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HEALTH FREEDOM NEWS®

FALL 2015 / VOLUME 33 / NO.3

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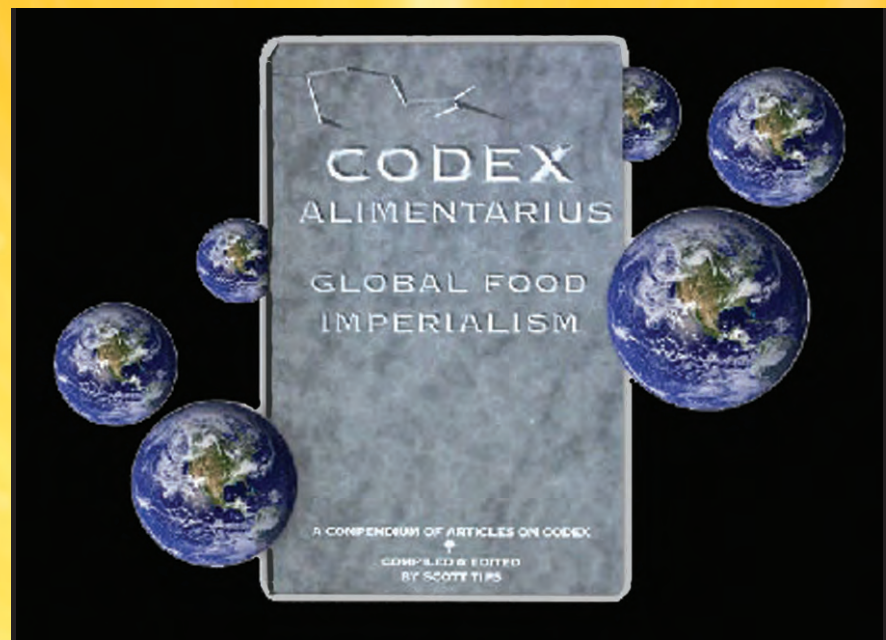
Unconstitutional Detentions by Medical Doctors – Are Your Rights at Risk?

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LETTERS TO THE EDITOR



Dear Editor,

Thank you NHF for helping us defend against these evil giants. We need to stand together as *One!*

I do workshops monthly and natural healing discussing these topics and if you could send me something for donations, cards or your magazines, which I always hand out, I would love to be able to help you more!

Sincerely,

Dr. Richard Sears & Marguerite

*County Seat Chiropractic & Nutritional
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Dear Editor,

Further to the President's article on parts of Wikipedia being controlled by the wrong people, may I say I have tried many times to upload to Wikipedia a list of the 70 GcMAF research papers that have been re-published by the U.S. National Library of Medicine (<http://www.ncbi.nlm.nih.gov/pubmed>).

The GcMAF Wikipedia entry is wholly destructive to GcMAF – and within minutes of my successful upload appearing, it is deleted. I messaged those behind it: They are paid Disinformation Specialists whose job it is to destroy the reputation of a number of treatments including GcMAF, which is a human protein we all make if we are healthy. It is the best treatment known for 52 diseases and 33 tumor cancers, and has no side effects.

GcMAF is clearly seen as a threat to Big Pharma, who spend millions on fake charities, websites, journalists, and disinformation specialists to destroy inexpensive effective remedies and protect their multi-billion dollar profits. It seems this is just one tiny example.

Don't trust a word Wikipedia says.

Yours sincerely,

Lynda Thyer, Bsc

*Biomedical Scientist (15 GcMAF scientific
research papers published.)*

Dear Editor,

Almost every day on TV there are notifications by various law firms for class-action lawsuits against a drug company because some prescribed drug went haywire. These law firms are trying to sue the drug makers. The drug makers did not prescribe their drugs to some unknowing person, the doctors did!

With this type of illogical thinking, we should be filing class-action lawsuits against the booze-making industries, for all of the people who were arrested for D.U.I.s, broken homes, and similar problems. Maybe we should file class-action lawsuits against the car makers: For building vehicles that will go faster than the laws allow and for the persons who have had to pay for a speeding ticket. Now this kind of thinking is *dumb*. In the case of the alcohol problems, D.U.I.s, etc., the person who sold the booze to a person who should not have been served (i.e., under age or already too drunk) when they crashed or killed someone, is the person who should be sued. Likewise the driver who was breaking the speed laws is the one who will pay the piper, not a suit against the car maker. I think the person who prescribed the drug that went haywire is the one responsible. He should have done his homework and study on each and every drug that he requires to taken by his unsuspecting patients.

How many advertisements do we see on TV for drugs every day? The list is long and so are the side effects. Most average seven to twelve side effects, one had even twenty side effects. Question the next prescription you are prescribed. Do the doctors have any real knowledge of just what they are prescribing? Other than the brochure that they received in the mail or the sales pitch from some salesman who spent a few minutes in his office? Even some pharmacists might be suspect in this

conspiracy to fill the coffers of the big pharmaceutical companies.

Sincerely,

Dale Egger

Dear Editor,

Thank you very much for printing my obituary for Dr. Jeff Bradstreet M.D., who was apparently murdered. He was a lovely, honest man and a good friend. He used our GcMAF to treat 2,000 autistic children with excellent results.

With GcMAF we have treated 9,000 patients covering 52 diseases and 33 tumor cancers, from just halting the advance of the cancer to being tumor-free. I suspect that this was too much of a worry for the big pharmaceutical corporations and for the British MHRA, who have Big Pharma directors on their board. They stopped us trading and closed our bank account. We wrote 40 research papers in two years, 17 of them on these results, which you can still see on the gcmf.eu website. Now, we are writing none as we cannot pay our staff.

Perhaps 200 people who were recovering from terminal stage 4 cancer on GcMAF will now die of their cancers because of the MHRA. See www.mhracorrpt.st. I'm very much looking forward to some lobbying of Jeremy Hunt MP and the UK Ministry of Health to get GcMAF back into the UK.

Sincerely,

David Noakes

CEO

immunobiotech.eu

Dear Editor,

I finally got a chance to read your great recap of the 2015 CAC meeting in Geneva, and your terrific work on rBGH, and other issues. I only wish that other U.S. industry associations were as active on Codex and its influential work. Keep up the good work.

Regards & Health,

Karl Riedel

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We welcome your Letters to the Editor. Please include your name, address, phone number, and email address. We reserve the right to shorten and/or edit any submitted letters.

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PRESIDENT'S NOTE
by Scott C. Tips

Unconstitutional Detentions by Medical Doctors Are Your Rights at Risk?

Should medical staff be asked to engage in law enforcement, especially when that means depriving a person of the liberty protected by the Constitution?

In true public-health emergency situations, State public-health authorities can quarantine and isolate individuals in order to prevent the spread of communicable and dangerous diseases and infections; but these are public-health officials who issue the declarations and not doctors and nurses. There is substantial constitutional authority cited by the State and Federal governments in support of this power.¹

Recent presidential Executive Orders have expanded and solidified this detention power. Barack Obama signed an Executive Order on July 31, 2014, amending a previous Executive Order of George W. Bush, that gives the Federal government the power to "detain and quarantine any individuals confirmed or suspected of having "severe acute respiratory syndromes" that may be transmissible, except for influenza.² Many groups see such orders are the thin edge of the knife that will then lead to coercive vaccinations.

So, in a time when increasing power is being sought by such governments to mandate vaccinations (and not just quarantine and isolate persons), the informed public (such as NHF members) is becoming more and more resistant to any such measures, knowing as they do the dangers and lack of effectiveness lurking in the vaccines and other health measures being thrown at them. The informed public is also increasingly suspicious of the unholy marriage between the medical community and politicians that has resulted in our sinking levels of health, wealth, and happiness. "Drug everyone," the doctors and drug companies say³ and the politicians agree; and yet every parameter from obesity levels to heart attack and cancer rates continues to worsen while healthcare costs rise. The media plays along



with that game by distracting the public and even outright lying to it, so can anyone really blame those who become highly suspicious and think that some governments are actually trying to reduce the population particularly in light of a failing Social Security system that cannot support future retirees?

Texas Acts and Reacts

So it was into this climate of mistrust that both legislative houses in Texas passed with

little debate a Senate Bill (SB 359) last May 2015 that was to have changed current State law by granting hospital officials the police power to detain for a short period those patients whom they believe may have mental issues, and with immunity from any liability for doing so. The bill was heavily supported and lobbied for by the Texas Medical Association, the Texas Society of Psychiatric Physicians, the Hogg Foundation for Mental Health, and the Meadows Institute,

and considered a “shoo-in.” Sent to Texas Governor Greg Abbott, he caught the bill’s supporters off guard when he vetoed it on June 1st explaining his position as follows:

“The Fourth, Fifth, and Fourteenth Amendments to the United States Constitution limit the state’s authority to deprive a person of liberty. Under our constitutional tradition, the power to arrest and forcibly hold a person against his or her will is generally reserved for officers of the law acting in the name of the people of Texas. By bestowing that grave authority on private parties who lack the training of peace officers and are not bound by the same oath to protect and serve the public, SB 359 raises serious constitutional concerns and would lay the groundwork for further erosion of constitutional liberties.

“Medical facilities have options at their disposal to protect mentally ill patients and the public. Many hospitals already keep a peace officer on site at all times. For smaller facilities, law enforcement are always just a phone call and a few minutes away. Medical staff should work closely with law enforcement to help protect mentally ill patients and the public. But just as law enforcement should not be asked to practice medicine, medical staff should not be asked to engage in law enforcement, especially when that means depriving a person of the liberty protected by the Constitution.”⁴

The mainstream press savaged Governor Abbott for his veto, but those who had opposed the bill and advocated a veto were just as vocal in his defense. Those seeking to kill the bill were the Texas Libertarian Party (co-founded by this author in the early 1970s), Texans for Accountable Government, the Texas Home School Coalition, the League of United Latin American Citizens, and the Citizens Commission on Human Rights. The last group, founded by the Church of Scientology, provided the media with a wedge issue to accuse the Governor of having been unduly influenced by a suspect “fringe” group.⁵ Not discussed by the media, however, was the huge pressure that was exerted by Big Medicine and almost certainly Big Pharma to get the bill passed in the first place.



Hospital Tricks

Hospitals have already been known in other States for playing the clever little trick of using a “psychiatric” detention in order to force a patient to submit to a non-psychiatric medical procedure against that patient’s consent.⁶ Had the bill not been vetoed by the Governor, Texas hospitals and doctors would have had this extra power to coerce patients into medical procedures that in certain cases they neither wanted nor were beneficial. Whatever happened to the Hippocratic Oath? To Informed Consent? And why give even more God-like powers to doctors, especially those who might be in need of detention themselves?

