How the FDA Went Bad

Victory Gardens ARE BACK!

Hidden Dangers of Cell Phones

Spring Cleansing

Say NO to GMOs

What Happened to the Honey Bees?

I love spring anywhere, but if I could choose I would always greet it in a garden.

~ Ruth Stout

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Look inside for details
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4. **Are all of the herbs organic?**
   When possible, organic herbs are preferred and used. Depending on harvesting, climate, and other issues, there are times when organic is not available. We pride ourselves in using the best possible herbs.

5. **What is the shelf life of the liquid herbs?**
   If kept in a cool place without excessive sunlight and heat, they should remain preserved for several years. The glycerine is not only beneficial to the body, but acts as a preservative.

6. **How should the product be stored?**
   Bottles should be kept in a cool place away from excessive heat and sunlight. Keep fingers and mouths from touching all droppers, lids, and tops of bottles.

7. **Where can I find more information on liquid herbs?**
   A few resources include *The ABC Herbal* book by Steven Horne, *Practical Herbalism* by Phil Fritchey, and *Nutritional Herbology* by Mark Pedersen. The National Association of Certified Natural Health Professionals also offers several courses on herbology.

**Limited Edition Herbs, Inc.**
call 800-437-2569 or visit LimitedEditionHerbs.com
26 How the FDA Went Bad: Health Serfdom and the Rise of Tyranny
In his newly-released book The Rise of Tyranny, Constitutional Attorney Jonathan W. Emord reveals how the FDA came to be controlled by the pharmaceutical industry and how that control has led to widespread corruption, abuse of power and the approval of a number of deadly drugs in America.

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34 Illusion and Escape: The Cell Phone Disease Quagmire
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40 Vanishing Honey Bees: Why Are They Disappearing?
In the past year, thousands of beekeepers reported losses of up to 90 percent of their colonies. And there are no dead bees to be found. Colony Collapse Disorder has resulted in the death of more than one quarter of the 2.4 million bee colonies in at least 35 states. Since honey bees pollinate 80 percent of our fruits and vegetables, we must find out why…and soon.

42 Victory Gardens Are Back!
Christy Wilhelmi, founder of Gardenerd.com, is bringing back Victory Gardens to Southern California. Recently profiled on ABC’s Nightline, she explains how easy and rewarding a personal or community vegetable garden can be.
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Change...

Welcome to a new year and a renewed HealthKeepers Magazine. Each quarter of 2009 you'll find a new issue filled with information you need and want to keep you and your family healthy and vibrant as we meet the challenges that lay ahead. Since our last issue, the amount of change we've experienced—as a country, company, and community—has been enormous.

With the election of a new president and a new administration, Health Freedom has become one of the top ten issues the American public wants this administration to address. Health care reform has taken a front row seat—once again. Of course, the pioneers in the health freedom movement have seen this before. Dr. Kurt Donsbach writes from his perspective in the Pioneer’s Corner of this issue on how he views the resurgence unfolding. He has a seasoned wisdom worth considering.

Last year was challenging for our company and our family in particular. The Whitman Companies lost founder and leader, Dr. Wendell Whitman. He was my father and my greatest teacher. Up until his final week of life he was discussing various changes he planned for our companies, the Magazine, the Health Freedom Expos, and the HealthKeepers Alliance. There were so many things he wanted to accomplish, so many challenges he was ready to meet in the world of health care reform, so many tasks waiting for him to tackle. While change came suddenly, I felt prepared to meet it head-on. I've had time to reflect upon this huge change in my life and have shared my personal tribute to him in this issue.

Communities are experiencing change everywhere. Feature stories in this issue focus on communities going through enormous changes such as the vanishing bee colonies; the change and subsequent corruption of the FDA is exposed in a feature article by Constitutional Attorney Jonathan Emord and his new book *The Rise of Tyranny*, and finally, how the worldwide exponential growth of cell phones and towers have silently created health dangers which affect human communities and possibly the bees.

"Nothing endures but change," said Greek philosopher Heraclitus who lived until 480 BC. He was right, because change is a constant thing right up to today. We have a choice, of course, on how we react to it. King Whitney, Jr. said "Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better."

We know challenges exist—they always have and they always will. When we meet them as a community, with confidence, together we can and will make a difference.

I'd like to hear from you. Let me know how you’re enjoying the renewed HealthKeepers Magazine. You can contact me at editor@healthkeepersmagazine.com.

Sincerely,

Julie Whitman-Kellie
This quote from our new president reminds me of the old adage… “Careful what you wish for, you may just get it.”

In an unprecedented effort to gauge the desires of the American people, the Obama transition team commissioned an online survey to determine the top 10 ideas for change in America.

In the top ten, out of nearly 700,000 votes and close to 8,000 different ideas—Health Freedom made the top ten!

Now, as someone who has been fighting for the right of individuals to make their own health choices for the past 60 years—this is truly change I can believe in.

Between you and me, however, I doubt this will really happen—unless we stay diligent in our efforts to champion Health Freedom.

In the 1960’s, natural nutrition was in a serious legal battle with the FDA to classify all vitamins as drugs. This would have meant an increase in price, availability and entrepreneurial formulation.

At that time I was chairman of the board for the National Health Federation and had significant support from people like you to prevent this.

This was during the Vietnam era, and we had more letters (you know the kind people actually write instead of email) sent to Congress protesting the vitamin restriction than they had letters objecting to the war.

Despite this, we were hard-pressed to find a Congressman who would introduce a bill which granted vitamins the same classification as foods.

This fight eventually led to the successful passage of the DSHEA act which classified vitamins as foods.

During this time, Senator William Proxmire from Wisconsin was such a hero for health freedom. For 16 long years he introduced a bill into Congress which would effectively stop the FDA from more draconian measures.

Our tireless and advocate and lobbyist, Clinton Miller, helped Proxmire by insistently and stubbornly getting congressmen to support and vote for this bill.

As a result of this tenacious advocacy, Congress eventually passed the bill that has protected us for some time.

At the present time we are faced with Codex, an international law which will affect the nutritional industry tremendously. It is a sly, innocuous regulation that tries to allay your fears while the gate to health freedom is literally barred.

I do not have room to discuss the insidious nature of this unwarranted law, but ask you to make yourself familiar with it and do something about it.

We have had victory in the past and will have victory again—but only if you are willing to get personally involved to “be the change” the President is looking for.

I leave you with these words from Winston Churchill: “When you enter hell, keep on walking—there is another side.”

Pioneer’s Corner is written by:
Kurt W. Donsbach, D.C., N.D., Ph.D. has sold over 15 million booklets and books on the subject of nutrition and formulated literally hundreds of his trademark “products with a purpose” (www.letstalkhealth.com), always keeping abreast with the most cutting-edge research.
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Legislative Update is written by Tracy Ait El Madi, ND, CNHP—a graduate of Trinity School of Natural Health as a Naturopathic Doctor in 2007.

This year has been busy for legislation and health freedom. Several states fought restrictive and monopolizing registration and licensure bills. Others worked hard to introduce and promote health freedom bills to protect freedom of choice and the right of the unlicensed practitioner to help others.

In September 2008, New Jersey fought dietitians’ licensure bills Assembly 2933 and Senate 1941. Though the supporters of dietetics licensure used several methods to try to push these bills through, New Jersey Health Freedom fighters defeated the bill with excellent, well-executed plans. Assemblyman Richard Merkt was the first legislator to join in our efforts and see our point of view. In the end, state financial burden caused by the bill, and the current economic situation in New Jersey resulted in the final downfall of this legislation. This point was brought forward by New Jersey health freedom advocates and consumers, without whom this battle would have been lost!

Texas introduced a health freedom bill (HB 40) in November 2008. In February 2009, the bill was referred to the Public Health committee of the Texas House of Representatives. Texas residents should contact the members of the committee to encourage them to cosponsor and vote favorably for this bill. For more information on how to contact your legislators, please contact the HealthKeepers Alliance.

