

## **Codex Alimentarius: Monstrously Toxic Power Play for Control of the Global Food Supply & Natural Health Industry**

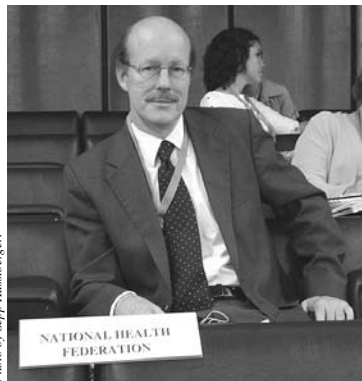
The Codex Alimentarius agenda, which has long metastasized in the recesses of closed board rooms and governmental chambers, is now coming to light. This is the paramount issue of our times, yet few know about it. If Codex standards ever replace the current laws in the U.S. governing food and dietary supplements, it will affect not just Americans' right to choose supplements, but our right to grow crops with untampered seeds, to buy pure organic food, and to live free of the tyranny of Big Agro-Chem-Pharma-Med, through health-destructive FDA rules enacted and enforced by a pro-corporate government that cares nothing about our health freedom. In other words, the "natural health" industry will perish. Now more than ever, we must exercise our democratic duty and be vigilant in protecting that freedom, the health and survival of the Earth, and all her creatures and citizenry.

Please take action now and let your representatives know of your opposition to Codex, to prevent the pro-disease industries and affiliated financial interests from seizing the total power they crave. It's our obligation to tell our Congressional leaders to stop Codex and to protect and promote food and health safety and freedom. Our right to live healthfully is at stake.

Let us remember the vehement, relentless defiance by the founders of our nation that broke the stifling grip of tyrannical rule, giving us the democracy we wanted and way of life we now cherish, which are now threatened. At this time of mounting crisis, each of us must expose this clandestine monster while claiming and exercising that democratic freedom as never before.

### **Scott Tips, Esq. & Paul Anthony Taylor • [www.thenhf.com](http://www.thenhf.com)**

The National Health Federation (NHF) is the only health-freedom organization with recognized status at Codex Alimentarius meetings, giving its members the right to speak out and submit comments



*Scott C. Tips, Esq. of  
National Health Federation.*

Codex issues for more than 10 years.

Codex is not just about nutritional supplements, although that is an important aspect. In fact, it is the primary political battlefield

where the war is being waged about who will regulate and control the global food supply, from field and stable to table. This "war" is being waged by an increasingly tangled web of global governmental and international authorities, aligned with big business and financial interests, wherein human health takes a back seat to profit and power goals.

Although American dietary supplements are currently protected—somewhat—by the Dietary Supplement Health and Education Act of 1994 (DSHEA), its provisions are threatened by Codex and an interlocking array of emerging regional and international treaties, agreements, regulatory "handshakes" and other executive arrangements that will "harmonize" our food laws to harsh European standards, thereby relegating DSHEA to the dust bin of history and suppressing our health freedoms...unless we take immediate action.

Do we want to see a world where our access to safe, nutritious foods and effective dietary supplements is restricted, suppressed, and controlled by government in alliance with its pharmaceutical and chemical bedfellows? If not, we must act now, before it's too late.



*The 30th Session of the Codex Alimentarius  
Commission in Rome, Italy, July, 2007*

Contacting government bureaucrats with your complaints is largely a waste of time. Effective action takes the form of advising others and contacting your representatives in Congress. Remember: be "persistently vocal"—most politicians don't see the light; they feel the heat. Make them feel the heat.

### **Shannara Johnson • [www.caseyresearch.com](http://www.caseyresearch.com)**

Ever heard of the Codex Alimentarius? If not, don't be surprised. It's one of the best-kept "open secrets" of the U.S. government. The World Trade Organization (WTO) has accepted the standards of the Codex, and at some point, if their plans are allowed to proceed, member countries of the WTO will be required to implement Codex, "to harmonize the standards" for the global trade of foods. It may present the greatest disaster for our food supply—and thus for our health—that we have ever encountered, here and abroad.

### **Chris Gupta • <http://tinyurl.com/2xohw>**

It is not easy to come to grips with Codex. With over 20 committees meeting on an annual basis, and published reports comprising a total of over 1,600 pages in 2005 alone, most people are blissfully unaware of the extent of its implications for our health. Read on to discover the bigger picture behind the Codex Alimentarius Commission's support for the "disease business."

**Tamara Thérèse Mosegaard** • [www.mayday-info.dk](http://www.mayday-info.dk)

MayDay is a Danish civil health-rights organization that has been following Codex since 1999, participating in the Danish national delegation to Codex meetings. Although Denmark is a relatively small country, MayDay has had significant impact on the European food-supplement regulatory scene and its efforts are international in scope. MayDay has worked closely with the US-based National Health Federation to oppose restrictive Codex guidelines on food supplements. MayDay's extensive and informative website features articles in both Danish and English.

