild animals get into difficulties. As do racehorses that have "sensors" on them, day and night.

Cell phones? "Smart" watches? Our electric meter that's reporting on your electricity usage to some satellite hundreds of times a minute? Wi-Fi?? Who is measuring these?

Best wishes,

Cassandra

Dear Editor,

I found Durk and Sandy's book, LIFE-EXTENSION: A Practical & Scientific Approach, at my local library for 25 cents, which was money well spent.

Later, I purchased the rest of their books. While I follow a far different diet than they did, I'm a whole-food vegan who practices caloric restriction the Roy Walford way. Their information on supplements, particularly antioxidants and amino acids, has been life changing. People scoff at their early demise; however, nobody takes into consideration that they may not have made it as far as they had without their aggressive supplementation protocols.

I passed up a chance to meet Durk & Sandy at RAAD Fest in Nevada because I didn't want to spend the money and I greatly regret it now.

Sincerely,

James Clark (website comment)

#### EDITOR'S NOTE:

If you have noticed the brevity of some of the "letters" it is due to increasing amounts of comments being registered on NHF's social media channels and on our website. Please feel free to communicate with us there too!

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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# REPORT ON NHF'S DALLAS CONFERENCE IN APRIL 2026

*You should have been there!*

BY SCOTT C. TIPS, NHF PRESIDENT

For three days during April 23-25, 2026, the National Health Federation held its 71st Anniversary event at the Embassy Suites hotel in the Dallas-Fort Worth area. With an impressive lineup of speakers that included such notables as Catherine Austin Fitts, Dr. Judy Mikovits, Dr. Andrew Wakefield, John Goodman, attorney Thomas Renz, and many more (18 speakers in all), the event was fantastic for those in attendance and the attendees' comments were overall laudatory.

Unfortunately, attendance at our event was not up to expectations. Whether it was because of the Iran War, the bad weather with many flights delayed and cancelled, the discouragingly lengthy airport security lines, the half-a-dozen similar and competing local health events scheduled around the same two-week period, or all of the foregoing, many people stayed home or went elsewhere. However, those who attended benefited immensely by being able to interact on an almost one-to-one basis with most of the speakers. For them, it was heaven.

The NHF's 71st Anniversary conference opened up with speeches by NHF Advisory Board member Jamie Belz and by me. We then adjourned to a "meet & greet" session where attendees could interact with speakers and NHF board members and staff.

## Friday

But the conference started out in earnest on Friday morning, April

24th, with NHF Board member Matt Warnock's speech on health freedom. Correctly calling it a "universal right," Matt grabbed the audience's attention right from the start with his condemnation of the mainstream medical monoculture that claims there is one "magic bullet" for every disease. Other medical approaches, he said, offer a more-effective, multi-faceted approach to disease.

Matt was followed by Howard Vlieger – a well-known activist farmer and "student of the soil" – who has spread his message and warnings about glyphosate and other herbicide/pesticide dangers far and wide. Probably one of the most well-informed experts in America on the subject, Howard talked about what he styles as "Commodity Production vs Food Production," which is the current agricultural battle between industrialized food production and regenerative farming.

The foremost authority on and father of Health Savings Accounts, John Goodman, spoke next about the advantages of this type of cash account where Americans could not only avoid the huge financial drain and uncertain payments of insurance companies but could also sharply drive down medical-care costs as price transparency spreads across the nation.

NHF Advisory Board member and FDN founder Reed Davis, with his dry sense of humor, set forth and explained the five freedoms in healthcare businesses: Health Free-

dom; Emotional Freedom; Time Freedom; Geographical Freedom; and Financial Freedom. With a terrific knack of seamlessly weaving personal stories into his talk, Reed kept his audience wanting to hear more.

The rest of Friday's talks and presentations were equally flawless. NHF Lobbyist Charles Frohman ably moderated a panel discussion on wireless dangers and panelists Scott McCullough, J.D. and CeCe Doucette were fabulous in their arguments and subsequent fielding of questions from the audience. The geoengineering panel, well-moderated by NHF Board member Birgitta Lauren, was equally engaging; and was blessed with authorities Thomas Renz, J.D. and Nikki Florio, who explained how geoengineering is more of a danger than most of the population thinks.

Taking a different angle, Ms. Carrie Bigford, the Executive Director of Texans for Vaccine Choice (a close NHF ally), gave her trademark talk on how to most effectively reach out to others with our health-freedom messages. She said that for effective outreach we should stop arguing and start connecting. I know that I wasn't the only one convinced that she was right.

Friday ended on a high note with not-to-be-missed speeches given by Dr. Judy Mikovits and Dr. Andrew Wakefield, both of whom captivated the audience with a wealth of information. Judy, as usual, showed her steadfast dedication to medical integrity, informed consent, and ex-

posing the truth about vaccine dangers. As did Dr. Andrew Wakefield with his autobiographical topic “30 Years in the Trenches.” Both doctors are great examples of courageous heroes in our ongoing fight against medical tyranny.

## Saturday

Saturday morning also started on a high note. The wonderfully informed Michelle Perro opened the day with her topic: “Genetically Modified Microbes, Synthetic Biology and Human Health,” which detailed the many ways in which synthetic biology is infesting our foods and lives to our great detriment.

I then spoke after Michelle’s great speech – a tough act to follow – but I gave it my best with a brief insight into Codex Alimentarius and the many battles both past and present that NHF has fought there, and is still fighting, on behalf of human and animal health.

And who thought that dentists could be so engaging and interesting when talking about root canals? Well, Dr. Stuart Nunnally, who spoke next, had his audience, including me, riveted. The connection between tooth health and general health is so tight, he said, that quite often a patient’s general health issues flow from the dental work (especially root-canal work) that has been performed. Further, it’s important to remember that our teeth operate, among other things, as circuit breakers for the body.

NHF Vice-Chairman Dr. Thomas Levy spoke after his friend Dr. Nunnally with his vital message that toxins are the root cause of all disease. In one example, for the last 85 years food producers have been poisoning consumers with metallic *iron filings* added to food as a mineral “enrichment.” This iron additive is highly oxidative and causes damage to all biomolecules with which it comes into contact and is especially damaging to the gut biome.

Dr. Levy’s solution? Just stop adding iron filings to processed foods.

After lunch, NHF Advisory Board member Kendra Duquette spoke on “Biology versus Biotechnology,” with humanity at a crossroads in 2026, where we can continue to be human or we can be transformed genetically and trans-humanistically. If you don’t make a decision, then it will be made for you, she said.

Unfortunately, Dr. Jerry Tennant could not make it to the conference to deliver his much-anticipated speech; but attendee Dr. Jacinthe Levesque Naessens (CEO of Cerbe Laboratory in Quebec) kindly stepped into the breach and gave an impromptu but heartfelt talk about health and health freedom.

Keynote speaker Catherine Austin Fitts then spoke on “Building a Future Worth Living.” Among other things, she warned of the bankers’ drive to control not only monetary policy but also fiscal policy, which translates into control over us through a digital control grid. One of the wisest women I know, Catherine urged the audience to build our own channels and to not support the existing corporate network that is building a digital cage around us. Pay with cash. Find a banker whom you can trust. Enlist the help of the local Sheriff. Do not invest in the Control Grid. And pray as you act.

In his speech, health-freedom attorney Thomas Renz picked up on the theme that Catherine Austin Fitts spoke in part on, that is, the tokenization of everything. (A token is a digital representation of something physical, even a person.) And MAHA, Tom said, is not doing well. It’s being kicked to the curb as America races towards that digital cage, all based on ObamaCare and its electronic medical records.

After Tom’s weighty speech, the audience broke into small clusters around Tom and the other speakers before heading to their rooms to change for the Gala Dinner.

## The Gala Dinner

Not only were the two lunches served by the hotel plentiful and absolutely delicious, but the special Gala Dinner on Saturday night was also superbly organized and executed. Credit for the great lunches goes mainly to Birgitta Lauren while credit for the Gala goes to our NHF Gala-dinner team led by NHF Advisor Jamie Belz. Others helping in that group were NHF Board member Evitta Morrow and her daughter Danielle as well as Kendra Duquette. It helped that the hotel management at Embassy Suites leaned over backwards to accommodate our demands.

At the Gala Dinner, generously sponsored by FDN and Now Foods – and with many finishing touches and awards graciously provided by the Nutritional Therapy Association, Neil Levin (NOW) and Reed Davis (FDN) spoke for about fifteen minutes each. Both Neil and Reed are great storytellers, and Reed’s dry sense of humor had the dinner audience laughing along the way. Reed Davis has been a special stalwart supporter of health freedom and the NHF for several years now.

Then, the gifted singer Danielle Morrow enthralled the dinner guests with several songs. Last year, Danielle sang at NHF’s 70th Anniversary Gala Dinner to the amazement and delight of all. Her voice and elegance created an effect, both then and now, that one could say is truly magical.

## The Backstory

Special kudos go to NHF Secretary/Treasurer and CFO Katherine Carroll and Event coordinator Robert Kraus and his colleague Elizabeth Kucinich, all three of whom worked tirelessly and pulled the event together. Of course, NHF Outreach Director Philip Haddad helped greatly before, during, and after the event, including packing gift bags and delivering a solemn

prayer, as did NHF Board members Matt Warnock, Greg Kunin, along with NOW who all contributed to the gift bags as well, and Michael LeVesque (whose Medical Freedom Amendment video was shown during lunch). Throughout, Kathleen Furey was phenomenal as our official NHF photographer.

Moreover, our NHF Webmaster Matt Hudson went beyond the extra mile to produce a conference website that was modern and appealing. In addition, Matt repeatedly helped get the word out about this conference.

And we can never forget that heartfelt thanks and recognition must be given to RidgeCrest Herbs in general and Matt Warnock in particular, who supported NHF and this conference every step of the way. From providing the actual high-quality bags in which we put the attendees' gifts to unhesitatingly picking up the tab for vari-

ous expenses, RidgeCrest and Matt were there.

Finally, without the unceasing efforts of Katherine Carroll, Jamie Belz, and Kendra Duquette, as well as the other Planning Committee members, this conference would never have taken place. Even Jamie's husband, Mike, pitched in on technical issues and used his MacGyver-like skills to quickly solve those problems.

