

Approved _____

Date 1-28-88

MINUTES OF THE HOUSE COMMITTEE ON PUBLIC HEALTH AND WELFARE

The meeting was called to order by Marvin L. Littlejohn at _____
Chairperson

1:30 a.m./p.m. on January 21, 1988 in room 313-S of the Capitol.

All members were present except:

Chairman Littlejohn, excused

Committee staff present:

Bill Wolff, Research
Norman Furse, Revisor
Sue Hill, Committee Secretary

Conferees appearing before the committee:

Pat Heydaluff, Exec. Director Nat'l. Assn. Nutritionists
Clinton Miller, National Health Federation
Sue Ulrich, Diet Center, Wichita, Kansas
Mildred Lowry, Kansans for Health Freedom
Betty Russell, Reflexologist, Nature Sunshine
Jean Cooley, Nature Sunshine
Dwayne Judus, Grantville, Kansas
Bonnie Saffenfield
Glen Rutherford, Conway Springs
Dr. James Brigge, Ph.D. - Nutrition/Metabolism
Dave Gurley, Diet Center, American Health Care, Inc.
Velma Howbert, Independent Amway Distributor
Terri Hoppis, Independent Herbologist

Vice-Chairman, Frank Buehler called meeting to order calling attention to committee minutes of January 12th and 19th, 1988. Rep. Green moved these minutes be approved, seconded by Rep. Cribbs, motion carried.

Testimony by Opponents began on HB 2464:-

Ms. Pat Heydaluff, Executive Director of National Association of Nutritionists spoke in behalf of retail store operators. We need to emphasize that Kansas does not need this law. HB 2464, if passed will have a major impact on small independent businessmen. She cited specifics for their opposition, i.e., Dietitians are not Nutritionists; nutrition is a broad field; lines 42-46 of HB 2464 would give dietitians the sole right to practice nutrition; reasons for the need of this bill is not what they are saying; bill is monopolistic; restrictions of freedom of retailers in this arena will be put out of business. She cited other state's legislation in this regard and no state has passed a bill such as HB 2464. She answered numerous questions, i.e., Kansas has an enforcement problem, not a regulatory problem in regard to this retail business. Their National Organization has a Code of Ethics that must be followed, or products will not be sold to these retailers. Yes, we are a self policed organization; yes, we could remove someone from our Association if they do not comply with our requirements. (see Attachment No.1 for details of her testimony.)

Clinton Miller, Legislative Advocate for National Health Federation gave hand-out, (see Attachment No. 2 for details). Thank God, he said, there are no requirements for a Nutritionist. What requirements are there for Legislators, President? There are none, and Thank God there aren't. HB 2464 is an outrageous proposal. General nutrition is nonsense. When the public goes into a Health Food Store, they want specifics, not general information. He spoke to inappropriate nutrition in hospitals given by dietitians. He called attention to various items in hand-out. He answered numerous questions.

CONTINUATION SHEET

MINUTES OF THE HOUSE COMMITTEE ON PUBLIC HEALTH AND WELFARE,
room 313-S Statehouse, at 1:30 AM/p.m. on January 21, 1988

Hearings continue on HB 2464--

Sue Ulrich, Diet Center owner, (see Attachment No.3), for details of testimony, stated, she opposed any legislation that would restrict or prohibit the operation of legitimate weight loss retail stores. Diet Center operation has been in business for nearly 15 years. Our program calls for set procedures and diet. She explained their programs. This adverse legislation could affect hundreds of businesses, Diet Center employees and counselors, not to mention thousands of dieters in Kansas. Dietitians must, like all other businesses stand on their own merits and not be allowed to hide behind the guise of licensing. She answered questions.

Mildred Lowry, Health Food Store owner in El Dorado, Kansas gave hand-out, (see Attachment No.4). She questioned the rationale of items in the bill, i.e., what is an office setting; she has been in health field for 10 years, and has yet to converse with a person who is not an R.D. call themselves one; she cited specific cases where people taking certain amounts of vitamins and supplements were improving their health. Said she learned two things from testimony given at meeting yesterday, registered dietitians are infallible; only other people make errors and dietitians are determined to protect the rest of us from our ignorance, they are anecdotal-noproof-too simplistic. She is past 72 years of age, has never cost Medicare one penny, nor has spent any of her own money for medical care. She stated, Scientists have open minds, dietitians do not. She answered questions.

Betty Russell, a Reflexologist from Gypsum, Kansas and she related her own personal story. She injured her leg in a fall, underwent years of treatment and realized little help from said treatment. She was confined to a wheel chair. Then a lady who was a reflexologist came to her aid, helped her and today she appears in good health. A good program of nutrition for better health she feels repaired her health. She takes vitamins and feels it should be the right of anyone who wishes to do so should be able to get vitamins, supplements, and information in Health Stores. (Attachment 5)

Jean Cooley, gave testimony about her own personal health experiences and feels she owes her life to good nutrition from Nature Sunshine. (See Attachment No. 6 for details). She was strongly opposed to HB 2464. She commented our foods are now grown on soil depleted by years of intensive farming without proper understanding of organic principles of land use and ecology.

Dwayne Juedes was unable to give his testimony personally, but asked Bonnie Saffenfield to present it. (See Attachment No. 7 for details). Line 147 of HB 2464 refers to "nutritionist", and this is said to be a bill for dietitians licensing. This is unfair. A dietitian is not a nutritionist, just as a psychologist is not a psychiatrist. This bill is a fraud on the part of the dietitians to give them a monopoly, and if passed would be a violation of the Anti-Trust Act, he believes.

Glen Rutherford, a self healed person gave a personal story of his steps to regain his health after being diagnosed with cancer. He went to old Mexico and learned to use good nutrition and vitamin and food supplements to regain his health. (See Attachment No. 8 for details).