Virginia held a two way battle, protecting its citizens from harmful naturopathic licensure bill House 1820, and introducing health freedom bill House 1744. With extremely strict stipulations, House Bill 1820 would have made it illegal for any person not licensed as a Naturopathic Physician to recommend foods, vitamins, minerals, amino acids, enzymes, homeopathic remedies and all dietary supplements. Only individuals that had attended one of 4 colleges could obtain licensure. This horrible bill was left in committee, and is dead for 2009. Many people put forth much effort to spread the word and encourage others to get involved in contacting their legislators about this dangerous bill. The Virginia Health Freedom bill HB 1744 was eventually tabled in the House Health, Welfare and Institutions Committee.
Colorado is also fighting a naturopathic bill, House Bill 09-1175. With similar debilitating language as Virginia House bill 1820, this is also an important bill to stop. This bill is currently in the Health and Human Services and Appropriations Committees. Colorado constituents should contact the members of these committees, and their own district representatives to voice their opposition to this bill.

Montana has introduced their health freedom bill—Senate Bill 287. The bill was introduced in January 2009, and has now passed its third reading in the Senate and has been transferred and read in the Montana House of Representatives. This bill now needs to pass the House and be signed and it will be officially law in Montana!

Maryland very recently introduced their health freedom bill as well. House Bill 1380 was introduced on February 23, 2009 when it was also read for the first time in House Rules and Executive Nominations. Those who live in Maryland should contact their representative and let them know that they support health freedom in Maryland.

As every state has their fight to keep people healthy, and keep their freedom of choice in healthcare alive, we will continue to bring you up to date information, as well as options to contact your legislators. Please register your email address with the HealthKeepers Alliance (www.healthkeepers.net) to receive the most current, up-to-date legislative alerts.

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Nutrients in the Medical News!

Volume 169 (no. 4) of the Archives of Internal Medicine, issued on February 23, 2009 shows three positive studies on nutrients. The prominent message coming from the studies is that high doses deliver results, low doses don’t.

The first study involved the women’s antioxidant and folic acid cardiovascular health. This study is coordinated through Brigham and Women’s Hospital, Harvard Medical School. The study showed a highly significant 35 to 40% reduction in age-related macular degeneration. 35-40% benefit isn’t a bad result for a bunch of cheap patent-free nutrients. Had this been a drug, we would no doubt have seen it slathered on every TV channel in commercials of dancing butterflies and smiling people floating on clouds.

The second study showed the relationship between calcium intake and cancer risk. In this study, 36,965 men and 16,605 women with cancer (at various sites in the body) completed a questionnaire on their diet and supplementation habits. In both men and women, there was a clear relationship between increasing calcium intakes from dairy and supplements being correlated with lower incidences of colorectal cancer. Risk of these cancers was reduced by around 15% in men and 25% in women. In both genders, colorectal cancer rates were lower in those taking calcium supplements.

The third study looked at the relationship between blood vitamin D levels and the frequency of recently reported upper respiratory tract infections. The study found an association between increasing serum levels and decreasing URTIs. The rates of URTIs went from 24% in those with a low serum vitamin D level to 17% in the highest vitamin D group. The vitamin has been shown to help both the side of the immune system that controls infections as well as that responsible for managing inflammatory responses. This study adds to the already remarkable literature on the benefits of vitamin D.

Label Illusions

If you came across a package of ground beef with a “naturally raised” label on it, it might conjure up images of animals roaming freely and grazing on open pasture. But unfortunately, that’s not the case with the U.S. Department of Agriculture’s new voluntary standard for the naturally raised claim, which the agency issued on January 16, 2009.

For livestock used for the production of meat and meat products, the USDA’s naturally raised marketing claim standard (which will become effective upon Office of Management and Budget approval):

- Prohibits growth promotants (including growth hormones);
- Prohibits animal byproducts in feed—which are implicated in causing mad cow disease; and
- Claims to prohibit antibiotics (but allows ionophores used as coccidiostats for parasite control).
The moral of the story is to know your poultry source if you choose to eat it. Organic tells you the chickens were fed organic feed and were not given antibiotics or hormones in production. Cage-free and free-range, however, need to be clarified.

Measles may Protect Kids Against Allergies

Children who’ve been infected with measles are less likely to develop allergies, a large study in Europe has demonstrated.

The occurrence of allergic disorders has increased during past decades, coinciding with reduced rates of many childhood infections and increasing use of vaccinations, Helen Rosenlund, at the Karolinska Institute in Stockholm, and colleagues note in the medical journal Pediatrics.

Among the children who never had measles infection, those who had been vaccinated were more likely to have nasal allergies. Further analysis showed that allergies were less likely in children who had had a bout of measles, but not in those who had been vaccinated against measles. HK
There are several different juicers on the market, depending on the amount of space you have and what features you would like in a juicer. The Jack Lalanne Juicer (www.powerjuicer.com) is a low cost, smaller option that does only juicing. It is great for someone who just wants to juice, and wants a smaller appliance instead of a bulky machine. The Champion juicer (www.nutritionalresources.com) is a bit more expensive, but has the ability to mill grains and grind coffee, allowing you to make your own flour, corn meal and other dried grain material. This juicer is great for someone that wants a heavy duty machine that can do more than just juice! HK

Juicing fruit and vegetables offers a balanced way to supplement the diet, and has many other benefits. It can stimulate the immune system, aid in detoxification and help the body guard against destructive environmental factors. It is also an ideal remedy for individuals suffering from digestive issues. Juicing allows large amounts of vegetables or fruit to be taken into the body at one time, and is rich in vitamins, minerals and carbohydrates.

There are some important points to remember when juicing. Vegetable juices should be consumed within 20-30 minutes after juicing, as it oxidizes very quickly. Fruit juices should be consumed within a couple hours, and should be refrigerated if not used immediately. Apples are the only fruit that should be mixed with vegetables for juicing. If you have blood sugar imbalances, you should mix the juice with an equal amount of water before drinking it.
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Q. My daughter, who is an avid varsity distance runner, was diagnosed with a stress fracture just above her ankle on the inside of her leg. She has rested it for 8 weeks and over the past 2 weeks has just started running again to prepare for her senior year. She is experiencing some pain in the area again, and I thought we would try a Comfrey tincture to see if it will help. There seems to be some controversy about this herb, though. Would you recommend that we should try this? How much per day and for how long? Should she take it internally or just use it externally on the area?

A. Comfrey would certainly be my choice for the problem. You should know that despite centuries of safe and effective use, the FDA now says that Comfrey shouldn’t be ingested, nor applied to broken or abraded skin. My family has frequently used Comfrey for generations, and I have never seen any evidence of the slightest harm from it. Quite the contrary, Comfrey is, in my opinion, a perfectly benign healer of the highest order. I would take it internally without the slightest hesitation, as well as apply it to the area. (That is a choice you must make, though.) A dropper-full taken 3x daily between meals is a good place to start, and it is best mixed with a little juice or water. If any concern lingers, you might take it cycling for 10 days, then 10 days off, but continue the topical application. I would also suggest taking Herbal CA from Nature’s Sunshine to provide the bioavailable minerals the body needs to facilitate repair. Stress fractures heal over time, but continued stress/impact can certainly aggravate and slow the process. Pain and inflammation in the area are messengers that the healing is not complete. I’d suggest low-impact load-bearing exercises for about 90 days instead of running. I know that’s probably not what she wants to hear, but long-term injury is a big price to pay for varsity enthusiasm.

Q. Since the herb Lobelia inflata is no longer available commercially, I would like to purchase the plant and start growing it in my garden. Can you tell me where I can obtain a start of the plant and hopefully it will reproduce? I really don’t even know what it looks like. In a weak moment, I’ll have something with sugar in it which in turn will trigger a gout attack. I can take 1 or 2 droppers of...
Samuel Thomson in the early 18th century. Thomson may justifiably be considered the Father of Herbal Medicine here in North America. Lobelia became the “poster child” of the botanical practices, you might say, and has been attacked and suppressed many times, and always without any substantive evidence of toxicity or harm. The fact that it serves you so well is just more evidence of its God-given talents. I hope all this helps keep your supply filled, and your gout at bay.

Q. My question this time is about the time frame for making the tinctures. I know you suggest to process according to the lunar cycles, but the New Moon isn’t always convenient to fit into my schedule, so I haven’t made any for the last 2 months and I’m running low. If you make them mid-lunar cycle, will it really make that much difference? Also, several other sources for making tinctures (We took a
Lunar coordination is not a critical issue, but I think it adds just that little extra oomph—a very scientific term for which no known meter or gauge exists.