At the Gala, Katherine received an award for her 15 years of service to NHF. Others also received well-deserved awards. Of course many more merited an award, but you can only give out so many at one time. Everyone there was a hero or heroine in my mind.

While the conference was not the financial success hoped for, it was a great success in all other ways as new health and health-freedom information was aired and formidable new contacts were made and

friendships reinforced. I know that I learned a lot from the speakers there, and personally found the face-to-face contact much more fulfilling than any electronic interaction. *You should have been there!*

Still, for those of you who missed the conference, and those who wish to enjoy the conference once again, videos of the speakers will be posted soon, so register for our email list at [www.thenhf.com/join-us/e-newsletter-sign-up](http://www.thenhf.com/join-us/e-newsletter-sign-up) to make sure you receive the upcoming announcement. 📧



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Photos by  
Kathleen Furey

# EBOLA – A MANUFACTURED CRISIS?

BY BILL SARDI



EDITOR'S NOTE: Bill Sardi, now deceased, was NHF's Policy Advisor for many years, a prolific writer and speaker, living in California, who wrote this article in 2014, twelve years ago when the U.S. Government medical authorities were frightening the American people with the specter of millions of deaths from the Ebola Virus. Those millions of deaths never even came close to happening. Now fast forward to the Summer of 2026 and we have the same sick scenario being played out again with Ebola Threat 2.0. I published Bill's article in *Health Freedom News*, Vol. 32, No. 3, Fall 2014, but it is just as applicable now as it was twelve years ago.

In a revealing report entitled "Ebola is in America— And, Finally, Within Range Of Big Pharma," the London-based *Guardian* newspaper tells how the battle against Ebola was pre-planned. (*Guardian* UK, Oct 4, 2014)

It appears an effort to drum up an Ebola virus crisis emanated from publication of a list of neglected diseases by the World Health Organization (WHO) in 2012. With the publication of that list, 13 pharmaceutical companies teamed up with the WHO and the Gates Foundation to control

or eradicate ten diseases like tuberculosis, river blindness, sleeping sickness and Ebola.

The "End Neglected Tropical Diseases Act" introduced in Congress this year calls for the United States to expand its disease-fighting activities to address international tropical diseases.

Investment houses are paying attention. "Ebola could be the issue that sends the whole thing snowballing. You are going to get more industry engagement. The signs were already positive after the London Declaration

on neglected tropic diseases in 2012," said a Deutsche Bank analyst. Commercial interests, not disease, are the driving force behind this epidemic.

That analyst also said: "To the extent that these diseases are starting to appear in the U.S., this will put the issue much more firmly on US companies' radar." Is this why the arrival of a single case of Ebola involving an airline traveler to the U.S. is getting so much attention?

Once U.S. citizens' lives are threatened this will justify use of U.S. funds to develop drugs and vaccines

that poor countries cannot afford and also pawn the cost of human studies onto the American public rather than pharmaceutical or vaccine makers. This will save billions of research and development dollars for the vaccine and drug companies.

And apparently both sides will profit. It is difficult to fathom that agencies purported to promote public health hold patents on varieties of deadly viruses like Ebola. (US Patent publication number US20120251502A1) One begins to wonder what business these public agencies are in – profiteering or health?

So the unprecedented Ebola virus outbreak occurs right on time, based upon questionable diagnostic tests to count up the numbers needed to gain World attention.

Moreover, an article in Forbes magazine says the Ebola epidemic has silenced critics of Big Pharma, especially “innovator” drug companies that have been criticized for using patents to produce over-priced drugs beyond the affordability of many countries with exotic tropical diseases.

Now, says the Forbes article, “with the tragic outbreak and ominous spread of the Ebola virus, the whole world seems to be knocking at the drug companies’ doors hoping they will devise some way to prevent or cure Ebola.” (*Forbes.com*, Sept 11, 2014) But has the whole Ebola epidemic simply been contrived?

Unsurprisingly, Ebola virus and the whole class of filoviruses (which includes the Marburg virus) are characterized as potential bioweapons making the list of the CDC’s Category-A Bioterrorism Agents.

Ebola is described as being “relatively stable in aerosols” and can remain present on surfaces for extended periods of time. Tests were performed on monkeys to show that aerosolized Ebola, especially under low temperature and humid conditions, can result in increased body temperatures (a fever) beginning 4-5

days following initial exposure. This shocking report shows that infectious-disease experts have already pre-tested Ebola as a bioweapon – and here is the key part of the report – “as a foundation for testing vaccines and therapeutics.”

The tests were conducted in 2012 by investigators at the U.S. Army Medical Research Institute of Infectious Diseases, Fort Detrick, Maryland, the very same bioweapons center where an engineered anthrax bacterium was genetically traced back to in the crisis following the 9-11 terrorist attacks. (*Viruses*, Oct 15, 2012)

Interestingly, two drug/vaccine makers developing therapeutic agents against the Ebola virus receive funding, not from the Centers for Disease Control, not from the National Institutes of Health, not from the WHO, but from the U.S. Department of Defense, which has pre-tested Ebola in the animal lab as a terrorist bioweapon, not as a preventive vaccine. (CDC, August 29, 2014)

In an outspoken article written by Dr. Cyril Broderick, a former professor of plant pathology at the University of Liberia’s College of Agriculture, and published in *The Liberian Observer*, the pharmaceutical industry and the U.S. Department of Defense are fingered as conspirators in a plot to intentionally spread Ebola to provoke public demand to use unproven vaccines and drug as rescue remedies.

Professor Broderick notes reports that the U.S. Department of Defense funded Ebola trials on humans just prior to the Ebola outbreak in Guinea and Sierra Leone. In his letter addressed to all “world citizens,” Professor Broderick pleads for everyone to “please stand up to stop Ebola testing and the spread of this dastardly disease.” (*Liberian Observer*, Sept 9, 2014)

In short, the widely reported Ebola outbreak is overstated by health authorities and the news media. Malnutrition largely explains why Ebola virus has remained uniquely

confined to central and western Africa. If Ebola escapes to other well-fed regions of the World, it can only be sustained among those individuals who are immune compromised (smokers, diabetics, alcohol and drug abusers, immune suppressive drug users, infants and the very old).

If there is some sinister plot to intentionally expose the U.S. population or any other human population for that matter to weaponized Ebola virus, it will likely be foiled by good nutrition. Nutrition is to Big Pharma what a ring of garlic cloves is to Dracula.

The only entity that has advanced technology to spread Ebola is the U.S. Department of Defense, not some Third-World bio-terrorist. And that is exactly where the anthrax bacterium was traced to in the aftermath of the 9-11 terrorist attacks.

Whether covert government operations exist to intentionally expose the American population to biological threats to put counter terrorist operations to the test will likely never be revealed. Whatever is going on, a giant mind-control operation is currently underway as the current Ebola crisis is a massive fabrication on a worldwide scale.

According to surveys, there is a growing body of Americans who believe that an Ebola attack is coming to America. The question is whether Americans will fall for the idea that some lone terrorist inside some biological lab is capable of such a feat or whether a more sinister operation is underway by parties working on a larger scale. The current evidence points in the latter direction. As the late Dr. Stan Monteith frequently said: “America has the best enemies money can buy.” Can Americans face that truth? Maybe this time they can’t avoid it. 📢

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Read the full article at: [www.then-hf.com/ebola-a-manufactured-crisis/](http://www.then-hf.com/ebola-a-manufactured-crisis/).

# WHAT DO YOU KNOW ABOUT THE NHF MEMORIAL LIBRARY?

BY KATHERINE A. CARROLL, CFO

*"Give me a library, and I'll build a university about it."*  
Benjamin Ide Wheeler, UC President, 1899-1919

Just as a great university is expected to maintain an exceptional library, one would expect premier health-freedom organizations to physically steward unique, *uncensored* collections of books on health, alternative and complimentary therapies, medical freedom, and health liberty. Yet **only** the National Health Federation has done so. It has preserved the NHF Memorial Library – a dedicated, uncensored resource on health, nutrition, and health freedom - since the library's inception in 1970. This positions the NHF and NHF Memorial Library as a singular and unparalleled institution in the field of health and health freedom.

**NO OTHER HEALTH-FREEDOM ORGANIZATION** can make this claim. The NHF Memorial Library's value is inestimable today in this climate of censored libraries, book bans, falsified research, altered online posts, and suppression of healing models that cut the profits of the Medical Mafia and Big Pharma.

NHF and the Foundation for Health Research (FHR), our sister organization, are exclusively positioned to guard and shepherd uncensored health knowledge with our rare collection of literature, dating back to the 1800s, from every discipline and category: nutrition, fasting, chiropractic, osteopathy, naturopathy, Chinese Medicine, natural hygiene, herbs, nutritional supplements, agriculture and soil, dental, homeopathy, psychiatric, medical and natural healing, spiritual, and much more.

The three-fold mission of NHF centers on a vital purpose: To edu-



cate consumers, producers, health-care professionals, government, and other leaders about health and healing modalities and how to secure and preserve health and health freedom. The NHF Memorial Library exemplifies this mission. Our digitized NHF bulletins dating back to **the very origins of health freedom in 1955** provide a window to the past. The early battles prove that access to health education so we can make informed choices is crucial.

During the COVID-19 era, as censorship spiked sharply, tightening its grip around the World, and even earlier, as concerns grew over how search engines such as Google and major platforms were filtering, shaping, and steering information, we appreciated anew the importance of reliable, truthful, and independent sources of knowledge. One statement I've heard repeatedly throughout my years with NHF is, "I'm so grateful that you tell

the truth and that I can trust what I read from your publications!" That trust reflects the value people place in our quarterly publication, *Health Freedom News*®, as well as our news releases and educational resources shared through the NHF website and the NHF Memorial Library.