CONTINUATION SHEET

MINUTES OF THE HOUSE COMMITTEE ON PUBLIC HEALTH AND WELFARE,

room 313-S, Statehouse, at 1:30 /a.m./p.m. on January 21, 1988

Hearings continued on HB 2464:---

Dr. James Brigge, Ph.D, stated that written testimony had been mailed previously to committee members. (see Attachments No.9) for details. He stated most physicians and dietitians he knows take the New England Journal of Medicine as their bible and do not use nutritional Journals, as he hasn't seen this type of literature in physician's offices. He cited seven documented reasons for supplementation in our diets. He stressed this is not mega doses, which might be needed for some people at some particular time, but as a general rule, most need some supplementation. There is documentation that over one third of the hospital patients are mal-nourished because the hospital diets are inadequate, and it is the hospital dietitian that makes the menus.

Dr. Edward Meyers, stated he would mail text. He spoke of the value of nutrition in connection with a diagnosis. If licensed, Dietitians should be licensed by the Kansas Board of Healing Arts. If nutrition was an exact Science, all this would be easier for all involved. Be aware, he said, that religious practices are also involved in this issue.

Velma Howbert, an Amway Dealer gave hand-out, (see Attachment No.10 for details). A Code of Ethics of Amway Distributors states no Distributor can recommend any dosage of food supplements or vitamins. Her concerns with HB 2464 are, i.e., state of Kansas not spend tax money to regulate what citizens should hold themselves responsible for; restrictions on free enterprise; Grandfather clause would be unfair. She cited specific examples about her personal health care and that of her son.

Terri Hoppis gave hand-out, (see Attachment No. 11) for details. She gave testimony that related to her personal health during a pregnancy. She felt she was given mis-information by a physician, so she began to study nutrition herself, and felt she was able to deliver a healthy baby because of her own good judgments, and not the advice of the doctor. She is prayerful that all involved with HB 2464 will see the insanity of turning over such an important facet in all our lives to a group of incompetent persons. Her testimony was very emotional.

Vice-Chairman asked those conferees who did not get to present their testimony verbally this date, due to lack of time, to please submit their printed comments to Committee Secretary, and all committee members will be given said testimony for their study and evaluation.

He thanked all for their cooperation during these hearings.

Hearings closed on HB 2464.

Meeting adjourned 3:10 p.m.

GUEST REGISTER

HOUSE

PUBLIC HEALTH AND WELFARE COMMITTEE

Date 1-20-88

NAME	ORGANIZATION	ADDRESS
Bonnie Hansen J.K.	Kansas Diet Center / State	Professional Place 2314 Andover Mankato, Ms.
PAT HEYDLAUFF	NATIONAL NUTRITIONAL FOODS ASSOC.	135 E. BAKER COSTA MESA CA 92626
Madreel Stewart	Kansas For Health Freedom	614 N. Main Elk Grove, Kansas 67042
Edward A. Myers	Chiropractor Part owner of Health Store	1689 E. 9th Newton, KS. 67114
W. Smith	Kansas OT Assn.	Topeka
G & J SERVICE-G.L. RUTHERFORD P.O. BOX 185 PH. 456-2425 CONWAY SPRINGS, KANS. 67031	Voters Serv. of Kansas CHRISTIAN SCIENCE COMMITTEE on Publications for Kansas	G & J SERVICE-G.L. RUTHERFORD P.O. BOX 185 PH. 456-2425 CONWAY SPRINGS, KANS. 67031
KATH R LANDIS		TOPEKA
DICK HUMMEL	KS HOMEOWNERS ASSN.	TOPEKA
Tom Wesley	KSNA	Hutchinson
Ruth L Gillgannon	Diet Center	Topeka
Jerome P. Gillgannon	Diet Center	Topeka
Kathleen Spurlock	our freedom Personal - Learning	Topeka
David Seals	Diet Center	9697 N. Taylor Rd #104 Hutchinson, KS 67508
Lay Baker	Diet Center	923 Harfield Topeka, Ms.
Don Verick	Diet Center	111 W. Baltimore, Topeka, KS
Mary Brown	Diet Center	400 S. Rock Rd Topeka, Ms.
Linda Lovett	Diet Center	8625 Frasier Wichita, Ms. 67212
Diana Diligani	Diet Center	2029 Turpike Topeka
Dorothy Husk	Nature's Sunshine Dist.	P.O. Box 104 Erie KS 66733
Rev. Dewitt S Hunter	Minister	8837 Hoch Auburn Ms 66402
Leonard Humphrey	Nature's Sunshine	RR#3 Ottawa, KS 66067
Evelyn Humphrey	Nature's Sunshine	R.3 Ottawa, Ms. 66067
Lisa Winter	Nutrition for Health	Rt 2. Marion. Ms. 66861

<u>NAME</u>	<u>Organization</u>	<u>Address</u>
Verna Watts	Natures Sunshine	Garnett Ks 66032
Katie Schmucker	" "	" " "
John Parker	Topeka Natural Therapeutics ^{AMTA}	Topeka, Ks 66611
Kenneth E. Kelsey	Lorenz's Nutrition ^{AMTA} Inn	Wichita, Ks 67203
Sera E. Wellhoite	Consumer	Junction City Ks.
Frank Russell	House of Herbs & Reflexology	Sumner Ks
DWAYNE JUEDES	SUNRIDER + NHF	RR #1 BOX 11 GRANTVILLE Ks Topeka, Ks 66664
Ladie Rome	Sunrider	2950 SW. Randolph
Dorothy Glass	Sunrider	1432 Bennett Rd Topeka ⁶⁶⁶⁰⁴ Ks
Kenneth & Webber	Consumer	3333 SE 61st BERRYTON, Ks 66409
Elmer E. Schmucker	Natures Sunshine	Garnett, Ks. 66032
Robert E. McLeod Sr.	Natures Sunshine	Garnett Kansas 66032
Robert J. Jorecki	Natures Sunshine	Garnett, Ks. 66032
Verna R. Mineer	Lorenz's Nutrition Inn	Wichita Ks 67203
Velma Dickel	Nature's Way of Life	Garden City, Ks. 67846
Jean Cooley	Jean's Health & Beauty	Gypsum, Ks. 67448
Dore Hoppis	Nu Pro	K.C., Ks 66104
Jim McBride	Observer	Topeka
Miki Morgan	HOUSE OF HERBS	Salina, Ks. 67401
Marilyn Frederking	Natures Sunshine	Salina Ks 67401
Virginia Wooder	Natures Sunshine	Russell Ks 67665
Bridley E. Abbott	Consumer	Prussas City Ks 66112
S. M. Hendrickson	Consumer	K.C. Ks. 66109
Mrs. Lu. J. Sotak	"	Marion, Ks. 66861
Wilma Doute	Natures Sunshine	Hope, Ks 67451

