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## Our Health Freedom Bill C-420 Presented At Commons Standing Committee

By Laurie Foley

On April 22, Dr. James Lunney, Member of Parliament for Nanaimo-Alberni, appeared before the House of Commons Standing Committee on Health to present evidence in support of his natural health products (NHP) Bill C-420.

"Health Canada has a long history of bias against NHPs, and the new regulations continue that bias. This bill strikes at the heart of the problem, and will give Canadians the freedom of choice they deserve," said Lunney afterward.

Lunney accused Health Canada of "using the authority of their office and this archaic legislation to rob Canadians of their freedom to choose low-cost, low-risk products for their personal health care" and claimed the new regulations were unscientific and contrary to public interest.

In his concluding remarks to the Committee, Lunney drew attention to the fact that the Public Accounts Committee on the sponsorship scandal was hearing testimony from Chuck Guité; that scandal has rocked the capital. "When you steal their money, people get mad, especially when its hundreds of millions," said Lunney. "But when people come to

understand that bureaucratic interference and technical obstructionism has blocked access to better health care, the ground may well split."

Dr. Lunney introduced the bill in March 2003, stating that Canadians deserved the right to make their own health choices. During an October

20th debate on the issue, Dr. Lunney explained the purpose of the bill.

"There has been some confusion about what Bill C-420 would actually do. Bill C-420 would not gut the whole Office of Natural Health

Products directorate. It would simply move it from under a drug style directorate to a food style directorate. We could still have the good manufacturing practices and the inspections. We could still make sure that what is on the bottle is in the bottle. We could still provide assurance of health claims. We could review them to determine whether a health claim is traditional without evidence of harm. We could provide Canadians with assurances that the health claim has some scientific validity," said Dr. Lunney.



Rob Merrifield, MP Yellowhead, AB

Natural Health Products (NHPs) are currently under the subclass of drugs — a classification that has led to the removal of many effective, low risk products from the market by Health Canada.

"Frankly, I think Canadians would find that unacceptable. A simple mineral supplement like chromium picolinate is absolutely essential for blood sugar metabolism. That is true for all members of the House. We cannot metabolize sugar without chromium. We excrete it when we metabolize sugar. The fact that Health Canada

would take that most physiologically effective form off the market seems to be fundamentally perverse and contrary to the public interest," stated Dr. Lunney during the debate.

Dr. Lunney expressed his concerns in regards to one drug in particular that has been targeted by Health Canada.

"A mineral supplement, which was developed in Alberta, called E.M.Powerplus, has been helping Canadians with a mental illness known as bipolar disease or manic

depression — people who are at high risk of suicide. There is a tremendous cost to the individuals and there is a high risk of suicide," said Dr. Lunney. "There are over 3,000 Canadians receiving help from this product and yet Health Canada would move to take it off the market. They want to know, why would Health Canada do this when there is evidence of benefit?"

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... Bill C-420

## Does Modern Medicine Pass the Test?

By Carolyn Dean, MD, ND, Medical Doctor, Naturopath, Acupuncturist, Herbalist, Homeopath

In our society, testing is a way of life. We pass tests to advance in school and university. We 'test drive' cars, and commercial products go through meticulous testing to determine durability and quality. But who's 'testing' standard North American medicine? Although its been around for less than 100 years it's firmly entrenched in our society and coated with a heavy layer of teflon that protects it from criticism.

"Death by Medicine" 2003, a paper I researched and wrote, for the Nutrition Institute of America, is a long overdue and extremely thorough report card on drug-

based medicine. I found that 784,000 people die annually in the US due to iatrogenic medicine (caused by medical interventions). Comparing those deaths to the aviation industry, it is as if 6 jumbo jet planes crashed every single day! One air crash triggers a frenzy of investigation, to determine who is responsible, and non-stop media coverage.

It is almost unbelievable that hundreds of thousands of iatrogenic deaths go relatively unnoticed. Denial doesn't even come close to explaining this 'ostrich in the sand' attitude. Partly, it's the tremendous ongoing public rela-

tions campaign that seduces us through television, film, and print media to the doctor hero and the miracle drugs. Medicine has created diseases and offered the cure by making menopause, anxiety, shyness, moderately high cholesterol, and moderately high blood pressure — 'dreaded diseases' and offering the 'cure' — in the form of daily doses of strong and addictive drugs that are more likely to kill you than cure you.

In spite of obvious side effects from medicine and a hefty trade

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... Pass the Test



## The key to good health

By Margarite Black

Consultants Organization of Canada. For 15 years David conducted an active nutritional counselling practice. He has written 22 booklets about health and nutrition and numerous magazine articles. His articles have appeared in: Spa Life, Healthwise Digest, Vista, Health Naturally, Nutrition News, The Vitamin Supplement, Outdoor Canada, Alive, Natural Life News and Natural Foods Canada.

For the first 30 years of his life, David suffered from repeated bouts

of digestive disturbances, respiratory ailments, and malaise. His ill health was really a blessing in disguise that set him on a course of learning natural methods of healing. In the process of curing himself, David discovered his love for helping others.

David has formulated 31 supplements which provide nutritional support for specific functions — including the cardiovascular system, digestion, stress, thyroid, immunity, cancer, prostate, vision, anemia, insulin resistance and detoxification.

David's personal path to full health

led him to undertake extensive training in nutrition, eventually leading to a PhD degree in that field. All that he has learned through studying, practicing, and teaching he readily shares with his readers in a clear, direct writing style.

In his book *The Nutritional Bypass* you will learn that there is a time tested, safe, non-surgical method of removing arterial blockages without side effects. Severe arterial blockages do not have to lead to coronary bypass surgery or heart attacks. Inside this book is a complete program for successfully reversing and preventing hardening of the arter-

ies. You may be surprised to know that cholesterol is not the cause of heart disease and that polyunsaturated oils may actually be doing more harm than good.

For more information contact Creative Nutrition Canada at P.O. Box 99, Parry Sound, ON P2A 2X2 or call (705) 746-5688 or to order a Home Wellness Kit call 1-800-841-2288. Visit CNC's website: [www.cncvitamost.com](http://www.cncvitamost.com)

Dr. David Rowland, PHD in Nutrition, is the founder and Educational Director of the Edison Institute of Nutrition and past president of the Nutritional



# Protect Your Rights Of Choice

*Insist that your MP support Bill C-420\**

It is imperative that Bill C-420 passes its next reading. Here is a list of how the current Members of Parliament voted on this issue during its second reading. If your MP voted yea please congratulate them on supporting this issue and show your support. If your MP voted nay please contact them and question them about their decision. Show them that as a voter this matter is important to you and persuade them to support it on its next reading. Phone numbers and fax numbers have been supplied. If you wish to send them a letter they can be reached at: House of Commons, Parliament Buildings, Ottawa, ON

Canada. K1A 0A6. No postage is required.

If your Member of Parliament is not running for re-election ask the current nominees how they feel about this bill and show them that this matter is very important to you and your family. Remember that they will represent your interest in the next government for years to come. Now is the time to take action and show your support for getting Bill C-420 passed in the next session of parliament.

YEAS	Telephone	Facsimile	TOTAL 124
Jim Abbott	995-7246	996-9923	
Rob Anders	992-3066	992-3256	
David Anderson	992-0657	992-5508	
Mark Assad	992-4351	992-1037	
Gérard Asselin	992-2363	996-7954	
André Bachand	992-4473	995-2026	
Gilbert Barrette	996-3250	992-3672	
Eugène Bellemare	995-6296	995-6298	
Leon Benoit	992-4171	996-9011	
Bernard Bigras	992-0423	992-0878	
Gérard Binet	995-1377	943-1562	
Bill Blaikie	995-6339	995-6688	
Rick Borotsik	995-9372	992-1265	
Garry Breitkreuz	992-4394	992-8676	
Scott Brison	995-8231	996-9349	
John Bryden	995-8042	996-1289	
Andy Burton	993-6654	993-9007	
Chuck Cadman	992-2922	992-0252	
Rick Casson	996-0633	995-5752	
Brenda Chamberlain	996-4758	996-9922	
Joe Comartin	947-3445	947-3448	
Joe Comuzzi	996-4792	996-9785	
Paul Crête	995-0265	943-1229	
John Cummins	992-2957	992-3589	
Libby Davies	992-6030	995-7412	
Odina Desrochers	992-2639	992-1018	
Norman Doyle	996-7269	992-2178	
Gilles Duceppe	992-6779	954-2121	
John Duncan	992-2503	996-3306	
Reed Elley	943-2180	993-5577	
Ken Epp	995-3611	995-3612	
Brian Fitzpatrick	995-3295	995-6819	
Joe Fontana	992-0805	992-9613	
Paul Forseth	947-4455	947-4458	
Ghislain Fournier	992-5681	992-7276	
Liza Frulla	995-6403	995-6404	
Christiane Gagnon	992-8865	995-2805	
Marcel Gagnon	995-4895	996-6883	
Sébastien Gagnon	947-2745	947-2748	
Cheryl Gallant	992-7712	995-2561	
Roger Gaudet	992-0164	992-5341	
Michel Gauthier	992-2244	992-9954	
Jocelyne Girard-Bujold	992-2617	992-6069	
Yvon Godin	992-2165	992-4558	
Peter Goldring	992-3821	992-6898	
Ralph Goodale	996-4743	996-9790	
Jim Gouk	996-8036	943-0922	
Ivan Grose	996-4756	992-1357	
Monique Guay	992-3257	992-2156	
Loyola Hearn	992-0927	995-7858	
John Herron	996-2332	995-4286	
Grant Hill	995-8471	996-9770	
Jay Hill	947-4524	947-4527	
Rahim Jaffer	995-7325	995-5342	
Christian Jobin	992-7434	995-6856	
Dale Johnston	995-8886	996-9860	
Jim Karygiannis	992-4501	995-1612	
Gerald Keddy	996-0877	996-0878	
Jason Kenney	992-2235	992-1920	
Mario Laframboise	992-0902	992-2935	
Robert Lanctôt	996-7265	996-9287	
Ghislain Lebel	992-6035	995-6223	
Yvan Loubier	996-4585	992-1815	
James Lunney	992-5243	992-9112	
Richard Marceau	995-8857	995-1625	
Serge Marzil	992-5036	995-7821	
Inky Mark	992-3176	992-0930	
Brian Masse	996-1541	992-5397	
Larry McCormick	992-3640	992-3642	
Alexa McDonough	995-7614	992-8569	
Grant McNally	947-4613	947-4615	
Dan McTeague	995-8082	993-6587	
Réal Ménard	947-4576	947-4579	
Rob Merrifield	992-1653	992-3459	
Peter Milliken	996-1955	996-1958	
Bob Mills	995-0590	995-6831	
Dennis Mills	992-7771	996-9884	
James Moore	992-9650	992-9868	