### **Central American Free Trade Agreement (CAFTA) & Dietary Supplements**

Rep. Ron Paul, MD, July 19, 2005 \* [www.ronpaullibrary.org](http://www.ronpaullibrary.org)  
The Codex Alimentarius Commission, organized by the United Nations in the 1960s, is charged with "harmonizing" food and supplement rules among all nations of the world. As a result of Codex rules, those vitamins and minerals that would compete with medicines would require a doctor's prescription. The European Union has already adopted Codex-type regulations that will be in effect across Europe later this year (2005). This raises concerns that Europeans will challenge our relatively open market for health supplements in a WTO forum. This is hardly far-fetched, as Congress has already changed our tax laws to comply with a WTO order.

Make no mistake about it: those international standards are moving steadily toward the Codex regime and its draconian restrictions on health freedom. Pharmaceutical companies have spent billions of dollars trying to get Washington to regulate your dietary supplements. So far, that effort has failed, in part because of a 1994 law called the Dietary Supplement Health and Education Act. Big Pharma and the medical establishment hate this Act, because it allows consumers some measure of freedom to buy the supplements they want.

The largely government-run "healthcare" establishment, including the nominally private pharmaceutical companies, want government to control the dietary-supplement industry so that only they can manufacture and distribute supplements providing any real benefit. If this takes place, as it has in Europe, the high-potency, beneficial supplements that you can now buy over the counter will be available, if at all, only by prescription and at a much higher cost. This alone is sufficient reason for Congress to oppose the unconstitutional, freedom-destroying CAFTA bill.

FDA and Congress are also working (FDA quite openly, Congress more covertly) toward the goal of harmonizing our health laws with Codex Alimentarius standards and guidelines.

### **Sharrhan Williamson—Boston, Massachusetts Area Codex Action Committee**

The problem with U.S. membership in NAFTA and CAFTA is that all the trading countries have to be on the same page, in lockstep, accepting the same standards and regulations. This is the purpose of the Codex Alimentarius Commission: to standardize all regulations, resulting in product policies that are more convenient and more profitable for trade interests but that work against consumers' interests. Under Codex, American sovereignty is lost, at least for international trade purposes, and the WTO will make rulings based upon Codex standards rather than Congress and/or other government agencies.

The FDA is presently recommending that the U.S. harmonize with Codex standards, and it seems they would prefer to apply those standards within the U.S. as well as for international trade.(It

is more than likely that we will have no choice in the matter once we are signed on to Codex.) The recent actions of Congress (bills that threaten DSHEA) lead me to think they have a similar agenda.

The U.S. passed CAFTA with a very close vote and, in fact, the Republicans held the voting period open an extra hour or more while they haggled with their party members to accrue enough votes. Sure enough, they got them. The Democrats were already all on board.

### **Codex Alimentarius Background and History**

Compiled by Chris Gupta, based upon the work of Paul Anthony Taylor, Sepp Hasslberger, Scott Tips, and Helke Ferrie \* <http://tinyurl.com/2xohw> \* [www.thenhf.com](http://www.thenhf.com) \* <http://kospublishing.com>

### **Codex Alimentarius**

"Codex Alimentarius," which refers to a set of strict regulations covering all aspects of food, is Latin for "food code" or "food regulations." This collection of food rules in Europe dates back to standards enacted between 1897 and 1911 by the Austro-Hungarian Empire. They were used as a legal reference by the courts, although the Codex Alimentarius itself had no legal standing.

Modern Codex regulations are prepared by the Codex Alimentarius Commission (herein referred to as "Codex"), which works with the EU and UN in an attempt to regulate every aspect of food production, packaging, preparation, preservation, and presentation of food "from farm to fork." Codex also attempts to regulate supplemental nutrients. It even goes so far as to eliminate "organic produce" standards (through dilution)!

### **Codex's reach**

Because the U.S. is a member of the World Trade Organization (WTO), and because the WTO and other treaty agreements require the United States to adhere to Codex standards, any changes approved in Europe, and implemented in the EU-dominated Codex meetings, could subject the United States to WTO-enforced trade sanctions.

## **CODEX ACTION INFORMATION**

### **Boston Area Codex Action Committee**

Sharrhan Williamson \* 617-499-0920 \* [sharrhan@verizon.net](mailto:sharrhan@verizon.net)

### **National Health Federation**

P.O. Box 688, Monrovia, California 91017

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<http://tinyurl.com/2xohw>

[www.alliance-natural-health.org](http://www.alliance-natural-health.org)

[www.codexalimentarius.net](http://www.codexalimentarius.net)

[www.dr-rath-foundation.org](http://www.dr-rath-foundation.org)

[www.iahf.com](http://www.iahf.com)

[www.isil.org](http://www.isil.org)

[www.mayday-info.dk](http://www.mayday-info.dk)

[www.mercola.com](http://www.mercola.com)

[www.newmediaexplorer.org](http://www.newmediaexplorer.org)

[www.newstarget.com](http://www.newstarget.com)

[www.thenhf.com](http://www.thenhf.com)

[www.welltv.com](http://www.welltv.com)

### **Codex will control:**

1. Vitamins, minerals and nutrients,
2. Genetically modified organisms,
3. Toxic residues,
4. Antibiotics, drugs, growth stimulants and other hormones in food animals,
5. Organic foods, and
6. Irradiation of food.

The plan is to suppress all beneficial, high-potency nutrients, and to allow only those and a few other vitamins and minerals that will be high-priced, low-dosage, and synthetically-made by drug companies.

