



## Health Freedom in Relation to Dietary Supplements and Drugs

*By: Dick Williams  
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### Updates on Health Freedom Political Issues in the USA:

We were ultimately successful in preventing any of the language of the former McCain/Dorgan Bill S.3002, the misnamed "Dietary Supplement Safety Act of 2010, from creeping into S.510, "The Food Safety and Modernization Act of 2010." The intense responses from health action concerned citizens to their Senators opposing S.3002 as it was originally written, and the never yielding efforts of lobbyists Beth Clay, Scott Tips, Diane Miller, and Clinton Miller deserve our applause for bringing this bill to fruition for all Health Freedom concerned citizens in the USA. Beth



Clay tells me that everyone on Capitol Hill was chaotic; everyone was pulling their hair out over the never ending phone calls, plus requests for hard copies of the bill to be mailed to them.

(Thousands of requests for copies of the bill were made, and the Congressional offices had only three hundred copies printed in case anyone requested a copy - this emphasizes what we can accomplish when we act together for a common cause.) And Beth graciously allowed people to fax their letters to her, requesting support from their Senators, which she personally hand carried to the State Department every day. That speaks dedication and reemphasizes that we have the right person working for our side of Health Freedom issues. Thanks Beth!

There are many lobbyists who work through various corporations and natural health organizations for health

freedom issues. Allow me to explain who all the persons I mentioned above are, and why they are important in our ongoing fight for health freedom. These are all people I have worked with directly. Until recently, Sunshine Health Freedom Fund (SHFF), sponsored by Nature's Sunshine Products, the largest encapsulated herb company in the USA, has single handedly dealt with our ongoing legislative health freedom issues, both on the state and the national levels. Beth Clay is Senior Vice-President of Capitol Strategy Consultants, Inc in Washington, D.C. Beth is our lobbyist through SHFF and CodexFund.com, and has spear-headed our USA fight against Codex and the above mentioned Congressional bills plus numerous other national legislations for the past three years. Scott Tips is an attorney, a lobbyist and general counsel for the National Health Federation and has worked internationally on Codex issues, including participating in the Codex Alimentarius meeting in Germany in 2009.



Diane Miller is an attorney and the Legal Public Policy Director of the National Health Freedom Action & National Health Freedom Coalition. Diane works with us on state, national, and international issues, and was a powerful voice in our fight against Codex. Clinton Miller, who like myself is a gentleman in his 80's, is known as "The Father of Health Freedom." Clinton is the most experienced health freedom lobbyist in the world, and is Nature's Sunshine's Health Freedom

Legislative Advocate. Among other things, Clinton authored and successfully lobbied for the unanimous enactment of The Proxmire Vitamin Bill in 1976. Clinton tirelessly continues to join in the fight for Health Freedom for all, and works with and mentors Beth



Clay and Diane Miller. When asked how long he plans to continue lobbying for health freedom, Clinton always answers "Until there are no more bills to be passed and no more wars to be fought."

I need to remind you that securing the services of these lobbyists is not inexpensive. If you value the health freedoms you enjoy and wish to preserve them, PLEASE contribute to the cause. Anyone can donate on the internet by signing on to [www.CodexFund.com](http://www.CodexFund.com). If you will go online and check out this site once a week, you will be continuously updated on the most current health issues. This is one cause you will not regret supporting. Remember: "United We Stand, Divided We Fall"...and Fail!