	Telephone	Facsimile	TOTAL 85
Lorne Nystrom	992-4593	996-3120	
Pat O'Brien	995-2901	943-8717	
Massimo Pacetti	995-9414	992-8523	
Brian Pallister	995-9511	947-0313	
Pierre Paquette	996-6910	995-2818	
Carolyn Parrish	995-7321	992-6708	
Charlie Penson	992-5685	947-4782	
Janko Peric	996-1307	996-8340	
Gilles-A. Perron	992-7330	992-2602	
Pauline Picard	947-4550	947-4551	
Louis Plamondon	995-9241	995-6784	
Dick Proctor	992-9115	992-0131	
James Rajotte	992-3594	992-3616	
John Reynolds	947-4617	947-4620	
Gerry Ritz	995-7080	996-8472	
Svend Robinson	996-5597	992-5501	
Yves Rocheleau	992-2349	995-9498	
Jean-Yves Roy	995-1013	995-5184	
Benoît Sauvageau	992-5257	996-4338	
Gary Schellenberger	992-6124	998-7902	
Hélène Scherrer	995-4995	996-8292	
Raymond Simard	995-0579	996-7571	
Carol Skelton	995-1551	943-2010	
Monte Solberg	992-4516	992-6181	
Kevin Sorenson	947-4608	947-4611	
Larry Spencer	992-4573	996-6885	
Caroline St-Hilaire	992-8514	992-2744	
Diane St-Jacques	992-5279	992-7871	
Guy St-Julien	992-3030	996-0828	
Paul Steckle	992-8234	995-6350	
Darrel Stinson	995-9095	992-3195	
Peter Stoffer	995-5822	996-9655	
Chuck Strahl	992-2940	995-5621	
Paul Szabo	992-4848	996-3267	
Andrew Telegdi	996-5928	992-6251	
Robert Thibault	995-5711	996-9857	
Yolande Thibeault	998-5961	954-0707	
Greg Thompson	995-5550	995-5226	
Myron Thompson	996-5152	947-4601	
Vic Toews	992-3128	995-1049	
Suzanne Tremblay	992-5302	996-8298	
Rose-Marie Ur	947-4581	947-4584	
Maurice Vellacott	992-1899	992-3085	
Joseph Volpe	992-6361	992-9791	
Tom Wappel	995-0284	996-6309	
Judy Wasylcia-Leis	996-6417	996-9713	
Elsie Wayne	947-4571	947-4574	
Randy White	995-0183	996-9795	
Ted White	995-1225	992-7319	
John Williams	996-4722	995-8880	
Lynne Yelich	995-5653	995-0126	

NAY	Telephone	Facsimile	TOTAL 85
Peter Adams	995-6411	996-9800	
David Anderson	996-2358	952-1458	
Larry Bagnell	995-9368	995-0945	
Eleni Bakopanos	992-0983	992-1932	
Rex Barnes	996-3935	996-7622	
Sue Barnes	996-6674	996-6772	
Colleen Beaumier	995-5381	995-6796	
Mauril Bélanger	992-4766	992-6448	
Carolyn Bennett	995-9666	947-4622	
Robert Bertrand	992-5516	992-6802	
Maurizio Bevilacqua	996-4971	996-4973	
Ethel Blondin-Andrew	992-4587	992-7411	
Raymond Bonin	995-9107	995-9109	
Paul Bonwick	992-4224	992-2164	
Don Boudria	996-2907	996-9123	
Claudette Bradshaw	992-8072	992-8083	
Bonnie Brown	995-4014	992-0520	
Gerry Byrne	996-5511	996-9632	
Charles Caccia	992-2576	995-8202	
Murray Calder	995-7813	992-9789	
John Cannis	992-6823	943-1045	
Jeannot Castonguay	995-0581	996-9736	
Marlene Catterall	996-0984	996-9880	
Yvon Charbonneau	995-0580	992-1710	
David Collenette	995-4988	995-1686	

# Protégéz vos Droits de Choix!

*Exigez que votre Représentant appuie le Projet de Loi C-420\**

Résultats du vote sur le projet de loi C-420

Il est impératif que le projet de loi C-420 soit adopté à sa prochaine lecture. Voici une liste de comment chaque membre du Parlement a voté lors de la deuxième lecture. Si votre représentant a voté Oui, veuillez l'en féliciter d'avoir appuyé ce projet et montrez-lui votre satisfaction. Faites-le savoir que ce projet vous est très important et persuadez-le de l'appuyer à la prochaine lecture. Vous avez les numéros de téléphone et de télécopieur. Si vous voulez envoyer une lettre, envoyez-la à l'adresse suivante; Chambre des communes,

Batiments du Parlement, Ottawa, Ont. K1A 0A6. Pas besoin de timbre.

Si votre membre de Parlement ne se présente pas aux prochaines élections, demandez aux candidats courants leur opinion et montrez-leur que ce projet a une grande importance pour vous et pour votre famille. N'oubliez pas que ces personnes vont représenter vos intérêts au gouvernement pendant les prochaines années. C'est maintenant le temps d'agir et de manifester votre appui pour que le projet de loi C420 soit adopté à la prochaine Séance de Parlement

	Telephone	Facsimile		Telephone	Facsimile
Roy Cullen	995-4702	995-8359			
Rodger Cuzner	992-6756	992-4053			
Paul DeVilliers	992-6582	996-3128			
Stéphane Dion	996-5789	996-6562			
Nick Discepolo	957-3744	952-0874			
Wayne Easter	992-2406	995-7408			
Georges Farrah	992-6188	992-6194			
John Finlay	995-4432	995-4433			
Ralph Goodale	996-4743	996-9790			
Bill Graham	992-5234	996-9607			
André Harvey	992-7207	992-0431			
Charles Hubbard	992-5335	996-8418			
Tony Ianno	992-2352	992-6301			
Ovid Jackson	996-5191	952-0979			
Marlene Jennings	995-2251	996-1481			
Joe Jordan	992-8756	996-9171			
Nancy Karetak-Lindell	992-2848	996-9764			
Stan Keyes	995-1757	992-8356			
Gar Knutson	990-7769	996-0194			
Karen Kraft Sloan	996-7752	992-8351			
Walt Lastewka	992-3352	947-4402			
Dominic LeBlanc	992-1020	992-3053			
Derek Lee	996-9681	996-6643			
Sophia Leung	992-3302	992-4466			
Clifford Lincoln	995-8281	995-0528			
Lawrence MacAulay	995-9325	995-2754			
Paul Harold Macklin	992-8585	995-7536			
John Maloney	995-0988	995-5245			
John Manley	992-3269	995-1534			
Keith Martin	996-2625	996-9779			
Pat Martin	992-5308	992-2890			
Joe McGuire	992-9223	992-1974			
Anne McLellan	992-4524	943-0044			
Andy Mitchell	996-3434	991-2147			
Shawn Murphy	996-4714	995-7685			
Lynn Myers	992-4633	992-9932			
Robert Nault	996-1161	996-1759			
Anita Neville	992-9475	992-9586			
Stephen Owen	992-2430	995-0770			
Rey Pagtakhan	992-7148	996-9125			
Brian Pallister	995-9511	947-0313			
Jim Pankiw	992-8052	996-9899			
Pierre Paquette	996-6910	995-2818			
Jim Peterson	992-4964	992-1158			
Pierre Pettigrew	995-8872	995-9926			
Beth Phinney	995-9389	992-7802			
Jerry Pickard	992-2612	992-1852			
David Price	995-2024	992-1696			
Marcel Proulx	992-7550	992-7599			
Carmen Provenzano	992-9723	992-1954			
Julian Reed	996-7046	992-0851			
Geoff Regan	996-3085	996-6988			
Lucienne Robillard	996-7267	995-8632			
Yves Rocheleau	992-2349	995-9498			
Jacques Saada	996-3214	992-7273			
Andy Scott	992-1067	996-9955			
Judy Sgro	992-7774	947-8319			
Bob Speller	996-4974	996-9749			
Brent St. Denis	996-5376	995-6661			
Jane Stewart	992-3118	992-6382			
Robert Thibault	995-5711	996-9857			
Yolande Thibeault	998-5961	954-0707			
Paddy Torsney	995-0881	995-1091			
Tony Valeri	992-6535	992-7764			
Lyle Vanclief	992-5321	996-8652			
Bryon Wilfert	992-3802	996-1954			