Codex regulations will become binding internationally. Any nation that has entered into trade agreements through the WTO and its adjunctive treaties will eventually be forced to adopt Codex standards. All “new” types of food supplements will be banned unless tested and approved in a drug-like manner. This is certain to be both time consuming and unnecessarily expensive. And, the validity of such tests is doubtful. A favorite ploy of drug and governmental authorities is to use such small doses of a supplement that tests do not show any noticeable value.

Codex standards are not based upon accepted scientific or research findings. Rather, the standards are developed in a political atmosphere, with seemingly obligatory EU and drug-cartel approval.

### **Organic foods**

From the drug cartel’s point of view, the primary advantage in getting rid of true organic food is that in the absence of quality food, people will become ill and buy more prescription drugs. As a lesser advantage, the farmers will buy more insecticides and chemical fertilizers. The standards and definitions of “organic food” will be changed. Under Codex, a farmer or rancher will be able to call his products “organic” when they are full of toxic poisons. Under Codex, “organic food” may include as little as 70% organic contents, but this will not be noted on labels. (The other 30% can consist of poisons or contaminants.)

The new laws requiring genetically modified crops, pesticides, hormones and antibiotics in foods will be cost-prohibitive to people living in developing nations, and billions of people may die and/or sicken as a result of these policies.

### **Codex is not based on science or democracy**

Unelected government officials, working in cooperation with vested industry and trade interests, make decisions that result in domestic and international standards, which in turn are to be enacted into law by the member states of the WTO. When the WTO was created, the enforcement mechanisms for Codex and other international standards were created. With this enforcement mechanism in place, an increased incentive therefore arose to hijack the original purpose of Codex (i.e., to provide clean and safe food for the planet with no international barriers to the movement of that food), instead promoting a restrictive governmental agenda of suppression of natural alternatives to pharmaceutical medicines.

### **Harm in harmonization**

Through the process called “harmonization,” our legislators in Washington will be required to align America with harsh and restrictive Codex requirements, regulating international trade, distribution and processing of food, herbs and nutrients. Those proposed standards will be extremely detrimental to the environment and your health, blocking

your access to many clean, unadulterated, life-enhancing foods. The FDA is currently at work, preparing its own plans for “directives” for “harmonization” of our dietary supplement laws so they will fully agree with the excessively restrictive “international standard” set by the EU-dominated Codex.

### **What Codex will accomplish**

These new standards and guidelines will:

1. Protect the multimillion-euro (European equivalent of dollars) investments of the large drug companies as well as their government-blessed monopolies.
2. Lead people away from natural healing methods, resulting in more power for the government-medical-pharma cartel, more suffering and death for the populace, and the further degradation of life on Earth.

### **Codex’s Evil Sister**

The drug industry, recognizing the growing preference for natural remedies over pharmaceuticals, wants nutritional supplements and herbs either forbidden or priced out of reach. In Europe, the drug cartel has succeeded in enacting the European Food Supplements Directive, which will accomplish that objective on the European continent very soon. This Directive, which passed into European Union (EU) law in 2002 and was implemented throughout the EU on August 1, 2005, is the first of several EU Directives to impact natural healthcare and is one of the bases for the Vitamin and Mineral Food Supplements Guidelines adopted by Codex Alimentarius.

### **Effects of the 1994 U.S. dietary-supplement law, DSHEA**

In the United States, after DSHEA was enacted by Congress, the shackles were removed from American suppliers, who were permitted for the first time to actually advertise some of the purported health benefits of vitamins, minerals, and herbs, and to sell such products free of the arbitrary enforcement powers of the FDA. DSHEA was passed because large numbers of Americans demanded it. Over 2.5 million ordinary citizens wanted to ensure that dietary supplements would remain available over-the-counter. By 2002, nutritional supplements outsold drug medications. Interestingly enough, although the FDA has retained wide-ranging enforcement powers over supplements, many anti-supplement interests repeatedly and deliberately lie and call supplements “unregulated.”

### **CAFTA agreement**

Special clauses have been inserted into the Central American Free Trade Agreement (CAFTA) designed to force America to submit to Codex standards after its enactment by the U.S. Congress. CAFTA was passed by the U.S. Senate and Congress in 2005. This laid yet another brick in the wall for the U.S. government to eventually restrict vitamin and supplement sales in accordance with the “German Model” of healthcare. Gradually, DSHEA, which protects the nutritional rights of Americans, is being nullified by these “end runs,” and the North American supplement companies (along with their healthfood stores) are being insidiously phased out.

### **The power behind the throne**

Codex is a joint venture between the United Nation’s World Health Organization and the Food and Agriculture Organization (WHO/FAO). The WTO stated that it will enforce Codex “guidelines” as the world standard for trade in food and food supplements. Both the FAO and the WHO are intended to protect the health and welfare of the world’s population, but it is clear they have shirked this responsibility in regard to Codex.

An immense German, French, U.S., and British drug cartel is behind this. Codex is also working with other groups supporting the following agendas:

1. The chemical industry's aim that all animals be treated with antibiotics and hormones.
2. The largest seed company in the world (Monsanto) is working toward 100% genetically-modified crops.
3. The nuclear industry's goal of irradiating all foods including plants and livestock.
4. All industries' goal: phasing out truly organic foods, or at least, making them extremely difficult to obtain.