Of course the 800-pound gorilla in this discussion is that these detention powers are merely a means of forcing strong, dangerous anti-psychotic drugs on patients who do not want them and/or will then truly be at a risk of harm should they get them. No one in the mainstream press raises this issue, but it exists nonetheless; and in the drug-happy closed universe that characterizes hospitals, we would be foolish not to acknowledge this drug risk right alongside the attendant death tolls hospitals have racked up with drugs both properly and improperly prescribed.

Protective Laws Already Exist

As pointed out by Dr. Douglas Mossman and others, including Governor Abbott, laws already exist in all States permitting them to detain those patients where there exists a “risk of harm through self-neglect, ‘grave disability,’ or failure to meet basic needs” or a “risk that a person might physically injure or kill himself” or a “risk that a person might physically harm other persons.” It just requires that a peace or judicial officer make the decision.

Some understandably fear that mentally-ill patients will be released into the public, grab a gun, and then start killing people. I would be more afraid that continued psychiatric treatment by the medical profession with anti-psychotic drugs would lead to more gun violence; and, indeed, the statistics have shown that. Still, gun-seizure laws exist – even in Texas – that would protect the public. As Dr. Jeffrey Swanson states, “Connecticut, Indiana, and Texas already have a dangerous person gun seizure law. With the gun violence restraining order idea, a judge would make that decision. There has to be evidence there. There is a constitutional right at stake.”⁷

However alluring it might seem, allowing doctors and nurses to detain patients

whom they think represent a threat is no different than granting attorneys judicial powers that are more properly reserved for judges. According to many constitutional guardians, it should just not be allowed as it would be a first step down the slippery slope in a grant of dangerous powers to detain for other reasons, such as refusing to allow oneself to be vaccinated. Detention proponents claim that only a very limited number of people would be detained and that is all. Still, regardless of the number detained, what is called into question is the authority to detain and to whom that right belongs.

On the other hand, all States allow mentally-ill persons to be committed if their recent behavior poses a danger. With proper constitutional safeguards, some very few persons might be better off confined. The only question then would be: Can we trust our current medical and political system with such power? 🔥

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Endnotes

1. See U.S. Department of Health and Human Services, HHS Pandemic Influenza Plan, S8-14 (November 2005), available at <http://www.hhs.gov/pandemicflu/plan/pdf/HHSPandemicInfluenzaPlan.pdf> ; See also Kathleen Swendiman & Nancy Lee Jones, Congressional Research Service, The 2009 Influenza Pandemic: Selected Legal Issues, at 10 (Oct. 29, 2009). See also U.S. Const. Amend. X; Jacobson v. Massachusetts, 197 U.S. 11, 25 (1905) (“According to settled principles...the police power of a State must be held to embrace, at least, such reasonable regulations established directly by legislative enactment as will protect the public health and the public safety.”).
2. See <https://www.whitehouse.gov/the-press-office/2014/07/31/executive-order-revised-list-quarantinable-communicable-diseases>.
3. Michael Snyder, “Drugged Into Oblivion: Nearly 60 Percent Of All U.S. Adults Are On Prescription Drugs,” End of the American Dream, Nov. 3, 2015, at <http://endoftheamericandream.com/archives/drugged-into-oblivion-nearly-60-percent-of-all-u-s-adults-are-on-prescription-drugs>.
4. See <http://www.journals.senate.state.tx.us/sjrn1/84r/pdf/84RSJ06-01-F.PDF#page=22>.
5. See Morgan Smith, “Scientology Group Urged Veto of Mental Health Bill,” *The Texas Tribune*, July 14, 2015, at: <http://www.texastribune.org/2015/07/14/scientology-group-urged-veto-mental-health-bill/>.
6. See, e.g., Douglas Mossman M.D., “Psychiatric ‘Holds’ for Non-psychiatric Patients,” *Current Psychiatry*, Vol. 12, No. 3, March 2013, at <http://www.currentpsychiatry.com/home/article/psychiatric-holds-for-nonpsychiatric-patients/cb5be6ed2719783e3d1302ff5cd003fa.html>.
7. Lois Beckett, “What We Actually Know About the Connections Between Mental Illness, Mass Shootings, and Gun Violence,” *Pacific Standard*, June 10, 2014, at <http://www.psmag.com/health-and-behavior/actually-know-connections-mental-illness-mass-shootings-gun-violence-83103>.



What to Do If Wrongfully Detained

What to do if you, a member of your family, or a friend is detained by a hospital because the responsible doctor there thinks you are a threat? And, even worse, what to do if they want to impose a medical treatment without your informed consent?

1. **If you, the patient, have the mental capacity to make a medical decision, then your decision is binding even if it creates a clear risk of death. If you are certain of your choice, then stand upon your rights, do not be intimidated, and insist upon it.**
2. **Demand legal counsel if you find yourself “out-gunned” by those pressuring you or your family member or friend.**
3. **Refuse any medical treatment, including drugs, that you truly think might endanger your health or life.**
4. **Remember, psychiatric holds not made in “good faith” will exclude the doctor and hospital from immunity under the law and subject them to legal liability. If you observe any such bad-faith action, use the threat of personal legal action as leverage to obtain your immediate release.**

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Why Would Anyone Get A Flu Vaccine?

“The vaccine failed 99 percent of those who took it – they received no benefit at preventing the flu.”

NEWSMAX INTERVIEWS DR. BROWNSTEIN

It is Fall, and health officials are beginning their yearly push to convince Americans to get the latest version of the flu shot. Last year's vaccine was a tremendous dud – a new strain of H3N2 influenza emerged after the vaccine was formulated and the shot was a poor match. Even the Centers for Disease Control and Prevention (CDC) admitted it did little to protect against flu.

This year's vaccine has been designed to protect against the new H3N2 strain and the CDC hopes it will be a good match for this year's virus, although the Agency admitted in a recent advisory that it is impossible to predict the upcoming flu season. Should you get the new vaccine? The CDC says “yes,” and CDC Director Tom Frieden, M.D., got his yearly shot during a news conference meant to convince others to follow suit.

Not so fast, says holistic family physician David Brownstein, M.D. “In the past, the flu vaccine hasn't worked for most of us, and there's no indication that it will this year,” he tells Newsmax Health. “The flu vaccine has been around for over 30 years, and there is not one single study showing that any flu vaccine has helped prevent the flu in the majority who receive it,” says Dr. Brownstein.

“Nor has it been shown to prevent flu complications, such as pneumonia, hospitalizations and death, in well over 90 percent who receive it. As usual, they are taking their best guess as to which strain of flu will be predominant, but they have no way of being sure,” he says.

Even when the flu vaccine matches the circulating strains of influenza, the shot performs poorly, and does not offer 100 percent protection, Dr. Brownstein argues. “Whether they are right or wrong, the cases of flu are about the same whether the



vaccine is a good match or not because flu shots don't work,” he says. “A review of 50 studies that included more than 70,000 adults found that 100 people needed to be vaccinated to avoid one case of flu. *That means the vaccine failed 99 percent of those who took it* – they received no benefit at preventing the flu.”

Although seniors are especially urged to get the flu shot, some experts say they don't protect older people, and the government knows it. Investigative reporter Sharyl Attkisson says the government has ignored numerous studies showing the vaccine was ineffective in the elderly, and a ten-year-old study was ignored because the results were not what were expected. “It found that after decades and billions of dollars spent promoting flu shots for the elderly, the mass vaccination program did not result in saving lives,” Attkisson wrote. “In fact, the death rate among the elderly increased substantially.”

Dr. Brownstein agrees. “There are no good studies showing that the flu vaccine is effective for seniors,” he says. “When you take apart and break down a recent study that the government uses to promote the flu vaccine to senior citizens, you'll find that 217

elderly people had to take the high-dose flu vaccine to prevent a single case of flu – that's a 99 percent failure. In addition, every single person was exposed to possible adverse effects. It's vital to always bear in mind that the flu vaccine can cause side effects, including Guillain-Barré Syndrome (GBS), and has been linked with narcolepsy in children and an increased risk of Alzheimer's.”

He also points to a study published in the *International Journal of Obesity* which found that flu shots are not effective in obese people. In fact, Johns Hopkins scientist Peter Doshi says that although the vaccines are being pushed on the public in record numbers, they are less effective and cause more side effects than admitted by the CDC.

Dr. Brownstein also notes some formulations of the flu shot contain trace elements of mercury and formaldehyde. Although CDC and other health authorities say these preservatives are at levels so low that they pose no harm, Dr. Brownstein disagrees. “There is simply no justification for injecting any living being with mercury or formaldehyde, especially pregnant women,” he says. “I guess I could encourage people to get vaccinated if the flu vaccine actually worked and did not contain toxic additives, such as mercury and formaldehyde. But it doesn't work, and it does contain toxins, so I advise people to avoid it. There's no real reason to believe that this year's vaccine is going to be any better than in the past.” 🔥

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For more information about Dr. Brownstein, please go to: www.drbrownstein.com. Dr. David Brownstein is the author of *Natural Way to Health*, a monthly newsletter that focuses on achieving and maintaining optimal health. To subscribe, go to: NewsmaxHealth.com/Newsletters or call 1-800-485-4350.

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— F. SCOTT FITZGERALD

BY SCOTT C. TIPS

When I first met Sayer Ji in person, I was immediately impressed by his quiet but strong demeanor, with intelligent, inquiring eyes that blazed with a deep-set passion for freedom and health that is all too rare these days. I knew at once that he was one of us, someone who would keep fighting for health freedom until his last breath, no matter what. I also knew that he was someone who could be counted upon, a trust that has since been proven time and again.

The Early Years and Influences

Born in a Leap Year and just barely ahead of an autumnal snowfall in Wisconsin, Sayer was fortunate to have been born into a family that was not only loving but gifted. His father had survived the Korean War as a young boy and emigrated to the United States where he became a Professor of Theoretical Biology, teaching at many prestigious universities. This accounts for the family’s many moves during Sayer’s youth, from Wisconsin to Pennsylvania, and then on to Dortmund, Germany where Sayer of course learned German as a child. After living several years



in Germany, the family moved back to the United States, to the beautiful college town of Chapel Hill, North Carolina, and then finally on to central New Jersey, where Sayer grew up and attended high school, and then college at Rutgers. He always seemed to have intellectual stimulation around him.

So it only seems natural that Sayer’s mother, of Irish-American stock, would be a librarian and an activist in her own right.

Now retired, she had worked for many years getting information out to others (which, not surprisingly, is exactly what her son does now through GreenMedInfo). She met Sayer’s father while they were both in graduate school in Upstate New York and it was love at first sight. From that union, a daughter, Mia, was born first and then of course Sayer. Mia’s own strong, nurturing feminine traits gave Sayer the blessing of a “second mother” during his early, formative years.