PAIRED**	Telephone	Facsimile	TOTAL 10
Reg Alcock	995-7517	943-1466	
Stéphane Bergeron	996-2998	995-1062	
Serge Cardin	943-7896	943-7902	
Martin Cauchon	995-7691	995-0114	
Madeleine Dalphond-Guiral			
	995-7398	996-1195	
Albina Guarnieri	996-0420	996-0279	
Michel Guimond	995-9732	996-2656	
Francine Lalonde	995-6327	996-5173	
Paul Martin	992-4211	941-6900	

# Bill C-420

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Quoting Shakespeare, Dr. Lunney stated he felt there was "something rotten in the state of Denmark."

"There is something wrong with the way Health Canada manages natural health products. The new Natural Health Products Directorate is maintaining antiquated subsections 3(1) and 3(2), and will continue to take products with a health claim off the market."

Health Canada sent the police to raid the computers of a little company in Raymond, Alberta, and has obstructed delivery of the product," stated Dr. Lunney. "In



Dr. James Lunney, MP Nanaimo-Alberni, BC

times when health costs

# The Alliance of Natural Health Suppliers

Our vision and mission is to unite all food-based, functional food, and other natural health retailers, distributors, manufacturers and related organizations, including health professionals, raw and finished product suppliers into a single organization in Canada.

This is being done:

[a] in order to pursue collectively the necessary legal, political, marketing, self-regulating quality control, and scientific research initiatives to remove all unnecessary barriers to the

free flow of truthful information and quality products, and [b] to pool our buying power to maximize our sales, and profits.

We need your support. Fill out the attached application or visit our website: [www.allianceofnaturalhealthsuppliers.ca](http://www.allianceofnaturalhealthsuppliers.ca) for more information. Contact us at 613-968-9392 or fax us at 613-968-3215.

As a united voice we can succeed.

## L'Alliance des Pourvoyeurs de Produits de Santé Naturelle

L'Alliance des Pourvoyeurs de Produits de Santé Naturelle.

Notre vision et notre mission est de réunir tous les détaillants, pourvoyeurs, producteurs d'aliments fonctionnels et d'autres produits de santé naturelle avec les organisations reliées, y compris les professionnels de santé, les fournisseurs de produits nouveaux et connus, dans une agence au Canada.

On le fait pour les raisons suivantes:

a) pour poursuivre les normes de qualité nécessaires, quelles soient légales, politiques, commerciales et autonomes et d'appuyer les initiatives de recherches scientifiques pour enlever toutes

les barrières artificielles qui empêcheraient le découlement libre des informations véridiques et des produits de haute qualité. et

b) pour réunir nos ressources financières dans le but d'accroître au maximum nos ventes et nos bénéfices

Nous avons besoin de votre appui. Remplissez la demande ci-jointe ou visitez notre site-web: [www.allianceofnaturalhealthsuppliers.ca](http://www.allianceofnaturalhealthsuppliers.ca) pour de plus amples renseignements. Contactez-nous au 613-968-9392, télécopieur 613-968-3215.

L'unité fait la force. Réunissons-nous, réussissons!

## Looking for Kava Kava, Comfrey, Amino Acids, Chrominum etc.

Find them all and more at [www.tucksdiscountvitaminsusa.com](http://www.tucksdiscountvitaminsusa.com) or call 1-866-882-8825 or 1-775-884-0444

## The Alliance of Natural Health Suppliers Inc.

### THE ALLIANCE OF NATURAL HEALTH SUPPLIERS INC. (ANHS)

P.O.Box 22070, Belleville, ON Canada K8N 5V7  
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[advocate-trueman@faxtyranny.ca](mailto:advocate-trueman@faxtyranny.ca)

Associated Consumer Organizations:  
[www.friendsoffreedom.org](http://www.friendsoffreedom.org)  
[www.freedomofchoicecanada.org](http://www.freedomofchoicecanada.org)

# Pass the Test

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in malpractice suits, some patients still hold medicine and doctors in awe. Those that don't are reluctant to criticize their doctor out of a slightly irrational fear of retaliation. Doctors are even more terrified to critique big pharma medicine for fear of losing their license by having a spurious complaint lodged against them for not 'practicing according to the current standards of drug-based medicine.' Doctors who prescribe supplements, herbs, homeopathic medicine, or other alternatives to drugs are often targeted.

So, is there anyone left to sound the alarm? If both patients and doc-

tors are afraid, is there anyone left to speak up and tell the truth about medicine and about the thousands of natural alternatives?

Fortunately, there aren't just two types of people in the world — patients and doctors. There is a third group of brave people who take charge of their own health, become their own 'doctors,' practice preventive medicine, explore wellness, treat their body like a temple, and strive to treat the earth with similar respect. This is the new 'go to' group, the new 'it' group, the leaders of the new wave of wellness who speak the truth about health and defend their right to do so.

We are familiar with the mind/body/spirit emphasis in holistic medicine but in future columns I'm going to add another dimension that is equally important in health that is rarely discussed - the role of perception in sensory and cultural conditioning.

Dr. Carolyn Dean M.D., N.D. has worked as a qualified medical doctor, naturopath, acupuncturist, herbalist, homeopath, consultant, inventor, herbal formulator, researcher, activist, advocate, and writer.

## 29 billion more? Or less?

By Dr. J.S. Valchar D.C., N.D.

As each health care budget passes, the health care issue creeps out and nibbles away at our pocketbooks. Unfortunately, there is no final solution, just a series of healthcare choices. As recipients, we should be active participants in our care choosing wisely. More often we just present our problems to the practitioner for a solution. Our income is funding a service performed on our bodies as passive participants. But being passive will we ever be able to manage 29 billion in health care funding for Ontario effectively?

### WHERE DO I FIT? WHERE DO I GO?

There is little choice about services in a cardiac arrest or when a tumor begins to bleed. There are selections to be made when the problems are cellular and microscopic. ANTIOXIDANTS? IMMUNE-MODULATORS? ACUPUNCTURE? HORMONE BLOCKERS? HOMEOPATHY? These subtle gentle treatments have cellular biochemical effects guiding us toward health. We just have to decide whether we are going to treat them at stage one or at stage six of the health continuum.

The following stages have been formulated and accepted by practitioners of all types worldwide. Related to the lung they are:

1. Excretion phase: cough expectoration
2. Inflammation: Bronchitis
3. Deposition: Silicosis
4. Impregnation: Chronic obstructive bronchitis
5. Degeneration: Bronchiectasis emphysema
6. Dedifferentation: Bronchial carcinoma

The acceptance of these phases may be universal but the idea that we can change our phase is less understood. This in hand, it is important from a personal and funding viewpoint where we want to end up. An invaluable step is to find a practitioner who can move us through these phases.

The homeotoxic reversal of illness and its related techniques, gives us a chance to make an effort in the right direction and think about our fate. We may need surgery and life saving drugs at times. At other levels, nutrition, supplementation,

homeopathy and acupuncture can activate the repair response. Hopefully, we can choose to start treatment in the early phases avoiding high cost and painful outcomes.

Medical doctors and nurses are working hard to save us from our stage six problems, they deserve our appreciation but may welcome a little more help and personal accountability by making better choices for ourselves.

The only solution to a very draining health budget is to plug the drain with pro-action in the area of personal care and safety. As a competitive, intelligent society, this is an attainable goal we can all strive for to preserve our place and role in the global culture.

Dr. Valchar is a Doctor of Naturopathic Medicine and Chiropractor practicing in Belleville, Ontario, Canada.