<u>Name</u>	<u>Organization</u>	<u>Address</u>
Marcia Folen	Consumer	Rt. 2 Hope, KS. 67451
Elizabeth Crawford	consumer	Rt 1, Box 52, Florence 66851
Mary Kemmer	Nature's Sunshine	3628 Birch Street, Shawnee, KS 66205
John R. Shuman	consumer	Roeland Fork HS 66285 K.C.K.
Angela Judy	Consumer	5918 Leav. RD 66104
Dr James E. Prugg		7905 Cherokee Lane, Lawrence, KS 66206
Ben Hammond	consumer	1120 S. 55th, Kansas City, KS. 66106
William C. Price	Tree Hunters Club	1020 W. 11th, Topeka, KS 66604
Richard & Weaver	Habitat Rest Group + W.F.C.	Box 97, Burnside, KS 66401
Evelyn Bainbridge	consumer	495 Lakeshore East, Lake Quivira, KS 66106
Billee Burice	consumer	Box 13233, Edwardsville, KS 66113.

Do we in return receive a list of the Committee members and Vice Chairperson's name(s)?

Can we request a transcript of this hearing.

Cara Brewer	Rt 1, Perry, KS	66073 - 713 - 597 - 5703
Rebeka Robinson	The Good Earth	3934 W 69th, P.O. Box 913-432-8040
Sandra B. Procter, R.D.	Kansas State Univer.	Manhattan, KS. 66506
Sue Krieg, R.D.	Robinson Education Center	2031 Paynter, Manhattan, KS. 66502
Helen McManis, R.D.	Kansas State Univ	Pittman Bldg. KSU. Manhattan, KS. 66506
Wm. ...	Wichita State Univ.	Wichita, KS 67206
Judy Johnston, MS, RD, CGE	Reversale Hosp	Wichita, KS 67206
Carol Hiles, MS, RD	self employed	R.R. 2 Lyndon, KS 66451
Kathleen Kieck	MS, RD	6021 W. Westlake Dr - Lyndon, KS
Nancy Bates, MS, RD.	KS. Dept. of Health & Env.	London State Office Bldg.



National Nutritional Foods Association

COMPRISING RETAILERS, WHOLESALERS/JOBBER AND MANUFACTURERS/DISTRIBUTORS OF THE HEALTH FOOD INDUSTRY

125 EAST BAKER AVENUE, SUITE 230, COSTA MESA, CA 92626 • (714) 966-NNFA

STATEMENT OF THE NATIONAL NUTRITIONAL FOODS ASSOCIATION CONCERNING KANSAS HOUSE BILL 2464

NNFA is the nation's trade association for the health food industry. We represent thousands of manufacturers, distributors and retailers, a large number of whom are located in Kansas.

House Bill 2464 is a dangerous bill. We have seen its counterpart introduced over 60 times in other states - it has never been passed. And for good cause - the bill unconstitutionally deprives citizens of free speech and of the right to choose their source of nutrition information. It is also dangerous because it confers a complete monopoly on a very inbred group: dietitians. No group is entitled to the power that this bill seeks.

Why There Is No Law Like House Bill 2464

The bill will not accomplish anything positive for the citizens of Kansas. Why give one group which has publicly acknowledged that many of its members are not up-to-date on nutrition the exclusive right to "recommend appropriate nutritional intake" [§2(h)]? Kansas doesn't let only one newspaper report the news; it should not make all citizens go to the dietitians as the sole source of all "nutritional counseling in health" [§2(i)].

We do not need to chronicle the horror stories of dietitian-planned hospital menus where Forbes magazine [April, 1984] says malnutrition has killed over 50,000 patients. Neither do we need to emphasize that the dietitians are "motivated primarily by the anticipated benefit to members of the profession" - i.e., "... third party payment". (Journal of the American Dietetic Association, April, 1984).

All we need emphasize is that Kansas does not need this law. It has a law prohibiting the unlicensed practice of medicine - i.e., trying to cure people without an M.D. license. Kansas has a consumer fraud law protecting it from false claims regarding

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products. And Kansas has the protection of both the federal and state Food and Drug Laws, which regulate, as illegal drugs, food supplements sold for medical uses.

In short, Kansas has all the laws it needs to cope with the alleged problem. There will always be groups seeking monopolies - like the barbers trying to get exclusive rights to cut hair or the opticians trying to exclude optometrists from eye care. Fortunately, legislatures have, in their wisdom, not caved in to these demands.

The dietitians have a self-regulated industry. They are now trying to exclude all competition. They are even trying to get exclusive use of the term "nutritionist" despite the fact that it has no established professional definition. This is why states like Virginia (1987 Report of Advisory Committee on Dietary Licensing) and Michigan (1984 Committee Report on Health Subspecialty Licensing) have recently issued expert reports with scathing opposition to such licensure.

No group can legally usurp free speech. No group should be permitted to usurp freedom of choice. We urge this legislature to resoundingly defeat House Bill 2464.

Dated: January 11, 1988

Respectfully,

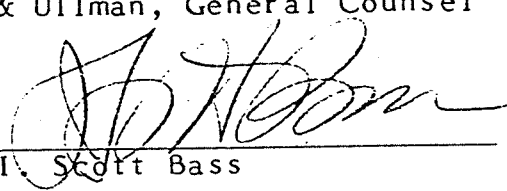
NNFA

Stanley Jacobson, President

Patricia Heydlauff,
Executive Director

Bass & Ullman, General Counsel

By


I. Scott Bass

CERTIFICATION? YES! MONOPOLY? NO!!