**But what do you know about the NHF Memorial Library?** Let me share with you what I know.

NHF founder Fred J. Hart announced plans in June 1970 to establish the library (originally called the National Health Federation Royal Lee Memorial Library in honor of his contributions to health freedom) as a central resource for books, scientific papers, legal records, and historical materials related to health, healing, and nutrition. The library was created to preserve valuable research and reference works for legislators, attorneys, students, and the public, while also supporting legal efforts involving health rights. The idea was strongly supported by nutrition author Linda Clark, who donated extensive materials and emphasized the importance of preserving rare health literature for future generations. The project called on NHF members and supporters to contribute books, documents, and funding to help build and maintain the library.

In 2022, the NHF and FHR offices and NHF Memorial Library moved from Monrovia, California to Washington State, finding a temporary home in Morton, a small mountain town in the foothills of the Cascades in a charming, historic office building. While many cities staggered under street riots and violence with windows smashed

and buildings burning, this one-of-a-kind Library found safety in the countryside. This temporary home persists as of 2026, while it awaits funding for a larger building able to hold its expanding collections, the most recent donated by NHF's researcher, the late Bill Sardi and a Chinese Medicine collection coming this year from the late NHF Board of Governors member Dr. Dan Kenner.

As part of NHF's commitment to empowering people through education, the Library stands as an extraordinary, unique, and richly diverse collection of approximately 6,000 **uncensored** health and health-freedom volumes, cherished classics, new releases, and over 1,200 rare natural-healing historical, medical, and soil health books. Volumes of research, legal cases, and antiquated medical devices and old photographs also fill the archives and storage units. This is a lifetime project and one well worth pursuing and supporting. Administered jointly with FHR, the Library is committed to preservation of these rare and valuable works dedicated to healing, nutrition, natural health, and the enduring principle of health-liberty and informed choice and medical freedom in healthcare.

Just as a lingering scent is left in a room where a vase of flowers once sat, so the NHF Memorial Library enfolds the heady, lasting fragrance not only of old books but of intellectual curiosity, unbridled scientific investigation, and distilled wisdom of the ages. It is palpable. It is actionable. A patron learned from a 1970s book that simple comfrey, regarded as a weed by many, would stop the painful psoriasis sores from bleeding through his shirt when all of the dermatologist's and doctor's expensive creams did not work. Another early volunteer, who writes below, found help for her Down's syndrome son that was transformational. **It just takes one book or article to change a life or someone's experience...**

NHF Memorial Library's young volunteer Victoria Pearl says of her experience, "I have always wanted to work surrounded by hundreds of

books, so volunteering at the NHF Memorial Library has definitely been a dream come true as well as a valuable experience. At the library, there are a myriad of different copies and antique editions. At least one hundred books even have the author's signature penned on the cover page.

"My homeschool schedule is extremely flexible, which allows me to be at the library once a week. When I started volunteering, I was asked to assist with scanning the *Health Freedom News* magazines into our computer. What might seem like a simple, quick task is actually meticulous. I must verify each step of the lengthy process – disassembling, scanning all pages in order, and proofing the complete scan – multiple times. After scanning, each volume is forwarded to a webmaster who publishes them on the National Health Federation (NHF) website at [www.thenhf.com](http://www.thenhf.com) for global access and public viewing. To date, there are approximately forty-six magazines remaining to be scanned in order to complete the NHF's online library of current and back issues (<https://www.library-cat.org/lib/NHFMemorialLibrary>).



"Preserving these magazines and articles is an important way to protect NHF's past and ongoing efforts to promote health freedom around the World. Because scanning is a time-consuming process, I have time to read bits and pieces of various informative articles while each page is on the scanner. This exposes me to health topics, different viewpoints, and ongoing issues in the world of health freedom, which are things that greatly interest me. I believe that the experiences we

have when we are young, whether positive or negative, greatly shape who we become in adulthood."

The last several years' focus has been on preserving the **original** health-freedom journals from the 1955 initiation of the National Health Federation. These priceless volumes are available on the NHF website as PDFs. There are still some gaps in available titles as we are still in process or need the actual bulletins, some of which have been lost in history to us.

One of NHF Memorial Library's original volunteers, Ruth Martin, shares, "I was honored to help establish the NHF Memorial Library inside the Carroll's historic Medical Vision Center building. As an avid reader with a lifelong passion for the healing arts, particularly natural and integrative approaches, I worked with other volunteers to transform a large collection into a more accessible, organized health resource.

"Drawing upon 12 years of medical-transcription experience across diverse specialties, I brought practical familiarity with medical terminology, clinical documentation, and the strengths and limitations of conventional care. My personal background – rearing five children while combining conventional medicine with naturopathic, Ayurvedic, and Chinese treatments – further helped us when we structured the library. While Dr. Carroll located the Library Thing/Tiny Cat online system that we now use, I helped design an intuitive in-office categorization system that allows users to quickly locate materials on specific conditions, nutritional therapies, herbal medicine, vision improvement, historical texts, and cutting-edge integrative research.

"Working hands-on, I unpacked, evaluated, cleaned, cataloged, and shelved over 6,000 books ranging from rare 19th-century volumes to modern scientific works. This involved both meticulous detailed work and broader planning to create a user-friendly space where patients and health seekers could easily find reliable information.

"This experience deepened my

conviction that access to quality, diverse health knowledge is essential for informed wellness decisions. The library's value became personal when I used its collection and NHF magazines to locate Dr. William J. Walsh's "Nutrient Power" article in a back-issue of *Health Freedom News*, which provided critical nutritional insights that significantly helped manage my son's serious mental-health symptoms, support that conventional approaches had failed to deliver. I remain deeply grateful for the opportunity to contribute to a resource that continues to empower individuals on their healing journeys."

Fred Hart would never have imagined that his vision for starting this library would make it uniquely significant throughout the World, or that its early writings would one day reach so far through digitization. We have "miles to go before we sleep" however. Here is some of what lies ahead:

- The new collections and donations coming into the NHF Memorial Library need to be entered into our system. See <https://>

[www.librarycat.org/lib/NHFMemorialLibrary](http://www.librarycat.org/lib/NHFMemorialLibrary)

- We seek donations and grants (and grant writers) to supply additional titles, labor, complete digitization and offering in other languages so uncensored knowledge is preserved
- A capital grant or donation for a dedicated building much larger than our current home for the library
- We wish to provide audible, low-vision, and braille libraries as well
- We hope to develop the children/youth section more fully
- We want to develop the research arm of the NHF Memorial Library with dedicated space for researchers as fragile and rare books are not released outside the Library
- We need volunteers
- We envision NHF Memorial Libraries in other countries as, despite the moniker, NHF is an international organization
- We foresee lectures, book signings, and education occurring at the Library and online
- We seek healthcare profes-

sionals who will include a small NHF Memorial Library selection in their offices for patient education and true co-management of health

For those of us privileged to be a part of this great endeavor, it is deeply humbling and we are so honored and grateful to preserve this healing wisdom for the ages to come. 🙏

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*If this project captures your imagination and passion, please donate to [www.foundationforhealthresearch.org](http://www.foundationforhealthresearch.org) and [www.thenhf.com](http://www.thenhf.com) to further this vital work. Moreover, should you have any old NHF bulletins, please consider sending them to the NHF Memorial Library, 240 West Main Street, Suite 1388, Morton, Washington 98356, so we can scan and upload them to the NHF website. If you have other relevant publications or library collections to donate, we can provide a tax-deductible receipt.*



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# AFRICA UNKNOWINGLY SAVES THE WORLD... FOR NOW

*The WHO Pandemic Agreement fails again*

BY SCOTT C. TIPS

Once again, negotiations over the proposed World Health Organization Pandemic Agreement have failed to reach a final conclusion. In May 2026, member states meeting under the WHO framework were unable to finalize the treaty, leading to another postponement in the adoption process. Several African countries and other developing nations raised objections, arguing that key provisions did not adequately address fairness, sovereignty, and equitable access to medical technologies.

## Africa to the Rescue

So, it was thanks to African nations that the World dodged another heartless medical bullet, because as we all know this treaty is intended to force every human on the Planet to be the willing or unwilling recipient of toxic, deadly “vaccines,” lockdowns, and other coercive biomedical mandates that would necessarily flow from this Agreement.

Of course, the main drivers of this treaty have been the Bill and Melinda Gates Foundation, the WHO, the European Union, and a smattering of other rather dictatorial states. Had it not been for the African countries digging in their heels and demanding something more just and fairer, this pandemic treaty would already be a done deal. The last thing that humanity needs is to be driven like cattle to mass slaughter all at the command of so-called, unelected “experts” with malice in their hearts and ignorance in their brains.

Now, remember, the core WHO Pandemic Agreement was already

adopted by “consensus” on May 20, 2025, after more than three years of negotiations. But the Agreement cannot fully enter into force until the PABS Annex is completed and the member countries adopt it.

## PABS

A major point of disagreement centered on the proposed Pathogen Access and Benefit-Sharing system (PABS). This framework is intended to govern how countries share pathogen samples and genetic sequence data during outbreaks, while also ensuring that countries providing such data receive fair access to vaccines, medicines, diagnostics, and other pandemic-related benefits developed from that information.

Many lower- and middle-income countries expressed concern that wealthier nations and pharmaceutical companies could continue to benefit disproportionately from pathogen data supplied by poorer countries, as happened during previous global health emergencies. African negotiators, in particular, pushed for stronger guarantees regarding technology transfer, local manufacturing capacity, and equitable distribution of vaccines and treatments. Absent any agreement on PABS, the treaty cannot come into effect.

## The Elite Party Line

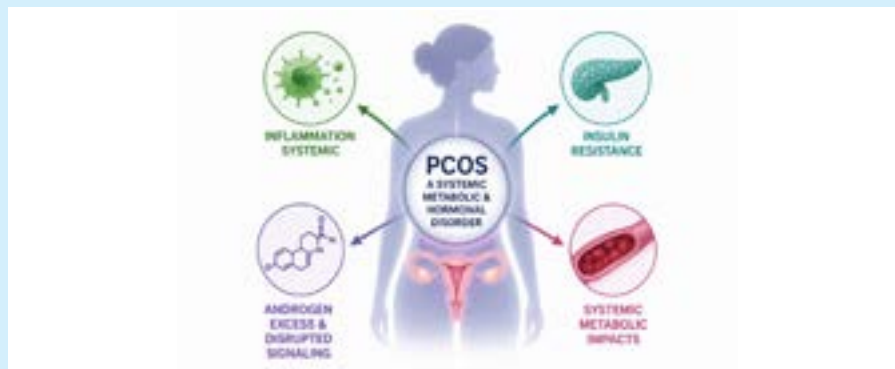
Of course, supporters of the Pandemic Agreement – including public-health officials, the WHO leadership, the European Union, and various international health organizations – argue that the treaty

is designed to improve global coordination during future pandemics, strengthen preparedness, and avoid the supply shortages and unequal vaccine access seen during the COVID-19 pandemic.