After his graduation from high school, Sayer enrolled in the Art School at Rutgers University but soon transferred to the main University there, where he earned a B.A. degree in Philosophy. These were four hard years of study but also influential years.

Typically, Sayer’s father and mother were enormous influences in his life; but his father impressed Sayer perhaps even more profoundly. A theoretical biologist, he “induced in me an almost mystical appreciation for science,” as Sayer said. Eschewing the lure of the comfortable corporate research world, Professor Ji turned down the pursuit of lucrative grants in order to focus more on learning and teaching. And so he could continue

studying the fundamental unit of biology – the Cell. Money is no lure to Sayer’s father; rather, discovering a biological “Theory of Everything” is his goal. For a man who survived the Korean War, the specter of starvation, and dodged fighter-jet bullets, Professor Ji has demonstrated a will to live and learn with an enduring passion that continues to this very day. But, as the saying goes, “the apple doesn’t fall far from the tree.”

Early Work Helping Others

Wanting to help others, and even before graduating from Rutgers, Sayer first worked with troubled children. First at the Princeton-Blairstown Center in New Jersey and later at the Mayhew Foundation in New Hampshire and the Eckerd Youth Alternatives in the Florida Everglades, he helped one troubled child after another to regain control and expand the vistas of their lives. Naturally there were failures as not every child can or wants to be helped, but enough troubled children were helped in a very satisfying way that Sayer persisted in this line of work throughout the 1990s. Today, there is no telling how many young adults owe Sayer a huge debt of gratitude for having helped them to straighten out their lives.

Still, as rewarding as his work was, warmer climes beckoned and in the early 2000s, Sayer moved from New York down to Florida. There, he worked as an educator and patient advocate for a chain of health-food stores. As Sayer put it, “I was the guy in the aisles answering questions from anyone who walked in the door.”



This work actually foreshadowed his current life’s work with lines forming after every speech of his and he is still answering questions individually and for the World.

This was a natural move for Sayer because of his early childhood interest in maintaining his health, brought on by bronchial asthma while an infant as well as an injury suffered later on as a young child. In fact, having been sick a good part of his early life was a prime motivator for Sayer to get healthy; and with his inquisitive mind, he quite understandably graduated into natural remedies. So, working in health-food stores for a philosophy-degreed graduate was not as strange as it might first have seemed; and it actually tracked his life’s work of helping others.

The Currency of Democracy

Yet Sayer knew that there was a much better way to get health information into the hands of those who needed it. “I could not believe that no one had created an entirely evidence-based and open-access database to support our health industry and its needs, so I created one,” Sayer said. Calling it GreenMedInfo, it is an online, subscriber database containing many thousands of peer-reviewed studies of natural remedies for over 3,100 ailments. In fact, all known cancers are listed and addressed in the database, with 1700 abstracts researched and listed on tumors alone. In many cases, where no one else has an answer to an ailment, GreenMedInfo.com does. There are no fewer than 25,000 articles on Sayer’s website.

However, as Sayer related, “it took me four solid years of working 30 hours a week while holding down a full-time job to develop the GreenMedInfo.com platform. It was neither easy nor cheap to develop and put in place.” He also honestly admits that GreenMedInfo.com is still a work in progress and is far from complete. But then what useful database of growing information is ever complete?

Importantly, Sayer has generously made the GreenMedInfo.com database available to the National Health Federation and spread NHF’s messages and articles about Codex Alimentarius and health freedom far and wide. With GreenMedInfo’s huge subscriber

base, this is naturally beneficial to us all. Sayer is fond of quoting Thomas Jefferson in this regard, “Information is the currency of democracy.” And Sayer intends to keep circulating that currency as much as possible so as to enrich the World.

Health-Freedom Activist

At the same time as Sayer was working full time, and as he was working nearly full-time creating his natural database, and as he was working overtime to write articles such as “The Dark Side of Wheat” that brought him to the attention of Dr. Joseph Mercola, he plunged headfirst into the world of health freedom. Having viewed a video on Codex Alimentarius (the international body establishing food standards and guidelines for the World) in 2007, Sayer clearly saw that “we are in one of our darkest periods now.” As he puts it, “although the latest information is now available through any device on the Planet, health freedom was and is imploding.”

From 2011 to this year, Sayer worked with Dr. Mercola to get the word out about natural health and health freedom. But stating it that way actually belittles Sayer’s influence in the then-Number-1 natural health website in the World, for Sayer was Mercola’s research advisor and top-level editor (meaning that he looked at article concepts just the same as Dr. Mercola did).

Sayer was also asked to and did join the NHF’s Advisory Board as an import-

ant NHF advisor. So much so that he was sought out by many Board members, including me, to be on the NHF Board of Governors. Appointed by me to a vacancy on the Board of Governors in February 2015, Sayer was enthusiastically and unanimously confirmed to that position by the Board; and he has been a very active and life-saving Board member ever since.

Plus, Sayer’s vision is so clear. “It’s not really about Big Pharma making money anymore,” he states, “it’s about *control*.” “Health freedom is precarious and we are about to lose everything if we do not act and act now. We have a whole new way of communicating using the internet and we need to use that system. Everyone should know that *NHF is the sole entity* fighting for health freedom both nationally and on a global level.”

Health Advocate Too

To Sayer, maintaining one’s balance in life is vital. As he puts it so well, “I think the most important thing that carries us through life whole, healthy, and with a sense of the sacred close by, is our mindset: the way we stay present to our experiences, and one another, remembering always that service is not just a selfless act, but the only one that can truly secure our own happiness.”

His own health regime is a good example to others. When I asked Sayer how he maintains and balances family time so that the burnout typical among

health-freedom activists does not occur, he told me, “I love to focus on day-to-day nutrition, exercise, yoga, and meditation as a way to stay centered.” But there was more. “I try to eat an entirely organic diet, minimizing grains, and I leave a good amount of time in the morning to fast, opting for intense exercise before eating, as I find this helps to keep my mind clear and energize me throughout the day. That said, I’m not too rigid and will take rest days and let my body guide me nutritionally so I can let my ‘food be my medicine.’ I think it’s also important to be mindful of Nietzsche’s sage advice: ‘Beware that, when fighting monsters, you yourself do not become a monster ... for when you gaze too long into the abyss, the abyss gazes also into you.’ In other words, while we live in dark times, and health freedom seems increasingly under mortal threat, we should remember to try to embody as much peace, strength, and equanimity as possible while we ‘fight the good fight.’”

Curious about Sayer’s deep interest in drumming (largely because I myself am so musically untalented) and yoga, I also asked him about his experiences there. Sayer was typically frank and direct, “I feel like drumming is as fundamental to self-expression and community to me as is having a heartbeat. I think its origins stretch back to the birth of most all civilizations, and that it helps us all – those from all walks of life, ages, backgrounds,



and cultures – to experience harmony and unity together in a way that does not require words. My experience with yoga is it can be as simple as just getting a good “stretch” and “work out,” to experiencing the deep union of mind and body. No matter how you enter, it always seems to provide the practitioner some unexpected surplus of benefit once completed.”

That Sayer seems to have the incredible ability and talent to make time for *everything* in his busy life is a source of constant amazement to others, including me. With all that he does, Sayer still manages to make time for his own family – for his two little girls, Sienna and Bella, of whom he is very proud and whom he loves deeply. To stay close to them, he will not let other activities interfere with family time.

The Final Word

Sayer is such a multifaceted individual that it is hard to summarize him and his life in any short way. That his parents are still involved in his life and very supportive of him and his activities, that he is still as close as ever with his sister Mia, and has two loving daughters, all while he maintains the constant hum of his 48-hour days, speaks volumes about this man. But Sayer, the gifted writer and wordsmith, humbly and very typically turns what I consider NHF’s own good fortune in having him on our side into a blessing for *him*. “I’m just so blessed to have so much support, so many people in my life have helped me to realize my mission with GreenMedInfo.com and as part of the National Health Federation community, so that I can take my best work and combine forces with an organization that has the opportunity to continue to affect massive positive change around the World.” Amen.

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In the attempt to hide the unfolding climate and environmental cataclysm from the public for as long as possible, the Power Structure and the geoengineers are actually fueling the fire overall and effectively poisoning the entire Planet with toxic heavy metals in the process.

HEAVY METAL CONTAMINATION AND MASS EXTINCTION

What's The Connection?

BY DANE WIGINGTON
geoengineeringwatch.org

Forests are silent, oceans are increasingly lifeless, so how can so many be completely oblivious to what is unfolding by the day?

The sixth mass extinction event on our planet is not far out on the horizon somewhere, it is here.¹ Global populations in more affluent countries have been largely shielded from reality for so long that they have absolutely no understanding of the unravelling environment around them.

The power-structure-controlled mainstream media has done their absolute best to distract already complacent populations with a long list of heavily dramatized stories that are virtually meaningless against the background of the bigger picture. All over the Globe, ecosystems² are collapsing and mass species die-off is occurring.³ So many have embraced the lie that technology will save us from ourselves, isn't such a notion the ultimate paradox? Modern industrialized technology is actually what has pushed us over the edge.

In one form or another, climate engineering (also known as geoengineering or solar radiation management) can be connected to the vast majority of unfolding environmental catastrophes and the endless list of now epidemic human diseases around the World. There is a mountain of data to prove the global climate engineering assault has been going on for over six decades. A recently posed 750-page Congressional report from 1978 outlined the ongoing global climate engineering insanity as of that date and confirmed the programs had already been going on for 30 years.⁴ Our government is doing their best to be sure the public does not wake up to the toxic atmospheric spraying. "Gag orders" have just been placed on all National Weather Service employees and all National Oceanic and Atmospheric Administration personnel.⁵ Not only has the entire climate system been derailed, the entire Planet has now been irreparably contaminated with highly toxic heavy metals that are consistently sprayed into the skies as part of what is termed "solar radiation management." The most prevalent of these heavy metals are aluminum and barium.

Internationally recognized geoengineer David Keith has stated on the record that climate engineers calculate the need to put 20,000,000 tons of aluminum nano-particles into the atmosphere annually.⁶ This is an almost inconceivable amount of highly toxic metal. Aluminum has been conclusively connected to autism.⁷ Now researchers at MIT have concluded that on the current trajectory of autism increase, within ten years 1 out of 2 children will have autism.⁸ Where are the headlines on this dire statistic?



What Is Really Killing The Bees?

Yes, farm chemicals are very harmful to bees; but if that were the only factor, why are the bees dying just as fast a thousand miles into the wilderness? For a number of years I have communicated with some of the top bee keepers in the country. I have tried and tried to convince them that toxic heavy-metal contamination was a primary issue related to colony collapse disorder. None were even willing to investigate this issue, but now we have peer-reviewed studies that prove the reality of massive heavy-metal contamination in bees.⁹ Only three parts per million of aluminum in the human brain can lead to neurological diseases like Alzheimer's, dementia, ALS, and the like. Bees have now been detected with levels of aluminum as much as 70 times higher, so how can they survive at all? Why isn't this extremely dire contamination issue being more widely reported? Because, as already mentioned, the power structure is doing everything it can to hide this most far-reaching crime in all of human history, climate engineering. Can we survive without pollinators?