(AND I CAN TELL THE DIFFERENCE)

The Honorable _____ 19 _____

_____ Capitol Building
(State)

_____ (City) _____ (State) _____ (Zip)

Dear State Senator, Representative, Assemblyman, or Delegate _____ :

For several years there has been an unnecessary war raging between the dietitians and nutritionists in the United States.

The war is really unnecessary because there is plenty of room in the States for people with widely differing points of view about diet and nutrition.

The controversy started a few years ago with an improper attempt by the American Dietetic Association (ADA) to outlaw and make criminals of all nutritionists in the U.S. who do not teach and follow the dietary dogma of the ADA.

In many states the ADA has wrongfully attempted to enact tough monopoly laws giving their members the exclusive right to use the title of "nutritionist."

I have no objection to a state certification law which will certify or license dietitians. If dietitians want exclusive use of the title of "registered dietitian" which they have enjoyed for decades, it is O.K. by me *provided the law stops there.*

However, I am strongly opposed to any licensure law which is twisted into a monopoly law for dietitians. It is wrong to use big state government to help ADA eliminate its competition in the marketplace.

ADA "licensed dietitians" represent only one single (and not very popular) school of nutritional thought in the United States. They are best known for their preparation of the monotonous menus in hospitals and prisons for which they have been subject to increasing and well deserved criticism.

There are as many vastly different beliefs about nutrition as there are about religion. In fact, many nutritional theories and practices are tightly intertwined with widely opposing religious doctrines and traditions. Orthodox Jews, Moslems, Seventh-Day Adventists, Mormons, and many other religions follow strict nutritional laws set down by their prophets.

For decades dietitians have bitterly railed against all nutritionists in the United States. The ADA has been exceedingly intolerant of any dietary viewpoints that differ from their own.

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*Attn #2
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1-21-88*

(Continued from other side)

The public has become increasingly aware that the ADA's hospital and prison diet are not only unappetizing but, in most cases, are far less healthy than the infinitely wide variety of delicious and nourishing alternatives suggested by a new generation of gourmet nutritionists.

The increasing popularity of nutritionists, who in the eyes of the ADA members did not graduate with the "right degrees" from the "right schools," has caused ADA members to jealously covet the title of "nutritionist."

ADA members are mistakenly taught in their "accredited schools" that it is the glamorous title of "nutritionist," rather than their rigid outdated beliefs about diet, that has caused the public to turn to others for nutritional information.

It is naive of ADA to believe that — by making it a serious crime for anyone but their dues-paying members to give nutritional information to anyone else — millions of Americans will suddenly forget their long love affair with non-ADA nutritionists.

Please be on the alert for ADA's ongoing attempt to enact monopoly legislation.

In March, 1986, Utah enacted a model dietitian bill which was actively supported by both Utah's dietitians and nutritionists. Lloyd Selleneit, Chairman of Utah's House Judiciary Standing Committee, drafted a fair bill patterned after Utah's law which certifies Certified Public Accountants (CPA). Selleneit argued there are lots of bookkeepers and tax preparers who are not CPAs yet who serve the public in the financial capacity of accountants. The Utah Legislature saw the analogous justification for dietitians — like CPAs — to be certified or licensed. At the same time nutritionists, like bookkeepers, could peaceably coexist without a need for certification or licensure.

If you vote for a dietitian bill for our state, please be sure it is patterned after the Utah bill which doesn't use the word "nutritionist" or "nutrition" a single time — thus avoiding any confusion between the two groups.

Thank you in advance for protecting my health freedoms.

Sincerely yours,

Signature _____ Print Name _____
Address _____ City _____
State _____ Zip Code _____

This form letter was prepared for my convenience by Clinton Ray Miller, Health Freedom Legislative Advocate of the National Health Federation, 5001 Seminary Rd., #1330, Alexandria, VA 22311. Phone (703) 379-0589. Additional copies: \$5.00/50; \$9.00/100 at NHF, Box 688, Monrovia, CA 91016, (818) 357-2181. **REPRODUCTION ENCOURAGED** (B-126)

Special Communication

IN THE UNITED STATES DISTRICT COURT FOR THE NORTHERN DISTRICT OF ILLINOIS EASTERN DIVISION

CHESTER A. WILK, et al.,)
)
) Plaintiffs,)
)
) v.) No. 76 C
) 3777
)
AMERICAN MEDICAL ASSOCIATION,)
et al.,)
)
) Defendants.)

PERMANENT INJUNCTION ORDER AGAINST AMA

Susan Getzendanner, District Judge

The court conducted a lengthy trial of this case in May and June of 1987 and on August 27, 1987, issued a 101 page opinion finding that the American Medical Association ("AMA") and its members participated in a conspiracy against chiropractors in violation of the nation's antitrust laws. Thereafter an opinion dated September 25, 1987 was substituted for the August 27, 1987 opinion. The question now before the court is the form of injunctive relief that the court will order.

See also p 83.

As part of the injunctive relief to be ordered by the court against the AMA, the AMA shall be required to send a copy of this Permanent Injunction Order to each of its current members. The members of the AMA are bound by the terms of the Permanent Injunction Order if they act in concert with the AMA to violate the terms of the order. Accordingly, it is important that the AMA members understand the order and the reasons why the order has been entered.

The AMA's Boycott and Conspiracy

In the early 1960s, the AMA decided to contain and eliminate chiropractic as a profession. In 1963 the AMA's Committee on Quackery was formed. The committee worked aggressively—both overtly and covertly—to eliminate chiropractic. One of the principal means used by the AMA to achieve its goal was to make it unethical for medical physicians to professionally associate with chiropractors. Under Principle 3 of the AMA's Principles of Medical Ethics, it was unethical for a physician to associate with an "unscientific practitioner," and in 1966 the AMA's House of Delegates passed a resolution calling chiropractic an unscientific cult. To complete the circle, in 1967 the AMA's Judicial Council issued an opinion under Principle 3 holding that it was unethical for a physician to associate professionally with chiropractors.

The AMA's purpose was to prevent medical physicians from referring patients to chiropractors and accepting referrals of patients from chiropractors, to prevent chiropractors from obtaining access to hospital diagnostic services and membership on hospital medical staffs, to prevent medical physicians from teaching at chiropractic colleges or engaging in any joint research, and to prevent any cooperation between the two groups in the delivery of health care services.