Critics, however, remain concerned about issues such as national sovereignty, transparency, pharmaceutical influence, and the possibility of expanded international authority overriding national sovereignty during “health emergencies.” Some opponents also argue that the agreement would create pressure for harmonized public-health measures, although WHO officials maintain with a straight face that the treaty would not give the organization authority to impose lockdowns, mandatory vaccinations, or domestic policies on sovereign States.

Thankfully, because no final agreement was reached on the PABS annex and related provisions, the treaty could not move forward for adoption. WHO Director-General Tedros Adhanom Ghebreyesus nevertheless expressed relentless optimism, bordering on authoritarianism, that negotiations would continue and eventually produce a consensus agreement.

The 79th World Health Assembly authorized further negotiations in July 2026, with the possibility that a revised agreement could be presented for consideration at a future assembly session in 2027. So, negotiations will continue, and the agreement is generally expected to become fully operational only after the PABS Annex is agreed upon *and* the treaty receives the required number of ratifications. 🇺🇸



### PCOS Isn't Just a Cyst Disease

A growing body of research suggests that Polycystic Ovary Syndrome (PCOS) is not primarily a "cystic ovarian disease," but rather a systemic metabolic and hormonal disorder closely linked to insulin resistance, inflammation, and disrupted androgen signaling. The article explains that the small ovarian "cysts" are actually immature follicles caused by underlying metabolic dysfunction, and many research-

ers now view PCOS as part of the broader metabolic syndrome spectrum involving blood sugar dysregulation, obesity, cardiovascular risk, and infertility. Historical and modern studies alike increasingly support this metabolic model rather than a purely gynecological one.

Adashi E, Cibula D, Peterson M, Azziz R, "The polycystic ovary syndrome: the first 150 years of study," *F S Rep*, 2022 Dec 22,4(1):2-18, Doi: 10.1016/j.xfre.2022.12.002.

### Heavy Weights Not Necessary for Muscle Growth – Effort Matters More

This study found that lifting lighter weights to the point of muscular fatigue can build muscle just as effectively as lifting heavy weights. Researchers trained healthy young men for 10 weeks using both heavy loads (8–12 reps) and lighter loads (20–25 reps) on opposite limbs, and muscle growth was similar regardless of the weight used as long as the sets were performed with high effort to fatigue. The results suggest that differences in muscle growth between people are influenced more by individual biology and genetics than by how heavy the weights are. The study also showed that muscle-building activity inside the muscle increased with both

training styles, reinforcing that consistency and effort may matter more than simply lifting heavier loads.

Lees M, Mcleod J, Morton R, et al., "Resistance training load does not determine resistance training-induced hypertrophy across upper and lower limbs in healthy young males," *J Physiol*, 2025 Dec 31, at <https://physoc.onlinelibrary.wiley.com/doi/10.1113/JP289684>.

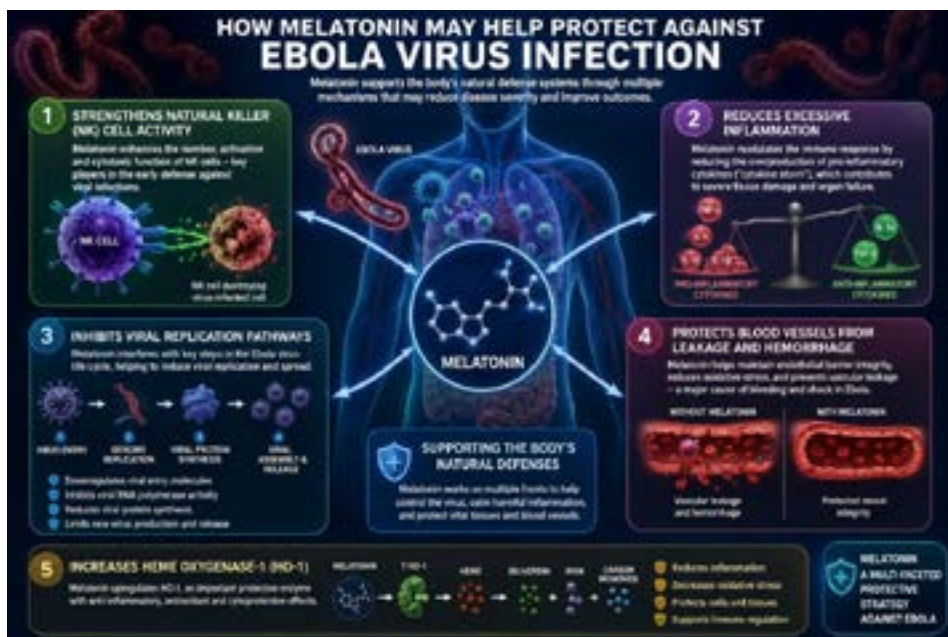


### Heat Raises Microplastic Exposure from Containers

This 2025 study found that heating common plastic cups and containers can dramatically increase the release of microplastics into food and drinks. Researchers analyzed data from 30 studies and found that hotter temperatures caused plastics like polyethylene (PE), PET, polypropylene, and polystyrene to shed anywhere from hundreds to millions of microscopic plastic particles. In their own experiments, regular plastic cups released significantly more microplastics when temperatures rose from 5°C to 60°C, while paper cups with plastic bag coatings released fewer particles. The researchers concluded that heat is a major trigger for plastic breakdown and microplastic shedding, and suggested choosing safer materials like ceramic, glass or stainless steel, and avoiding hot foods or drinks in plastic containers to reduce exposure.

Liu X, Li D, Li Z, et al., "Release of microplastics from commonly used plastic containers: Combined meta-analysis and case study," *Journal of Hazardous Materials: Plastics* 2 (2026) 100028, at <https://doi.org/10.1016/j.hazmp.2025.100028>.





## Melatonin and Ebola: Unexpected Immune Support

A new review proposes that melatonin may help support the body's defense against Ebola virus infection by strengthening natural killer (NK) cell activity, reducing excessive inflammation, inhibiting viral replication pathways, and helping protect blood vessels from leakage and hemorrhage. Researchers note that melatonin also increases heme oxygenase-1 (HO-1), a compound shown to suppress Ebola

virus replication under stress conditions. While no direct clinical trials on melatonin and Ebola existed at the time, the authors concluded that converging evidence suggests melatonin could offer low-cost supportive immune protection during Ebola infection and septic-like inflammatory states.

Anderson G, Maes M, Markus R, Rodriguez M, "Ebola virus: melatonin as a readily available treatment option," J Med Virol, 2015 Apr;87(4):537-43, Doi: 10.1002/jmv.24130.



## Stinging Nettle for Allergies and Overall Health

Stinging nettle (*Urtica dioica*) is a traditional medicinal plant with growing scientific interest for its potential benefits in allergic rhinitis, inflammation, blood sugar balance, antioxidant protection, and cardiovascular health. Researchers note that nettle may help reduce allergy symptoms by blocking histamine receptors and calming inflammatory immune responses, with some studies showing improvement in allergic rhinitis within one week. The plant is also rich in vitamins, minerals, flavonoids, and bioactive compounds that may support antioxidant defenses, metabolic health, circulation, and immune function. Historically used as both food and medicine, stinging nettle is increasingly being studied as a natural therapeutic plant with broad health-supportive properties.



Patel F, Rajan V, Patani P, "A comprehensive review of Stinging Nettle for the treatment of Allergic Rhinitis," Journal of Cardiovascular Disease Research, Vol 14, No 12 (2023), at <http://jcdronline.org/index.php/JCDR/article/view/4048>.

# The Most Expensive Way to Go Broke

BY SEAN RING

I don't do celebrity outrage, but this one got me. Let's start with a name you know.

Dawson. From Dawson's Creek. The face that launched a thousand memes and at least one generation of unrealistic expectations about teenage emotional intelligence.

James Van Der Beek. Successful actor. Household name. Decades of work. Loving husband and father. The kind of guy the American healthcare system was supposedly built for.

He got colon cancer. He fought hard. He died a week ago. And along the way, his family had to rely on donations, public appeals, and the generosity of strangers to stay financially afloat.

Read that again.

A famous person – with industry connections, name recognition, and presumably access to the "best" hospitals – needed a GoFundMe.

So what exactly does that tell us about the rest of us? The teachers, the truck drivers, the small business owners whose names nobody knows and whose medical billing nightmares will never make headlines?

Nothing good, that's for sure.

## **Congrats. You Have Cancer. Here's Your Bill.**

Here's how a cancer "journey" works in America – and yes, the industry actually calls it a journey, as if you packed a carry-on and booked an aisle seat.

You get the diagnosis. Then come the specialists, the scans, the surgeries, the chemo, the radiation, the biologics, the follow-up scans to see if the first scans were right, the complications from the treatment, the hospitalizations for the complications, and then – just when you thought it was over – the bills.

Not one bill. Dozens of bills. From the surgeon. From the anesthesiologist. From the hospital. From the radiologist who looked at your scan for eleven seconds. From the pathology lab. From a company called something like "Advanced Facility Solutions" that you've never heard of and never consented to.

Each one arrives weeks apart, formatted differently, referencing codes you cannot decode, referencing insurers who may or may not have already paid some portion of something. By month three, managing your medical bills is a part-time

job, which is fantastic timing. After all, you can no longer work your actual job because you're exhausted from chemotherapy.

And if you happen to be the primary earner in your household? Congratulations. You've now lost both the breadwinner and the paycheck simultaneously. The mortgage company would like to express its deepest sympathies and also its firm expectation that you make your payment by the 15th.