Whales Are Not Exempt From the Blanket Heavy Metal Contamination

The largest mammals that have ever lived on our Planet are just as contaminated as the bees. In 2010, U.S. scientists tested nearly 1000 whales from some of the most remote places on the Planet. The report showed "stunningly high levels of toxic heavy metals in the animals that they (the scientists) say could affect the health of both ocean life and the millions who eat seafood."¹⁰

The entire Planet is being contaminated as is the entire web of life from the clouds to the ground. The whale studies and the bee studies prove there is virtually no place to hide from the highly toxic heavy-metal climate engineering fallout⁹

What Is the Current Overall State Of The Oceans?

Our oceans are dying by the day, especially along the North American West Coast.¹¹ Official agencies pretend not to understand what is unfolding in our seas. This is a lie. It is the assigned task of agency "experts" and mainstream media to downplay the direst issues in order to keep the public



One example of the countless species dying are seals that have been littering West Coast beaches.

calm or confused in regard to the facts. Although many independent news sources want to place the blame for the dying seas on a single source or cause, there are in fact a great many factors involved, all of them related to human activity.

Fukushima's radiation is one problem, but only one. The U.S. Navy war games along the West Coast using live depleted uranium ammunition is another factor. There is of course pollution, overfishing, and more; but what are the most likely core causes?

The oceans are warming at an unprecedented pace, this is due to the rapidly worsening anthropogenic greenhouse effect that has been significantly worsened by 65-plus years of climate engineering. Geoengineering has destroyed the ozone layer, which allows lethal levels of UV radiation through to Earth's surface.¹² The excessive UV is decimating plankton populations and fueling the thermal buildup of heat on our Planet. Climate engineering has also radically disrupted wind patterns, which in turn affects ocean currents. This has contributed to extreme pockets of ocean heat due to a lack of ocean circulation and mixing. "Red tides" and the death they bring to the seas will continue to increase. Since at least 2007, the climate engineers have aggressively tried to suppress the development of El Nino events;¹³ this has greatly contributed to the ocean heat build up (and the consequences of the heat) that we are now seeing.

The die-off of sea stars along the North American West Coast has also been horrific.¹⁴ Much of the Eastern Pacific Ocean is superheating,¹⁵ a very dire fact that most of the population is still completely unaware of thanks to the mainstream media machine of mass distraction.



A mass invasion and die-off of red tuna crabs is still occurring along the beaches of Southern California and Northern Baja.¹⁶ No matter how prolific and widespread the carnage becomes along our shores, for many it seems that all of this death is only an amusement.

Earlier this year beaches in Northern California and Oregon were blanketed with a mass die-off of "Vellela Vellela," a cousin to the jellyfish.¹⁷



What Is "Ocean Fertilization" Doing To Our Seas?

Another form of geoengineering, "ocean fertilization," is also contributing to the ever expanding dead zones around the Globe. Available data indicates that the toxic materials being sprayed for "solar radiation management" over our oceans are engineered and intended to trigger "ocean fertilization" when the materials settle to the sea surface. The intent of ocean fertilization is to cause an algae bloom in order to absorb CO2 from the atmosphere. For the climate engineers, reducing atmospheric CO2 is a success, but at what cost does it come? Further acidifica-

tion of the oceans, the creation of low and no oxygen zones, and the further stagnation and heating of the oceans.¹⁸ Overheated seas are dead seas and the current heat buildup on Planet Earth is equal to 400,000 Hiroshima bombs per day.¹⁹ Rapidly rising levels of greenhouse gases (especially methane) will intensify algae blooms and marine die-offs. We are in free fall toward what is known as "Canfield Ocean," a state of stratification, overheating, de-oxygenation, and mass die off.

Rapidly Escalating Ocean and Land Temperatures Are Causing Vast Methane Deposits to Thaw

The extremely rapid warming of the Planet is causing formerly frozen methane hydrate deposits to thaw and release into the atmosphere; and global climate engineering has made this situation far worse overall, not better. Methane is also releasing at an ever increasing rate from lake and sea beds



around the Globe, especially in the Arctic. As formerly frozen methane hydrate/clathrate deposits on sea and lake beds thaw, the methane migrates to the surface where it can be temporarily trapped in the ice. As global ice deposits melt and recede, more and more methane reaches the atmosphere. In the photograph below, methane is temporarily trapped in the ice.



A recent and extremely alarming phenomenon has been occurring in Siberia. Thawing permafrost is also releasing vast amounts of methane. In some regions subsurface pressure buildup from releasing methane has created massive methane blowholes.²⁰ So, atmospheric methane is virtually skyrocketing past pre-industrial levels. As methane releases, it fuels "climate feedback loops" that trigger even more methane release.

The warming and thawing of methane deposits is so profound, all life on Earth is now in the balance.²¹

The Genie Cannot Be Put Back Into the Bottle

Very few are willing to face the fact that the human race is on a trajectory for total near-term extinction. If we stay on the current course, near-term extinction is not just a possibility, but rather a mathematical certainty. Once formerly frozen methane deposits begin to thaw and gas into the atmosphere, a feedback loop is triggered that perpetuates itself. As more methane is released, more atmospheric heating occurs. This in turn thaws yet more methane and thus the cycle spirals out of control. The methane release is an avalanche of greenhouse gas potential on top of all the damage already done to the planet from countless

sources of human activity. Methane is 100 times more powerful a greenhouse gas than CO2 over a ten-year time horizon. The ongoing climate engineering programs are not mitigating this problem, but rather making it worse. In the attempt to hide the unfolding climate and environmental cataclysm from the public for as long as possible, the Power Structure and the geoengineers are actually fueling the fire overall and effectively poisoning the entire Planet with toxic heavy metals in the process. Bio-available heavy metals (which are also bio-accumulative) are building up in each and every one of us as well as the entire web of life.

If we are to accurately understand what we face, we must do objective research. It is up to all of us to sound the alarm. This battle cannot be won by the few, all must engage. No matter how dark the horizon is, if we could expose and halt the climate engineering, it would be a giant leap in the right direction. If our Planet were able to respond on its own to the damage already done, rather than being encased in the destructive chains of global geoengineering, we would still have a chance. 🔥

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THE SCIENCE OF GLOBAL WARMING

There's An Urgent Need To Take Extreme Countermeasures

BY DR. HANS J. KUGLER, PH.D.,
with scientists from the International Academy of Anti-Aging Medicine (IAAM)

A state of severe confusion exists among the population at large concerning climate change. This is caused mainly by special interests, whose profits would be affected if needed countermeasures were taken according to scientific facts and who blatantly plant anti-Global Warming (GW) bogus arguments. After scientists separate the bogus from the facts, a bottom-line picture crystallizes and GW becomes easy to understand.

An Undisputed Fact

In my opinion and those of many others,* Global Warming is caused by extreme amounts of CO₂, produced by burning carbon fuels, coal, oil, gas, and as a side-product of the cement industry (85+%). Worldwide, the annual CO₂ production is 37 billion metric tons/year. Over the past several hundred thousand years, due to

volcanic eruptions and fires, CO₂ levels have varied substantially but Nature has always brought them back to about 300 ppm.

With the Industrial Age's ever-increasing use of carbon fuels for electricity and automotive and air/ocean transportation, CO₂ levels have been climbing to 350+ ppm. Trees shut down their CO₂ uptake because it is becoming toxic to them and oceans are dying due to acidification. At the end of 2014, totally unacceptable levels climbed to an Earth-destructing 400+ ppm.¹

The Need to Take Countermeasures

Starting more than 20 years ago, leading GW experts from around the World emphasized the need to take countermeasures and to slow down or even reverse GW by cutting down on CO₂ production. They warned that if nothing were done, the

steady global temperature increases would increase CO₂'s capacity to absorb water and with this CO₂'s potency to cause GW, bringing us ever closer to a point of no return. This, in physics, is known as one of the "Tyndall Effects."

Instead of supporting this call for action, irresponsible, greedy special interests, mostly the carbon industries with profit maintenance as their goal, confused the issue by planting spurious arguments, \$543 million worth, and delaying needed actions.² In a cost evaluation noted in a July 2013 issue of *Nature* (499, 401-403), authors Gail Whiteman, Chris Hope, and Peter Wadhams of Cambridge University warned of future extreme costs – \$60 trillion – for neglecting to take countermeasures to GW. Unconcerned about these science-based warnings, the carbon industry kept playing dumb by planting more anti-GW stories.

Strangely enough, the GMO industry entered the picture with the development of aluminum-resistant crops as noted below.

No Shortcuts

There are "no shortcuts," say numerous Intergovernmental Panel on Climate Change (ICPP) scientists, when asked how to solve the problem. Harrison Ford and Arnold Schwarzenegger in the movie *"Years of Living Dangerously"* asked what must be done about GW. Since everything is connected, shortcuts to lighten the GW load in one area will cause a multiple of problems elsewhere. Yet, what are the science-facts-lacking ignoramuses doing – obviously with maintaining special-interest profits on their minds – shortcuts and more shortcuts. By so doing, they worsen GW problems worldwide.

Reference Dane Wigington's work on geoengineering³ for the details of one of hundreds of key examples of the worsening situation. Others include greatly increased and often uncontrolled record wildfires adding far above acceptable amounts of CO₂ back into the equation; earthquakes releasing methane from underground pockets and causing tsunamis as correctly predicted for the Ventura coast in California by two geological studies; droughts; and increased ocean temperatures that change weather patterns and, from previously cold waters, release GW-accelerating methane.

Chemtrails or Geoengineering

The only large-scale, special-interest, carbon-driven "countermeasure" that was initiated is Chemtrails, also known as Geoengineering or Solar Radiation Management (SRM). Geoengineering is the high-altitude (30,000 to 40,000 feet) spraying of toxic metals including aluminum, barium, strontium, and others in the form of reprocessed coal ash "to lay a shield against some Sun energy from reaching Earth." Obviously, with pseudo-scientific excuses designed to maintain carbon profits, it proved to be GW-worsening and is now referred to by real scientists as "pseudo-scientific Voodoo" and the "climate change blunder of the Century," as well as a variety of expletives because it does nothing about the real cause of GW. Excess CO₂ production poisons the environment

"The only thing necessary for the triumph of evil is that good men do nothing."

– John F. Kennedy,
Edmund Burke,
R. Murray Hyslop,
Charles F. Aked,
& John Stuart Mill

beyond imagination and wastes billions.