Published by order of Susan Getzendanner, US District Judge, Sept 25, 1987.

The AMA believed that the boycott worked—that chiropractic would have achieved greater gains in the absence of the boycott. Since no medical physician would want to be considered unethical by his peers, the success of the boycott is not surprising. However, chiropractic achieved licensing in all 50 states during the existence of the Committee on Quackery.

The Committee on Quackery was disbanded in 1975 and some of the committee's activities became publicly known. Several lawsuits were filed by or on behalf of chiropractors and this case was filed in 1976.

Change in AMA's Position on Chiropractic

In 1977, the AMA began to change its position on chiropractic. The AMA's Judicial Council adopted new opinions under which medical physicians could refer patients to chiropractors, but there was still the proviso that the medical physician should be confident that the services to be provided on referral would be performed in accordance with accepted scientific standards. In 1979, the AMA's House of Delegates adopted Report UU which said that not everything that a chiropractor may do is without therapeutic value, but it stopped short of saying that such things were based on scientific standards. It was not until 1980 that the AMA revised its Principles of Medical Ethics to eliminate Principle 3. Until Principle 3 was formally eliminated, there was considerable ambiguity about the AMA's position. The ethics code adopted in 1980 provided that a medical physician "shall be free to choose whom to serve, with whom to associate, and the environment in which to provide medical services."

The AMA settled three chiropractic lawsuits by stipulating and agreeing that under the current opinions of the Judicial Council a physician may, without fear of discipline or sanction by the AMA, refer a patient to a duly licensed chiropractor when he believes that referral may benefit the patient. The AMA confirmed that a physician may also choose to accept or to decline patients sent to him by a duly licensed chiropractor. Finally, the AMA confirmed that a physician may teach at a chiropractic college or seminar. These settlements were entered into in 1978, 1980, and 1986.

The AMA's present position on chiropractic, as stated to the court, is that it is ethical for a medical physician to professionally associate with chiropractors provided the physician believes that such association is in the best interests of his patient. This position has not previously been communicated by the AMA to its members.

Antitrust Laws

Under the Sherman Act, every combination or conspiracy in restraint of trade is illegal. The court has held that the conduct of the AMA and its members constituted a conspiracy in restraint of trade based on the following facts: the purpose of the boycott was to eliminate chiropractic; chiropractors are in competition with some medical physicians; the boycott had substantial anti-competitive effects; there were no pro-competitive effects of the boycott; and the plaintiffs were injured as a result of the conduct. These facts add up to a violation of the Sherman Act.

In this case, however, the court allowed the defendants the opportunity to establish a "patient care defense" which has the following elements:

- (1) that they genuinely entertained a concern for what they perceive as scientific method in the care of each person with whom they have entered into a doctor-patient relationship;
- (2) that this concern is objectively reasonable;
- (3) that this concern has been the dominant motivating factor in defendants' promulgation of Principle 3 and in the

nduct intended to implement it; and (4) that this concern for scientific method in patient care could not have been adequately satisfied in a manner less restrictive of competition.

The court concluded that the AMA had a genuine concern for scientific methods in patient care, and that this concern was the dominant factor in motivating the AMA's conduct. However, the AMA failed to establish that throughout the entire period of the boycott, from 1966 to 1980, this concern was objectively reasonable. The court reached that conclusion on the basis of extensive testimony from both witnesses for the plaintiffs and the AMA that some forms of chiropractic treatment are effective and the fact that the AMA recognized that chiropractic began to change in the early 1970s. Since the boycott was not formally over until Principle 3 was eliminated in 1980, the court found that the AMA was unable to establish that during the entire period of the conspiracy its position was objectively reasonable. Finally, the court ruled that the AMA's concern for scientific method in patient care could have been adequately satisfied in a manner less restrictive of competition and that a nationwide conspiracy to eliminate a licensed profession was not justified by the concern for scientific method. On the basis of these findings, the court concluded that the AMA had failed to establish the patient care defense.

None of the court's findings constituted a judicial endorsement of chiropractic. All of the parties to the case, including the plaintiffs and the AMA, agreed that chiropractic treatment of diseases such as diabetes, high blood pressure, cancer, heart disease and infectious disease is not proper, and that the historic theory of chiropractic, that there is a single cause and cure of disease is wrong. There was disagreement between the parties as to whether chiropractors should engage in diagnosis. There was evidence that the chiropractic theory of subluxations was unscientific, and evidence that some chiropractors engaged in unscientific practices. The court did not reach the question of whether chiropractic theory was in fact scientific. However, the evidence in the case was that some forms of chiropractic manipulation of the spine and joints was therapeutic. AMA witnesses, including the present Chairman of the Board of Trustees of the AMA, testified that some forms of treatment by chiropractors, including manipulation, can be therapeutic in the treatment of conditions such as back pain syndrome.

Need for Injunctive Relief

Although the conspiracy ended in 1980, there are lingering effects of the illegal boycott and conspiracy which require an injunction. Some medical physicians' individual decisions on whether or not to professionally associate with chiropractors are still affected by the boycott. The injury to chiropractors' reputations which resulted from the boycott has not been repaired. Chiropractors suffer current economic injury as a result of the boycott. The AMA has never affirmatively acknowledged that there are and should be no collective impediments to professional association and cooperation between chiropractors and medical physicians, except as provided by law. Instead, the AMA has consistently argued that its conduct has not violated the antitrust laws.

Most importantly, the court believes that it is important that the AMA members be made aware of the present AMA position that it is ethical for a medical physician to professionally associate with a chiropractor if the physician believes it is in the best interests of his patient, so that the lingering effects of the illegal group boycott against chiropractors finally can be dissipated.