The issue of light and dark gets confused in some people’s minds, I think, and many herbal resources simply repeat things without thought. Of course, there is also the possibility that some herbalists just don’t agree with me. (Have no fear, though. I’m sure they’ll come around sooner or later.) The sun is the physical source of life, and in processing our herbs, we are trying to extract and enhance that life force from the plants. Exposure to the sun also brings the processing temperature up during the day, which further helps extraction.

Storage is another matter. Once extracted, the goal changes to protection. Then, cool and dark and airless suits our purposes very well.

Ultimately, it comes down to herbalism as an art—not a science. That which rings true to you, and produces the most complete and essential image of our healing herbs is the ultimate expression of the art. There will always be more than one way to put paint on the canvas. The difference between a masterpiece and a “sofa painting” is obvious to all but the most careless observer. What actually makes the difference is a little harder to describe. I believe it comes down to care, patience, practice, and skill—and just a wee bit of magic.

**HK**

Dr. Philip Fritchey is a Master Herbalist, Registered Naturopath, Natural Health Lecturer, and Nutritional Consultant. He is a graduate of the Trinity School of Natural Health. He is an instructor for the Body Systems program of the National Association of Certified Natural Health Professionals, and author of the current CNHP Practical Herbology capstone. He and his wife, Emily, a clinical esthetician, own Sunshine Living Naturopathic Skin Therapy, a producer of handmade, corrective, botanical, skin care products. You may e-mail comments and questions to drphil@SunshineLiving.com.
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about a cleanse that included days of drinking a water, lemon, maple syrup, and cayenne pepper drink in the absence of food, I must admit I wasn’t thrilled.

Since the “Master Cleanser” is discussed in seminars more often than any other cleanse or fast, I decided to give it a try. As it turned out, on day one I was hungry, on day two I was a bit hungry but had so much energy that being busy kept my mind off the hunger. Day three seems to be an emotional cleansing day for most who use this protocol. (Perhaps the liver is heavily involved by this time.) After day three it seems that continuing this cleanse is really quite tolerable. Burroughs, the author of it, suggests that you stay on the “lemonade” for 10 days for best results. I think at least three days are needed to have much benefit. I find that the increased energy while doing this cleanse makes keeping up with your daily routine easy. The lemonade is used along with a bowel elimination protocol so I think it is best that you read about it straight from Stanley Burroughs in his book “The Master Cleanser.” The book is currently out of print, but it is available online, new and used, for $2.00 and up.

For those of you who would not even consider missing more than one meal, I understand. You still have other choices. I suggest using enzymes from plants between meals. If an enzyme is taken with a meal it will digest the food. If the enzyme is taken between meals in tune with the upcoming changes in temperatures. A cleanse can give your body a short break from the effort it expends digesting food (40% of your body’s energy goes into digestion) and instead, divert some of that energy into expelling toxins and healing. It is important, however, to choose a cleanse that fits your activities and nutritional needs.

I find that my personal choice is between fasting and increasing enzyme use between meals.

I am not a person who favors missing many meals, so when I first learned about a cleanse that included days of drinking a water, lemon, maple syrup, and cayenne pepper drink in the absence of food, I must admit I wasn’t thrilled.

Since the “Master Cleanser” is discussed in seminars more often than any other cleanse or fast, I decided to give it a try. As it turned out, on day one I was hungry, on day two I was a bit hungry but had so much energy that being busy kept my mind off the hunger. Day three seems to be an emotional cleansing day for most who use this protocol. (Perhaps the liver is heavily involved by this time.) After day three it seems that continuing this cleanse is really quite tolerable. Burroughs, the author of it, suggests that you stay on the “lemonade” for 10 days for best results. I think at least three days are needed to have much benefit. I find that the increased energy while doing this cleanse makes keeping up with your daily routine easy. The lemonade is used along with a bowel elimination protocol so I think it is best that you read about it straight from Stanley Burroughs in his book “The Master Cleanser.” The book is currently out of print, but it is available online, new and used, for $2.00 and up.

For those of you who would not even consider missing more than one meal, I understand. You still have other choices. I suggest using enzymes from plants between meals. If an enzyme is taken with a meal it will digest the food. If the enzyme is taken between meals
when there is no food to digest, the enzymes (provided that they are from plants) will spill over into the blood and do their work digesting foreign particles. Enzymes from plants, therefore, make a very effective cleanse.

High potency protease will digest foreign proteins. If you don’t know what a foreign protein is, I suggest you do an internet search on that subject because you will find it at the root of many diseases. A bit of care is needed with protease because it is an irritant to the stomach wall if you do not have adequate mucous lining. (You can test your lining by massaging the pit of your stomach while lying down. Discomfort may indicate stomach lining issues.) If this is the case you will need to open your capsules and stir the powder into water and drink it, followed by a glass of water. This will push the protease through the stomach quickly and avoid irritation. I suggest doing this three times daily to have a cleansing effect. The stomach is considered empty from two hours after a meal until 45 minutes before your next meal.

You may also want to add a good strong lipase between meals to digest fats in the system. I would also add something to improve circulation such as capsicum.

For those of you who eat small, frequent meals and, therefore, do not have the three hours without food, for an enzyme “cleanse,” you will find most herb companies have a prepackaged cleanse available. This is taken with your daily meals.

It is imperative that you drink adequate amounts of water when cleansing, since most cleanses focus on increasing bowel function. That is all good, but remember there are four routes of elimination: digestion, ending in the bowel; epithelial, often called skin; respiratory, and urinary, and all the routes require water to function properly.

While cleansing the physical, remember to take time to improve the mental as well. Take a few minutes every day to go outside. Cleanse your lungs with some deep breathing as you walk in the park, while being grateful for all the joys you have in your life. Focusing on the good things—no matter how few they may seem—will do wonders for cleansing out the bad feelings. Happy Spring! HK

Elaine Newkirk lectures nationally in the fields of Nutrition, Herbology, Digestive Enzymes, and Hormone Health for Certified Natural Health Professionals.

She has published articles in internationally distributed health journals, and developed various instructional media including an instructional DVD about Muscle Response Testing as well as an informative audio CD dealing with the subject of Women's Health issues. To contact Elaine, go to www.makeripples.com.
Health Savings Accounts

Health savings accounts were enacted in 2003, and are available to many people. However, many do not know about health savings accounts, or that they may qualify to have one.

A health savings account is a tax-advantaged medical savings account available to taxpayers in the United States who are enrolled in a High Deductible Health Plan (HDHP). The funds contributed to the account are not subject to federal income tax at the time of deposit. Unlike a flexible spending account, funds roll over and accumulate year after year if not spent.

Health savings accounts were established as part of the Medicare Prescription Drug, Improvement, and Modernization Act which was signed into law by President George W. Bush on December 8, 2003. They were developed to replace the Medical Savings Account system.

Any ordinary medical, dental or ordinary health care expense that would otherwise be a tax-deductible item can be covered by a HSA. Items like doctor’s and dentist’s bills are examples of covered items. Items like cosmetic surgery, imported prescription drugs, vitamins and gym memberships would be examples of items that cannot be covered.

Proponents of HSAs believe that they are an important reform that will help reduce the growth of health care costs and increase the efficiency of the health care system. According to proponents, HSAs encourage saving for future health care expenses, allow the patient to receive needed care without a gate keeper to determine what benefits are allowed, and make consumers more responsible for their own health care through the required High-Deductible Health Plan.

Funds may be used to pay for qualified medical expenses at any time without federal tax liability. Withdrawals for non-medical expenses are treated very similarly to those in an IRA in that they may provide tax advantages if taken after retirement age, and they incur penalties if taken earlier.

Benefits of a HSAs are:

1) a significant annual tax deduction for a deposit into savings that is available “above the line” without regard to other tax considerations
2) tax-free interest or investment income
3) tax free withdrawals for health care expenses, retiree health care, long term care insurance, COBRA health insurance and alternative health insurance during periods of unemployment
4) lower health insurance costs
5) liberal allowances to integrate with an employee benefit plan

Keep in mind that health savings accounts cannot be used for health care costs that are not normally tax deductible, such as vitamins and other nutritional supplementation. They also are only available to individuals that are enrolled in qualifying high deductible health insurance plans. Individuals on Medicare do not qualify for health savings accounts.