The lack of concern for Earth's future and our health, and the outright stupidity of geoengineering was further demonstrated with respect to our trees, the first line of defense against CO₂, which are being poisoned by aluminum. Aluminum poisoning is implicated in both Alzheimer's and Autism. The toxins in the sprays cause extreme inflammation, the starting point for literally every disease, and allergies in the population at large but especially in airline crews and passengers.

In airliners flying at the above-quoted altitudes, and with no precautions to prevent them from flying through sprayed space, the airliner's cabin air is nothing but compressed outside air.⁵ The ingredients in the sprays are endocrine disrupters, mimicking estrogens, and dousing us with estrogen-mimicking, immune-suppressing, poisons. This is most likely a contributing reason why we suddenly have 1.6 male transgenders "coming out of the closet," all wanting sex changes to become women as *Time* reported as their cover story in March 2015.⁶

The Global Downhill Spiral Continues

With this global downhill spiral continuing, and with real action further delayed by the oil industry's continued planting of bogus anti-GW arguments and even by high-ranking politicians who are in the pockets of carbon-industry connected sources, some have evoked God by claiming that they

talk to God and that "this is God's will." Monsanto also indirectly confirms this nonsense with – guess what? – more aluminum-resistant crops! How much phonier and insulting to science can special interests get? Among numerous other negative effects, geoengineering is fueling Superheated Pacific Dead Zones, which then change global weather patterns and more.⁷

Clowning Around With Earth

This irresponsible clowning around with Earth's chance to survive has now elevated GW to the "Earth Catastrophe" level. As demonstrated with a report by the Arctic Methane Emergency Group (AMEG) that shocked even the usually science-facts-lacking GW deniers, the Arctic ice that was previously believed to last until 2050 was instead melting and disappearing at an unprecedented rate. Two key reports, a U.S. study showing a 350-cubic-miles ice loss per year and a German study showing a 500-cubic-kilometers Arctic ice loss per year both pinpointed the date when all Arctic ice would be gone and with more severe consequences to follow. Literally each one of the many scientific studies proves excess CO₂ as the cause. When will we acknowledge that carbon fuels are outdated, dinosaur, polluting Earth-destructing sources of energy that we have to get away from?

Could Have, Should Have

What could have and should have the nations around the World been doing to reduce CO₂ production? The number-one action should have been to broadcast a message of extreme urgency to the people, to explain the situation, and to get everybody involved, similar to the mobilization of the U.S. when it entered WWII. A strong plan of conservation was created by the Rocky Mountain Institute (RMI)⁹ that would reduce energy needs and with this action reduce CO₂ production by 30%.

Next should have been a much stronger push towards changes to solar and electrical cars, other CO₂-free energy sources, and more. But, as even elaborated on by the Pope, carbon-industry greed, deceiving the public as in the Drexel University publication referred to above, scientific

ignorance, and plain stupidity slowed all required actions down to a snail's pace. Let me demonstrate this with *the* automotive blunder of the century: Nearly twenty years ago, GM produced the EV-1, an electric car that was praised as "*the automotive miracle of the Century*," boasting an 80-mile range on one charge, with a range extender (a combination of a small lawn-mower type motor, connected to a generator) that gave it a range of up to 140 miles, and still with a 100-mile-per-gallon fuel efficiency. Pushed by the oil industry, GM recalled the cars and crushed them; the oil industry just would not accept a car that did not guzzle gasoline. For the facts on this action, watch "Who killed the Electric Car?"¹⁰ If you want to read more about CO2-free energy projects galore,¹¹ reference my end notes.

Arctic Ice Losses: The Turning Point

Why were the Arctic ice losses *the* turning point in the fight against GW? The pristine Arctic ice used to reflect about 85% to 90% of incoming solar energy back into space. With the ice gone, this energy, equivalent to 400,000 Hiroshima atomic bombs *per day*, is now warming thawing permafrost areas and cold oceans where megatons of previously safely frozen methane (a gas; considered the excrement of the Earth) are buried. Now escaping into the atmosphere as confirmed by NASA satellite measurements, methane gas totals 50 million tons in the first year alone.¹²

THE PROBLEM WITH METHANE

Taking into account a "heat absorbing" Tyndall Effect up to one hundred three times as potent as CO2 in causing further GW, methane is a problem. It is produced by cattle-farming and often released by earthquakes from underground and ocean depositories. Scientists have calculated that a mere one percent of now-frozen methane released into the atmosphere would cause a no-return Earth catastrophe. For an excellent overview of the methane problem reference, see Dr. Jennifer Hines' work online at <https://www.youtube.com/watch?v=su-musJkjbntBo>.

How real is this threat? *Very Real!* In Earth's history there were five extinction

periods. The Fifth, the Permian, was very much like today's threat caused by methane: volcanic eruptions and fires warmed permafrost areas causing the release of excess methane and life on Earth vanished.

It's Wake-Up Time

Are the nations of this Earth finally waking up and taking effective countermeasures? Only very slowly. Special interests are still playing politics, too ignorant and money-hungry to acknowledge scientific facts. Not one single contender in the GOP debate on August 6, 2015, commented on GW. The carbon industry obviously gives a hoot. Come hell, earth-destruction, or high water (literally) they will do anything to maintain their carbon profits. Greedy politicians take the money and, blatantly denying science, yodel along with special-interest-planted bogus claims. Since all of the pseudo-scientific actions are kept covert, "*you have no right to know*" but are paid for with your tax dollars, the message to the people is obvious: "We The People" has been replaced by "We The Special Interests."

Having to finally recognize that CO2 is *the* problem, the carbon interests are planning to trick us, similar to what occurred with the 1964 tobacco-industry blunders, with a soon-to-come extensive publication – almost a book, with pretty pictures – more unscientific and bogus than you could ever conceive of, mixed in with some real science and *pushing* CO2 sequestration (collecting CO2, and pumping it 3/4s of a mile underground), true high-risk Voodoo exposed with numerous science references.¹³

CO2-Free Energy Alternatives

Do we have enough CO2-free energy alternatives to replace carbon fuels? The answer is a resounding "yes." With solar power now more cost-effective than carbon fuels this opens the doors for real electric cars like Tesla and saving more money by installing solar panels; charging an electric car via your own solar panels can cost as little as \$ 2.68 per 100 miles. Even getting off the grid, using a variety of possible energy alternatives like Tesla batteries, and/or combining it with MIT- and Harvard-proven hydrogen technology.¹⁴ 🔥

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* This article reflects the personal views of Chairman Dr. Hans J. Kugler

IN MEMORIAM – Dr. Lorraine K. Hurley

November 2, 1958 – October 2, 2015

By Katherine A. Carroll, Associate Editor, NTP



Dr. Lorraine K. Hurley of Brewster, Massachusetts was killed October 2, 2015, while she was riding her bike. She was the wife of Jay Hurley and devoted mother to Gabrielle and stepmother to other children. Originally from Detroit, Michigan, Dr. Hurley graduated from Boston University School of Medicine and was a dedicated holistic doctor as well as hostess of an internet radio program called "Uncommon Awareness" on the Genesis Communication Network. A friend and great supporter of the National Health Federation, she had President Scott Tips as a guest many times on her show. Lorraine was a tireless and passionate educator and writer focusing on progressive and leading-edge health and human potential opportunities. An excellent writer, she was a contributor to *Health Freedom News* as well.

Because of these many intersections of Lorraine's life with ours at NHF, we became friends. Having the privilege of a conversation with Lorraine was an event. Her agile mind nimbly raced from one book to another, citing authors as well as a synopsis of the contents or the points she was reinforcing as she scaled through quantum physics, spiritual enlightenment, and winding back up at her current passion with water, food, and always herbs, which I have since come to love as well.

I trusted Lorraine with my health and she became my doctor. I trusted her with conversations that evolved mutually into "girl talk" as we are close to the same age. We commiserated with one another about the work overloads and demands of the health and health-freedom life; our mutual path of service. In one long conversation, we decided to hold a retreat for "burned out health-freedom workers" at Adytum Sanctuary, my home and guest house in the Pacific Northwest. In future conversations and by email, this desire was discussed as a goal in the near future. Perhaps we shall carry on with this desire that Lorraine and I had and it will be dedicated to the joyous one who was always so loving and completely transparent with me and others too I am sure. She ended all her communications with "Big Love!" and that's exactly what Lorraine lived, right from the heart.

Lorraine loved traveling and was inherently curious, which fueled her path of perpetual growth and expansion. She had several seminars and retreats planned in Costa Rica and other locations in addition to Adytum Sanctuary. Generously giving her wisdom and training, which was sculpted to reflect natural healing, she often gave her time gratis to the healing of many, expecting nothing in return. Spiritual healing, healthy eating, and restoring others to health was her focus. She practiced what she taught and it showed most in the brightness of spirit she brought to all her endeavors.

A more passionate educator and healer would be hard to find. Dr. Lorraine Hurley's entire heart was invested in everything she focused on. The health-freedom community and a multitude of friends and her family will surely miss her great spirit.



Give The Greatest Health Freedom Gift of All.

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

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


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

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

Your passionate advocate for Health Freedom,

Scott C. Tips






HEALTH BITS & PIECES

By Dan Kenner, Ph.D., LAc

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



Sugar

For decades we have been warned of the dangers of fat and cholesterol as a cause of cardiovascular disease. But the real enemy of heart and arterial health is not fat but sugar. In fact, sugar is very likely the *worst* enemy of cardiovascular health. A comprehensive 15-year long study, including the data of 31,000 Americans, found that people who consumed 25 percent or more of their daily calories as sugar were more than *twice* as likely to die from heart disease as those who got less than 10 percent of their calories from sugar. A study published in the *Journal of the American Medical Association (JAMA)* concluded that “most US adults consume more added sugar than is recommended for a healthy diet,” and that there’s “a significant relationship between added sugar consumption and increased risk for cardiovascular disease mortality.”



Dhurandhar N, Thomas D, “The Link Between Dietary Sugar Intake and Cardiovascular Disease Mortality; An Unresolved Question,” *Journal of the American Medical Association*, 2015; 313(9):959-960. doi:10.1001/jama.2014.18267; Yang Q, Zhang Z, Gregg EW, et al., “Added sugar intake and cardiovascular diseases mortality among US adults,” *JAMA Internal Medicine*, 2014 Apr;174(4):516-24. doi: 10.1001/jamainternmed.2013.13563.