Under the law, every medical physician, institution, and hospital has the right to make an individual decision as to whether or not that physician, institution, or hospital shall

associate professionally with chiropractors. Individual choice by a medical physician voluntarily to associate professionally with chiropractors should be governed only by restrictions under state law, if any, and by the individual medical physician's personal judgment as to what is in the best interest of a patient or patients. Professional association includes referrals, consultations, group practice in partnerships, Health Maintenance Organizations, Preferred Provider Organizations, and other alternative health care delivery systems; the provision of treatment privileges and diagnostic services (including radiological and other laboratory facilities) in or through hospital facilities; association and cooperation in educational programs for students in chiropractic colleges; and cooperation in research, health care seminars, and continuing education programs.

An injunction is necessary to assure that the AMA does not interfere with the right of a physician, hospital, or other institution to make an individual decision on the question of professional association.

Form of Injunction

1. The AMA, its officers, agents and employees, and all persons who act in active concert with any of them and who receive actual notice of this order are hereby permanently enjoined from restricting, regulating or impeding, or aiding and abetting others from restricting, regulating or impeding, the freedom of any AMA member or any institution or hospital to make an individual decision as to whether or not that AMA member, institution, or hospital shall professionally associate with chiropractors, chiropractic students, or chiropractic institutions.

2. This Permanent Injunction does not and shall not be construed to restrict or otherwise interfere with the AMA's right to take positions on any issue, including chiropractic, and to express or publicize those positions, either alone or in conjunction with others. Nor does this Permanent Injunction restrict or otherwise interfere with the AMA's right to petition or testify before any public body on any legislative or regulatory measure or to join or cooperate with any other entity in so petitioning or testifying. The AMA's membership in a recognized accrediting association or society shall not constitute a violation of this Permanent Injunction.

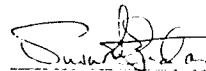
3. The AMA is directed to send a copy of this order to each AMA member and employee, first class mail, postage prepaid, within thirty days of the entry of this order. In the alternative, the AMA shall provide the Clerk of the Court with mailing labels so that the court may send this order to AMA members and employees.

4. The AMA shall cause the publication of this order in JAMA and the indexing of the order under "Chiropractic" so that persons desiring to find the order in the future will be able to do so.

5. The AMA shall prepare a statement of the AMA's present position on chiropractic for inclusion in the current reports and opinions of the Judicial Council with an appropriate heading that refers to professional association between medical physicians and chiropractors, and indexed in the same manner that other reports and opinions are indexed. The court imposes no restrictions on the AMA's statement but only requires that it be consistent with the AMA's statements of its present position to the court.

6. The AMA shall file a report with the court evidencing compliance with this order on or before January 10, 1988.

It is so ordered.



Susan Getzendanner
United States District Judge

NUTRITIONAL MONOPOLY FOR RD'S & MD'S — NO WAY!

Robert Rodale, Editor
Attention: *Letters to the Editor*
33 East Minor Street
Emmaus, PA 18049

_____, 19____

Dear Mr. Rodale:

I was very surprised to read the article, "Should Nutritionists be Licensed?," in the September, 1986 issue of *Prevention*. This article (see reverse side) stated the best place to get nutritional advice is: 1) Ask your doctor, and 2) Get Thee to an RD (registered dietitian).

The last person I and increasing millions of aware Americans would go to for nutritional advice and information is to a medical doctor (MD) or a registered dietitian (RD).

MDs and RDs strictly control the nutrition in hospitals and prisons.

In his latest best selling book, *How To Raise A Healthy Child In Spite of Your Doctor*, Robert Mendelsohn, M.D. gives "... a warning about the potential nutritional consequences if it becomes necessary for your child to be hospitalized. It is here on their own turf, that the nutritional indifferences of doctors is most clearly demonstrated. ... Studies have found that up half of the patients confined to hospitals suffer from malnutrition within a few days ..."

Mendelson continues: "One study of children's nutrition in a New York hospital found that two-thirds of 200 children had a nutrition problem ... A majority of the primary physicians caring for the children had never had a nutrition course of any kind. (pp. 55, 56).

Mendelson said: "... the chairman of the American Medical Association (AMA) committee on nutrition noted '... the growing suspicion that a great many people in the nation's hospitals are unwillingly becoming the victims of physician-induced malnutrition and outright starvation ... It is not due to willful neglect on the physician's part; rather it is due to his lack of understanding of the whole new science of nutrition.'" (p. 56).

Mendelson says that in hospitals "... you stand a good chance of *starving* to death. One of the first major studies of the scandalous state of hospital nutrition examined every surgery patient in a large Boston municipal hospital. They were tested for protein calorie malnutrition, a minimal standard which tells only whether a person is getting enough protein and calories every day over a period of time ... *half* of the surgery patients were not getting enough protein and calories ... They were malnourished enough to threaten their recovery and lengthen their stay in the hospital.

"The doctor who carried out the Boston study, George L. Blackburn, has since stated that "*Malnutrition is one of the most common causes of death among old people in hospitals.*" (emphasis supplied)

Knowing this, *Prevention* says the best and first place for its readers to go for nutritional advice is to an MD and RD. I strongly disagree.

But, *Prevention* has not stopped there. Nor is it supporting state legislation to give MD's and RD's monopoly control of all nutritional advice in America with and prison terms for nutritionists who don't parrot the RD's dietary dogma or graduate from ADA's "Accredited" schools.

Please publish this letter in *Prevention*.

Sincerely,

Signature _____ Print Name _____

Address _____
City State Zip

This form letter prepared for my convenience by Bonnie Miller, **National Health Federation**, 5001 Seminary Road., #1330, Alexandria, Va 22311. Phone: 703-379-0589. Additional copies \$5.00/50; \$9.00/100, NHF Box 688, Monrovia, CA 91016 Phone: 818-357-2181. **Reproduction Encouraged.**

(B-131)

SHOULD NUTRITIONISTS BE LICENSED?

From *Prevention Magazine*, September 1986

Tiffin, Ohio, May, 1985. A 66-year-old woman who is overweight and diabetic is found by her doctor to have a fasting-blood-sugar level of 356 (normal is 70 to 100). The woman had been following a diet prescribed at a local diet-counseling clinic by a "nutritionist" who knew she had diabetes. The woman's physician referred her to a registered dietitian (R.D.) who taught her how to follow a calculated diabetic diet. The diet brought her blood-sugar level down to 109. Uncontrolled diabetes can cause serious harm.