To help the FDA better regulate supplements, Senators Hatch and Harkin introduced Senate Bill S.3414, "The Dietary Supplement Full Implementation Act of 2010 in May. This legislation is aimed at giving the FDA the funding it needs to do its job and fully enforce the regulations stipulated in DSHEA. As Senator Hatch said in a press conference, "We don't need to create new and entirely unnecessary enforcement laws and bureaucracies, which would restrict the ability of over 150 million Americans to use dietary supple-

ments. What we need to do is ensure the Food and Drug Administration is properly implementing and enforcing existing dietary supplement laws. That's precisely what this common sense legislation that Senator Harkin and I have introduced will do." (Perhaps you recall from reading my previous articles, that the Dietary Supplement Health and Education Act of 1994 required the FDA to fully implement and enforce that law, which the FDA has not complied with at this point.) Beth Clay, our well-known and highly respected lobbyist in Washington, says the bill has been read twice and in now in the Senate Committee on Health and Education. Beth says portions of the bill contain ambiguous wording, which will need some re-wording to make it clearer and to simplify its meaning.

The information below, taken directly from the Congressional record, contains truths in relation to S.3414 which Congress has determined and acknowledged:

1. Each year, more than 150,000,000 Americans regularly consume dietary supplements to maintain and improve their health.
2. Consumer expenditures on dietary supplements exceeded \$25,000,000,000 in 2008 alone.
3. Given the growing awareness of the importance of prevention and wellness in the health care system of the United States, it is vital that laws governing the safety of, and education about, dietary supplements be fully implemented and enforced.

At this point, I feel I owe an apology to all of our IIPA members who are not from the United States. Members and citizens from Australia, New Zealand, the Philippines, Canada, countries of the European Union, and others have your own battles to wage with your quests for health freedom. Your own governments may not share your values about health freedoms, the same as those of us who live in the USA experience with our own government. Unfortunately, I am not familiar

with the fights you have to endure to secure your health freedoms and to protect your rights as health care professionals-whether you are an Iridologist, herbalist, or other treatment and healing modality professional.

For the moment, please allow me to educate our American members with interesting information I have found:

- Russia ranks as the first country to legalize Iridology as a practice. In Russia, Iridology is taught in the medical schools.
- The Philippines is the second country in which Iridology is fully legal as a practice.
- Romania banned the import or use of Aspartame in the mid-1990's.
- The Philippines banned the import or use of Aspartame in April, 2007, under the "Aspartame Ban Act of 2005." A very interesting fact is that the Philippine government used the FDA's own list of 92 symptoms attributed to the use of Aspartame, which included developmental retardation in children, coma, and death as their criteria for signing into law that Aspartame usage or importation was illegal. Heavy fines are imposed on anyone caught breaking that law.
- Great Britain's Parliament is pushing to get Aspartame banned in their country.
- On the European Common Market, Aspartame is banned for use in all children's products.
- By contrast, and this is embarrassing for me to write, the FDA in the United States approved Aspartame as a sweetener for dry goods in 1981, and for carbonated beverages in 1983. How does the FDA explain that? Does no one, not even the government, pay any attention to its findings? And yet, they are supposed to be the authority on what is and is not safe for human consumption! Go figure!

So, our international members and readers, I hope my meager attempt to bring some of your plights and your accomplishments to the front lines will redeem me for seldom mentioning Health Freedom issues going on in your part of the world.

Returning to our woes with the FDA, Jeffrey Emord, a constitutional and administrative lawyer in Washington, D.C., who has defeated the FDA in federal court a remarkable six times, wrote in an



article in Health Keepers magazine that "The prevailing view on Capitol Hill is that money will solve most of the FDA's problems." He says that the FDA's costliest expenses have nothing to do with the agency's budget, but with agency heads and political managers who press for the approval of drugs, even unsafe ones, in the prospect of obtaining high paying jobs in drug companies and drug lobbying firms. Proof of this abuse lies in the fact that some three dozen drugs that we know of have been given approval for marketing even when the FDA's own medical reviewers have deemed them unsafe for use.