And Spice

We were taught in school that Columbus set out on a mission to find a new trade route to the spices of the East when he arrived in the New World. As a primary-school student, you may have wondered why that was such a big deal. But spices like black pepper, cinnamon, cloves, and nutmeg were such hot commodities 500 years ago that nations mobilized substantial resources to sail across vast oceans to find new routes to the spice-rich Orient and avoid paying Middle Eastern and North African middlemen who had become extremely wealthy by closely controlling access to them. Spices were important for flavoring food but also for such tasks as making perfume, embalming the dead, medications, and preserving meat. The essential oils in black pepper and cayenne literally turn death into life by preserving raw meat to make sausages, which were rich in probiotics like *Lactobacillus plantarum* and became richer as they “cured.” Now research from the East has confirmed the value of spices for health and longevity.

A study at China Kadoorie Biobank followed 487,375 subjects, aged 30-79, from 10 geographically diverse areas across China who were enrolled between 2004 and 2008. The study found that participants who consumed spicy foods 6 or 7 days a week showed a 14% reduction in relative risk for total mortality, including deaths due to cancer, respiratory diseases, and ischemic heart diseases, compared to those who ate spicy foods less than once per week. The beneficial effect of spicy foods was stronger in non-drinkers of alcohol.

Lu J, Qi L, Yu C, Yang L, et al., “China Kadoorie Biobank Collaborative Group, Consumption of spicy foods and total and cause specific mortality: population based cohort study,” *British Medical Journal*, 2015 Aug 4;351:h3942. doi: 10.1136/bmj.h3942.tives; DOI:10.1289/ehp.1104912.

And Everything Nice

Ginger is a well-known flavor in the form of ginger snaps or ginger ale and even ginger beer. The preventive effect of ginger on the nausea, dizziness, and vomiting of motion sickness and for post-operative vomiting and vomiting of pregnancy is well documented in numerous high-quality clinical studies. It is used in traditional Chinese medicine in dozens of classical formulas for gastrointestinal problems.



Black pepper stimulates the secretion of pancreatic digestive enzymes and promotes peristalsis. Blends of spices that include turmeric, red chili, black pepper, and cumin have been shown to enhance the activity of pancreatic lipase, amylase, and chymotrypsin in rats by 40%, 16%, and 77%, respectively. This combination also stimulated increased production of bile, with a higher concentration of bile acid. Ginger, piperine (from black pepper), capsaicin (from chili peppers), and curcumin (from turmeric) enhanced secretion of bile and pancreatic enzymes in rats fed a high-fat diet. They also prevented the accumulation of triglycerides in the liver. The combination also pointed toward a possible weight-loss effect by reducing the activity of enzymes, which are targets for the treatment and prevention of obesity and diabetes. It also increases the activity of an enzyme that releases fatty acids from fat cells to be used as fuel.

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Healthcare Costs

According to a new study, certain nutritional supplements may reduce healthcare costs by preventing hospitalization for coronary heart disease (CHD). In a cost-benefit analysis of adults over 55, researchers found a reduction of costly catastrophic medical events from CHD occurring with individuals who take either omega-3 fatty acids or B vitamins daily. The amount of money spent on the treatment of CHD, as opposed to prevention, is a huge burden on individuals and on society. Hospitalization for all U.S. adults over the age of 55 with CHD cost over \$64 billion in 2012. The potential of nutritional supplements with demonstrated benefits to cardiovascular health have a great potential to help decrease total healthcare expenditures.

A cost-savings model was presented in the report, “Smart Prevention – Health

Care Cost Savings Resulting from the Targeted Use of Dietary Supplements.” Researchers conducted a systematic review of scientific research on the relationship between risk of a CHD event and daily use of Omega-3 supplements and B vitamins. The research team applied a cost-benefit analysis on projected rates of CHD-related medical events in adults over the age of 55 with CHD across the U.S. They found that if every high-risk person took a fish-oil supplement daily, an average of \$2.1 billion in healthcare expenditures per year could be avoided; and if they took B vitamins daily, an average of an additional \$1.5 billion in expenditures per year would be saved.

Widespread official endorsement of the use of nutritional supplements to help reduce healthcare costs would be a desirable outcome of research like this. This would result in a much less expensive approach to treatment of CHD patients not only for patients but for employers, HMOs, and healthcare policymakers.

Shanahan C, de Lorimier R, “Science to Finance- A tool for Deriving Economic Implications from the Results of Dietary Supplement Clinical Studies,” *Journal of Dietary Supplements*, 08/2014; OI: 10.3109/19390211.2014.952866 <http://www.supplementforsmartprevention.org>.



Hormone Derange

A study published in *The Journal of Clinical Endocrinology and Metabolism* in March 2015 estimated that exposure to endocrine-disrupting chemicals (EDCs) will likely cost the European Union \$209 billion a year in health care expenses and lost earning potential. Since a prior report by the Endocrine Society in 2009, which examined the scientific evidence on EDCs and the health risks associated with them, recent research has demonstrated that exposure to EDCs is also associated with an increased risk of diabetes and obesity. Exposure to EDCs is also linked to infertility, hormone-related cancers, neurological issues, and other chronic diseases. EDCs alter the way cells proliferate and develop by imitating, blocking, or otherwise interfering with the body’s normal hormones. The report linked EDCs to hormone-related cancers, prostate disorders, thyroid disease, and nervous system problems.

Endocrine-disrupting chemicals include BPA (bisphenol A) (found in food can linings and cash register receipts), phthalates from plastics (PVC products, vinyl shower curtains) and cosmetics (perfumes, nail polish, lotions), flame retardants, solvents, lubricants (PCBs, PBBs, and PBDEs), pesticides (sprayed on fruits and vegetables), and some insecticides containing heavy metals like cadmium, lead, arsenic, and mercury. Damage to human health from EDCs has been confirmed in hundreds of studies.

Today, these chemicals are ubiquitous and accumulating throughout the World. Over 80,000 chemicals are introduced into the environment each year. We are exposed to all types of industrial chemicals in our food, our water, and in the air.

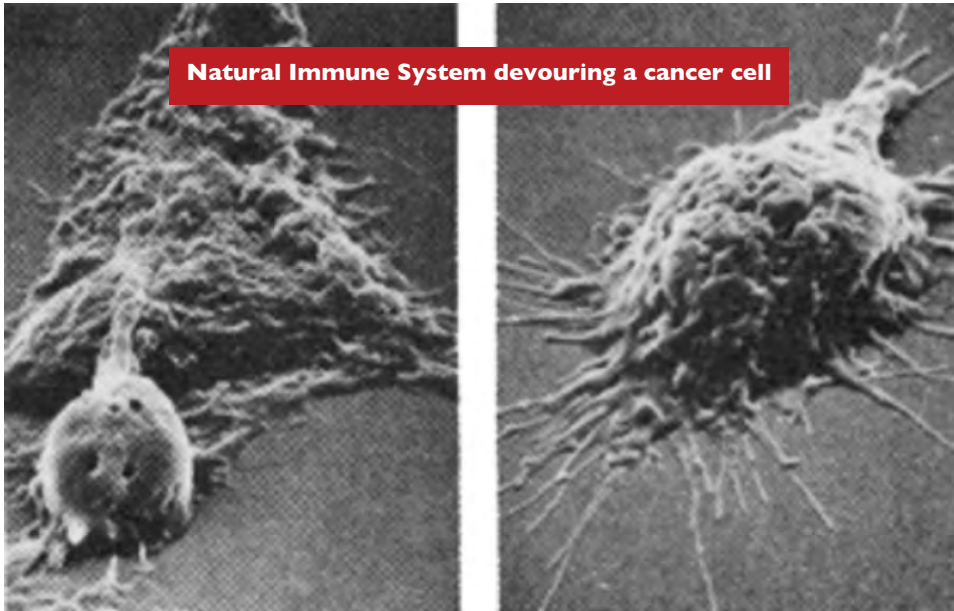
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GcMAF Saves Lives, Maybe Even Your Own, But Only If You Save GcMAF First!

Imagine that you had the means to defeat most cancers, as well as many other diseases, and at a cost far below that normally charged patients. Now imagine again that this ability had been researched for almost 25 years and had not been publicized widely in the mainstream media. Now imagine yet further that not only was this incredible discovery not publicized but it was even actively suppressed by your very own government, all while many hundreds of thousands of people were being subjected to barbaric “treatments” in cancer therapy’s “standard of care” showing little efficacy, great harm, and needless early deaths.



By Sylvia Gray, NHF-UK

GcMAF: Our Hero

GcMAF is a human protein that all healthy people make, with 21 excellent effects in the body. Needless to say it has no side effects, and is one of the safest treatments available. One hundred-eighty scientists from eight nations have written research papers on GcMAF, so it is a well-understood molecule, which exists inside each of us in billionths of a gram. Some of those research papers, all peer reviewed and published in the World’s most prestigious scientific journals, report the extraordinary successes it has had with cancer, autism, and other diseases. It seems to work where other treatments fail.

Here is the Problem

According to one report, Britain has the worst medical laws in Europe. The 1939 Cancer Act makes it illegal to discuss the possibility of cancer being cured, which is why 160,000 people die unnecessarily each and every year in the United Kingdom.

The UK Regulator – the Medicines and Healthcare Products Regulatory Agency (MHRA) – is a public institution, supposedly charged and entrusted to protect our health while informing us of and even promoting life-saving treatments such as GcMAF.

It is essential for the public that we can trust a regulatory agency whose ethos is the protection of the public. However, we must wonder if they take the Hippocratic Oath “First Do No Harm” seriously in prescribing a dangerous “standard of care” instead of harmless GcMAF?

After conducting an investigation, the National Health Federation UK (NHF-UK) has found that the integrity of certain actions of the MHRA is highly suspect. For one, the head of the MHRA and the Director are both ex-employees of Glaxo Smith Kline (GSK), the World’s second largest Pharmaceutical Company. It also appears that the MHRA ruthlessly suppresses inexpensive, effective treatments wherever possible.

One example of this is David Noakes’ Immuno Biotech Ltd. in Guernsey. The MHRA illegally raided and closed the Company including its bank account earlier this year. Five days after its raid, the MHRA fraudulently stated that Immuno Biotech’s GcMAF may be “contaminated.” Since it takes 25 days to do a sterility test, they could not possibly have known either way. In fact, they deliberately ignored Immuno Biotech’s certificates of testing on every batch, with 9 tests in each, including sterility results, as well as the results of a large, independent laboratory that had tested every batch for confirmation. Immuno Biotech’s sterility results were always excellent. The University of Florence had remarked that they were amazed that, in over 100 GcMAF experiments they had performed, Immuno Biotech’s GcMAF was always sterile, always free of contamination, and always active. Yet, to this very day, MHRA has frozen this



Company’s accounts for selling a product that not only does no harm to its users but actually helps them!