### Our Basic Annual Membership Fee

Retailers and Health Professionals Organizations	Manufacturers & Distributors	Tier	Gross Sales/Income Range	Total to Remit
\$200.00*	\$500.00*	<input type="checkbox"/> 1	\$ 1,000,000 + \$ 1,000	\$ 1,070.00
		<input type="checkbox"/> 2	\$ 2,000,000 + \$ 2,000	\$ 2,070.00
		<input type="checkbox"/> 3	\$ 3,000,000 + \$ 3,000	\$ 3,070.00
		<input type="checkbox"/> 4	\$ 4,000,000 + \$ 4,000	\$ 4,070.00
		<input type="checkbox"/> 5	\$ 7,000,000 + \$ 5,000	\$ 5,070.00
		<input type="checkbox"/> 6	\$ 10,000,000 + \$ 6,000	\$ 6,070.00
		<input type="checkbox"/> 7	\$ 15,000,000 + \$ 7,000	\$ 7,070.00
		<input type="checkbox"/> 8	\$ 20,000,000 + \$ 8,000	\$ 8,070.00

\* Plus GST

\*\* Note - no tax for non-Canadian members. ALL AMOUNTS ARE IN CANADIAN DOLLARS

We ask for an additional annual donation based upon gross sales / income to support our legal, political, marketing, self-regulating quality control, and scientific research initiatives.

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Organization: \_\_\_\_\_

Address/adresse: \_\_\_\_\_

Telephone/téléphone: \_\_\_\_\_ Fax/télécopieur: \_\_\_\_\_ E-mail/courriel: \_\_\_\_\_

Amount Enclosed/montant inclu: \_\_\_\_\_ Date/date: \_\_\_\_\_

Card Number/numéro de carte de crédit: \_\_\_\_\_ Expiry Date/date d'expiration: \_\_\_\_\_ Signature: \_\_\_\_\_



# Only 6% of drug advertising material is supported by evidence

A new study of the advertising material and marketing brochures sent out by drug companies to GPs in Germany has shown that about 94% of the information in them has no basis in scientific evidence.

The study, carried out by the Institute for Evidence-Based Medicine, a private independent research institute in Cologne, evaluated 175 brochures containing information on 520 drugs, which were either sent by post or handed out to 43 GPs since last June. The study was published in this month's issue of the drugs bulletin *Arznei Telegramm* (2004;35:21-3; [www.di-em.de/data/at\\_2004\\_35\\_21.pdf](http://www.di-em.de/data/at_2004_35_21.pdf)).

About 15% of the brochures did not contain any citations, while the citations listed in another 22% could not be found. In the remaining 63% the information was mostly correctly connected with the relevant research articles but did not reflect their results. Only 6% of the brochures contained statements that were scientifically supported by identifiable literature.

The evaluation was done by two specially trained and independently acting reviewers. In cases of doubt a third reviewer was involved.

"This is the first study in Germany evaluating the quality of drug advertising material," says Thomas Kaiser, a scientist at the institute who published the study together with Peter Sawicki and other colleagues.

He points out that the advertising material presents distorted images of the drugs' profiles. The article lists several examples of misrepresentation: medical guidelines from scientific societies are misquoted or changed, the side effects of drugs are minimized, groups of patient are wrongly defined, study results are suppressed, treatment effects are exaggerated, risks are manipulated, and effects of drugs were drawn from animal studies.

The authors warn that such a high amount of misinformation puts patients' health at risk. Studies from other countries have shown that doctors tend to base their decisions on the information and advertising material sent out by drug companies. Therefore, the authors conclude, an independent institution should be established to monitor the content of such material.

The German drug industry has decided to tighten the rules in its self-regulatory code on relations

between the industry and the medical profession with regard to co-operation in clinical studies and attendance at conferences that are funded by drug companies.

The German Association of Research-Based Pharmaceutical Companies in Berlin announced that its members have set up an independent tribunal in Berlin. Members of the tribunal will be chosen by drug companies and doctors' and patients' groups, but will not be elected representatives of those bodies. Like a court, the tribunal will be able to punish companies that break the rules, imposing fines of up to €50 000 (£34 000; \$63 000) or, in the case of a second offense, up to €250 000. Anyone will be allowed to notify the tribunal of possible offenses.

The initiative was the industry's reaction to the German government's threat to install an executive against corruption. Doctors' associations have also tightened their rules on corruption.

More information about the Institute for Evidence-Based Medicine can be found on its website, [www.di-em.de/z\\_index.htm](http://www.di-em.de/z_index.htm)

# The Miracle of Magnesium

By Carolyn Dean, MD, ND  
Medical Doctor, Naturopath,  
Acupuncturist, Herbalist, Homeopath

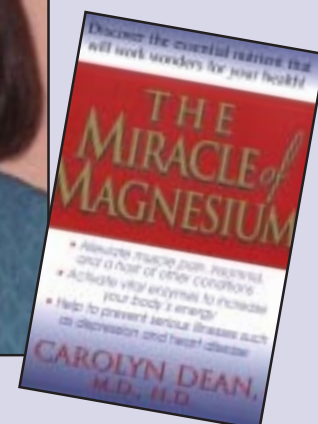
More than seventy-five years ago, medical scientists declared magnesium to be an essential nutrient, indispensable to life. When this mineral is part of your diet, you are guarding against and helping to alleviate health threats such as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. But while research contin-

should read this comprehensive book on the many roles of magnesium. . . . I loved this book. Clearly written and packed with information, it offers a compendium on natural medicine and is an invaluable resource for both practitioner and public alike. It is the most comprehensive and well referenced guide to the myriad benefits of magnesium published to date."

—DR. CAROLYN DEMARCO  
Author of *Take Charge of Your Body*:  
Women's Health Advisor



Carolyn Dean, MD, ND



ues to reaffirm magnesium's irreplaceable contribution to good health, many Americans remain dangerously deficient.

"Throughout this volume and with utmost clarity, Carolyn Dean presents invaluable recommendations — based on the latest magnesium research. Virtually every American can benefit."

In *The Miracle of Magnesium*, Dr. Carolyn Dean, an authority on this mineral who has used it with dramatic success in her own practice, explains the vital role that magnesium plays in the control of many serious ailments from painful muscle spasms and bladder problems to traumatic brain injury and complications of pregnancy and childbirth. Inside you will discover:

—PAUL PITCHFORD  
Author of *Healing with Whole Foods: Asian Traditions and Modern Nutrition*

How diets and lifestyles can create a dangerous magnesium deficiency

"Physicians and therapists have paid scant attention to this very important element, which is also involved in maintaining our good health. The massive evidence is here in this important book on magnesium. I am pleased to have been taking magnesium for so many years."

Which magnesium-rich foods keep your vital organs healthy and which to avoid

—ABRAM HOFFER, MD  
Author of *Putting It All Together: The New Orthomolecular Nutrition*

Why other nutrients, including calcium, need magnesium to become potent

What vitamins and minerals work with magnesium to treat specific ailments

Editors Note

Why prescription medicines, such as birth control pills, can deplete magnesium

Which magnesium supplements are best for you

Whether you need help with a serious health problem or merely want to protect the good health you already enjoy, *The Miracle of Magnesium* will answer all your questions. It may even save your life.

"Every doctor and patient

Dr. Carolyn Dean MD, ND who, since 1972 has worked as a qualified medical doctor, naturopath, acupuncturist, herbalist, homeopath, consultant, inventor, herbal formulator, researcher, activist, advocate, and writer. She has written several books, hundreds of articles, appeared on countless radio and television programs, including ABC's "The View," promoting natural healing and the individual's right to take responsibility for their own health.

## HEALTH FREEDOM

Canadian Edition

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## The Friends of Freedom INC.

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"To help people live healthier lives by ensuring individual Freedoms are protected."

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## Membership Information

Our basic annual membership fee:

Total to Remit			
Individuals	\$ 25.00 plus GST*	\$ 26.75	
Families, and chapters	\$ 45.00 plus GST*	\$ 48.15	
Businesses and Organizations	\$100.00 plus GST*	\$107.00	(+ donation)

\* Note — no tax for non-Canadian members.  
We ask for an additional annual donation based upon gross sales / income.

Tier	Gross Sales/Income Range	Total to Remit	
1	\$ 500,000+	\$ 300	\$ 407.00
2	\$ 1,000,000+	\$ 500	\$ 607.00
3	\$ 2,000,000+	\$ 1,500	\$ 1,607.00
4	\$ 3,000,000+	\$ 2,000	\$ 2,107.00
5	\$ 5,000,000+	\$ 2,500	\$ 2,607.00
6	\$ 10,000,000+	\$ 5,000	\$ 5,107.00

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Signature: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

# Optimum health – the natural way

What is optimum health? Optimum Health is defined as the maximum level of health an individual can achieve and sustain with their genetic constitution, past influences and present lifestyle.

The key to Optimum Health is for each individual to take responsibility for their own health and to learn to listen to their body. Our body is a miracle of creation and in most cases, if given some help, capable of healing itself.

In North America over 60% of all deaths occur because of degenerative diseases related to diet and lifestyle. There are three principal causes of degenerative diseases:

- [1] Malnutrition
- [2] Incomplete Digestion
- [3] Toxicity

What stops us from achieving Optimum Health?