Hopefully, the facts will alarm you enough that you will want to immediately contact Congress and tell them how you feel about all of this.

Actions by the European Union and the United Nations affect millions of lives. What makes it possible for drug companies to have so much influence at the EU and UN and even within our own FDA? The answer is rather simple: drug companies make excessive profits by overcharging on patented medicinal drugs. They claim that the profits are needed for research into new drugs. Yet, the costs of that research only come down to paying the salaries of some lab technicians. It is well-known that most of the profits are used for lobbying politicians, advertising, and similar methods of increasing sales.

#### The powers on the throne

Some 167 countries are members of the Codex Alimentarius Commission (CAC). Here are some of the international organizations working closely with Codex in order to accomplish its objectives:

- Food and Agriculture Organization (FAO)
- International Atomic Energy Agency (IAEA)
- International Consultative Group on Food Irradiation (ICGFI)
- Joint FAO/WHO Expert Committee on Food Additives (JECFA):
- The European Commission on Food Safety (ECFS)
- United Nations (UN)
- World Health Organization (WHO)
- World Trade Organization (WTO)

The bottom line is that, for all their power, the pharmaceutical companies could no more force you to buy their drugs and accept their medicines than Wal-Mart could force you to buy its pots and pans. It is the overriding dictates of monopolistic legislation enacted by Congress, coupled with the government-enforced monopoly given to government-licensed and approved medical doctors, that restrict our healthcare choices. Without these laws, you could reject "Big Pharma" with impunity as you bought and used all the natural health products you wanted in a truly free market.

#### There are more than 20 Codex Alimentarius Committees.

These committees develop guidelines (there are more than 16,000 pages of working documents) on every aspect of food, and present those guidelines to the Codex for ratification. Trade organizations with strong publicly documented ties to the pharmaceutical, chemical and agricultural industries have a very influential voice at these meetings. There has been no significant representation from health advocates, nutritional supplement manufacturers, natural healthcare professionals, or similar groups at the Codex meetings, except for the National Health Federation (NHF), which is the only health-freedom organization with official International Nongovernmental Organization (INGO) status at these meetings. The NHF is the only INGO voice consistently speaking out for health freedom year after year at these meetings.

## Watch These Films!

"We Become Silent - The Last Days Of Health Freedom

"The Codex-CAFTA Documentary" (2006)

A 28-minute video by Kevin Miller at <http://herballure.com/Special/WeBecomeSilent/QuickTime.html>

"This is What Democracy Looks Like" (2000)

A 68-minute compilation of interviews with Noam Chomsky, Vandana Shiva, Susan Sarandon and Michael Franti about the driving forces behind the World Trade Organization.

Available at video stores and [www.corrugate.org](http://www.corrugate.org).

## Democracy in Action

*"The price of liberty is eternal vigilance."*—Thomas Jefferson.

To contact your U.S. congressional representatives, go to: [www.house.gov](http://www.house.gov).

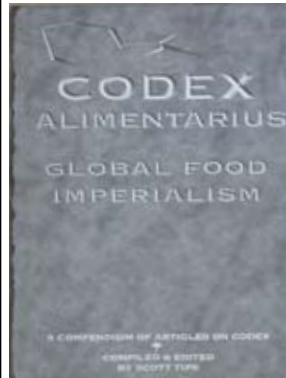
To contact your U.S. congressional senators, go to: [www.senate.gov](http://www.senate.gov).

Or visit: <http://www.house.gov/zip/ZIP2Rep.html>

## Stay Informed—Be Proactive

Follow these and other vital stories at our online Health Freedom Action Alerts Forum at [www.livingnutrition.com](http://www.livingnutrition.com) and via our eNewsletters—subscribe by e-mailing [dave@livingnutrition.com](mailto:dave@livingnutrition.com)

## New Book



CODEX Alimentarius - Global Food Imperialism

This 293-page book, just released this year, consists of a compilation of informative articles and viewpoints by various knowledgeable health-freedom activists who know Codex intimately. Compiled and edited by Scott Tips, President of the National Health Federation. \$15.95 plus shipping: U.S \$3; Europe \$12

Online orders: [www.thenhf.com](http://www.thenhf.com)  
Mail orders: National Health Federation, P.O. Box 688, Monrovia, CA 91017 U.S.A., or call 626-357-2181.

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The Codex Commission meets every year, alternating between Rome and Geneva, while its various committees meet in different host countries (such as France, Germany, Canada, Australia, the US, etc.). The U.S. representatives to Codex have well-documented, unsavory connections to the very industries that stand to profit from the wholesale implementation of the Codex standards. Insofar as the FDA is concerned, consumers have virtually no say at all.

The governments of both India and South Africa have repeatedly expressed their dissatisfaction with the foolish restriction of nutrients and herbs under Codex, but their protests have been regularly disregarded during meetings by ill-defined “consensus” tactics that do not allow full discussion or debate on these crucial issues, or even true consensus.