## **The System Is Working Exactly as Designed**

Here's the part where I'm supposed to say, "the system is broken."

I'm not going to say that.

The American healthcare finance machine isn't broken. It is functioning perfectly ... for the people it was designed to benefit, which is not you.

Consider the fee-for-service model, which is the beating heart of American medical billing. Every visit, every test, every scan, every procedure is a revenue event. Do more, bill more. It's elegant, really, if you squint and tilt your head and have no soul.

Hospitals rationally built entire



empires around volume. They didn't hire armies of administrative staff to improve your care. They hired them to capture, code, and squeeze every billable unit out of your misfortune. American hospitals employ more billing administrators than doctors. Let that sit with you.

Now here's my personal favorite piece of insanity: for many surgical procedures, we have years of evidence that minimally invasive techniques – smaller cuts, fewer complications, shorter hospital stays, faster recovery – are safer and cheaper for the overall system.

So, naturally, reimbursement schedules pay surgeons more for the older, more invasive, more dangerous open surgery.

You read that correctly. The surgeon gets paid more for doing the thing that hurts you more, risks your life more, and costs everyone more. The incentive structure is so perfectly, magnificently backwards that you almost have to admire it the way you'd admire a car crash in slow motion. It's horrible. But you can't look away.

### **GoFundMe Is Not A Healthcare System**

When a famous person's family turns to crowdfunding to survive a medical crisis, we are, as a society, tacitly admitting something deeply embarrassing. We admit we don't have a coherent, dignified way to address catastrophic medical risk. We've outsourced the safety net to the generosity of strangers online. The plan is: get sick, go viral, and hope people feel bad enough to click Donate.

That's not a healthcare system. That's a telethon. That's Jerry Lewis in 1987, except now it's your neighbors on Facebook, the desperation is more visible, and the money doesn't go as far because the bills are bigger.

And here's the thing - Van Der Beek had name recognition. His GoFundMe had built-in reach because people actually knew who he was. What happens when it's someone whose name means nothing to strangers scrolling their feed? What happens when the sympathy econo-

my doesn't click your way?

You know what happens. We just don't talk about it.

### **The Sane Alternative Nobody Wants To Discuss**

Buried under all this carnage is a genuinely obvious insight that the healthcare lobby works very hard to keep you from noticing: Some of this is just not that complicated.

Cash-based primary care clinics – Direct Primary Care practices, cash surgery centers, transparent-price urgent care – have quietly demonstrated that you can deliver safe, high-quality medical care at a fraction of the insured price when you simply remove the billing bureaucracy.

Post the price. Take the payment. Treat the patient. Revolutionary.

Without armies of coders and without the need to inflate list prices as negotiating leverage against insurers, these clinics charge cash prices that are often half or less of what the same service "costs" through insurance. And because patients are paying a known, transparent amount, the doctor's incentive flips: solve the problem efficiently, keep the patient healthy, don't manufacture reasons to bill for seventeen more things.

This isn't a radical idea. This is how every other functioning market works. You buy a tire. You know what the tire costs. The tire shop doesn't submit a claim to your Vehicle Maintenance Insurer and wait four months to get paid 40% of an inflated list price they made up specifically to negotiate down from.

We've just decided, as a policy matter, to route everything – routine checkups, basic bloodwork, elective surgeries you can schedule six months in advance – through the most expensive, most opaque, most administratively bloated financing system imaginable. And then we act surprised when it costs a fortune and bankrupts families.

### **What Actually Needs To Happen**

None of this is a mystery. The reforms aren't complicated to describe;

they're only politically impossible to pass because the people who benefit from the current disaster have lobbyists, and the people being bankrupted by it are busy managing their billing disputes.

But since we're here, let's strip insurance back to its actual job: covering catastrophic, unpredictable, financially ruinous events.

To reform the current system:

**1. Promote Market Competition in Healthcare:** Establish a transparent cash market for primary and elective care to foster genuine price competition.

**2. Incentivize Quality Outcomes:** Restructure payment models to reward safer and better patient outcomes with higher reimbursement.

**3. Decouple Health Insurance from Employment:** Separate health coverage from jobs, ensuring that a serious illness doesn't result in the simultaneous loss of both income and insurance.

Then maybe – maybe – we could build a country where a household doesn't have to crowdfund its way through a cancer diagnosis because the person who spent thirty years working their way to a level of recognizable success still couldn't outrun the bill.

### **Wrap Up**

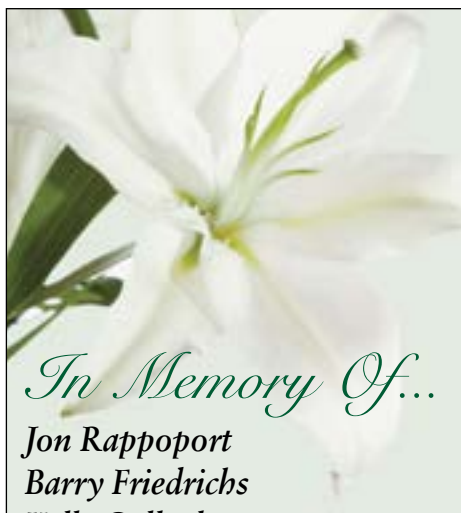
Van Der Beek's story will eventually settle into memory. The memes will fade. The tributes will quiet down.

But the system that made his family's financial scramble not just possible but predictable ... that will still be here ... running exactly as designed. Waiting for the next name you recognize. And the million names you never will. 📢

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*Sean Ring writes for, among others, The Rude Awakening, with this article reprinted from his February 18, 2026, Rude Awakening online column. He can be reached by contacting [feedback@rudeawakening.info](mailto:feedback@rudeawakening.info).*



## *In Memory Of...*

Jon Rappoport  
Barry Friedrichs  
Kelly Gallagher  
Christine Cotton  
Quentin Deranque  
Rep. Bill Posey  
Amos Ferrier  
Chuck Norris  
Christine Jones  
Henry Nowak  
Maxwell Tips

## A Caring Memorial

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The NHF is an organization devoted to truth. Thank you for caring!

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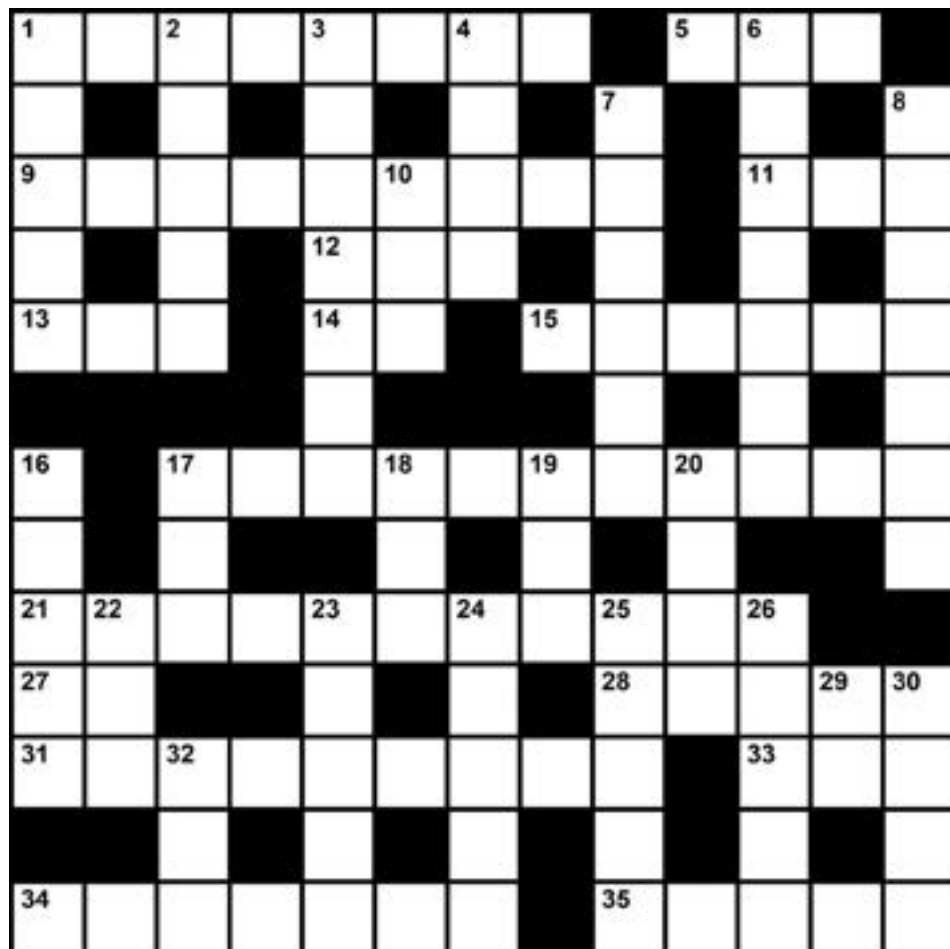
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# NHF Crossword Puzzle

By Myles Mellor (Please see answers on page 26)



### Across

- 1 Any kind of electronic device designed to be worn on the user's body  
5 Smartphone download  
9 Healthier alternative sweetener, even proposed by the aspartame front group the CCC, 2 words  
11 Possess  
12 Assistance  
13 Pro basketball org  
14 Weight unit, abbr.  
15 Essential amino acid that serves as a vital building block for proteins in the human body  
17 Lab-created beef, e.g.  
21 Scientific name for Red Dye #3  
27 Commercial message  
28 Core or central part  
31 One of the dangers from the use of wearable devices  
33 Put into service  
34 \_\_\_\_\_ fresh air (a healthy activity)  
35 Endangered coral structures

### Down

- 1 Marie Curie, Amelia Earhart, and Harriet Tubman, for example  
2 Sleep disorder  
3 Herbal supplement whose seeds and sprouts contain Vitamin K. Vitamin C, Folate, Thiamine, Riboflavin, Magnesium, Iron, and Copper  
4 Praise highly  
6 The collection of health and other data on individuals that then could be used for advertising and screening in many different ways  
7 Continue in a position, 2 words  
8 Codex proposed "alternative sources of protein"  
10 BBQ offering  
16 Transparent  
17 Cook on a grill  
18 Negative conjunction  
19 Slalom path  
20 Horse's neck hair  
22 Nutritional guideline figure, abbr.  
23 Coronary arteries supply it with oxygen  
24 Mediterranean fruit  
25 \_\_\_\_\_ peace (emotional calm)  
26 Release (a liquid) in drops or small quantities  
29 America (abbr.)  
30 Salty waters  
32 Owed or expected