- 1) Malnutrition: North Americans consume in quantity more food and other substances than anywhere else in the world yet suffer seriously from malnutrition.
- 2) Incomplete Digestion - Do you suffer from halitosis, indigestion, gas, abdominal pain, rumbling noises, bloating, belching, nausea, burning sensations after eating and / or constipation. Even if you eat a healthy diet, if you suffer from indigestion the absorption and metabolism of all nutrients is compromised. Eventually, food sensitivities, allergies, fatigue,

poor concentration and memory loss, candida, infections, parasites, leaky gut syndrome, irritable bowel and other gastro-intestinal disorders can result.

- 3) Toxicity - The environment we live in is very different from the environment our ancestors lived and evolved in. We endure massive chemical, air, water, soil pollutants, higher and higher levels of microwaves and toxic medical treatments. Most of our diets, though plentiful in quantity of foods, are high in toxins from pesticides, food additives, etc. This overload of daily toxins increases our free radical production and poisons our body. This results in a greater risk of ill health and disease.

What are the key elements to achieving Optimum Health?

The key elements to achieving Optimum Health are:

- pure water
- a wide assortment of fresh, organic (as often as possible) fruits and vegetables, and whole foods
- optimum daily nutrient intake levels through supplementation
- a healthy lifestyle with proper sleep, exercise, stress management

- Environmentally safe household products and practices

Visit our website: [www.curesnaturally.com](http://www.curesnaturally.com) for the complete story and to consult with the experts about your health concerns. We offer the expertise of two doctors. Dr. David W. Rowland who has written 88 articles about Nutrition and health, from 1980 to 2002. He has been published in the following magazines: Spa Life, Healthwise Digest, Vista, Health Naturally, Nutrition News, The Vitamin

Supplement, Outdoor Canada, Alive, Natural Life News, and Natural Foods Canada. Dr. Carolyn Dean MD, ND who for over 24 years has practiced as a medical doctor, naturopath, acupuncturist, herbalist, and homeopath. She has found that a drug prescription, or an acupuncture needle, or a homeopathic remedy cannot take the place of eating high quality foods, participating in a consistent exercise program, and eliminating those things that are not supporting your healthiest potential.

Other experts in other health fields will be added in the near future. Feel free to visit our website and get the answers you are looking for.

visit our website at [www.curesnaturally.com](http://www.curesnaturally.com) <<http://www.curesnaturally.com>> and get the answers you are looking for.

## Strauss Herb Co. Announces Two New Distributors For Their Products

By Rick Carriere and Philippe Joanisse

For the past 250 years, the Strauss Family has been practicing medicine as herbalists. Today, the seventh and eighth generation herbalists, Jim and Peter Strauss offer their family recipes for the good health and well-being of millions worldwide.

The Strauss Herb Co. is proud to announce that their family of herbal remedies will now be available wholesale through Health in Herbals in Quebec and internationally in other French speaking marketplaces. For a complete list of products and prices visit their website at [www.healthinherbals.com](http://www.healthinherbals.com) or call 1-866-299-3425.

The Strauss family is also pleased to have their products distributed via the internet, both retail and wholesale, in the USA through Tuck's Discount Vitamins USA. Call 1-775-884-0444 or 1-866-882-8825 or visit the website at: [www.tucksdiscountvitaminsusa.org](http://www.tucksdiscountvitaminsusa.org)

## Strauss Herb Co annonce deux nouveaux détaillants pour leurs produits.

La Famille Strauss sont des herboristes-praticiens depuis 250 ans. Aujourd'hui Jim et Peter Strauss, herboristes de la 7<sup>ème</sup> et 8<sup>ème</sup> générations offrent leurs simples de famille pour la bonne santé et le bien-être de milliers de clients partout dans le monde.

Strauss Herb Co. est fier d'annoncer que leur éventail de médecines herbales est maintenant disponible en gros chez Health in Herbals au Québec et sur le marché francophone international. Pour obtenir une liste de produits et de prix, prière de visiter leur site-web à [www.healthinherbals.com](http://www.healthinherbals.com) ou appeler le 1-866-299-3425.

La Famille Strauss se fait un plaisir d'offrir leurs produits par l'internet, en détail et en gros, aux États Unis par moyen de Tucks Discount Vitamins USA. Prière d'appeler au 1-775-884-0444 ou au 1-855-882-8825 ou de visiter leur site-web à [www.tucksdiscountvitaminsusa.org](http://www.tucksdiscountvitaminsusa.org)



## Soutien véritable, un leader dans le traitement du problème de maniaque-dépression

Chaque année, un million de personnes à travers le monde se suicident — 30 000 aux États-Unis, 3 500 au Canada et 120 000 en Europe, la majorité attribuable en raison de la dépression ou de maladie affective bipolaire. Les véritables données sont probablement beaucoup plus élevées, déguisées par une mort accidentelle et par un comportement risqué.

Le problème maladie affective bipolaire a été traité dans le passé par une variété de médicaments, dont le Lithium. Soutien véritable a créé un traitement aux plantes médicinales qui a fait ses preuves pour traiter ce problème.

L'histoire de Richard

J'utilise P.M.E.plus depuis mai 1999. Mon médecin m'avait prescrit quatre médicaments psychotropes (Serzone, Trazadone, Effexor et Epival) que j'ai cessé de

prendre dès le premier mois de ce merveilleux programme. Le cocktail de médicaments soulageait à peine ma dépression puisque je n'étais plus suicidaire. Le seul effet ce qui à peine Mes seules activités consistaient à être présent avec les enfants quelques minutes par jour et à travailler à mon entreprise de gestion immobilière une heure par jour. On ne peut pas vraiment affirmer qu'il s'agit d'un style de vie intéressant.

La différence de bien-être est considérable, si on compare ces suppléments au traitement pharmaceutique. La médication me permettait de fonctionner minimalement, en réduisant au minimum mes symptômes, alors que le supplément me procurait un bien-être général et complet, sans effets secondaires. Jamais, depuis l'enfance, je m'étais senti aussi calme, en paix et serein. Je dors maintenant sept heures par nuit, sans interruption, après avoir connu l'insomnie toute ma vie — un cadeau incroyable. La bipolarité m'a mené à l'alcoolisme et la toxicomanie.

J'avais réussi à gérer ces problèmes, mais les symptômes d'anxiété, de changements d'humeur et d'insomnie ont persisté pendant des années et des années. J'étais en état de survie — je ne vivais pas pleinement. Franchement, la seule raison pour laquelle je suis ici, c'est la grâce de Dieu. En suivant un traitement pour toxicomanie, j'ai compris que j'ai joué à la roulette russe avec une arme à feu chargée plusieurs centaines de fois pendant mon accoutumance à la cocaïne. Typique de la maladie, j'ai souffert d'une dépression qui m'a mis dans un état second (cerveau gelé, sans sensation) à 45 ans, moment auquel le Dr David Bakish du Royal Ottawa Hospital a diagnostiqué mon problème. Peu de temps après, j'ai commencé à prendre P.M.E.plus, les résultats ont été étonnants. Ce produit est devenu un élément vital et je ne peux simplement plus m'en passer. Je suis terrifié à l'idée de retourner à une vie sans ce produit. Je remercie Soutien véritable de me donner vie!

Suzanne, de l'Ontario, témoigne des bienfaits obtenus. Elle écrit : « Je suis une fille, une sœur, une femme et une mère. Je suis une travailleuse, une contribuable, une étudiante, une amie et je suis bipolaire. Si vous me voyez sur la rue, vous ne pourriez savoir que j'ai souffert d'une maladie mentale réelle et dévastatrice. Pendant deux ans et demi, j'ai pris un produit appelé P.M.E.plus. Il m'a redonné vie. J'étais sceptique au début, mais j'avais déjà tout perdu, incluant ma dignité et ma fierté, ainsi j'ai essayé ce produit. Avant P.M.E.plus, je souffrais tellement des symptômes de la maladie que j'étais incapable d'étudier, de travailler, de jouer mon rôle de mère et de me sentir en vie. Comme patient, vous croyez que les médecins savent tout et régleront le chaos que le problème provoque. Mais le calme ne vient jamais. Chaque jour est un fardeau, vous ne pouvez plus dormir, manger ou socialiser; et le retrait de la société vous couvre de honte. Les médicaments, malgré la meilleure volonté de mon médecin, ne m'ont pas apporté espoir. Une personne peut à peine fonctionner avec autant

de médicament. Je croyais que la vie et la santé étaient pour les autres, mais P.M.E.plus m'a donné la santé à laquelle j'avais toujours rêvé.

Santé Canada veut m'enlever mon état de bien-être en me retournant aux médicaments prescrits. Ceci est irresponsable et dangereux. Je n'ai pas été un fardeau pour notre système de soin de santé pendant deux ans et demi. Les coûts des services de santé mentale comptent pour la plus grande part des soins de santé. Les problèmes de santé mentale ne se règlent pas en une seule fois, mais nécessitent plutôt une litanie de visites lugubres, de tests sanguins, d'hospitalisations, etc. Je paie moi-même P.M.E.plus. Ceci ne coûte rien aux contribuables, et je travaille, j'étudie et je paie des impôts. Je suis productive et heureuse, alors que Santé Canada veut m'enlever ceci. Pour me protéger de quoi ? — d'une bonne santé ?