Tracy Madi, N.D., CNHP recently published an article in Health Keepers magazine that revealed facts to support the claim that industry lobbyists have a lot of power over Congress. She reported on a New York Times article that was recently published. The story unveiled by the New York Times stated that industry lobbyists hold a lot of power over the United States Congress. The examination of a number of statements made by forty-two Congressmen revealed that Genentech, the world's largest biotechnology company, has been ghostwriting speech content that is favorable to their industry for Congressmen to recite during health care reform talks. Republicans (22) and Democrats (20) were all found to have included at least some or all of

Genentech's pro-biotechnology rhetoric during various speeches. Listeners' began to notice identical, word-for-word statements being made by the Congressmen, all of which were traced back to Washington lobbyists hired by Genentech. The New York Times also discovered that Genentech wrote two versions of its talking points - one for Republicans and one for Democrats. Genentech's purpose was to have as many identical supporting statements about biotechnology included in the Congressional Record as a means of bolstering the biotechnology industry. The New York Times found that Genentech has an extensive history of preparing and providing these pre-written selling points to Congress. This practice is commonplace on Capitol Hill and shows the close relationship between industry and government and mirrors what has been happening increasingly in the medical literature where a company hires a ghost writer to write research articles for submission under the name of respected scientists.

You may remember in my 4<sup>th</sup> article on Health Freedom in America, in which I reported on an article from The New York Times relating to medical and pharmaceutical financial ties. To summarize, this article on March 3, 2009, revealed that 25% of the Harvard Medical School professors had financial ties to the United States Pharmaceutical Industry and at least 171 of these professors were salaried employees of same.

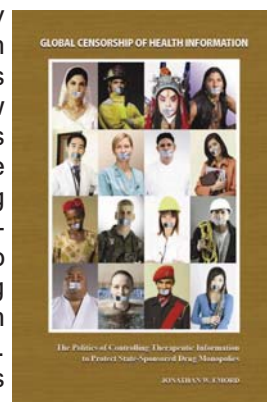
A group of statistical researchers investigated the relationship between pharmaceutical advertising and articles regarding dietary supplements in medical journals. Life Extension reports that the analysis revealed this:

1. Journals with the most pharmaceutical ads published significantly fewer major articles about dietary supplements per issue than journals with the fewest pharmaceutical ads.
2. The percentage of major articles concluding that dietary supplements were unsafe was 4% in journals with the fewest pharmaceutical aids and 67% among those with the most pharmaceutical ads.
3. The percentage of articles concluding that dietary supplements were ineffective was almost twice as high (50%) among journals with more pharmaceutical ads than among those with fewer pharmaceutical ads (27%).
4. The researchers concluded that increased pharmaceutical advertising is associated with the publication of fewer articles about dietary supplements and more articles with conclusions that dietary supplements are unsafe.
5. A major reason why many conventional doctors are biased against dietary supplements is that the journals they read seldom publish the favorable studies. Dietary supplements compete directly against prescription drugs in many disease categories. When dietary supplements are properly used to prevent disease, demand for expensive pharmaceutical agents is diminished. It is thus in the financial interest of pharmaceutical companies to encourage negative studies to be published in influential medical journals.

Doesn't it seem more than a small coincidence that mainstream medical journals publish negative editorials

against dietary supplements at times of the year when they receive the most media coverage? I believe this study definitely shows that drug money may be spent by the pharmaceutical companies to influence media bias against dietary supplements, and this drug money may also be corrupting the intellect of the medical journals that can have a definite significant impact on both the professionals who read them and public opinion. The correlation is too obvious to ignore.

In closing, I would like to refer you to a book that would be to your benefit to read. "Global Censorship of Health Information," by Jonathan Emord deals with how governments worldwide are censoring health information in order to protect drug companies from competition. From his experiences as a consultant by firms around the globe, Mr. Emord describes the suppressive actions of the Codex Alimentarius Commission, the European Food Safety Authority, Health Canada, and the Hamburg Food and Drug Administration. This book is a must read for anyone concerned about their shrinking health freedoms and limited access to the truth. This book may be purchased from Amazon.com, or ordered through your local book store.



I remain your advocate and supporter of Health Freedom,

*Dick Williams*



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