For more information, go to the government’s Department of Treasury website: www.ustreas.gov/offices/public-affairs/hsa/
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Patricia Bragg with
Bill Galt & Paul Wennier
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Patricia Bragg at Long Beach Convention Center - Health Freedom Expo April 4-5, Booth 306 - bragg.com
IN MEMORIAM:
DR. WENDELL WHITMAN

“The measure of a life, after all, is not its duration, but its donation.”
~ Corrie Ten Boom~

A Daughter’s Tribute

Last year my father, Dr. Wendell Whitman, attended the Long Beach Health Freedom Expo for the last time. He always dressed in a suit and tie, standing 6’2” his sonorous voice commanded attention. On that day he was quieter than usual. He chose to sit beside me at the registration desk. This was unusual for him. Normally he’d be walking the aisles, at the door greeting attendees and speakers, sitting in on lectures or spending time with other Health Freedom pioneers.

He watched the hall fill with exuberant people and wore a contented smile. I could read his thoughts. I always could. He knew he’d created yet another way to provide the public with empowering health care information. When he looked at me and nodded, I knew it meant he was deeply satisfied with the Expos’ success and growth.

During his sixty-five years Dad faced several health challenges. A strong willed man, he was determined to, if not conquer, control those challenges in order to live a full, vigorous life. Ironically, they became the very thing that motivated him to pursue not only a life-long study of natural health remedies but propelled him to create ways for others to learn.

After graduating from Taylor University with a Bachelor of Arts degree he went on to earn a Masters of Divinity degree from Southern Baptist Seminary. He became keenly aware of his purpose and earned his N.D. Degree from the Clayton School of Natural Healing.

Upon completion of his N.D. he realized there was a need for educational choices in the study of Naturopathy. This led to his role as founder and
President of Trinity School of Natural Health in Warsaw, Indiana. He took great pride in this position and was instrumental in providing excellent distance learning opportunities for thousands of people in many areas of natural health including nutritional counseling and Master Herbalist studies. Many of his graduates, now experts and leaders in the field, are published authors and nationally respected natural health practitioners.

He co-founded the Certified Natural Health Professionals which conducts seminars and capstones nationwide. With a full-time faculty of natural health educators, CNHP continues to grow and provide seminars to any individual who chooses to study natural health. By creating the CNHP program he saw into the future and had the foresight to have the two schools interface and correlate.

Trinity School of Natural Health and CNHP provide the education for students to establish their own professional practice, bringing much needed health alternatives to their communities.

He founded the Charter College of Health and Massage Therapy; he also published health related books; he was involved in the manufacturing of herbal products; he also organized and founded several not-for-profit organizations.

Dad always saw the big picture and took bold actions when he saw room for improvement. Over the past two decades he witnessed the pharmaceutical industry move away from its original purpose of discovering and producing useful new drugs. Joining with his fellow health freedom pioneers, they opposed the marketing machine designed to sell drugs of questionable benefit and exposed Big Pharma’s plan to co-opt institutions which stood in its way, including the US Congress, the FDA, academic medical centers, and the medical profession itself.

By establishing a not-for-profit organization, the HealthKeepers Alliance, he lobbied in Washington to maintain the publics’ rights to choose. The HealthKeepers Magazine became the voice to keep the public informed and report on legislative progress at the national and state levels. In 2004 he launched the popular Health Freedom Expos around the country to create affordable, high-impact forums to educate the public.

For 20 years I worked alongside my Dad in his many business ventures and causes. To this day, I feel his fire and sense of duty as we continue the vision and adapt to the changing landscape of health care in this country.

I earned my bachelor’s degree in Business Administration from Huntington University, but my real education came from him. A man who took on big government and big Pharma yet never went to bed until he knew I was home safe from my teenage dates. A man who could be as serious as a judge yet loved a good joke. A man who adored speed—he never missed the Indy 500—yet made time to listen to the concerns of others.

When he died on May 21, 2008 my mother Marilyn, sister Kimberly, and I were at his side. He’d given himself away completely. Months later I began to wonder how many lives he touched and perhaps saved. I’ll never know for sure.

But I do know this—he achieved the two things we ultimately want from our time on earth—to be relevant and to leave a legacy.

In such a grand way, Dad did both.
The prevailing view on Capitol Hill is that money will solve most of the FDA’s problems. However, the FDA’s costliest failings have nothing to do with the agency’s budget and everything to do with the efforts of political appointees at the agency to pave the way for lucrative post-government employment by doing the bidding of the agency’s most powerful regulatees, the world’s largest drug companies. For those agency heads and political managers who play their cards right and keep the pressure on for approval of drugs, even unsafe drugs, prospects for obtaining high paying jobs in a drug company or drug company lobbying firm are very good indeed.

Proof of abuse of power in the form of industry favoritism is legion. Some three dozen drugs have been given market approval that the agency’s own medical reviewers have deemed too unsafe for use. The facts revealing widespread corruption and abuse of power are known to members of Congress, including those who chair the committees with FDA oversight responsibilities. To be sure, members, like House Energy and Commerce Subcommittee on Oversight and Investigations chair Bart Stupak, verbally flog the FDA Commissioner and the Center for Drug Evaluation and Research Director but never pass any meaningful reform legislation to reign in their abuses. You see the single largest lobbying institution, the one that paid members of Congress from both major political parties $1 billion over the past decade, the pharmaceutical lobby, largely gets its way. To quote Congressman Dan Burton from Indiana, the pharmaceutical lobby has “unlimited resources” and “when they push real hard to get something accomplished in Congress . . . they can get it.”

As FDA medical reviewers have repeatedly stated in congressional testimony, FDA views the drug industry as its “client” and does its client’s bidding when it approves unsafe drugs. Many of those reviewers have said that they and their colleagues have been silenced by FDA management, have been coerced into altering their reports to remove findings of harm, have been kept from testifying of harms before drug review panels, have had their reports suppressed to prevent them from reaching drug review panels, or have been ostracized and reassigned, replaced with those who will conform to the
political managers’ desires. The FDA Commissioner has operated an Office of Internal Affairs that has repeatedly forced agency scientists who identify risks of drugs to be the subject of investigations and threats of prosecution. Some have also been the victims of character assassination in the academic publishing community and on Capitol Hill.

The consequences of FDA’s industry favoritism have been profoundly horrific: well over 100,000 Americans lives lost and many more injured, some permanently. More money will not eliminate those abuses. Most in Congress well know that increased appropriations to FDA will give those responsible for the abuses more authority with which to do mischief. Hence, we can expect that abuses will continue largely unabated.

Four years ago, FDA Associate Director of the Office of Drug Safety David J. Graham, M.D., publicly sounded the alarm. Despite threats and cajolery to force him either to change his position on the lack of safety of Vioxx or intimidate him into not testifying before Congress, he defied them, did testify, and still has his FDA day job. “We are virtually defenseless,” he told Congress and America and then listed over a half dozen unsafe drugs approved by the FDA despite the presence of convincing evidence that the drugs in question would produce the very harms that in fact occurred after the drugs entered the market. Graham explained that the FDA’s Center for Drug Evaluation and Research “views the pharmaceutical industry it is supposed to regulate as its client.”

Graham and his colleagues have explained that numerous drugs never should have been approved given the evidence of the threats posed to public health: Vioxx, a pain killer, linked to an estimated 140,000 heart attacks and 60,000 deaths from heart attack; Redux, an appetite suppressant, linked to potentially lethal pulmonary hypertension; Rezulin, a type-2 diabetes drug, linked to liver and heart toxicity; Avandia, a type-2 diabetes drug, linked to heart toxicity; Ketek, an antibiotic, linked to liver toxicity; Paxil, Zoloft, and Effexor, antidepressants, linked to increased suicidal thoughts in children; Omniflox, an antibiotic, linked to hemolytic anemia; Trovan, an antibiotic, linked to liver toxicity; Lotronex, a treatment for irritable bowel syndrome, linked to ischemic colitis; Baycol, a cholesterol lowering drug, linked to muscle injury and kidney toxicity; Bextra, a non-steroidal anti-inflammatory drug for arthritis and painful menstruation, linked to heart attacks and strokes; Seldane, an antihistamine, linked to heart arrhythmias; Propulsid, a drug for night-time heartburn relief, linked to heart arrhythmias; Accutane and Arava, rheumatoid arthritis drugs, linked to liver toxicity; Crestor, a cholesterol lowering drug, linked to myopathy and rhabdomyalysis; Meridia, a weight loss drug, linked to heart
Need there be any more proof, any more lives lost, to establish that the FDA cannot be trusted to approve only safe drugs?

arrhythmias; and Serevent, an asthma drug, linked to an increased risk of death from asthma.