Pour plus d'information, visitez [www.soutienveritable.com](http://www.soutienveritable.com) ou appelez au 1-866-511-2433.

# Pushing the vaccine agenda – at any cost

Edda West, VRAN-Vaccination Risk Awareness Network

“This society is going to be in big trouble — we cannot have a whole generation of people damaged the way this is happening” Mark Geier MD, PhD (1)

Vaccines are THE most protected class of drugs in the world. Medical monopoly's big guns are ever poised to shoot down any heretic who steps out of line to question the vaccine paradigm. Even worse if you have sound evidence that points to a real problem — like British gastroenterologist Dr. Andrew Wakefield who recently suffered another series of attacks in the media, setting off hysteria in medical circles.

Wakefield's discovery of a new bowel syndrome in children who regress into autism after vaccination with the measles, mumps and rubella (MMR) vaccine and subsequent findings of measles virus in the gut of many of these children has enraged vaccine authorities world wide, as it has shattered confidence in the safety of the triple virus vaccine. His study published in *The Lancet* in 1998 resulted in a steep decline in uptake of MMR vaccine in England, with dissent spreading to North America where more and more parents are refusing to allow the shot to be given their children.

This time round, the furor has been whipped up by British journalist, Brian Deer who, in a derogatory article in the *Sunday Times*, accused Wakefield of conflicts of interest in his autism/bowel syndrome research and has personally vowed to “destroy” him. It is a déjà vu of other heroes of times gone by who discovered profound truths, only to be denounced and vilified by the dominators of the era.

Dr. Wakefield has been able to refute every accusation and stands strong by his research. His only error having been poor timing in the disclosure of funding received by the Royal Free Hospital research trust from the British legal aid commission to investigate the presence of measles virus in the gut of a group of autistic children. Many of these families are also part of a large class action law suit against the MMR manufacturer in England. This second study is quite separate from the original one published in the *Lancet* around which false allegations of conflict of interest have arisen. (2)

In defense of Dr. Wakefield, Barbara Loe Fisher, director of the National Vaccine Information Center in the U.S. offers these words — “The extent to which the forced vaccination proponents have gone to smear Andrew Wakefield and the meticulous biological mechanism research he has conducted into MMR-vaccine associated autism is in direct proportion to the fear they have that his hypothesis is correct: MMR vaccine can cause a persistent vaccine strain measles virus infection in genetically vulnerable children that leads to chronic inflammatory bowel disease and autistic behaviors. It is unfortunate they are so frightened of the scientific truth Dr. Wakefield is pursuing that they find it necessary to behave like a band

of thugs out to score a hit.”

“For the past 22 years, [we] have watched babies die and be horribly crippled by vaccine reactions while officials in industry, public health agencies and medical organizations have refused to support the kind of biological mechanism research that Dr. Wakefield is doing so that parents and doctors can have more information about children at high risk for suffering vaccine reactions and find ways to spare their lives. Parents around the world are not fooled by the ignorant, inhumane behavior of forced vaccination proponents, whose zealous defense of one-size-fits-all vaccine policies injure and kill innocent children. The truth will shine bright and clear in the end.” (7)

Speaking from his heart at the Power of One Autism rally in Washington, Andrew Wakefield shared this inspiration - “We are in the midst of an international autism epidemic. Those responsible for investigating and dealing with this epidemic have failed. Among the reasons for this failure is the fact that they are faced with the prospect that they themselves may be responsible for the epidemic. Therefore, in their efforts to exonerate themselves they are an impediment to progress. I believe that public health officials know there is a problem; they are, however, willing to deny the problem and accept the loss of an unknown number of children on the basis that the success of public health policy — mandatory vaccination — by necessity involves sacrifice. Neither I, nor my colleagues subscribe to the belief that any child is expendable.” (3)

During a speech at the 2002 National Vaccine Information Center Conference, Dr. Wakefield listed suspect variables in predisposing a child to develop autism or other neurological disorders soon after vaccination:

- A family history of auto-immune disease
- Atopic disease, particularly food and milk allergy
- A state of illness at the time of vaccination
- Recent or current antibiotic use at the time of vaccination, simultaneous administration of several vaccines, none of which, have ever been subjected to any safety studies
- Prior or current exposure to mercury

At the forefront of the vaccine/autism debate is the role of thimerosal, the toxic mercury-based preservative used for decades in vaccines. A recent study released by the U.S. Centers for Disease Control and Prevention (CDC) concludes that “no consistent significant associations were found between TCVs [thimerosal-containing vaccines] and neurodevelopment outcomes.” Critics scoff at such a conclusion. “Sure,” laughs one, “they say you can't eat tuna because the level of mercury you ingest isn't good for you, but there's no health risk associated with injecting high levels of mercury directly into a newborn baby?” (4)

Speculation is rife that the U.S. Centers for Disease Control and Prevention (CDC) is embroiled in conflicts of interest & data manipulation. U.S. Congressman Dave Weldon, MD has taken up the fight on behalf of families who believe their children's neurodevelopmental disorders have been caused by the mercury in vaccines they received and has vowed to get to the truth of the matter.

“While working for the CDC in 2000, the first version of Dr. Verstraeten's unpublished study found an association between higher thimerosal exposures and neurodevelopment disorders, including autism. Between 2000 and 2003, Dr. Verstraeten [employed by pharmaceutical GlaxoSmithKline in 2001] and co-authors manipulated and stratified the data so much that each of these associations magically disappeared.” The original study notes excluded from the final version of the CDC study, showed that the “relative risk” for autism was 2.48 times higher for children who received 62.5 micrograms or more of mercury from TCVs by 3 months of age. (4)

Says Weldon, “It's very coincidental that they added the hepatitis vaccine, the HiB vaccine and the chicken-pox vaccine — they added all these additional childhood vaccines around the time when the autism rate started to skyrocket.... They were taking little seven and 10 pound babies and pumping 50 and 75 micrograms of mercury into them in one shot”. The recommended limit for mercury intake is 1 microgram per day for an adult. “The World Health Organization says mercury is 10 times more toxic in children than it is in adults. It's horrifying!” (4)

On examining the CDC's Vaccine Safety Data link (VSD), geneticist Dr. Mark Geier MD found that the rate of autism in children given more than three doses of thimerosal-containing DTaP vaccines was very high — more than 20 times higher than those receiving thimerosal free DTaP vaccine. “The more thimerosal, the greater the cases of autism.” (4)

Says Geier, “Believe us, there is no scientific issue here. This is fraud. The CDC and the FDA [Food and Drug Administration] know what is happening. They just can't admit it because it is one of the worst things ever to have happened to the United States. If a terrorist had done this, we wouldn't attack them, we'd nuke them. We're talking about one in eight children in the U.S. that currently are in special education, and that number is going to change to about one in five. What percentage of our young population can we destroy before we realize how serious this is?” (4)

On February 5th of this year, advance release of another new mercury study published in the April 2004 issue of *Molecular Psychiatry*, made front page headlines across Canada. Titled “A Link Between Thimerosal and the Brain: Can Vaccines Affect Central Nervous

System Function?” (5)

Writes Sharon Kirkey of the *National Post*, “After assuring parents that additives in vaccines don't cause brain damage, scientists have found what they believe could be a “smoking gun” linking these additives to autism and attention-deficit hyperactivity disorder in children. In tests on human brain cells, researchers found two natural chemicals — one compound that stimulates cell growth and also dopamine, which transmits nerve signals — are both key to a process in the brain called methylation. Methylation helps DNA work properly and is crucial to the normal development of the brain.” (6)

“The team found thimerosal, ethanol and the metals, lead and mercury all interfere with methylation. What's more, thimerosal did so at doses 100 times lower than a child would receive after a single shot with a thimerosal-containing vaccine. “It was by far the most potent,” said investigator Dr. Richard Deth, a professor of pharmacology at Northeastern University in Boston. (5)

While Canada phased out most thimerosal containing vaccines given to babies since 1997 (except for hepatitis B and influenza vaccine), it is of little comfort to families whose children were subjected to repeat doses of the neurotoxin and who as a result, suffer a wide spectrum of developmental disorders and neurological injuries that will affect them for the rest of their lives. In Canada, the burden of vaccine injury is particularly grim as there is no compensation system to help defray the often daunting costs incurred by families who struggle to meet their children's therapeutic needs — needs that are often not covered by the health care system nor recognized as vital to help improve their health and ability to cope with life.

In Canada, there is NO mandatory reporting system of vaccine reactions and injuries. Canadian health officials have NO idea what the real numbers of vaccine reactions and injuries are in this country, and they don't want to know! Vaccine reaction records closely guarded by Health Canada are virtually inaccessible to the public. When this most recent study linking thimerosal to the disruption of critical sequences of brain chemistry hit the media, as expected, the ‘good old boys’ vaccine experts jumped to damage control in defense of thimerosal and the almighty vaccine program. Not one phrase was uttered in concern or sympathy for the untold numbers of children in Canada who have been affected by this toxic assault.