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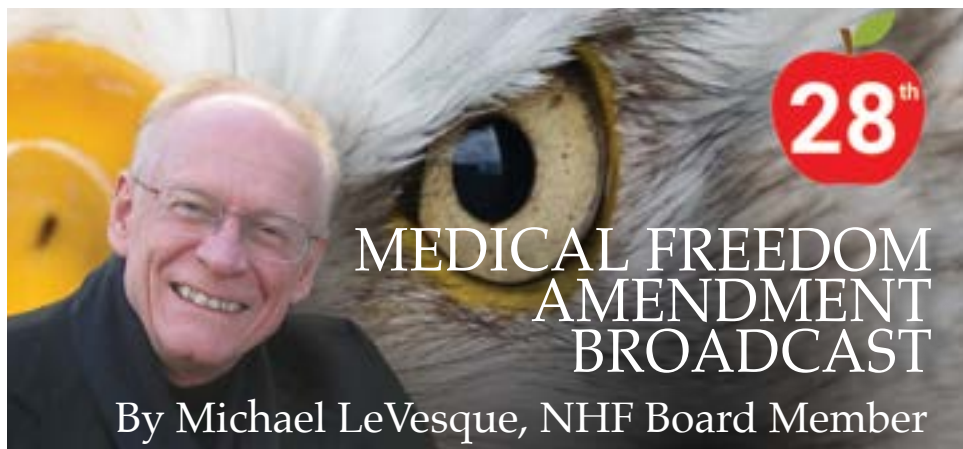
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## How Allopathic Medicine Destroys Freedom

**Y**ou are about to travel. The year is late 2028. Whether you like it or not, you stand at the base of a pyramid of control. Your body functions as a sensor node in a global data network. For any trip beyond a certain distance, you need permission. How did we reach this point?

### The Future Ensnares Us

Your life has been converted into machine-readable data. Electronic health records, genetic profiles, lifestyle patterns, wearables, and ubiquitous sensors continuously harvest your biological and behavioral information.

This data fuels synthetic intelligence (AI) to generate predictive “risk scores” under the banner of precision medicine. Media narratives reinforce emotional compliance through fear, guilt, and appeal to virtue. Social platforms amplify conformity while branding those who reject medical mandates as “anti-social.” Behavioral economics and engineered incentives – backed by the badge of being a “good citizen” – further drive obedience.

We were conditioned for this during the COVID-19 pandemic of the 2020s.

Allopathic medicine lies at the core of this system. It views disease as an external enemy to be conquered rather than an imbalance to be corrected. This philosophy treats the human

body not as an autonomous individual but as part of the “body politic,” a patient to be medicated, monitored, and managed indefinitely.

The mechanism is self-reinforcing: Pharmaceutical companies fund regulators who approve their products. This creates demand for more data, which technology companies supply through expansive surveillance infrastructure. Media narratives stoke fear, driving public compliance that justifies further control. Two closed feedback loops reinforce each other, shutting out external criticism while taxpayers bear the risk and private interests reap the rewards.

In practice, the process unfolds as follows:

- **Psychological Layer:** Media frames issues with emotional conditioning, emphasizing social responsibility and protecting loved ones. Fear secures consent.
- **Data Layer:** Sensors and devices upload personal information. Algorithms generate risk scores and AI forecasts that justify emergency measures.



- **Corporate Layer:** Pharmaceutical companies position themselves as the sole providers of solutions, supported by technology platforms for tracking and insurance systems that tie coverage to compliance.
- **Governmental Layer:** Lobbying secures emergency declarations, mandates, censorship, and public funding – all directed toward approved pharmaceutical interventions.

The result? Government becomes the enforcer, corporations the profiteers, and the public the patient-serfs. Our bodies and minds are now the primary targets of governance.

### Our Present Situation

Corporate wealth buys lobbying power and political access. Emergency declarations follow. Mandates, censorship, and massive government contracts flow to favored pharmaceutical solutions, with taxpayers footing the bill.

Propaganda promotes civic “rightness,” while regulations and enforcement target both our physical and spiritual autonomy. Real-time data collection tracks compliance. The population itself has become the battlefield, with vaccines and pharmaceuticals serving as tools of control.

Censorship protects this allopathic, mechanistic worldview by treating the individual body as subordinate to the social body and labeling non-compliance as an infection to be neutralized. Disease is no longer a medical concern; it is a mechanism of governance, inseparable from surveillance, economics, and digital control.

### The Past Human Experiment

This system reached full expression during the COVID-19 response. What began as a public-health crisis became a global controlled trial fusing biomedicine with digital surveillance. Contact tracing apps, behavioral mandates, and censorship networks turned dissent into a “public health hazard.”

The experimental injections – containing genetically modified organisms never properly approved by the FDA – were promoted as “vaccines” despite failing to meet the classical definition. *On April 6, 2022,*

the FDA's own Vaccines and Related Biological Products Advisory Committee (VRBPAC) unanimously determined that the shots offered no meaningful protective benefit. Instead of halting the program, the FDA adopted a "Future Framework" allowing reformulation without new clinical trials.

### Our Future Agenda

The solution is a **Medical Freedom Amendment** to the Constitution. This amendment would dismantle the centralization of allopathic medicine and prevent the conversion of human vitality into data and revenue streams.

Medical freedom restores distributed intelligence and the self-organizing capacity of living systems. It's organic rather than synthetic. Its practical expression would include:

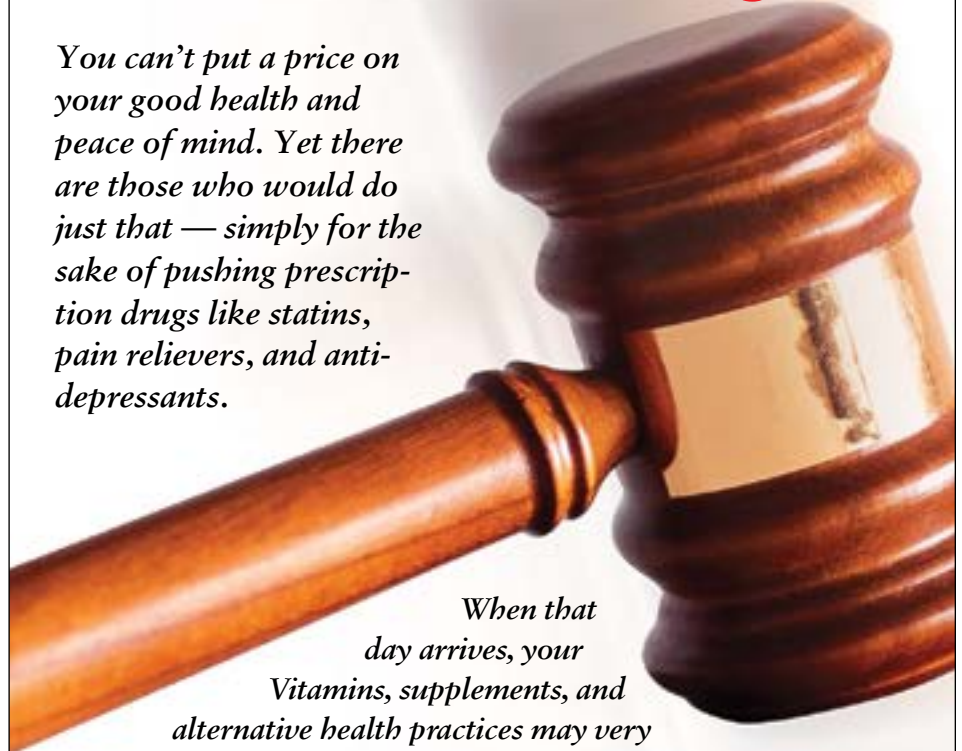
- Community clinics using open-source diagnostics and transparent pricing.
- Citizen-owned biolabs for environmental and nutrient testing.
- Herbal-nutrient centers focused on real-world outcomes rather than patent monopolies.
- Open-source algorithms replacing opaque AI diagnostics.
- Personal biometric and genomic data vaults, accessible only with explicit individual consent.
- Public blockchain-style registries for peer-reviewed studies to prevent suppression.
- Prioritizing environment and nutrition as root causes of chronic disease.
- Integration of diverse healing traditions, guarded against dogma.
- Early education in health literacy, physical autonomy, nutrition, and herbology to replace fear with knowledge and self-trust.

The path forward demands constitutional protection for body autonomy, informed consent, medical data privacy, and true medical freedom. Only then can we reconnect ecology, autonomy, knowledge, and healing—free from bureaucratic allopathic control.

We must act now to secure health freedom for ourselves and future generations. To act, go to [www.thenhf.com/mfa](http://www.thenhf.com/mfa). 🇺🇸

# 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 71 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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## NHF LOBBYIST'S REPORT

By Charles Frohman, M.Ed., HIA

# It's Not Just Insecticide Lawsuit Immunity that Ruins the FARM Bill

*It also kills livestock, the soil, and farmers via Wireless Radiation*

**I**t's great to see Republicans bucking their party on gifting Big Biotech immunity from lawsuits over harms from their pesticides such as glyphosate. But there are other bad Farm bill provisions that should be opposed by Republicans (as well as Democrats). They include the several sections that will subsidize farmer adoption of wireless radiation-emitting technology (presumably to reduce reliance on pesticides and chemical fertilizers).

## Wireless is the Problem, Not the Solution

We certainly want reduction in industrial agriculture, but not at the cost of the quality of our food or the safety of our rural residents. Federal and State law already have made it nearly impossible for property owners everywhere – both rural and urban – to zone cell towers sufficiently far from our bedrooms, children's classrooms, and nearby parks to avoid harm to humans, animals, and the environment.