### **The Power in Codex**

Here is one of many reasons why Codex can overrule our U.S. dietary laws. In the United States Federal Register, dated Oct. 11, 1995, the FDA’s Policy on Standards states that “where a relevant international standard exists, or completion is imminent, it will generally be used in preference to a domestic standard.” The U.S. Constitution states that U.S. treaties take precedence over U.S. laws. There has been activity on Capitol Hill to prepare “harmonization” rules, which will lock America into obeying Codex dietary standards.

It is important to note that Codex Alimentarius operates under the system enshrined in the Napoleonic legal code, under which anything not explicitly permitted is forbidden! In contrast to the Napoleonic legal code, the U.S. operates under the more sensible English-based Common Law, wherein anything not specifically forbidden is permitted.

### **WTO placed corporations over nations**

The WTO has put the mechanisms in place to override any national law that interferes with multinational corporate profits in international trade. That is one of the reasons why Congressman Ron Paul tried to remove us from the WTO in 2000 via House Joint Resolution 90. Congress failed to enact his proposal.

### **U.S. Codex Office**

The U.S. Codex Office is found within the FDA, which, in turn, is an agency of the U.S. Department of Health and Human Services. This Office works very closely with Codex in Europe. If you go to its website, you will see this:

“The Codex Alimentarius Commission was created in 1963 by FAO and WHO to develop food standards, guidelines and related texts such as codes of practice under the Joint FAO/WHO Food Standards Programme. The main purposes of this Programme are protecting health of the consumers, ensuring fair trade practices in the food trade, and promoting coordination of all food standards work undertaken by international governmental and non-governmental organizations.”

### **The U.S. obeys WTO**

Codex standards and guidelines were originally intended to be voluntary, i.e., each nation could obey or disobey them. But that began to change when the various nations signed new treaties at the Uruguay Round of General Agreement on Tariffs and Trade (GATT), at which time the World Trade Organization (WTO) came into existence. According to the treaty the United States signed at Uruguay, we are required to obey the rulings of the WTO. The WTO has enforcement power through a new international court, the Dispute Settle-

ment Body, which does not follow our rules of evidence and wherein our interests are represented by unelected government bureaucrats.

### **We have a controlled (or paid-off) press**

This Codex crisis is the clearest proof this writer has ever seen that we have a “controlled press” in America! There is absolutely no mention by ABC, NBC, CBS, Fox, BBC, or the newspapers and newsmagazines that America is hurtling toward the total loss of effective vitamin-and-herbal supplementation! This is largely due to a conflict of interest: the drug companies provide them with millions of dollars in drug-ad revenues, and it is my belief that the media have been threatened with the loss of this revenue if they tell the public the truth about Codex.

In my opinion, this includes generous “contributions” to the White House and Congress, as well as immense bribes to EU and UN officials. Now you can understand why the newspapers, newsmagazines, and news broadcasts do not say a word about the nutritional crisis we are facing. In 2004, pharmaceutical companies spent over \$4 billion on direct consumer advertising. This includes media advertising. In that same year, \$785 million was spent on Congressional lobbying.

### **Can Codex be stopped?**

There is no certainty about this. You should contact your Congressmen and Senators, and tell them how you think they should vote. It is imperative that concerned natural health consumers become organized and fully activated to stop Codex from being enacted in the United States.

### **July 4, 2007 Update by Sharrhan Williamson**

Just this week, the FDA announced that it was implementing tough, new “Good Manufacturing Practices,” which consist of regulations that will adversely affect sales of vitamins and minerals. For once, the FDA was very forthright, making it clear that small supplement companies will have to go out of business. According to news sources, the big vitamin/supplement companies that are set to stay in business (Vitamin Shoppe, GNC, etc.) have strong pharmaceutical company backing.

Senator Ted Kennedy’s FDA “revitalization” bill S. 1082 is another blow to DSHEA: it allows for its dismantling by the FDA and Congress. Dr. Ron Paul is trying to counteract this with some new bills such as his H.R.2117. We’ll see if he is successful.

Codex is happening, although they are implementing it in small stages so that the public hardly notices. If we call Congress to complain, they’ll say, “Oh no, that’s not happening.” We must read between the lines and look at all the evidence—it’s as plain as day.

On the bright side, perhaps people will get back to growing more good organic food and herbs locally than ever before.

### **July 16, 2007 Update by Scott C. Tips, Esq. of National Health Federation**

Codex (Rome): The Non-Meeting  
The 30th Session of the Codex Alimentarius Commission (CAC) in Rome, Italy just ended (July 2-7, 2007). Heaping plates full of Codex standards and guidelines were advanced to their final stages as if starving people were gathered around a banquet table. It did not matter what was heaped on the plate; it got passed to the table regardless. It also did not matter that there were some 451 country delegation members and another 61 INGO (International Nongovernmental Organization) delegate-observers from around the world in attendance

(or pretend attendance); the CAC Chairman, Dr. Claude Masha, plowed forward, pushing aside any and all objections—excuse me, he called them “reservations”—that were made. It would not have mattered if a plate of rotten tomatoes had been presented to him for approval; he would have approved them too. In this one meeting, the CAC was rendered irrelevant as a meaningful “approving” body, for it merely rubber stamped without thought what had been done by others. Mimi the Gorilla could have done just as good a job.