Canada is one of few western nations without a vaccine injury compensation program, except for the province of Quebec, which has paid out minimal awards to a few oral polio and DPT vaccine injury cases. Health officials in the rest of the country have simply swept vaccine injuries under the carpet and pretend they don't exist. In contrast the U.S. gov-

ernment has to date, paid out in excess of one billion dollars to vaccine victims.

The Canadian judicial system is stacked against vaccine injury victims who must prove both causality and negligence, and can only obtain access to a trial by judge rather than a jury of peers. The fundamental conflict of interest inherent in a trial by judge who is paid by the same government that funds and promotes mass vaccination programs as their number one disease prevention measure, insures that vaccine injury cases are virtually impossible to win in this country. The absence of successful vaccine injury court challenges in Canada enables vaccine authorities to repel any movement toward the creation of a humane and just vaccine injury compensation system, and perpetuates the continuing coverup of vaccine damage in this country.

Vaccines are invasive and toxic drugs and carry the inherent risk of injury and death. Protect your children by reading and researching and trusting your own higher wisdom and intelligence. Investigate before you vaccinate.

VRAN is Canada's oldest vaccine awareness group. For more links on MMR vaccine and mercury: [www.vran.org](http://www.vran.org)

This matter is a future lobby and legal project for the Friends of Freedom ([www.friendsoffreedom.org](http://www.friendsoffreedom.org)) and Freedom of Choice in Health Care ([www.freedomofchoicecanada.org](http://www.freedomofchoicecanada.org)). Check out our websites for current updates to our legal battle.



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# Health Canada Sells Us Out

BY Helke Ferrie

On January 27th I headed to Ottawa for a national symposium on Health Canada's proposed changes to our health protection legislation, hosted by the Canadian Health Coalition (CHC). This momentous event, attended by scientists, famous media personalities, and concerned citizens, created such a stir that it culminated in an "Open Letter to the Prime Minister" protesting the total sell-out of Canada's most precious natural resource — people — to the pharmaceutical and biochemical industry. It was — and — signed by hundreds of Canada's most famous people — from Margaret Atwood to David Suzuki, thousands of ordinary people like you and me, and endorsed by 26 countries

## PROPOSED CHANGES TO FOOD AND DRUGS ACT REMOVES HEALTH AND SAFETY PROTECTIONS

Our government has decided that the Foods and Drugs Act needs renovating and informs us in a 2003 "Report on Plans and Priorities" that the act has "too narrow a focus on safety ... and does not allow for taking into account considerations other than safety and efficacy in managing health risks." The new act is supposed to "unleash business energies" and "reduce the regulatory burden on business," especially on the biotechnology and drug industries. Under the title "Health and Safety First," the government published its plans to give us all "a higher level of protection" through a new act:

- Instead of the current "duty to care" for Canadians, the act would be focused on risk management, a business concept that includes potential damage or death in its legal cost projections in the same way as a general calculates how many troops would get killed in a campaign.
- The precautionary principle, currently in the act, would disappear; proof of harm would be transferred from the drug company to the patient. Health Canada washes its hands of the problem because all safety issues would be dealt with by the producer; no independent evaluation or human trials would be required. The drug becomes the equivalent of a person and is assumed to be innocent until proven guilty.
- Health Canada would no longer be liable — for anything. Nice move, given the fact that they are currently facing \$ 12 billion worth of liability suits for regulatory negligence, faulty medical devices, tainted blood, as well as civil suits for harassment of their own scientists for not bending to corporate demands for approval shortcuts.
- Direct to consumer advertising (DTCA) of drugs would also be permitted. The claims made in those ads would be based on nothing verifiable whatsoever. All scientific information concerning its efficacy and safety would be the "proprietary information" of that company.
- The CHC's extensive critique (available on their website [www.medicare.ca](http://www.medicare.ca)) asks, "Who exactly are Health Canada's 'clients'? The people of Canada? Or the industries that Health Canada is supposed to be regulating?"

## THE HUMAN COST OF BIG PHARMA'S PROFIT

So, what about the recommendations made by Justice Krever and the Romanow Report? They are gone with the wind that whistles around Parliament Hill, and thousands of Canadians died — not for nothing, oh no! They made some companies very rich before they died. Both Justice Krever and Roy Romanow made it clear that the government's role is to protect the health and safety of its citizens, not to further investment interests that carry risk to health and safety. Health Canada appears to treat us as if human sickness is an infinite resource and as if people, like the environment and natural resources, don't need the application of the concept of sustainability. Consider the fact that the cost of prescription drugs in Canada increased between 1985 and 2000 a whopping 344% and that drugs alone cost the state more than fees for doctors and hospital care combined. And why are chronic disease and antibiotic-resistant illness increasing constantly, even though the population is not?

## TAKE ACTION TO PROTECT YOUR HEALTH

We need to really understand the systemic ignorance in our health care system: First, our doctors are usually too busy to read the fine print in the CPS; that is the annually published Compendium of Pharmaceuticals and Specialties. Distributed free to every doctor's office, it contains what the drug industry must still admit too. Current legislation, does still require a minimum of safety information and it must list potential adverse reactions in small-print whispers. Second, our doctors tend to think, as we do, that Health Canada is checking the safety and efficacy of prescription drugs — so we are both duped. Third, hardly any doctor knows that the current approvals process is rigged because the evaluators have no access to the raw data. Everybody — from the Health Canada scientist down to the patient popping a carcinogenic antidepressant or Co-enzyme Q10-depleting cholesterol-lowering drug — is kept in the dark and fed BS: "We are all mushrooms," observed the representative of the Canadian Labour Congress.

All of us are exposed at some point to this Corporately Regulated Arsenal of Pharmaceuticals (CRAP). Therefore, all of us must act. Here is a list of suggestions:

1. Support the Canadian Health Coalition ([www.medicare.ca](http://www.medicare.ca)) because they are actually doing this job for us on a shoestring and full-time.
2. Download the "Open Letter to the Prime Minister" from the CHC website or from mine: [www.kospublishing.com](http://www.kospublishing.com), sign it, e-mail or mail it to the PM and send a copy to your MP and ask him or her what they are going to do about this criminal negligence being perpetrated on thirty million Canadians.
3. Take yourself to the documentary movie The Corporation and become politically enlightened.

Some helpful measures that came to my mind are: first, we need to raise the price of all prescription drugs (except the ones on the World Health Organization's list of 350 necessary ones, which are 5% of what's currently prescribed) by at least 1,000% so people and even insurance companies can't afford them. That would reduce morbidity and increase our longevity to that of Spain and other poor western countries where the spending on drugs is less than one third of ours. (See TIME Feb.2, 2003)

Second, each drug should, like cigarettes, come with the appropriate warnings. Paxil boxes would read: "Taking this SSRI increases your chance of cancer by 750%." Or on a Lipitor box it would say, "Significantly reduces the enzyme your heart function depends on." Or good old aspirin would inform us: "Long-term use increases your chance of pancreatic cancer by 58%" (see proceedings of American Association for Cancer research, October 29, 2003).

Third, we must demand that our current legislation remains in force because its requirements for safety and precaution are excellent

Fourth, we need the enunciation of a new human right. All international human rights treaties focus on life, liberty, fair trials, racism, labour laws and the like. The Helsinki Accord also mentions the right to informed consent in medicine. What we urgently need in this time of wholesale corporate criminality is the recognition that it is a human right, not to be lied to for profit, and that being told the truth, the whole truth and nothing but the truth, ought to be as fundamental a human right as life itself.

The CHC must have the last word: "If Health Canada's proposed evisceration of the Foods And Drugs Act is allowed, there will literally be no limit to what the corporations will put in our stomachs and our blood-streams" — and ignorance will not only cease to be bliss but will become death.



Helke Ferrie, a physical anthropologist, is a medical science writer whose articles on the political aspects of medicine are featured regularly in Canada and the US.

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# Mise à jour du DROIT À LA SANTÉ

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## Notre Projet de Loi C-420 présenté au comité permanent sur La Santé

by Laurie Foley

Le 22 avril, le docteur James Lunney, membre de Parlement pour Nanaimo-Alberni s'est présenté devant le comité permanent de santé de la Chambre des Communes pour faire entendre un témoignage à l'appui de ses produits de santé naturels.

(PSN) Projet de Loi C-420

"Santé Canada est connue depuis longtemps pour son opposition aux PSN comme ces nouveaux règlements en font preuve. Ce Projet de Loi vise le problème et donnerait aux canadien/nes la liberté de choix tant souhaitée," a déclaré le docteur Lunney.

Lunney accuse Santé Canada "d'avoir utilisé l'autorité de leur office et cette législation archaïque pour enlever aux citoyen/nes canadien/nes la liberté de choisir des produits à prix et à risque modique pour leurs soins de santé personnels." et a déclaré que les nouveaux règlements ne sont pas scientifiques et sont contraires à l'intérêt public.