The FDA's approval of unsafe drugs has come under criticism not only from those outside of the government but also from institutions and individuals within the government, including the Government Accounting Office, the National Academy of Sciences of the Institute of Medicine, the FDA Commissioner's own Science Board, and FDA's medical reviewers. Former FDA medical reviewer David B. Ross, M.D. testified before the House Subcommittee on Oversight and Investigations that "FDA managers were so bent on approving Ketek that they suppressed evidence of fraud and pressured reviewers—including myself—to change their reviews." In a more politic but no less alarming report, the National Academy of Sciences Institute of Medicine concluded that "FDA and the pharmaceutical industry do not consistently demonstrate accountability and transparency to the public by communicating safety concerns in a timely and effective fashion." The FDA's own Science Board issued a report in December of 2007 that concluded that FDA was "at risk" of failing to fulfill its mission, a gross understatement given the facts.

In 2006, the Union of Concerned Scientists, a non-profit group dedicated to protecting the professional independence of government scientists, conducted a survey of FDA scientists. One-fifth of those surveyed indicated that they had been "asked for non-scientific reasons to inappropriately exclude or alter technical information or their conclusions in a FDA scientific document."

Those FDA abuses and others, including the agency's relentless censorship of truthful nutrient-disease information, I have documented in *The Rise of Tyranny*. As stated there, the solution to the FDA's chronic history of unsafe drug approvals lies in removing from the FDA the drug approval power. Need there be any more proof, any more lives lost, to establish that the FDA cannot be trusted to approve only safe drugs? The solution also lies in prohibiting the FDA employees from taking positions in or receiving benefits from the drug industry. The solution lies in prohibiting members of Congress from taking positions in or receiving benefits from the drug industry. Ultimately, the solution lies in restoring constitutional governance by preventing the unelected heads of the FDA (and the other independent regulatory agencies) from creating law through regulation unless those elected by the people, the Congress of the United States, enact the regulations in question through majorities in both Houses and with the signature of the President, the way the Constitution specifies for laws to be enacted.

Indeed, we may remark with considerable awe at the fact that the

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The Rise of Tyranny: How Federal Agencies Abuse Power and Pose Risks to Your Life and Liberty

by Jonathan W. Emord

Emord exposes: Drug industry control of FDA; approval of drugs over FDA medical reviewers’ objections; congressional complicity in FDA corruption; drug industry control of health care; and precise reforms to restore constitutional governance.
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Genetically modified organisms (GMOs) entered our food supply in 1996. During the next nine years the number of Americans battling three or more chronic diseases nearly doubled—from 7% to 13%. Are GM ingredients, now in about 70% of our foods, contributing to this dramatic increase? Have they promoted obesity, diabetes, asthma, allergies, or the doubling of food-related illnesses from 1994 to 2001?

Since there are no human clinical trials, no post-marketing surveillance, and not even many long-term animal-feeding studies, we are largely in the dark about the effect on our population.

Scientists at the FDA warned about possible disasters back in 1991. According to formerly secret internal agency documents, there was overwhelming consensus among their scientists that GM foods were substantially different, and could create unpredictable, unsafe, and hard-to-detect allergens, toxins, diseases, and nutritional problems. They had urged political appointees in charge to require long-term safety studies, including human studies, to protect the public.

According to public interest attorney Steven Druker, who reviewed the documents, the scientists’ warnings and “references to the unintended negative effects” of genetic engineering “were progressively deleted from drafts of the [FDA] policy statement,” in spite of scientists’ protests. Ultimately, the FDA ignored the science altogether and allowed GMOs—such as soybeans, corn, cottonseed, and canola with bacterial genes forced into their DNA—to enter our diet without any required safety evaluations.

How did this happen? The agency was under orders from the first George Bush White House to promote biotechnology, and as a result, the official in charge of creating their GMO policy was Michael Taylor, the former attorney of biotech giant Monsanto and later their vice president.

GMO Safety Concerns
Few safety studies and investigations have been conducted on GMOs but those that have, including two recent ones from Austria and Italy, validate the concerns by FDA scientists.

On November 13th, 2008, a study by the Italian National Institute of Research on Food and Nutrition showed how GM corn caused significant immune system changes in mice, related to allergic and inflammatory responses. The corn, sold by Monsanto, contains a gene that produces the toxic “Bt” pesticide in every cell—and in every bite. The results raise the question whether this toxin...
might be contributing to the rise in allergies or other immune disorders in North America.

Other studies support this contention. The GM cotton engineered to produce the Bt toxin, for example, is linked to thousands of deaths among sheep, buffaloes, and other livestock, and to widespread allergic reactions in Indian farm workers handling the plants. Monsanto’s own Bt corn study showed toxic reactions in rats, and their corn is linked to mysterious deaths of cows, and to disease among people breathing the corn’s pollen.

A second study released last November provokes the question: are GM foods the missing link to decreasing fertility? The Austrian Agency for Health and Food Safety commissioned one of the very few long-term feeding studies on GM corn. The University of veterinary medicine in Vienna fed GM Monsanto’s GM corn to mice, which then mated. In the third and fourth litters, there was a significant reduction in the number and size of rat pups. Similarly, in mice fed GM corn for four successive generations (from original mice parents to their great grandchildren), the size and number of offspring tended to be less than the non-GM fed mice.

Other animal feeding studies also showed reproductive dysfunction. Offspring of Russian rats fed GM soy showed a five-fold increase in mortality, lower birth weights, and the inability to reproduce. Italian male mice fed GM soy had damaged young sperm cells. The embryo offspring of GM soy-fed mice (also Italian) had altered DNA functioning. Several farmers reported sterility or fertility problems among American pigs and cows fed on GM corn varieties. Indian investigators have recently documented fertility problems among Indian buffaloes, cows, and goats fed GM cottonseed products, including abortions and premature births.

Is Mandatory Labeling of GMOs Enough—What Can You Do?

Sadly, all of these studies have so far been unable to dislodge the institutionalized "group think" of the three previous administrations that abandoned science in favor of irrational devotion to this risky new technology.

President Obama has indicated that he wants "stringent tests for environmental and health effects" and "stronger regulatory oversight guided by the best available scientific advice." Furthermore, during his campaign he promised us mandatory labeling of GMO’s.

But we don’t need to wait for the government to save us. The Campaign for Healthier Eating in America offers Non-GMO Shopping Guides to help you and your patients choose non-GMO brands. The GMO Health Risks brochures tell people why choosing Non-GMO is important.

The Campaign, which is reaching out to healthcare practitioners, natural food shoppers, parents, and religious groups, is designed to create the tipping point of consumer rejection of these dangerous GMOs, which will force food companies to withdraw them. Go to www.HealthierEating.org for more information and patient education materials. HK

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“Anything can be faked... by anyone. In the many years that I have been before the public, my secret methods have been steadily shielded by the strict integrity of my assistants.... But then, so far as I know, I am the only performer who ever pledged his assistants to secrecy, honor and allegiance under a notarial oath.”

Harry Houdini

It struck me while watching the film classic, The Great Houdini, the other night. The most skilled magician and escape artist of all time would likely be in awe of the deft illusions that have lured the global public into buying four billion life-threatening devices called cell phones. That slight of hand being accomplished right under the noses of a legal system avowed to protect the rights of victims, while the perpetrators escape all accountability. Just think what Houdini could have done with a trillion dollar industry behind him!

Sadly, the story is not metaphor. It is the reality that threatens the essence of our being, the futures of our children, and the fragile ecological balance of a planet already under siege. It is potentially more serious than global warming and is already claiming lives.

So, you say: “If this technology is so dangerous, why isn’t it portrayed that way in the news? Do we not have scientists who study this to make the technology safe? Do we not have regulations and government policing to keep us safe? Do we not have the news media to keep us informed? And do we not have lawyers who will advocate on our behalf to ensure that we are treated fairly?”