That is the essence of what happened at the Codex meeting as Sepp Hasslberger and I (the National Health Federation delegation) saw it. To read our full report, see [www.thenhf.com/press\\_releases/pr\\_16\\_jul\\_2007.html](http://www.thenhf.com/press_releases/pr_16_jul_2007.html).

### **While Americans Slept by A. Ofria**

When we see powerful players forcing our leaders to act in ways that threaten the rights that Americans have historically died to preserve, we must remind them of their duty to safeguard our way of life. If we do not raise our voices above the clamor of multinational commercial interests, we may be silenced forever.

### **Take Action by Scott C. Tips, Esq.**

Legislation can either protect or restrict your freedom in all its aspects, including your health freedom. As long as there is some semblance of representation in the halls of Congress, use whatever influence you have as a constituent on your Senators and Congressional representative. Let all three of them know that you oppose American harmonization with Codex Alimentarius standards and all other restrictions upon your right to purchase and grow naturally healthful foods and choose naturally healthful goods and services.

Remember the National Health Federation’s action motto: “Be persistently vocal.” That is, do not just send one letter or fax, or one e-mail, and then sit back and watch TV reruns, thinking your job is done. Be persistent, do all three, re-send, and pick up the telephone to call them with your concerns. Even better, if possible, pay them a personal visit in their offices, ideally, going together with friends. Engrave your views in their minds, even when they are on the Senate or House floor. Again, make them feel the heat.

To begin, you could say:

“I am asking you to do two things to protect our health freedoms here at home: 1. Support the Health Freedom Protection Act (H. R.2117) by signing on as a cosponsor; and 2. Oppose all efforts to harmonize with or conform our American system of food and food-supplement regulation to the European-dominated Codex Alimentarius Commission’s health standards, which are based on junk science.”

Unify your efforts with others by joining an organization such as the National Health Federation with an established track record of health freedom activism. Together, our individual efforts will be coordinated and amplified.

*Editor’s note: Special thanks go to Scott C. Tips, Esq. of the National Health Federation for assisting with the editing of this article.*



### **US MANDATES ALMOND “PASTEURIZATION” BUT ALLOWS THEM TO BE LABELED “RAW”**

From The Cornucopia Institute, ([www.cornucopia.org](http://www.cornucopia.org)), a progressive farm policy research group and supporter of organic food law integrity, based in Wisconsin.

Small-scale farmers, retailers and consumers (including raw fooders) are outraged over a new federal regulation requiring that all almonds grown in California to be sterilized with various “pasteurization” techniques. The rule, which the USDA quietly developed in response to outbreaks of Salmonella in 2001 and 2004, traced to raw almonds, mandates that all almonds undergo a sterilization process that includes chemical and/or high-temperature treatments.

Although the final rule was published in the Federal Register early in 2007, The Cornucopia Institute asked the USDA to reopen the proceeding for public comment. Protests were ineffective, the almond industry was compliant and the rule went into effect this September (2007).

The only exemption to these new regulations will be organic “raw” almonds that will not be fumigated, but will undergo the steam-heat treatment, and small-scale growers who can sell truly raw almonds, but only direct to the public from farm stands.

Although food-borne illnesses have garnered headlines in recent years, including the contamination of California-grown spinach and lettuce, raw produce and nuts do not carry inherent risks.

Consumers who oppose the new regulation also worry about its impact on the quality and nutrition of pasteurized almonds, since the Almond Board of California (a marketing arm of the USDA) has conducted the only study on the practice. Their research concluded that “there was no significant degradation in the quality” of the almonds. The validity of these findings is questionable.

The most common method of sterilizing almonds is by propylene oxide fumigation. Propylene oxide is a genotoxic chemical and is listed as a possible carcinogen by the International Agency on Cancer Research. In lab experiments, the chemical leads to gene mutation, DNA strand breaks, and neoplastic cell transformation.

Even if independent research concludes that treated almonds are in fact safe, labeling them as “raw” is misleading and deceptive to consumers, many of whom wish to purchase truly raw, unprocessed almonds.

The new regulation to sterilize almonds coincides with the recent announcement by the Food and Drug Administration that it intends to relax its labeling requirements for irradiated food. The FDA proposal will also allow irradiation, the controversial ionization process, to be called pasteurization—a reference that is troubling many food safety watchdogs.

The Fresno Bee reported that Living Tree Community Foods will start importing raw almonds from Spain to make its “living” nut butter.

To read a copy of the rule, as published in the Federal Register, go to: [www.almondboard.com/files/Rule.pdf](http://www.almondboard.com/files/Rule.pdf).

### **Take Action**

1. Read the Federal Register rule: 7 CFR Part 981, Docket No. FV06-981-1 FR, Almonds Grown in California; Outgoing Quality Control Requirements.
2. Contact The Cornucopia Institute: [kastel@cornucopia.org](mailto:kastel@cornucopia.org), 608-625-2042.
3. A fact sheet on the almond issue can be viewed at: [www.cornucopia.org/Almond\\_FactSheet.pdf](http://www.cornucopia.org/Almond_FactSheet.pdf) and a sample letter to the USDA can be found at: [www.cornucopia.org/Almond\\_SampleLetter.doc](http://www.cornucopia.org/Almond_SampleLetter.doc). **FORCING**

## IRRADIATED, GE AND CLONED FOODS ON CONSUMERS

Extracted from the Spring, 2007 issue of Organic View, a publication of the Organic Consumers Association • [www.organicconsumers.org](http://www.organicconsumers.org)

Every poll for the past decade has shown that 80% to 90% of consumers want mandatory labels on GE (genetically engineered) foods. Then why won't Congress give us labels? Because they know that if foods are so labeled, as they are in Europe, consumers will boycott them.