Pour terminer, Lunney a rappelé que le comité de comptabilité publique est en train d'entendre le témoignage de Chuck Guité: c'est un scandale qui a bouleversé la capitale, "quand on vole de l'argent public, le public s'enrage surtout quand il s'agit de centaines de millions" a dit Lunney "mais quand le public comprend que l'intrusion bureaucratique et l'obstructionisme technologique a bloqué l'accès aux meilleurs soins de santé, cela pourrait provoquer un vrai tremblement de terre.

Le docteur Lunney a présenté le Projet de Loi en mars 2003 en déclarant que les canadien/nes méritent de faire leur propre choix en matière de santé. Pendant un débat à ce sujet le 20 octobre, Le docteur Lunney a expliqué le but de ce Projet de Loi.

"Il y a eu de la confusion sur ce que ce Projet de Loi accomplirait. Le Projet de Loi C-420 n'éliminerait pas entièrement le mandat du Bureau de produits de santé naturels. Il le changerait d'un nouveau mandat pour médicaments en un mandat pour aliments. Nous garderions les mêmes normes de qualité et les mêmes règlements d'inspection dans la production. Nous pourrions toujours assurer que l'étiquette déclare véridiquement le contenu. Nous pourrions toujours assurer que les allégations de santé soient fournies. Nous pourrions faire des enquêtes pour nous assurer que l'allégation de santé traditionnelle est sans nocivité. Nous pourrions fournir aux canadien/nes la certitude que l'allégation de santé est scientifiquement valide.

Les produits de santé naturels sont classifiés actuellement comme médicaments, classification qui a effectivement fait retirer du marché par Santé Canada plusieurs produits efficaces à risque modique.

"Franchement, je pense que ceci n'est pas acceptable à la majorité des canadien/nes. Un simple supplément minéral comme le picolinate de chrome est absolument essentiel pour le métabolisme

de la glycémie. Ceci tient vrai pour tous les membres de la Chambre. On ne peut pas métaboliser la glycémie sans le chrome. Nous l'excrétons quand nous métabolisons du sucre. Le fait que Santé Canada retirerait du marché la forme la plus efficace du point de vue physiologique me semble fondamentalement pervers et contraire à l'intérêt public", a déclaré le docteur Lunney pendant le débat où il a exprimé ses préoccupations quant à un certain médicament visé par Santé Canada

" Il se trouve qu'un supplément minéral, développé en Alberta sous le nom de E.M. Powerplus, est en train d'aider des canadien/nes qui souffrent d'une maladie mentale, la maladie bipolaire ou la psychose maniaque dépressive. Cette maladie est associée avec un coût démesuré et comporte un grand risque de suicide," a dit le Docteur Lunney. " Il y a plus de 3,000 canadien/nes qui profitent de ce produit et pourtant Santé Canada est prête à le retirer du marché. Ces gens veulent savoir pourquoi Santé Canada agit ainsi quand l'évidence indique des bénéfices.

Le docteur Lunney a utilisé une citation de Shakespeare pour appuyer son point de vue. Il a déclaré qu'il y a "quelque chose de pourri dans l'état de Danemark".

"Il y a quelque chose qui ne sied pas dans la façon dont Santé Canada dirige les produits de santé naturels. Le nouveau conseil d'administration pour les produits de santé naturels va garder les sous-sections démodées 3(1) et 3(2) et va continuer à retirer du marché des produits qui font une allégation de santé. Santé Canada a déjà envoyé la police faire une rafle dans les ordinateurs d'une petite entreprise à Raymond, Alberta et a effectivement bloqué la livraison de ce produit." a déclaré le docteur Lunney.

Au moment où les coûts des soins de santé augmentent, les canadien/nes souhaiteraient que Santé Canada s'intéresse à un produit qui pourrait les

Pendant une réunion à la Chambre des Communes le 23 octobre, 2003, le Projet de Loi C-420 a passé sa deuxième lecture par un vote de 124 à 83.

Parmi ceux qui l'ont appuyé il y avait Rob Merrifield, membre de Parlement pour Yellowhead, Alberta et critique de Santé supérieur pour le Parti Conservateur du Canada.

" Avec des milliers de canadien/nes, je reconnais les multiples bénéfices des produits de santé naturels et des traitements alternatifs. Avec la tendance des canadien/nes vers une plus grande responsabilité pour leur santé, il est de toute importance que le secteur des produits de santé naturels puisse accroître. Voilà pourquoi j'appuie le Projet de Loi C-420." a dit Merrifield.

Plusieurs organismes ont aussi appuyé le Projet de Loi, y compris les Amis de la Liberté. Jusqu'à date plus de 100,000 de noms pétitionnaires ont été reçus au Parlement pour protester contre les actions de Santé Canada et pour soutenir les efforts du mouvement "Les Aliments ne sont pas des Médicaments".

On prie tous les consommateurs intéressés à empêcher nos 60,000 aliments de fonction médicinale d'être transformés en médicaments au Canada, en adhérant au groupe Amis de la Liberté. Voir en ligne, dons et adhésion au [www.friendsoffreedom.org](http://www.friendsoffreedom.org) ou appeler notre numéro au 613-968-2613 aujourd'hui pour une demande d'adhésion et faire un don à La Liberté de Choix au Fonds Légal pour les Soins de Santé.



Dr. James Lunney,  
MP Nanaimo-Alberni, BC



Rob Merrifield,  
MP Yellowhead, AB

diminuer, baisser la morbidité d'une maladie grave et en améliorer les résultats cliniques. Ainsi a réagi la Province d'Alberta quand elle a connu l'efficacité de E.M. Powersplus pour les gens d'Alberta. Elle est prête à faire de grandes dépenses. L'université de Calgary a démarré une étude de \$544,000 sous la direction du docteur Bonnie Kaplan. Les canadien/nes se sentent trahis et c'est sûr que ceux qui prennent ce produit et se retrouvent mieux sous ses effets, se sentent trahis quand Santé Canada prend connaissance de cette étude et demande de l'arrêter."

## Le secret de la famille Strauss pour combattre les maladies du cœur

By Margarite Black

Suite à des enquêtes approfondies et des conversations avec les nombreux employés et clients de la maison Strauss, une étonnante histoire s'est dévoilée.

La famille Strauss pratique la médecine <<des plantes>> depuis huit générations. Elle distribue plus de cinquante-sept produits à base d'herbes médicinales.

Plus de 100 000 personnes en Amérique du Nord affligées de mal-

adie du cœur ont recours aux Strauss Heartdrops et, grâce à ce traitement, connaissent une meilleure qualité de vie. Depuis ses débuts, il y a 23 ans, plus d'un million de bouteilles de ce produit ont été vendues. Voici un exemple parmi tant d'autres d'une personne qui a bénéficié de ce produit.

À l'été de 2001, Joe Korey Junior de Wainfleet, Ontario a écrit: <<Lorsque j'ai commencé à utiliser les Strauss Heartdrops je pesais 400 livres, et je devais avoir

recours à un double pontage (qu'on disait que je ne survivrais vraisemblablement pas). Je respirais avec grande difficulté et je demeurais éveillé à peine plus de quelques minutes à la fois. Je suis diabétique et mes oreilles étaient devenues noires et mes jambes bleues. Les poils ne poussaient plus sur mes jambes. Je souffrais d'hypertrophie et d'une arythmie aiguë du cœur qui m'ont valu plusieurs séjours à l'hôpital chaque année.

J'ai essayé plusieurs de vos produits médicinaux. Ma respiration angoissée fut le premier symptôme à disparaître et aujourd'hui je respire normalement. Suite à maintes vis-

ites à la clinique respiratoire Firestone de Hamilton, on m'a avisé qu'il ne serait plus nécessaire d'y retourner avant six mois et cette visite que j'ai effectuée fut la dernière. Des tests ont révélé que mon cœur est retourné à sa taille normale. En juin 2002, mon médecin m'a fait subir d'autres tests et ceux-ci ont démontré qu'un double pontage ne serait pas nécessaire puisque mes artères étaient désobstruées.

Après avoir ingérer vos produits pendant deux mois, ma pression sanguine est chuté à un niveau parfait de 120/65. J'ai cinquante ans et je pèse aujourd'hui 250 livres, je dors seulement la nuit et jamais

durant la journée. Mes jambes et mes oreilles ont retrouvé leur couleur normale et mes cheveux poussent normalement. Mes médecins sont très heureux de mes progrès.

Je travaille environ soixante heures semaine dans une cour de transfert de rails; je me sens en pleine forme et je vis une vie normale et productive grâce aux produits de la maison Strauss. Depuis ses débuts, il y a 23 ans, plus d'un million de bouteilles ont été vendues. Mille fois merci du fond de mon cœur très en santé.

Pour de plus amples renseignements, visitez le site Web: [www.santeaveclesherbes.com](http://www.santeaveclesherbes.com) ou appelez le 1-866-299-3425.