Yes, we have all of those protections. But they are not working to protect us. And, there is catastrophic trouble ahead if corrective steps are not taken to stem the tide of danger being precipitated by the unbridled expansion of wireless technology.
FACT: Cell Phones Cause Disease

When cell phones were first proposed for consumer use in 1983, the fledging wireless communications industry succeeded in convincing the Food and Drug Administration (FDA) that pre-market safety testing was not necessary. The rationale: cell phones were like little microwave ovens that operated at power levels too low to cause heating. Thus, because cell phones could not be used to cook food, they were deemed safe by the FDA. That mistake in 1983 was the foundation for a long-term detrimental public health threat that is increasing daily.

By 1993, there were 15 million Americans using cell phones—25 million people worldwide. When a Florida lawsuit raised public questions about cell phones causing brain cancer, the industry, the FDA and the media were caught by surprise. The confusion prompted Congressional hearings and a subsequent deal between the cell phone industry and the FDA to do research as a means of filling in the data gaps that were present because of their 1983 decision to forego pre-market safety testing. By the end of 2008, there will be more than 280 million American users and more than four billion users worldwide. The cell phone has become ubiquitous among all demographic groups—including young children.

While a cell phone is held close to the head, electro-magnetic radiation penetrates deep into brain tissue, and that is where the problem begins. Indeed, a decade ago the primary concern was the penetrating near-field plume—or the area within six inches of the antenna. However, that concern is now one of many, as ambient radiation has become a very serious problem for those who are electro-sensitive or otherwise symptomatic with conditions involving cell membrane sympathetic stress.

Every cell phone must be connected to a base-station antenna to be functional. Each connection results in a biologically active electromagnetic directional wave, which combines with the waves from other cell phones and wireless devices to form a mesh of information carrying radio waves (ICRW) from which there is little escape for most people. The mechanism of harm perpetrated by ICRWs is biological and, therefore, carries no threshold for effects; in other words, there is no absolutely safe level of exposure. All cells, tissues and organs in the range of exposure are therefore triggered, and the difference between people who develop symptoms and those who do not is related to factors such as age, state of wellness, gender and genetics.

Peer-reviewed studies from around the world show cell phones and other wireless technologies ranging from WiFi in schools to transmission towers in neighborhoods, cause adverse biological effects and disease. Epidemiological studies indicate the risk of benign and malignant brain tumors, acoustic neuroma, melanoma of the eye and salivary gland tumors increases significantly after ten years of cell phone use. Some studies suggest that even short-term use statistically increases cancer risk.

Cancer is not the only concern, as studies confirm myriad conditions associated with wireless radiation exposure, including neurological disease and Autism. As more precise scientific information is gathered, it is clear that ICRW and other types of electromagnetic radiation can act both as direct causes of disease and as indirect antagonists or synergens.

With respect to cause and effect proof, the key is that in the past two years, clear elucidation of the pathological mechanism of harm has been discerned. The cumulative science thus lays the groundwork for a long-term public health threat that is increasing daily.
for establishing medical causation under the stringent Daubert standard. Indeed, among scientists and clinicians whose work is focused on wireless technology induced health effects, the debate has shifted from the presence or absence of cause and effect to the urgent need for remedies to control an emerging medical problem impacting millions of people every day.

The urgency is profound because the most vulnerable are the young, the sick, the elderly and the poor—population groups who, for survival, routinely rely on assistance from public and private caretakers. Effected patients from around the world report personal devastation and economic ruin coinciding with electromagnetic radiation related disease. Patients with electro-hypersensitivity, for example, are not able to work in environments where there is any type of electromagnetic radiation exposure—areas absent the exposure are near impossible to find. These people become permanently unemployable. Thus, the effects of cell phone radiation have drifted into areas of fundamental public policy, lifestyle choices, politics, health care, national security and personal economic viability. Indeed, some governments around the world have begun to take steps to protect vulnerable populations.

The tragedy is that most of the suffering is probably avoidable. The problems associated with electromagnetic radiation health effects have been known for at least three decades, and technological solutions have been available, but not implemented, for at least two.

FACT: Orchestrated Illusions Have Shaped Public Opinion

Were these devastating and far-reaching effects accidents of nature, finding solutions could be collective collaborations of citizens, government and industry. However, the unfortunate reality is that a dangerous fraud is being perpetrated upon the public that has kept knowledge regarding mobile-phone related health and ecological dangers suppressed and technologies capable of saving lives from reaching the consumer market place. The perpetrators are the ever expanding brethren of the telecommunications and internet industries. Armed with the experiences of public relations, marketing and defense law personnel who learned their skills in the tobacco and asbestos wars, the orchestrated ruse around the safety of telecommunications technology is the most sophisticated in history.

The cornerstone of the industry approach: Keeping the cell phone health effects issue out of the scientific and medical playing fields and in the public relations and political arena. According to the rules in their playbook, the issue is not about public health and safety—it is about public perception. It is not about scientific truth—it is about opinion. And, to achieve that end, sometimes it becomes necessary to change the science to suit the desired outcome.

The complexity of the science is used to advantage by the industry in their public positioning. Professional wordsmiths within the industry split hairs with complicated scientific concepts such as the differences between thermal and non-thermal mechanisms; biological effects
Manipulation of the consumer market is also part of the industry strategy to extend their reach. Campaigns remain in place to convince parents and teachers that WiFi wireless Internet connections in schools improve education—while there is no evidence to support improvement and the pathology associated with ICRW is consistent with learning deficiencies being caused by the WiFi itself. The use of cell phones as personal safety devices for young and old alike remains a selling point—even though there are no data to support the claims that cell phones accrue safety benefits that would outweigh the associated health risks.

Manipulating science for profit is not one-sided as another opportunistic emergent ‘industry’ is serving to exacerbate the public health problem. Multi-layer marketing companies and other ‘grass roots’ participatory businesses sell numerous products such as pendants and stick-on tabs through unsupportable claims of protecting consumers against the dangers of cell phones and other electro-magnetic radiation emitting devices. The science of prevention and therapeutic intervention with respect to cell phone-related diseases is still being formed, but one aspect is abundantly clear: there is no panacea for the problem. Thus, personal injury litigation against the cell phone industry.

To avoid appearing as a lone target for litigation, the cell phone industry has continued to meld itself into the burgeoning information technology and internet industries. In 1999, the main cell phone industry trade association, the Cellular Telephone Industry Association, changed its name to the Cellular Telephone and Internet Association. That opened the door to recruit the likes of Microsoft and Apple into their midst. In 2005, they moved into the entertainment industry—exemplified by the joint venture between Sprint and the Disney Corporation that brought Disney into the ranks of wireless signal carriers. Café companies such as Starbucks Coffee and Panera Bread have been lured into wireless Internet partnerships. These moves have diluted the potential liability for cell phone companies. These moves have spawned an institutional arrogance within the industry—their new breadth and apparent strength in numbers portraying their apparent belief in their own invincibility. Over time, however, it remains to be seen whether or not Microsoft, Apple, Disney and Starbucks among others are willing to carry the burden of the cell phone industry’s self-inflicted liability.

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The most obvious motivation for the wireless industry’s focus on manipulating public opinion is maintaining sales volume. The industry is highly competitive as companies work on narrow profit margins. A shift of one or two percentage points of market share can have devastating effects of the bottom line of even the largest industry players.

However, more insidious and equally motivating has been the decision by insurance carriers to exclude health risk claims from product liability coverage sold to the wireless industry. Beginning in 2002, major insurers walked away from health risk coverage to protect themselves from expenses and potential losses associated with ongoing product liability and personal injury litigation against the cell phone industry.

and health effects; replication of studies and corroborative research; and weight of scientific evidence versus proper scientific judgment. Reporters glaze over when confronted with the complicated nuances, and public reports of harm are either not communicated or are so watered down that readers, listeners and viewers are left with the impression that “the issue is being looked into and so far, there are no problems.” Thus, consumers continue to buy.

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bogus devices are being sold that not only give desperate consumers a false sense of security—luring them into more excessive use of wireless devices—but data now show that improper use of intervention devices can cause an exacerbation of symptoms and serious disease relapses.