A 2018 Federal Communications Commission (FCC) rule barred zoning against Fifth Generation (5G) small-cell antenna deployments in

rights of way and government parks, as well as limited the time for local government consideration of any application by a cell tower or telecom company to deploy a cell tower in a certain spot.

Further, Section 704 of the 1996 Telecom law bars lawsuits against cell towers for harm to the environment – which may not sound like a bad limitation to a Republican, until he learns that environmental harm **includes** injury to humans and our



*Property owners are protesting against cell towers outside their bedrooms, offices, children's classrooms & nearby parks, but losing because of Telecom capture of the FCC.*

vital pollinators. (This has happened.)

In every desperate protest by property owners in council meetings against cell-tower applications, never can they raise any concern about health effects. This is tragic because studies show that a third of Americans already are sensitive to radio frequency microwave radiation, with 5% seriously so. That's **millions** of wireless radiation-injured voters. Those aware of vaccine-science corruption will be unsurprised to learn that 80% of studies not funded by Telecom find harm. RFK, Jr. is having his MAHA investigators spend even more money to find and document that wireless radiation harm.

The FCC, however, believes that its radiation-exposure limits are adequate; that claim shockingly was remanded by DC's circuit court in 2021 for "capriciously" ignoring the more than 10,000 pages of scientific evidence of biological harm to humans and the environment. *Freedom Hub* recently hosted Josh Del Sol, who went into detail how to protect one's family from the endlessly densifying wireless mesh.

Despite the large swath of wireless radiation injury, most folks don't care about the Telecom issue – except that they hate dropped calls or slow downloads. Still, dropped calls are exceedingly rare, as are locations where one cannot stream Netflix. **Indeed, 99% of Americans can make a cellphone call.** That satisfying coverage doesn't stop Telecom companies, though, from lying to local officials to justify unwanted, dangerous, and value-killing towers near your home.

Earlier this year, Lewis County in Washington State seemed hell bent on forcing property owners to accept an unwanted tower, despite my testimony against it for lack of need. Also testifying was renowned telecom lawyer Scott McCollough, who later joined NHF's panel at its 71st Anniversary Conference in Dallas,

Texas in April 2026. We both were interviewed there.



NHF's wireless panel with CeCe Doucette, Scott McCollough, and me really impressed on the Dallas conference audience the arguments against wireless in urban areas.

Despite that near-universal connectivity, Congress passed a Parks law in the preceding session that is now carpeting our National Parks and forests with unneeded antennas and sensors. **They aren't needed because at present every distressed hiker or sportsman can at least text 911 for emergency access.**

Earlier this year Trump's Big Beautiful Bill authorized what are called "spectrum auctions," which Telecom will use to add an unlimited number of new antennas on existing towers, regardless of the opposition to do so. As property owners awaken, though, to a surprise cell tower within sight of their home, they will join the protests about which most have not heard, as they learn home values *get crushed 20% by ugly, dangerous towers located near residential property.*

This preemption for existing towers will spread to any structure that can support antennas if the U.S. House of Representatives passes HR 2289 (which was temporarily defeated in April when it was withdrawn from the Rules Committee that sets the rules for bill debates). Even if the bill eventually is killed, the same preemption is pending via docket 25-276 at the FCC, and could be slipped inside a "must pass" bill later this year. Fortunately, preemption of local antenna zoning faces intense opposition by the organizations for local officials. And...

*We need everyone to urge their U.S. Rep to instead cosponsor Rep. Chris Smith's (R-NJ) HR 8354, first introduced in the previous Congress to re-*

*store partial discretion to local officials on where to zone cell towers.*

Fresh from victories in the Parks and on existing cell towers, Telecom is looking for the Farm bill to carpet our remote regions with transmitters, sensors, and receivers. Some of us may have heard of an aspect of this called Radio Frequency Identification (RFID) chips for cattle. Heroes like Congressman Thomas Massie (R-KY) have fought against this for years.

## "Precision" Agriculture

Precision Agriculture goes beyond such chips. It includes sensors that a cow might swallow, with constant radiation poisoning as a result. One farmer convinced a court to shut down a nearby, giant 4G tower after 20% of his cows died and milk yield depleted by the same percentage. Another farmer reported calve blinding from nearby telecommunications equipment.

Precision Ag will bankrupt marginal farmers unable to afford the constant repairs and upgrades stemming from industry use of "obsolescence" to retire older software. Bankruptcy will lead to even more American farms being purchased

by Bill Gates and his World Economic Forum cronies. Wireless Ag also will expose the domestic food supply to hacking by our adversaries, as 5G was criticized by a former FCC chair for its inherent insecurity.



*The expense of maintaining and upgrading short-lived wireless equipment will bankrupt marginal farmers, leading to more sales of American agriculture to Bill Gates' WEF friends.*

The sections in the Farm bill (HR 7567) that must be stricken include Sections 2201-4, 6302, 6408, 7208, 7608, as well as 8414 (that would quixotically use 5G to prevent wildfires, despite the known fire hazards of this technology). These sections build upon similar ones from the previous Congress' FARM bill.

Details on the sections (numbering based on Rules draft of April 20):

- §2201-4 funds Precision Ag for conservation (even though no conservation takes place, as wireless radiation kills flora and fauna);

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

**Livestock**

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

**Plants and Trees**

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

**Soil**

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

**Bees/Pollinators adversely affected**

- ✓ Bee Colony Collapse



**5G AG TECH:  
IS IT WORTH THE RISK?**

**No safety testing has been done by industry; independent science shows harm to soil, water, plants, animals and people.**

**CALL 202-225-3121**  
Call your DC legislator to say "NO"

**URGENT CALL TO ACTION!**

**DO YOU WANT GOVERNMENT CONTROL OF YOUR FARM, ENERGY, WATER AND ANIMALS?**

**SAY NO TO HR 1350, HR 4351 AND HR 5062;  
HR 6142/S. HR 2542 AND HR 1697/S.734**

- §6202(c) creates grants for satellite wireless backhaul (affecting not just farms but rural regions at large, rendering it impossible to opt out of wireless irradiation);
- §6302 directs NIST to create Precision Ag standards (on a technology that reduces yield);
- §6408 subsidizes Precision Ag (paying for 90% of whatever wireless equipment a farmer deploys);
- §7208 expands USDA-funded centers of excellence to study Precision Ag (a curious path, given wireless impacts on yield);
- §7608 promotes research on Precision Ag (which hurts yield that a Farm bill should be seeking to increase);
- §8414 requires test deployments of 5G to prevent wildfire (which might detect fires earlier, but definitely will cause fires, as has happened).

Another Precision Agriculture bill that passed the House is HR 1618, directing the FCC to promote farm reliance on satellites, whose wireless radiation spray falls on everyone, without informed consent.

Satellite radiation injury will explode, too, with final approval of Senate Commerce Committee-passed S. 3639, which would force the deployment of hundreds of thousands of satellites with no safety reviews. The FCC has exempted all satellite activities from NEPA review since 1986. The U.S. General Accounting Office (GAO) has twice admonished the FCC in the last decade for this outdated rule. Satellites not only irradiate the Planet, but upon mandatory reentry and disintegration spread toxic alumina and other heavy metals over the entire Planet, poisoning our air, food, and water. So far, the FCC has been able to get away with it, arguing that an international association of astronomers did not have standing in a DC Circuit appeal. Every human on Earth has standing, as we are all being poisoned by this.

Wireless farming might have ad-



vantages – such as reducing reliance on chemical inputs – but it doesn't necessarily need corporate welfare. Without passage of the above Farm bill sections, any farmer now can remotely monitor crops or move cattle for grazing via a drone, laptop, GPS, and a *private* wireless network. Private wireless radiation impacts are much less invasive than same from cell towers, barn-based transmitters, or satellites.

The National Health Federation – the World's oldest health-freedom organization – recently hosted a Zoom on both the pesticide and the wireless threats from the Farm bill.

In that Zoom meeting our expert speakers included:

- Howard Vlieger, "Student of the Soil" and regenerative farmer, founder of companies to help farmers successfully reduce their dependence on synthetic inputs as well as primary coordinator and coauthor of a groundbreaking study that documented the ill-health effects of GMO corn and soy to pigs for their lifetime as a food-production animal; and
- Dan Stachofsky, Managing Director of Essential Energy, is increasingly sought after by farmers of all types looking to better understand the harmful effect of wireless technology on soil, crops, livestock, and their families. Inspired by his own family's health journey, Dan brings a practical, solutions-focused expertise to mitigate environmental stressors using principles of light, frequency, and energy

### How Can You Help?

1. Copy this text: "Please oppose

preemption (HR 2259) of local discretion on where safely to locate cell towers; and in the Farm bill delete the provisions immunizing pesticides from liability and trapping farmers into dangerous and expensive "Precision" Agriculture. Instead, cosponsor Rep. Chris Smith's HR 8354, to restore local discretion to local officials on where to zone and locate cell towers."

2. Identify your U.S. Representative and both of your U.S. Senators
3. Open their website "contact" section and paste the above text
4. Call the operator at 202-225-3121 and ask to be transferred to all three (one at a time) to urge "opposition to the Farm bill, especially the provisions immunizing pesticides from liability and trapping farmers into dangerous and expensive Precision Agriculture. Instead, cosponsor Rep. Chris Smith HR 8354, to restore local discretion to local officials on where to zone cell towers."

If you haven't already, subscribe to NHF's eList, to be invited to our monthly Health Freedom Brainstorms, where we'll feature a leader in one of our many shared goals (including clean food and safe tech). Finally, connect with NHF please at LinkedIn, Instagram, Rumble, GETTR, and Facebook. 📢

### Crossword Puzzle Answers





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## The Cause Is The Cure

Toxins in our environment, including the silent toxin EMFs and what is being done to our food coupled with our busy stressful lifestyles *cause* and add to disease. Over the last several decades the amount of toxins as well as the statistics for chronic conditions have risen exponentially; and if you look at them on a graph, they are increasing seemingly at the same rate. Coincidence? I think not.