Another paper says that the MHRA systematically tampered with 6000 reports of adverse reactions to the vaccine Cervirex HPV (a vaccine for cervical cancer) in order to declare the vaccine safe for human use. The *Daily Telegraph*, in its September 26, 2015 edition, effectively proved what a disaster the MHRA is for the UK. The MHRA promoted a painkilling drug for arthritis, which, after taking it, 25,000 people suffered heart attacks, and 7,000 people died before the drug was eventually withdrawn by Merck Sharpe and Dohme last September.

A *Sunday Express* investigation found that nearly a third of the so-called “experts” who sit on the Medical Control Agency (MCA) are linked to GSK, Aventis Pasteur, or Merck Sharpe and Dohme.

The long-standing investigative program, Panorama, has also conducted a searching examination of the failure of drug-safety regulation in the UK, with particular focus on the officially unacknowledged harms and dangers of Seroxat and other common SSRIs. Panorama showed that the UK Medical Regulation is neither safe nor effective. These concerns and others about the MHRA can be found at:

mhracorrupt.st.

The National Health Federation has launched a campaign to save GcMAF from the mercenary hands of the MHRA. We have initiated a petition to disband the MHRA and replace it with a health agency truly interested in the public’s health. This Petition will be sent to all members of Parliament and all appropriate leaders, and will effectively expose corrupt practices. NHF will continue to investigate and reveal the depth of the MHRA’s corruption with the aim and goal of securing our right to use powerful and proven therapies such as GcMAF.

We all want a better world for ourselves, our children, and their children. Authentic healthcare is precious and benefits all, but it is also something that Britons have lacked for far too many years. Your support is vital.

The NHF, an organization with integrity and honesty, is dedicated to making the World a better and safer place. Help us to secure health freedom and consumer choice in this vital area by standing for our right to use GcMAF. 🔥

Please sign our petition at:
<http://www.thenhf.co.uk/mhra-petition/>



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LEADERSHIP LESSONS FROM A FREEDOM PIONEER Charles Isaac Crecelius

March 10, 1921 – August 31, 2015

The first time I saw him was October of 2011. A slight, yet commanding figure perched on the balcony scanning the street below; piercing blue eyes with hawk-like intensity searching Looking up from under the weight of the intense gaze, it was instantly apparent; this was *the* Charles Isaac Crecelius; the oldest living past National Health Federation President; the man who had succeeded founder Fred Hart in 1965. Charles was 90-years old when we first had the privilege of being on his schedule. And he still kept a busy schedule as President of the Rough and Ready Chamber of Commerce and a member of the Economic Resource Council. He led by example. This was the first of many lessons I would learn over the next four years from a veteran and a true pioneer in a budding health-freedom movement: Once an activist, always an activist. Once one's foot was set upon a path of service, it would remain for life.

Never was there a more gallant, sincere, noble man driven to elevate and free humanity than Charles Crecelius. Charles was the touchstone, the fiber of which NHF was woven through trials by fire, a living history, an expert strategist, a trench-veteran. In his presence, the light of his passion ignited his eyes and the strong timbre of his voice inspired in me, a new NHF volunteer, much confidence and fed my passion for health freedom.

By a chance encounter through NHF President Scott Tips' impeccable research and persuasive writing, I entered the ranks of health-freedom fighters. In an excellently

written and compelling article on Ractopamine, a veterinary steroid in meat, my inner activist was unleashed. People were poisoned by meat labeled "all natural." As it turned out, Scott Tips had personally waged war against this atrocity at Codex since 2009. Despite my graduation as a Nutritional Therapy Practitioner in 2010, I had neither heard of Ractopamine nor Codex; this overt omission another atrocity from my perspective. In cumulative doses ingesting this doped meat potentially preceded symptoms mimicking panic and heart attack. Since veterinary drug residues do not show up on toxicology screens, healthcare practitioners treating affected patients would never know what they were treating. Ironically, racehorses incur disqualification if Ractopamine is detected in their bloodstream but humans could cumulate a powerful steroid-like drug despite a warning label that this vet drug was not for human consumption.

I was furious but grateful that NHF provided a platform to launch my own concerted effort to expose this outrageous violation of our health and health freedom. A sense of indebtedness and a deep respect for Scott's front-line work in global policy-setting along with a fascination with the history of NHF's now international health-freedom impact resulted. Little did I know that NHF had been consistently fighting behind the scenes for healthcare practitioners and business owners like me – nationally since 1955 before I was even born and internationally since 2009. Herein lies NHF's uniqueness as no other health-freedom organization can

even come close to making this claim that we consider fact and mission.

In a series of personal visits, phone calls, letters, and historical bulletins, Charles shared NHF's genesis when Fred Hart was the President until 1965. Betty Lee Morales was an early founder of the Federation and in early 1960, Chiropractor Hugh Tuckie was the second founder. When Fred retired, Charles became President of NHF, serving 20 years in varying capacities. The seed-bed of NHF channels the early founders of America such as Jefferson who said to Dr. Benjamin Rush in 1800, "I have sworn upon the altar of God eternal hostility against every form of tyranny over the mind of man." Fred Hart, when asked why he started NHF in 1955, held that he, "became deeply concerned with the loss of individual freedom in a country which guarantees it ... loss of the right to choose the method of treatment for illness or disease, without government interference."

President Tips, in the same vein today, leads NHF based upon libertarian principles of freedom of choice in a true free-market economy. These tenets are not guaranteed now in the "land of the free" as globalization, World Trade facilitation, managed (not free) trade, and harmonization crush our freedoms and threaten personal and national sovereignty. We are thrust backwards hundreds of years fighting for the freedom to control our own lives once again. The sovereignty of our nations are threatened by overarching trade agreements like TTP and CETA. Corporations such as Monsanto and Big Pharma invade the sacred territory of our bodies with poisons and chemicals to destroy the sanctity of the human terrain.

As I recently returned from a "Staff-Ride graduation tour" of the Yorktown and Petersburg battlefield sites in Virginia after receiving three years of leadership training with emphasis on military leaders and famous battles, it is clear that *the war today NHF fights is for the last frontier, the terrain of the human being; the soil not of a land in this war but of our gut and the impact the degradation of that soil has on our mind and body; the fight for the sovereign right to govern our own self.*

Strategic leadership to carry out the policies of NHF with cogent tactics and operations with global impact will defend health

and health freedom. We are in a siege with attacks on all fronts. Never in NHF's history or even the history of mankind has the attempt to destroy our health been so stealthily advanced yet so overt. *Who has studied the effects of vaccine and drug overload coupled with GMO-ridden "food" replete with additives, chemicals, contaminants and their un-researched interactions coalesced with nutrient depleted soils, increasing electromagnetic exposure, wearable tech, geoengineering, and trade agreements that strip away our sovereignty?* The battle has changed, even during President Tips' eight years of leadership.

Lessons of the past are enduring and so I asked Charles, "What triggered your passion for NHF?" We had been enjoying lunch on a crisp, Fall afternoon in Grass Valley. Charles pushed his now empty plate back – he always exhibited an excellent appetite – and leaning in with his elbows on the table said he'd accompanied Fred and his wife Dorothy Hart to a meeting where they were showing Laetrile films. The suppression of valid cancer therapies by the Food and Drug Administration as well as the fluoridation of water was the shot heard around the World for soon-to-be President Charles Crecelius.

Charles' father Isaac had been an evangelist in Mifflin, Wisconsin when Charles was born March 10, 1921. Later, his mother Irma noted Charles came home from elementary school with straight A's and was his high school's valedictorian. Committed to education, he attended Platteville State; received a bachelor's degree from the University of Wisconsin Teachers College, and a Master's Degree from the University of Southern California.

The International Ministerial Federation, Inc. ordained Charles in 1943 but he went into public-school education and Amway. Now a dedicated, passionate health-evangelist crusading for health freedom after service as an Army Air Corps sharp shooter during World War II, Charles had been based in Chabua, India from 1941-1945, receiving five medals. After this tour, Charles was an elementary-school teacher and later, Principal. He always occupied leadership roles. In the early years, Charles went to Australia a total of nine times, "I was going like a whirlwind. I noticed that during these trips to Australia the government tried to

take supplements away in Australia and America too."

Charles was entrenched on the front lines in a new health-freedom, weaponless warfare for the better part of 35 years. In James J. Schneider's riveting book, *T.E. Lawrence and the Arab Revolt*, the traits of great leaders are defined as "extraordinary energy, personal courage, profound curiosity, keen powers of observation, and an aptitude for novelty and innovation." It was clear that both Charles Crecelius and Scott Tips were cut from the same mold as described Lawrence of Arabia and I imagined Fred Hart was too. In his 90s, Charles was still a powerful visionary, analytical, forceful, and exhibiting the strength and savvy necessary to lead. His insight and wise counsel freely shared with NHF proved it.

In the 1990s, Charles and his wife Jeanette moved to Penn Valley, California. He lost her in the 53rd year of their marriage. Charles then lost himself in NHF, humbly stating, "NHF is a unique organization, having maintained its purpose and intensity over the years since its founding.

This would not be possible without the full support and cooperation of our members. Because of our members' and supporters' efforts through the years, we can look with pride on our accomplishments."

Meeting Charles was the pinnacle of my initiation into NHF culture; unforgettable. And also interacting with powerful thought-leaders and NHF history-makers like Scott Tips who joined NHF in 1986 as a member, serving on the Board of Governors nearly continuously since 1989, and becoming President in 2007 after Maureen Salaman Kennedy's death. The professionalism and longevity of the majority of the loyal NHF Board of Governors and Advisory Board still strikes me, reflecting strong pride, belief, and enduring commitment to holding our freedom in relevant and practical ways. In these mentoring hours with Charles, a rare privilege, my own commitment to NHF grew and knowledge of the history I would come to record as NHF historian among other duties. My loving respect for this gentle, powerful man of steel and integrity Charles Crecelius grew as well. The last



time I saw him early in 2015, I quietly wept knowing instinctively I would never see him again on Earth. He died August 31st.

Health freedom is increasingly intricate and litigious. With trade agreements like TTP and CETA, activists are in danger of being labeled terrorists and jailed or worse. Today, we have what may be a lifetime campaign ahead of us with each of these assaults a war in its own right; far more complex and with higher personal casualties such as vaccine-damaged people than in Charles’ day when he focused on fluoride or laetrile singularly.

Whether for the right to choose, the right to clean food and water, the right to use nutritional supplements with therapeutic values; NHF fights largely alone on the global stage of political power with no other health-freedom organization by its side at Codex. Four years and many Codex meetings later, I am still stunned at the profound impact that NHF’s food activism has had on the seven billion individuals who benefit by these efforts. I am honored to participate dynamically as an NHF activist championing health and health freedom alongside other truly committed activists. The investments that Charles Crecelius made over the years bore much fruit. He effectively passed his mantle to President Tips and to other key NHF leaders and so his legacy continues.