In a similar vein, the FDA has recently proposed new laws that will allow manufacturers to sell controversial and likely hazardous irradiated and cloned foods without labeling them or, in the case of irradiated foods, allowing companies to mislabel nuked foods as "pasteurized."

Consumers are justifiably wary of foods bombarded with nuclear waste, powerful x-rays or gamma rays, since irradiation destroys essential vitamins and nutrients, creates unique radiolytic chemical compounds never before consumed by humans, and generates carcinogenic byproducts such as formaldehyde and benzene.

### What You Can Do

1. Buy only organically grown foods from reputable sources.
2. Get involved with OCA.
3. Let your Congresspersons know you are opposed to irradiated, genetically engineered and cloned foods, and demand truthful labeling.



## ORGANIC FOOD STANDARDS UNDER FIRE

Compiled from the Organic Consumers Association • <http://organicconsumers.org>

"After 35 years of hard work, the US organic community has built a multibillion dollar alternative to industrial agriculture. Now large corporations, aided and abetted by the USDA and members of Congress, are moving to lower organic standards and seize control. For the sake of the earth and our health we must stop them." –Organic Consumers Association (OCA)

In June, 2007 The U.S. Department of Agriculture gave interim approval for 38 non-organic ingredients to be used in foods carrying the "USDA Organic" seal. Supporters of the USDA rule change say that allowing this encourages the development of products that are mostly organic. This supports organic farming, they claim.

Ronnie Cummins, National Director of OCA, said that the USDA is caving in to pressure from large food companies. USDA officials "don't seem to care what the public wants," Cummins said. "They're just more interested in what's convenient for the big companies."

Agribusiness front groups, such as the Farm Bureau, big food corporations like Kraft, biotech companies such as Monsanto, right-wing think tanks such as the Hudson Institute, and industry-friendly government agencies have consistently tried to undermine organic standards and get the USDA to allow conventional chemical-intensive and factory farm practices on organic farms. If this is allowed, consumers will lose faith in the organic label.

In late 2005, despite receiving over 350,000 letters and phone calls from OCA members and the organic community, Republican leaders in Congress attached a rider to the 2006 Agricultural Appropriations

Bill to weaken the nation's organic food standards in response to pressure from large-scale food manufacturers.

Noted Cummins: "Congress voted to weaken the national organic standards that consumers count on to preserve the integrity of the organic label. The process was profoundly undemocratic and the end result is a serious setback for the organic community."

On December 5, 2006, the USDA announced its new appointments to the National Organic Standards Board (NOSB). This was clearly an attempt to pack the Board with corporate agribusiness reps.

According to federal law, the NOSB is to be made up of a diverse group of experts in the organic field, including a public interest group representative, an environmentalist, a scientist, and a handler. Despite this clear mandate of diversity, the USDA's new appointments are all industry representatives. USDA's new appointees are: Scientist: Katrina Heinze (General Mills); Consumer and Public Interest Group Representative: Tracy Miedema (Stahlbush Island Farms, a primarily non-organic operation); Environmentalist: Tina Ellor (Phillips Mushroom Farms); Handler: Steve DeMuri (Campbell Soup).

"Never before has the Bush administration's USDA made such a blatant attempt to pack the National Organic Standards Board with people who represent corporate agribusiness and industrial farming practices," said Cummins.

OCA is mobilizing its national grassroots action network to stop this attempted hijacking of organic standards. OCA is asking members of Congress for a Congressional hearing on the USDA's management of the National Organic Program.

## SELF-HEALING EMPOWERMENT CONSULTS

with

David Klein, Ph.D., Hygienic Doctor, Director  
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Contact David Klein, Ph.D.

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Email: [dave@livingnutrition.com](mailto:dave@livingnutrition.com)

David's full bio can be read at:  
[www.selfhealingempowerment.com](http://www.selfhealingempowerment.com)

**What You Can Do**

1. Buy only organically grown foods from reputable sources.
2. Get involved with OCA.. <http://organicconsumers.org>. Contact National Director Ronnie Cummins: 218-226-4164 • [ronnie@organicconsumers.org](mailto:ronnie@organicconsumers.org)
3. Let your Congressional representatives know you are opposed to any weakening of organic food standards.



**HONEY BEE DECLINE: NOT SO MYSTERIOUS AFTER ALL**

In early 2007, the mainstream media began reporting that “something mysterious” is killing billions, up to 40%, of honey bees across North America, and many hives were vacant in the spring when they’d normally be busy with returning colonies. Similar bee disappearance has been noted by beekeepers in Europe and South America since the fall of 2006. The scientific community termed this phenomenon “Colony Collapse Disorder.” Causes galore were postulated: viruses, mites, fungi, new pesticides, cell phone microwaves, etc. One-third of fruits, vegetables and nuts consumed in America are dependent on pollinators—mostly honey bees—and the US’s \$15 billion per year produce economy is in peril. “Experts” have been scrambling to find answers. Will they notice the following report?