Salt Lake City, Utah, January, 1983. A 72-year-old woman was admitted to the hospital because of fever, decreasing consciousness, and an extremely high white-blood-cell count. She was diagnosed as having leukemia.

Six months earlier she had sought advice at a local health-food store for her symptoms of fatigue and weakness. When she was admitted to the hospital, she had a bag of various vitamin and mineral supplements with her. The palms of her hands were yellow-orange, the whites of her eyes were yellow, and her gums were tinged yellow, too. When the doctors looked in her eyes, the area around the optic nerve was swollen. Her spinal fluid had twice the normal pressure. Some of the vitamins she was taking had excessively high amounts of vitamin A and carotene. Doctors traced her symptoms to vitamin A toxicity.

Those are just two of the cases documented by registered dietitians in their recent drive to achieve licensure for themselves and others qualified to practice nutrition counseling, and to restrict use of the word "nutritionist" to licensed practitioners.

"The push for licensure is a direct response to unaccredited nutrition schools that are issuing degrees in nutrition," says Stephen Barrett, M.D., a psychiatrist from Allentown, Pennsylvania, who is an expert on health quackery. "The schools teach unscientific nutrition ideas. People who enroll can go through a brief correspondence course, get a degree and open an office. But they are unqualified and have no real credentials."

The Victims

"The interesting thing about it," says Dr. Barrett, "is that most of the people who are victimized are neither stupid nor gullible. They see an advertisement in the Yellow Pages and they have no reason to suspect that there might be anything wrong. They

aren't necessarily seeking anything unorthodox or unusual. They think they are going to a qualified nutritionist.

"That's the real issue," he says. "People are misrepresenting their credentials. A six-month correspondence course is not equivalent to five or seven years of full-time training at an accredited university.

"I think the government should make it illegal to represent unorthodox credentials (the same as no credentials) and lack of training as equivalent to qualification."

Fifteen states have already passed laws that regulate nutrition professionals to some extent. But licensure isn't limited to R.D.'s (nutritionists certified by the American Dietetic Association's Committee on Dietetic Registration), as you might think. "We recognize that there are legitimate nutritionists who are not R.D.'s" says Michele Mathieu, manager of licensure communications for the American Dietetic Association (ADA), the largest national professional organization of registered dietitians and nutritionists. People who have master's or Ph.D. degrees from regionally accredited universities, who work in education and research, may be licensed or exempt under these laws, which vary from state to state. So may nutritionists with appropriate academic backgrounds and experience, who will be continuing their education.

Physicians and other health professionals, already licensed, will not be affected.

The Opposition

Opponents of licensure say that dietitians want to shut down health-food stores and create a monopoly for themselves. Dr. Barrett claims that's not true. "The dietitians want only to define what is nutrition practice and make it illegal to do it if you do not have appropriate training."

Licensure would not restrict nutrition information or keep people from selling products. Health-food-store employees could discuss nutrition and order foods for patients on restricted diets, but they could not counsel.

And that's the crux of the matter. It's one thing for people to voice unscientific, unorthodox nutrition theories. But it's another to allow unqualified practitioners to diagnose and prescribe as if they were properly trained. It's not allowed in other areas of health care and shouldn't be in this case either. If your nutritional health is important to you, why trust it to an unqualified practitioner?

Had the woman with leukemia seen a qualified nutritionist, for example, the outcome may have been different. "A dietary history would have been taken to find out if she had a nutritionally adequate diet," explains Joan V. Eggert, R.D., M.D., now a resident at the University of Nebraska Medical Center. Dr. Eggert examined the woman with leukemia while on medical rounds at a hospital in Salt Lake City.

"If her diet were adequate, she would have been referred to a physician for a blood test to rule out anemia because of her symptoms of fatigue and weakness . . . the leukemia would have been discovered.

"If her diet were inadequate, it would have been corrected," says Dr. Eggert. "But if she had not improved on her new diet within about two weeks, she would have been referred to a physician.

"That's standard policy for members of the ADA. In this case, the woman was treated with vitamins and other food supplements for six months before she saw a doctor, and that delayed diagnosis of her leukemia. I don't know if she could have been cured or not, but we are very successful treating leukemia in the early stages."

Where to Get Advice

If you're looking for nutrition counseling, ways to locate a competent practitioner are:

1. Ask your doctor. Doctors are likely to know who in the area is qualified. Or your doctor may be able to answer your questions directly. Physicians have a basic knowledge of biochemistry and physiology. At the very least, they are unlikely to overlook important symptoms or prescribe a diet or supplement that is harmful.

2. Get thee to an R.D. "An R.D. indicates competence," says Mathieu. "We have uncovered few cases of people calling themselves R.D.'s who are not." R.D.'s attain at least a bachelor of science degree with core courses in foods and nutrition, biochemistry, and behavioral sciences. They have passed a comprehensive test and must participate regularly in educational programs.

You can call your state or district dietetic association. If you can't find the number, try calling your county home extension agent. That person will know how to get in touch with the dietetic association. Or call your local hospital. "Every hospital is required under federal law to have an R.D. on staff," says Dr. Eggert. "Talk with them and find out who does nutrition consulting in the area who is reputable." ■

PLEASE KILL A.B. 2369 – The Dietitian's Monopoly Bill

Assemblyperson _____ 19_____
California State Capitol
Sacramento, CA 95814

Dear Assemblyperson _____:

Please do all in your power to kill A.B. 2369. It was introduced March 6, 1987, by Assemblyman Gerald Felando of Torrence, CA.

If enacted, A.B. 2369 will make it a serious crime, punishable by heavy fines and imprisonment, for anyone who is not a licensed dietitian to give specific "nutritional counseling" to another person.

The bill exempts medical doctors and a very few other individuals.

However, thousands of health food store personnel and tens of thousands of distributors of Shaklee, Amway, Neo-Life, Herbalife, Bahamian, Nature's Sunshine, Nature's Food, Barley Green, Vit-Ra-Tox, Cernitin, Bee Pollen, and other distributors of herbs, vitamins, and food supplements will NOT be able to give "nutritional counseling."