Charles spoke several times of the inevitable persecution, familiar in the Christian faith he cherished, which accompanied those working in health freedom. King Henry VIII of England burned 300 at the stake each year for dissenting. Infiltration and “plants” work by these same principles through a process Charles called “trial by publicity,” working to destroy the lives and reputations of honest, sincere, and dedicated health-freedom champions.

Many NHF pioneers and contemporaries endure the same “trial by publicity” persecution and prosecution. NHF Board of Governors member Dr. Richard Kunin stresses the absolute need for NHF to protect practitioners. Attacked five times by the medical authorities as a healer, he has both defended and counter-attacked hard and won each time. President Tips, having succeeded in breaching global territory by his skilled introduction of NHF to the Codex

“It was our early founder’s belief that those who followed would dedicate themselves to the cause of health freedom as effectively as they had. They passed on to us a sacred trust, with no promise that the road would be easier. And for many it hasn’t been! Stand they did, and stand we must!”
—CHARLES I. CRECELIUS.

process even before his tenure as President, has citizens of countries like South Africa petitioning for NHF’s help as they encounter challenges to continued herb and supplement use. NHF fills a unique and vital role in the World; more so with each passing day and the exponentially increasing threats to transnational health freedoms.

Charles told us he always opened the Board of Governors meetings with prayer as Fred Hart had done. A deeply religious man, the inner light never dimmed throughout his life. He spoke from his heart sharing that he never stressed; that was evident in his little-lined face. Many years ago he found himself in a property dispute requiring arbitration. That was the fulcrum. Thereafter, he gave up worrying. That decision very likely accounts for his successful longevity coupled with a largely vegetarian diet and nutritional supplementation.

Charles never had health insurance. Enjoying good health until nearly the end, he complained only of a few minor “aches and pains.” The last visit just months before he died, compelled by a mental picture of my father enjoying the last ice cream cone of his life in the shadow of Mt. Rainier, it seemed fitting to get a malt for dear Charles. For a man who had practiced extreme self-care much of his life, this slightly naughty departure was more than rewarded with the zeal with which he attacked that malt, and it was indeed his last.

Curious about the locations of the NHF

offices, I asked Charles about them. He shared, “I moved to the San Francisco office two years after I became President. I stayed there two years before suggesting that NHF use my personal offices in Monrovia. We remodeled that building and it was ready to serve as the new headquarters. Back then, in the 1970s, NHF had about 25,000 members.” NHF was hosting successful conventions in Pasadena and Chicago during that time. Large facilities were secured to hold all of the members interested in health freedom.

Clinton Miller was NHF’s second lobbyist at that time and Charles described him as a ‘tenacious bulldog.’ When he latched on to an issue, the lobbyist never released his death grip. “If Clinton got a ‘no,’ he’d be back again the next day; the man simply wouldn’t give up or take no for an answer but I guess it paid off when Clinton won the fluoridation issue at that time,” Charles said.

I asked Charles if he had any words of advice for President Tips and without a moment’s hesitation he declared, “Scott is in control and is doing well.” Today the distinguished and loyal members of the NHF Board of Governors and NHF staff and volunteers carry on honoring Charles’ life of service and the pioneers before him. Hardworking, true activists, and eminent thought-leaders making history, President Tips and Board of Governors members such as Dr. Richard Kunin who founded the Orthomolecular Society with Linus Pauling, Dr. Murray Susser, Dr. Hans Kugler – all personally knew and worked alongside former NHF President Maureen Salaman Kennedy. Dr. Dan Kenner and then later GreenMed-Info founder Sayer Ji joined this renowned group to carry on the NHF legacy. Their illustrious names will ring throughout history as championing health and health freedom, laying down their lives on the path of service along with our faithful volunteers, staff, members, and supporters.

In 2011, I wrote that Charles Crecelius will be in the game as long as he has breath. And he was. If you’d have asked him, over his 20-year term with NHF, if it was hard, he surely would have said, “Don’t ask me if it’s hard. Ask me if it’s worth it in three to five years.” And so it was and so it is. 🔥

NOTE: THIS IS A REPRINT PUBLISHED IN 1980 ON THE 25TH ANNIVERSARY OF NHF.

**25th Anniversary
Message from
the President of
the National
Health Federation**



CHARLES I. CRECELIUS

Health pioneers have been persecuted throughout the centuries. King Henry VIII of England burned 300 at the stake each year for dissenting. When the National Health Federation was founded 25 years ago punishment, although not as barbaric, was commonplace – imposed by a health monopoly intent on destroying its competition.

Government health agencies, infiltrated and controlled by these same interests through a process called “trial by publicity,” worked to destroy the lives and reputations of honest, sincere, dedicated Americans. Little wonder, then, that many of our NHF pioneers were persecuted and prosecuted. Perhaps these testing times helped to develop in them the determination as well as the patience and perseverance, so essential in guiding NHF through its formative years.

In any event, we are proud of their achievements and deeply grateful to each of them for their contributions. It was their belief that those of us who followed would dedicate ourselves to the cause of health freedom as effectively as they had. They passed on to us a sacred trust, with no promise that the road would be easier. And for many it hasn’t been! Stand they did, and stand we must!

NHF is a unique organization, having maintained its purpose and intensity over the years since its founding. This would not have been possible without the full support and cooperation of our members. Because of our members’ and supporters’ efforts through the years, we can look with pride on our accomplishments. In the final analysis, it is the action of many individuals in an organization that bring the victories we seek. We pledge our continued pursuit and exposure of the villains who would deny us our health rights.

If you hear of certain health-freedom fights where victory seems impossible, don’t be surprised if you learn we have engaged the enemy. Truth is powerful. Its opposite is vulnerable. *If God be for us, who can be against us?* Sometimes it is darkest just before the dawn. From a little acorn, a mighty oak is born. NHF founders planted the seed. We will nourish it until it fills the whole Earth.

CHARLES I. CRECELIUS
President, National Health Federation

Why Isn't My Brain Working?

by Datis Kharrazian, M.D.

(ISBN 9780-98566904-3-4; 2013; paperback, 587 pages; \$24.95)

I would usually save any criticism for the end of my review but I must address the title first, as it is put before the reader and is, in my opinion, inappropriate on two levels. This book is about so much more than the brain; it delves into the functional neurology, endocrinology, neurotransmitters, autoimmunity, nutrition, and physiology of the entire being. I also object to the title for another reason – who would want to be seen reading from a book with this title? Honestly, I am all for a little self-disclosure, but this title is a billboard, and an inaccurate one at that! Lastly, I am not fond of the illustrations in this book. They are childish drawings and nowhere on par with the text. That being said, please read on

I love this book! It is at the top of my list of must-reads for anyone interested in functional endocrinology and for anyone who appreciates organized, easy-to-understand language written in a fashion that builds upon a comprehensive foundation. I have to admit I bought the book because I know the author and his work (otherwise, I would probably have passed on it because, as stated above, the title did not pull me in).

Several years ago, I attended a three-day, post-graduate seminar by Dr. Kharrazian on the thyroid gland (Dr. Kharrazian's credentials and research are all listed at the beginning of this new book and are impressive). I had studied the thyroid while preparing to become a nurse practitioner and I thought I was fairly well versed on the topic. What I found out was the NP schooling I received was the bare bones of information needed to accurately diagnosis and treat thyroid dysfunction. Not only that, but many of the standard thyroid study tests used by mainstream physicians are misinterpreted and usually incomplete.

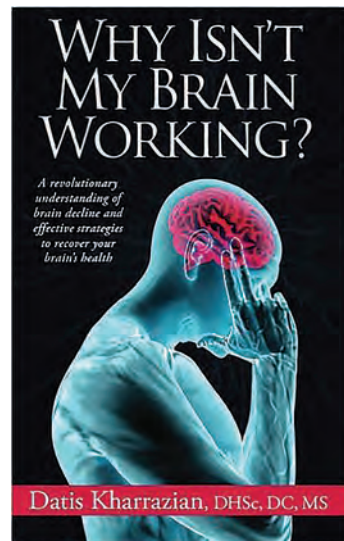
I would like to point out several features of this book that I personally appreciate. Dr. Kharrazian provides case studies in each chapter that pertain to the topic that were written either by him or by another practitioner who used his treatment protocol. I

also appreciate the summary at the end of each chapter that makes this book a great reference. And, finally, although Dr. Kharrazian is a paid consultant for Apex Energetics, he does not promote any products. The supplements he does recommend are usually named generically or by their actual constituents (i.e., the name of an amino acid, not the name of a product containing such).

To summarize the content of this book in one sentence, I would say Dr. Kharrazian links autoimmunity, immunology, endocrinology, nutrition, neurochemistry, and metabolism with brain function. But, he also stresses the importance of the connection among the brain, the gut, and the adrenals, and how these functional relationships depend upon each other for optimal delivery. In Chapter Two, Dr. Kharrazian reminds us that the brain has plasticity and it has the capacity to be remodeled.

Plasticity refers to the brain's ability to form new connections/communication and is dependent upon stimulation to activate branching and the appropriate chemical environment, or brain health. The author uses the example of the Nun study and how healthy plasticity could prevent Alzheimer's disease. "Plasticity can be positive or negative. Examples of negative plasticity include post-traumatic stress disorder, chronic pain disorders, phantom pain, or anything else in which neuronal communicating pathways have become more efficient at creating negative responses."

The remainder of Chapter Two delves into negative and positive brain plasticity. I took the following excerpt from the text to illustrate Dr. Kharrazian's writing style. I also chose this excerpt to provide the reader with a typical example (one of many) found



within the text:

"An all-too-common example of negative plasticity can occur with children who play video games constantly and never exercise. For instance, a 10-year-old boy who has been playing video games since the age of five for hours every day after school. [sic] These games are violent and require looking at things quickly and blowing them up. This type of activity develops negative plasticity of the brain's survival-oriented limbic system. The limbic system is directly involved in stimulating the flight-or-fight response when you feel something may be attacking you, which can be triggered by a quick movement in your visual field or an abrupt noise."

Basically, playing video games that cause you to respond quickly to attacks increases the negative plastic development of your limbic system. In the meantime, this child has not been running around outside, reading, playing with friends, or doing other activities that would develop his frontal lobe, the area of the brain in the forehead that governs reasoning and controls the limbic brain. The limbic brain is very reactive and primitive, while the frontal lobe makes sure you react appropriately by reasoning and assessing situations.

I do want to stress that I never thought of this read as "dry." It is filled with fascinating accounts. When I was reading the case histories, I invariably thought to myself, "I know a person just like that, or hey, that's me!" One final thought: Do not be dissuaded by the seemingly complex subject matter. The text and concepts are easy to follow, even by the lay person. The book is over 500 pages long, yet I read it in a couple of days because I didn't want to put it down. In fact, I am in the process of reading it a second time. 🔥

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