Because these businesses are person to person, they fly under the radar of regulatory groups such as the Federal Trade Commission and there are no incentives for these companies to develop proper scientific data on safety and efficacy. These companies prey on patients who are ill or poorly informed consumers who can be swayed by unscientific and unsupported personal testimonials and other wild claims about miracle cures. The fraud perpetrated by these ‘helpful’ companies is equally as damaging to public health as the ruse promoted by the wireless industry itself.

**FACT: The Industry Has Escaped Accountability**

Thus far, the cell phone industry has been freed from any accountability pertaining to the health and environmental damage done by their devices and supportive infrastructure. Those who are being injured are left without recourse. In short, the system is not working.

The industry has the FDA held in abeyance. Because the FDA gave the industry a variance on the requirement for pre-market safety, it is unlikely that any other action will be taken by them. With respect to radiation-emitting devices, the FDA has very narrow regulatory authority: they can require pre-market testing; they can do post-market surveillance; they can ban products if post-market surveillance identifies problems. With upwards of 280 million Americans using cell phones, a cell phone ban is politically infeasible. The FDA has their hands tied and as such is not directly involved in the safety regulation of cell phones at all.

The wireless industry controls the Federal Communications Commission (FCC). The revolving door between the FCC and the wireless industry is well documented. Indeed, the partnership is cited publicly by both industry and the FCC as a major reason for the tremendous growth and ‘success’ of the wireless industry itself. It is noteworthy that in a recent cell phone-brain cancer proceeding in D.C. Superior Court, the FCC entered an amicus brief in support of the cell phone industry’s motion for dismissal. The FCC had never before mingled in state or federal court proceedings regarding cell phone dangers, and the filing signals a new level of bold interference by the industry with the workings of that federal agency. Further, the emission guidelines for wireless radiation promulgated under the Telecommunications Act of 1996 and administered through the FCC, are routinely misrepresented by the cell phone industry as ‘safety standards.’ The FCC has no safety authority. Thus, currently in the U.S., there are no safety standards to protect consumers from the dangers of cell phones and other wireless devices.

Litigation thus far against the cell phone industry has provided yet another escape route. Federal pre-emption has been the battleground serving to delay existing cell phone litigation and prevent finders of fact from hearing scientific and medical causation testimony based on data generated after 1999.

**FACT: Legal and Legislative Actions Are Necessary**

In matters of public policy and consumer protection, litigation and legislation should be considered as last resorts to be employed when available remedial options have failed—such is the case with cell phones and other wireless technology.

Health risk questions about wireless
have been on the national agenda for a half century. For the past fifteen years, the debate has been public. As time has elapsed, the public health threat has become exacerbated, not ameliorated, as personal and environmental exposures to dangerous electromagnetic fields have dramatically increased without health risk or ecological mitigation. Most importantly, there are large numbers of persons who are now affected with accumulating medical bills, lost wages, pain and suffering.

Litigation is necessary to compensate victims and to provide deterrents to the continued disingenuous and dangerous behavior of the wireless industry.

- Personal injury litigation is supportable by medical science for cell phone-related brain tumors, parotid gland tumors, acoustic neuroma, eye cancer, neurological disorders, electro-hypersensitivity and Autism.

- Product liability actions are needed to compensate injury and to eliminate the detrimental public health impact of company practices that victimize patients and fraudulently promote products under false claims of protection against the effects of various types of electromagnetic radiation.

In addition to compensating victims, there is an urgent need to apply political pressure to effectuate long term solutions and to ensure the health and safety of future generations.

- Legislative actions to place warnings on cell phones and wireless devices, as well as warning signs in public spaces that carry WiFi and other wireless signals are necessary.

- The Telecommunications Act must be amended to include victims’ compensation provisions; incentives for the development and commercialization of technologies that are protective against electromagnetic radiation harms; and civil rights provisions for homeowners in communities where cell phone base stations and other wireless infrastructure are constructed without environmental and health risk due process.

Harry Houdini did not tell his secrets for fear that the magical illusion would be gone. Rest assured, Harry...there are no illusions here... HK

Dr. George L. Carlo is the Chairman of the non-profit Science and Public Policy Institute in Washington, D.C. Since 1993, he has overseen the world’s largest independent research effort into the dangers of wireless technology, with funding that has included $28.5 million from the mobile phone industry itself, oversight by U.S. Government Interagency Working Groups and peer review coordinated through the Harvard University School of Public Health. He has training in pathology, epidemiology, medical science and law, is a Fellow of the American College of Epidemiology, and has served on the medical faculties of The George Washington University, the University of Arkansas and the State University of New York at Buffalo.
Vanishing Honey Bees

Why Are They Disappearing?

By Roni Ambrister

On the website for the documentary film Return of the Honeybee the filmmakers set this provocative scene: "Imagine half a million adults skipping town and leaving their children behind. Picture an opened suitcase filled with bundles of cash at a bus stop and yet no robber wants to snatch it."

They go on to explain “The apiary science mystery known as ‘Colony Collapse Disorder’ displays these very symptoms. Not only do the bees abandon their hive, but the queen and the brood as well. Unnatural. Unheard of. Even the predators that usually raid the hive for honey stay far away. At first, this occurrence sounds like an urban legend or an exaggerated tale. Except it’s not. The situation is both dire and all too real. Bees are disappearing all over the planet and no one knows why.”

The story line is based on a real phenomenon that’s happening right now. And it could become a real crisis. Not just because we’ll lose the honey—that’s the least of the matter—we will lose our food. According to the USDA, about a third of what we eat requires insect pollination. Honeybees handle 80 percent of the job. That means almonds, strawberries, broccoli, soybeans, cantaloupe, peaches and more for a total of 130 crops. Bees contribute over $15 billion to the annual U.S. food production.

The Five Suspected Causes

Stress: “Colony Collapse Disorder is an immunosystem disorder. The bees’ immune system is compromised, which might be due to the stress commercial beekeepers are putting on the bees,” says beekeeper Diane Busch. “It’s big business. Colony owners might have 5000 hives and

caused by a combination of factors, especially disease and the stresses of modern commercial beekeeping, where colonies are transported thousands of miles on vehicles. For example, the same colonies may be moved from pollinating oranges in Florida, to apples in Pennsylvania, to blueberries in Maine and then back to Massachusetts for cranberry pollination.
put them on flatbed trucks and ship them in early February—when bees should be warm and stay in their hives—and then they let them loose on almonds in Northern California. Because of Colony Collapse Disorder, California is low on hives.

**Mites:** Just as the stress placed on bees may be the cause of Colony Collapse Disorder, it’s the desire for an increase in honey production that’s made bees susceptible to mites. As Busch explains, “About 20 years ago they started rolling out a foundation for beehives’ frames—with a pattern of wax in beehive form—the kind you make candles out of. Instead of rolling it out at 4.9 [mm per cell], they rolled it out at something like 5.2 [mm]. It was a little bit bigger, so the bees made bigger comb, that held more honey, which made bigger bees. Everyone was excited because bigger bees, more honey. But the bigger bees now had a space between the thorax and abdomen that was big enough for a mite to get in.” That was clearly an unintended consequence.

**Pesticides:** High levels of bacteria and, particularly, fungi are typically found in dead bees, suggesting something is suppressing their immune systems. The leading suspects are pathogens, perhaps imported from another continent, and pesticides, including the Bacillus thuringiensis that genetically engineered corn and cotton produce themselves.

**GMOs:** Maybe exposure to GM crops has changed their susceptibility to damage from cell phone signals, mites, or parasites, possibly through the reduction of antioxidants. Unfortunately loosing the race to solve this dilemma leaves us all fighting to survive.

**Cell Phones:** Scientists are casting a wide net in their search for the cause. Even the possible effects of radio waves—from cell phones, for example—on bees’ homing ability are being checked. Maybe the cell phone base stations confuse the bees so they get lost. Maybe it weakens their immune system.

**What Can You Do?**

Buy organic, non-GM foods. Purchase foods grown on small area farms. Support your local beekeepers by purchasing their products.

Avoid using pesticides. If possible, leave plants (even weeds) alone in the blooming phase.

Leave wild areas for native pollinators to nest. If you have property, consider designating a portion as a wild area. Leave it alone.

Support Pollinators by planting your yard with flowers and diverse ground cover. Flowering window boxes and pots on apartment balconies are also helpful.