From an Organic Bytes, Issue #104, May 6, 2007, article titled “Catastrophic Bee Colony Collapse is Not Affecting Organic Hives”:

“A crucial element of this story, missing from reports in the mainstream media, is the fact that organic beekeepers across North America are not experiencing colony collapses. The millions of dying bees are hyper-bred varieties whose hives are regularly fumigated with toxic pesticides by conventional beekeepers attempting to ward off mites. In contrast, organic beekeepers avoid pesticides and toxic chemicals and strive to use techniques that closely emulate the ecology of bees in the wild. Researchers are beginning to link the mass deaths of non-organic bees to pesticide exposure, genetically modified organisms (GMOs), and the common practice of moving conventional bee hives over long distances.”

Learn more at [www.organicconsumers.org](http://www.organicconsumers.org).



**AN INCONVENIENT TRUTH: WE ARE EATING OUR PLANET TO DEATH**

Choosing a Plant-food Based Diet Is a Moral Issue  
Excerpted from John McDougall’s “The McDougall Newsletter Vol. 5, No. 12, December, 2006 • [www.drmcDougall.com/misc/2006nl/dec/truth.htm](http://www.drmcDougall.com/misc/2006nl/dec/truth.htm) • To sign up for The McDougall Newsletter, send an e-mail to [webmaster@drmcDougall.com](mailto:webmaster@drmcDougall.com).

According to a November, 2006 report, “Livestock’s Long Shadow – Environmental Issues and Options”, by the United Nations Food and Agriculture Organization, livestock is one of the top two or three most significant contributors to every one of the most serious environmental problems. (See [www.virtualcentre.org/en/library/key\\_pub/longshad/A0701E00.htm](http://www.virtualcentre.org/en/library/key_pub/longshad/A0701E00.htm).) It is predicted that global production of meat and milk will more than double by 2050. We cannot let this happen. Our planet is already being devastated. Long-overdue changes based on the truth could halve livestock usage by 2015


To prepare, there are two things I am asking you to do: First, watch Al Gore’s documentary, “An Inconvenient Truth,” and then read the introduction (at least) to the 2006 United Nations report, “Livestock’s

Long Shadow.” Armed with this information, you will be able to make a real difference, beginning with the people closest to you. Our mission is to cause a dietary revolution; an uprising essential for cooling the planet.

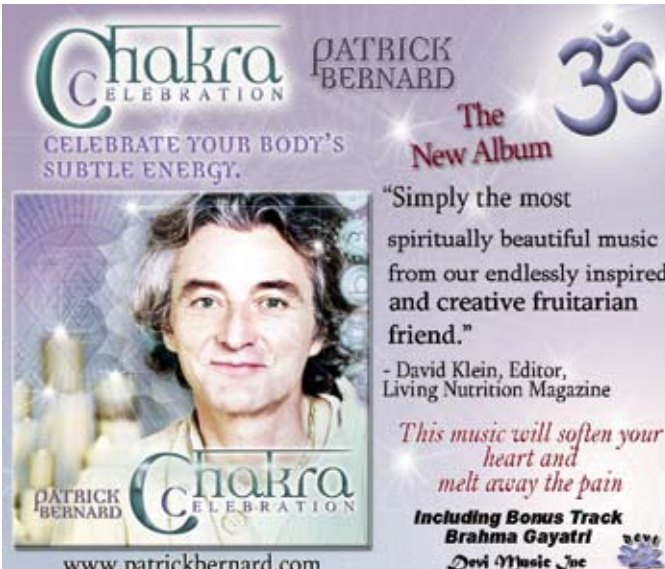
The following are some of the findings from the UN report:

*Animal agriculture is responsible for 18% of the world’s greenhouse gas emissions as measured in CO<sub>2</sub> equivalents. By comparison, all transportation emits 13.5% of the CO<sub>2</sub>. In addition to CO<sub>2</sub>, environmentally toxic gases produced by livestock include nitrous oxide, methane, and ammonia generated from the animals’ intestines—belching, flatus, and manure. The report states: “The impact is so severe that it needs to be addressed with urgency.”*

Not once during the 96 minute presentation, “An Inconvenient Truth,” did Al Gore mention animal foods as a cause of global warming or suggest any form of management of livestock as a solution. This oversight would be similar to not mentioning cigarette smoking in a discussion of lung cancer. With all due respect to Al Gore, I must speculate as to why he failed to touch on this essential connection. Ignorance could not have been the reason. Catastrophic damage to our environment from livestock, especially cattle, has been recognized for decades. Nor do I believe political correctness was his motivation. His documentary is filled with unrestrained challenges to almost every segment of business and society. Al Gore is a brave and honest man, but he has human frailties, too.

Contact Al Gore about his oversight on the global impact of livestock: The Office of the Honorable Al Gore, 2100 West End Ave., Suite 620, Nashville, TN 37203. At [www.algore.com](http://www.algore.com) you can send a note through Al Gore to your representatives in Congress. Ask them to help Americans give up their meat to save the world. 

**“It is not enough that we are truthful; we must cherish and carry our high purposes to be truthful about.”**  
- Henry David Thoreau



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