Environmental causation causes internal dysfunction within the body, which causes symptoms to appear. It happens slowly over time. More and more symptoms arise until you finally get a diagnosis, a “name” for your group of symptoms or if they can’t group them together then you are told that is it all in your head. The very definition of the word “chronic” means slowly over time. For example, autoimmune, chronic conditions or even cancer can start up to 10-20 years before you have symptoms! Unless you decide to adopt what we refer to as a preventative health lifestyle, it is not *if* you get sick, it’s *when* you will get sick. This is affecting not only people but everyone and every living thing on the Planet!

Did you know that 95% of all chronic diseases and symptoms are caused by your diet, lifestyle, and environment? Only 5% is genetic and what you do or don’t do with your diet, lifestyle, and environment either cause disease or cause health. People tend to think that chronic disease runs in families but that is not true. Your lifestyle was the same, you lived in the same house, ate the same food, had the

same stressors in your life which led to similar diagnosis. So, you may be predisposed to something because of your family history; but if you change your diet, lifestyle and environment, you can turn that gene on or off like a light switch. This is epigenetics in a nutshell. You can see that if you change your diet, lifestyle, and environment, you can reverse and prevent disease. Sounds easy right?

### Is It a Band-Aid Fix?

Treatment focused “health care” doesn’t work for restoring health and true prevention. People love the latest and greatest, the promise of an easy way out. A treatment you can adopt but still keep your old lifestyle without changing anything. Convenience. Ever hear the saying “You can’t have change without changing?” Anything that is a treatment or a band-aid fix will ultimately not restore health and certainly not prevent a future of disease. Conventional medicine will do this with a preventative procedure, prescription or surgery which does not help restore health.

More and more people are understanding this and looking to natural solutions, which is great, but most natural practitioners are still just “treating” the symptoms, not addressing the root causes and actually fixing those. Supplements, chiropractic, acupuncture, and energy healing to name a few are great modalities; but you still have to do the foundational work in conjunction with them. You can’t skip this step. If you were building a house you would start with a strong founda-

tion, right? You have to do the hard work. Remember those questions I asked you to think about? Are you willing to learn and are you willing to *change*?

As we step into 2026, we are barreling headlong into a new age in medicine ... words being thrown around such as health span, therapeutics, and genetic editing. You will hear words like regenerative and longevity medicine. *All* of this is biotechnology, synthetic biology, and gene editing to some degree. These are still just treatments, or band-aid fixes, they ***do not*** address and fix the underlying problem. If you want true longevity, you have to do the foundational work. Focus on epigenetics not biotechnology genetic editing.

The problem with a band-aid fix is that it probably will make you feel better, which will give you the false illusion that you are better, but you cannot resolve your symptoms unless you fix the problem. You may feel better for a while, but you will end up with more and more symptoms popping up. Remember there is no skipping that foundational step if you truly want to resolve your symptoms.

What they don’t tell you is that you *can* take back control of your health at a foundational level and ultimately prevent chronic disease. We are divinely designed to be healthy, not sick! How you approach this topic is also the only way to *prevent* symptoms of chronic disease. It is the only way to get healthy and stay healthy in our increasingly unhealthy World! Think about this: ***All chronic disease and***

**chronic symptoms are a result of a toxic internal environment caused by a toxic external environment.** Therefore, if you want to restore your health naturally and prevent symptoms from recurring you have no choice but to address the internal environment *and* the external environment that caused that dysfunction in the first place, **simultaneously**. It is a simple concept in theory, but it is so hard for people to implement because you have to be open to learning new information and changing your lifestyle. Whether it is your mindset, your habits or the people in your life; what you eat, think and drink, taking off your smart wearables or changing your situation. So, ask yourself these questions: are you willing to learn? And are you willing to make the changes necessary to see positive change?

What is environmental causation and how is it “the Cause is the Cure”?! Your “environment” can be broken down into three parts: the external environment, the immediate environment, and the internal environment. Then we focus on where you have control because that is when you are empowered. The idea is to address what you have control over so that your body can successfully deal with what is out of your control.

The external environment is everything that you seemingly have no control over, such as what they are spraying in the chemtrails, the cell towers going up everywhere, satellites beaming down 5G, smart-meter mandates, and if you live in farming communities, what they are spraying on our crops, what they are doing to our food, and putting in our water. Synthetic biology and biotechnology because it is not labeled and rolling out so fast is virtually impossible to identify. These are just a few examples of the external environment we are dealing with.

### **What Can You Do?**

It can seem so overwhelming, but there are hundreds of steps you can take in your own personal environment to lighten your body bur-

den so that you can get your body healthy enough to be able to detoxify from that which is out of your control. The body has the amazing ability to heal itself if you take away the interference and give it what it needs.

The immediate environment is where you have control. We are being poisoned on every level, toxins are everywhere adding to your total body burden. Look into your immediate environment and address as many items as you can. Your home, your car, and your office environment are where you have control and can make the biggest impact on your health. You don't have to change everything at once, as long as you keep implementing the steps and keep moving forward to continue making progress, removing toxins and choosing better alternatives for you and your family. Sourcing is key! Always question *where* something came from, what processes it takes to make it. DIY anything you can, such as all personal-care products and cleaning products. Turn off your router at night, no electronics in the bedroom, hardwire your computer. Choose natural bedding such as a wool mattress encasement and organic cotton sheets. Avoid any wireless devices and wearables. There are many areas where you can take steps to improve your immediate environment; these are just a few ideas to get you started.

Your mindset is always key to success in any situation. Depending on your perspective it can either add to dis-ease or health. You will be successful or you won't. Even if you have doubts or negative thoughts at first, you can replace them with empowering thoughts and make this your new way of life. For instance, if you imagine that living a preventative health lifestyle is going to be too difficult, or that you won't be able to make all the necessary changes to reduce your body burden, chances are you won't be successful. On the other hand, if you see this as an opportunity to create the healthy body that you want, to change your life for the better, and consider every step of your journey to health an adven-

ture, then you'll succeed! This is perspective mindset.

The internal environment is everything that is you. The body is an amazing miracle of systems that all work together holistically until, due to your diet, lifestyle and environment, it becomes so overwhelmed it can't keep up and starts breaking down. The internal environment of your body becomes acidic and oxygen deprived. You develop dysbiosis, leaky gut, inflammation, autoimmune reactions to food, blood sugar irregularities, nutritional deficiencies, your detox pathways are overwhelmed ... when this happens, then *you become symptomatic*. Remember symptoms are your body's way of telling you that it is overwhelmed and beginning to break down. It is a conversation you can have with your body. Make sure you listen and are in tune with what it is telling you. Put your focus on healing your gut, lowering inflammation, and returning to a balanced state of pH. (refer to my last article on nutrition). Bounce up and down at least 10 minutes a day to get the lymphatic system moving, practice deep breathing morning and night, welcoming oxygen into your cells. Get out in nature as much as possible, really connecting with nature and the Sun. Sing at the top of your lungs to work on your vagus nerve. These seem simple, but are you doing them? Remember healing takes *time*. It took you a lifetime to get to where you are, give yourself time to heal. And don't forget to address your immediate environment simultaneously.

Remember, there are hundreds of steps you can take to eliminate symptoms and prevent chronic disease. These are some steps to get you started but keep going, every little step you take will make a big difference. As always, true health sovereignty is having the knowledge needed to make healthy choices. 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 SCOTT C. TIPS, J.D.

# A Wild Thyme in the City

*A guide to mothercrafting healing herbs for cityfolk and herbal apprentices*

**By Marguerite Dunne, Urban Herbalist**

(ISBN: 979-8-35096-844-6, Self-published; First Edition, 2024, paperback, 239 pages, \$17.99)

In her latest book, master herbalist Marguerite Dunne channels ancient Earth Mother wisdom and applies that wisdom in an entertaining, yet still pragmatic, way to herbal healing in modern life. More than that, the author takes us on a tour that shows how every one of us can easily integrate healing and nutritional herbs into our daily diets to maintain our general health in the face of an increasingly toxic world.

Ms. Dunne correctly points out that for centuries – even millennia – women have traditionally been the wise foragers, caretakers, and healers for their families' health and medical problems. Most often they have performed this task with carefully selected herbs. Hence, the author's use of the term "Mothercraft," which she defines as "the buying, cooking, gathering, grinding, blending, brewing, tincturing, infusing, decocting, baking, sautéing, encapsulating, using, and mastering of medical vegetables, i.e., medicinal herbs."

To quote the author, "the mothercrafting goal is to include enough medicinal herbs in your diet to rebalance your equilibrium, and in turn, transition to better food choices." One of the author's clever tricks for doing this is to cook oatmeal not just in boiling water but in a boiling medicinal tea. This simple suggestion is an easy way to start adding healing herbs into your everyday



diet.

One of the things that I like most about Ms. Dunne's book is that it is jargon-free. The author does not get lost in a tangle of "expensive words" (a Portuguese term for words meant to impress more than communicate). Instead, she clearly explains her thoughts on the practical use of herbs in everyday life so that we can stay healthy. She even provides a glossary and recipes.

Nor, in doing so, does she ever play favorites with any herbs. Her concept of "crop rotation" applied to herbal healing is, simply stated, brilliant. Crop rotation, as you will recall, is typically applied to agriculture where farmers would rotate the crops planted on their fields in order to improve

soil quality and reduce pests and weeds.

So why not apply crop rotation to healing? she asks. In her book, Ms. Dunne expands upon her theory: "Illness in the body is not stagnant. It shifts, reacts, explodes, transforms, and subsides. There is an arc of illness of which the practitioner must be aware and respond to: there should be daily, weekly, or monthly adjustments necessary to someone's healing protocol." The key here is to not rely on just one herb or even one treatment but rather to rotate your herbs, using those most effective one or ones called for by the disease's current state.

Overall, I am impressed. This 239-page book is not only an interesting read but also a very practical handbook to have at hand when your health is under attack. Keep in mind that the author has been a practicing medicinal herbalist for 40 years, certified in herbology, and an adjunct instructor of Biology for twelve years in herbs and nutrition. Moreover, she has extensively lectured, written articles, and made many media appearances on the subject, all while training doctors, nurses, nurse practitioners, social workers, pharmacists, and health-food-industry store teams.

Clearly, the author knows her topic. I would urge everyone with an interest in maintaining their health to order and read this book. It is a book well worth having. 📖



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