Speak to your local schools, museums, businesses and city administration to set aside areas for natural growth.

Consider becoming a beekeeper. Check out the new book *Natural Beekeeping: Organic Approaches to Modern Apiculture* by Ross Conrad.

Invite a member of an area beekeeping club to speak with your gardening organization, schools, ecology group and others to increase awareness.

Contact a local beekeeper if you discover a swarm of honeybees near your home. Hiving a swarm is a community service provided by beekeepers.

What’s a Victory Garden? That’s the question I hear a lot these days, and one that can be answered with another question. “What’s the one thing you can do that will reduce your carbon footprint, save gas, get your family to eat more vegetables, and improve your health—all at the same time?” The answer: grow a Victory Garden.

The History of Victory Gardens
They became a popular part of the wartime effort in both World Wars I and II. The government encouraged families to conserve by planting small gardens to grow some of their own food. Over time, growing a garden became a symbol of patriotism and support for the Allied Forces. This was one way citizens could help ease the burden on the country because limited resources such as food and metals were being shipped overseas. In 1943, Eleanor Roosevelt reportedly inspired the country by tearing out part of the White House lawn to plant a vegetable garden—much to the chagrin of the Department of Agriculture. The trend caught on and over 40 million families participated across the United States and in so doing they produced 40 percent of the nation’s food grown during the war. Think of that—40%!

So here we come full circle, with the United States involved in several war efforts around the globe. Our economy is under duress and people are trying to figure out ways to save money. Add to that the growing concern of climate change, our decreasing water supply, and our compromised agricultural system and you have the makings of a new movement: enter the Victory Garden once more.

Many of us have memories of picking fresh fruits or vegetables when we were children. I remember eating peas right off the vine while standing ankle deep in the mud, right next to the carrots. They tasted magical—much better than anything that came out of a frozen bag. These memories have led thousands of healthful people to venture into the world of vegetable gardening.

Admittedly, it’s usually because of tomatoes. I can’t think of any gardener who wouldn’t testify that nothing compares to the flavor of a home grown tomato. There are over 600 varieties of heirloom tomatoes alone—that’s not counting the plethora of hybrid varieties you can get through a myriad of catalogs all over the country. When you compare that to the small selection of rubbery tennis-ball tomatoes at the grocery store, it’s clear to see why millions of people want to grow their own.
The trend to cultivate a little patch of earth is spreading in conjunction with the increased concern about water shortages. Here in Los Angeles, where the depleted Colorado River feeds acres and acres of well-manicured front lawns, people are getting wise to the idea of making that decorative turf more productive. I get calls every week from folks who want to get rid of their grass and plant a vegetable garden in its place. These brand new gardeners are also thrilled about the idea that their food is growing right outside their door. You can’t get more “local” than that.

For those who don’t have a patch of land to cultivate, there are community gardens tucked away in metropolitan areas all over the country. Ocean View Farms (OVF) in Mar Vista, CA is now the largest organic community garden in Southern California. Sadly they earned this title after the demise of the South Central Community Garden, which was bulldozed for the sake of building new warehouses in 2006. Celebrity activist Daryl Hannah, a 2007 Health Freedom Expo speaker, actively protested the take over. You can learn more by viewing a new documentary which tells all the gory details http://www.thegardenmovie.com/.

The Ocean View Farms (OVF) has 500 plots and approximately 315 members, some of whom have been there for the garden’s entire 30 year history. The garden is located on land that is owned by the Department of Water and Power, and is under the jurisdiction of Parks and Recreation. Essentially, OVF is on borrowed land, with nothing more than a permit for use as an agreement between the garden and the city. If, at any time, the DWP wants to sell off the land, OVF must return the property to its original state and vacate the lot. We’ve seen men in suits up there once or twice, but we’ve been told that OVF is not on the short list of properties for sale. Besides, the garden’s community outreach element is good public relations for the DWP. So for now we are at ease that OVF will remain intact.

**The Waiting List**

For the past 10 years, the waiting list for a 15 x 15 foot plot has held steady at around 100 people—a one-year wait. Last year, the waiting list skyrocketed to 360 people. Clearly the idea of Victory Gardens is catching on for either economic, environmental or health reasons… most like for all three.

Michael Pollan, author of *In Defense of Food* and *Omnivore’s Dilemma*, spoke volumes about Victory Gardens with just a single sentence in his article for the New York Times Magazine for Earth Day 2008: “Measured against the Problem We Face, planting a garden sounds pretty benign, I know, but in fact it’s one of the most powerful things an individual can do—to reduce your carbon footprint, sure, but more important, to reduce your sense of dependence and dividedness: to change the cheap-energy mind.” In Josh Tickell’s recent film *Fuel*, the ending credits flash with 10 things you can do right now to change your dependence on foreign oil and energy. Number 5 was about growing your own food. So whether you look at organic vegetable gardening as an opportunity to cut back on petroleum derived products (synthetic fertilizers are made from oil), or to shorten the distance that it takes to bring your food from farm to table (an average of 1,500 miles), planting a Victory Garden is beneficial in more ways than one. But then again, one bite of a Green Zebra or Cherokee Purple tomato will tell you that. **HK**

**Christy Wilhelmi** is founder of Gardenerd.com, the ultimate resource for garden nerds. She is a board member of Ocean View Farms Organic Community Garden in Mar Vista, California, and gardens almost entirely with heirloom vegetables. Christy teaches organic gardening classes and offers hands-on garden consulting and food garden design. She was recently featured on ABC News Nightline and has written for *Inside Look* and *Edible Los Angeles* magazines, Lowimpactliving.com, and *The Ray Magazine*, where she has a quarterly column, Take it Outside.
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**HealthKeepers Magazine — Summer Issue Preview**

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- What are the best food and nutritional supplements for healthy skin?
- How to prevent and repair sun damage; what do the chemicals in sun screen do to your health?
- The ten healthiest foods you should include in your diet, every day. How to select the finest antioxidants and oils.
- How to find a deep and lasting happiness.

Look for medical updates on:

- Mystery illnesses such as chronic fatigue, fibromyalgia and Candida
- Biochemical testing labs and resources
- Conquering chemical and environmental sensitivities
- Menopause
- Senior health

**We’ll preview the Chicago Health Freedom Expo:**

- June 12-14, 2009
- Featured speakers and topics
Kelly Gallagher

Kelly Gallagher is a bright and dynamic documentary filmmaker with a million dollar smile. From outward appearances you’d never know she’d had one health challenge, let alone multiple challenges over the past decade. She smiles when she shares with you the fact that she’s survived cancer, mercury poisoning and heart failure.

The treatments and protocols she’s experienced read like something from a medical textbook—months of chemotherapy, stem cell transplant, over 100 blood transfusions, enzyme therapy, oxygen therapy, alternative therapy, nutrition therapy, mercury detox protocols for the removal of numerous mercury fillings, four pacemakers, and a new aortic valve.

From her personal experiences with mercury poisoning, Kelly created a documentary film entitled It’s All Mercury: A Heavy Metal Mis-Adventure. This is the story of the M Team on their search for the truth about mercury in dental fillings. They know mercury is toxic and could be the root cause of their chronic health issues. What they don’t know is why it’s still in use. Frustrated by the establishment and the failing system, they set out to find their own answers. When they interview people from trailer parks to Congress and even the United Nations, they get more than they bargained for.

A crusader by nature Kelly founded The Mouth of Hope, a non-profit organization created to educate and alert the public to the dangers of mercury in dental fillings and the dangers of improper removal with information never before released to the general public.

Founder of the Ugottawanna Foundation, a resource for hope, inspiration, and tools for surviving serious health challenges, she inspires people with her story of how she navigates and merges the best of alternative and traditional medicine to overcome all health issues and achieve optimal wellness.

Kelly is an active participant on the Mercury Symposium and Cancer Panels held in Long Beach and Chicago at the Health Freedom Expos. Through her energy and drive, she’s helped numbers of people become aware of the blend of complimentary medical options available. She’s a quiet star in the health freedom movement and someone you should know. www.mouthofhope.org

In each issue of the HealthKeepers Magazine, we profile a person who is working to further the goals of the health freedom movement. Do you know someone we should feature in this section? Send us an email: editor@healthkeepersmagazine.com.
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For further information contact CNHP at 1-800-321-1005
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