Spokepersons for the American Dietetic Association have made it clear that far from exempting those working in the health food industry – they intend to use A.B. 2369 to silence, prosecute, and imprison them.

A.B. 2369 condescendingly provides that those who are not licensed dietitians will not be prevented from furnishing "general" nutrition information.

However, this "general" information can only be about "nutrition for healthy people." In a 300 word definition, A.B. 2369 makes it a serious crime for a person who is not licensed as a dietitian to provide "nutrition care," "nutrition services," "nutrition counseling," or "nutrition education."

A.B. 2369 is strongly supported by the American Dietetic Association (ADA) and the American Medical Association (AMA).

Dietitians and M.D.s are very wrong in trying to build a legal wall between me and those from whom I would seek specific "nutritional counseling."

The American Heritage Dictionary defines "counsel" as:
"an exchanging of opinions and ideas."

The ADA and AMA seek through A.B. 2369 to be given a monopoly over the exchanging of opinions and ideas about nutrition in California.

(Continued on other side)

(Continued from other side)

I have as much right to seek nutritional counsel for the care of my body as I do to seek spiritual counsel for the care of my spirit. I have never given any state or federal legislator authority to make any law to abridge or limit these rights.

A.B. 2369 concedes (see bill p. 1):

“Existing law (already) makes it unlawful for a person to hold himself or herself out as a dietitian or registered dietitian unless he or she meets specified qualifications.”

this is as far as the law should go.

I agree with the National Health Federation (NHF), that given the deep hostility and intolerance exhibited by the ADA against the millions of health minded Californians who happen to disagree with many of their rigid, narrow, and outdated ideas about diet and nutrition, that dietitians should not be licensed in California.

I respectfully urge you, therefore, to kill – not amend – A.B. 2369.

Thank you for preserving my health freedom by killing A.B. 2369.

Sincerely,

SIGNATURE: _____ PRINT NAME: _____

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____

This form letter prepared for my convenience by Bonnie K. & Clinton Ray Miller, Health Freedom Legislative Advocates for the National Health Federation, 5001 Seminary Rd., #1330, Alexandria, VA 22311. PHONE: (703) 379-0589. Additional copies from NHF, Box 688, Monrovia, CA 91016, (\$5.00/50; \$9.00/100) PHONE: (818) 357-2181. **REPRODUCTION ENCOURAGED.**

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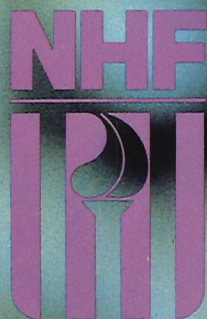
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Health Freedom News

MAY 1987

Volume 6, Number 4

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Editor

MAUREEN KENNEDY SALAMAN

Consulting Editors

WILLIAM CAMPBELL DOUGLASS, M.D.

NICHOLAS J. LESTER

KURT W. DONSBACH, PH.D.

Managing Editor

ALICE ELLER

Art Director/Graphic Designer

GWEN LIPARI/

KATHY BRIGGS

Typography

DEBRA MURDOCH

Medical Advisors

WILLIAM CAMPBELL DOUGLASS, M.D.

ROBERT MENDELSON, M.D.

JONATHAN V. WRIGHT, M.D.

Advertising Information

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Fred Hart

Founder of the

National Health Federation

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Contents

Vol. 6, No. 4

May, 1987

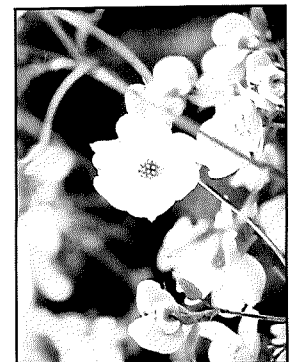
FEATURES

AIDS — "THE REALITY OF"	6
<i>By Evans A. Rapsomanikis, P.E.</i>	
YOGURT AND ACIDOPHILUS	14
<i>By Rajiv Lall</i>	
BARLEY GREEN — A GREEN REVOLUTION	18
<i>By Dr. Arnold Pike</i>	
JURIES AND OUR CONSTITUTION	20
<i>Famous Quotes</i>	
ORTHOMOLECULAR MOTORCYCLE MEDICINE.....	22
<i>By William Campbell Douglass, M.D.</i>	
NOTES FROM THE ESTABLISHMENT	26
<i>By Betty Kamen, Ph.D.</i>	
FLUORIDATION — GOOD OR BAD?.....	35
<i>Reprint</i>	
MEMORIAL TO AL MASON, HFN MANAGING EDITOR	40
<i>By Maureen Salaman</i>	
MEMORIAL TO BETTY LEE MORALES	46
<i>By Bonnie K. and Clinton Ray Miller</i>	

IN EVERY ISSUE

ADVERTISERS' INDEX	24
CHAPTER HOTLINE	30
CHAPTER LISTINGS	34
CLASSIFIED ADS	24
CONVENTION SCHEDULE	44
LETTERS TO THE EDITOR	16
MEMORIALS	41
MILLION DOLLAR CLUB	38
PRESIDENT'S MESSAGE	4
THE WASHINGTON REPORT	10

Cover photograph:
TOUCH OF LAVENDAR
By Douglas Wagner



FDA DOUBLE STANDARD

By Maureen Kennedy Salaman



There is a peculiar and insidious type of double standard holding suit in the halls of the FDA and the corporate headquarters of this country's largest drug companies. This subtle charade also permeates the minds of local, state and federal health officials and the nation's news media.

You may have missed this newest form of medical inequality because this double standard was quickly perpetrated on the public while being heralded as a humanitarian act — one which received great fanfare and applause throughout the country.

Let me explain. Several weeks ago the FDA proposed to make experimental drugs rapidly available to AIDS victims, before the drugs received the formal blessing of FDA bureaucrats. This proposal would apply to drugs intended to treat "immediately life-threatening diseases for which no other treatment is available," so explained FDA Commissioner Frank Young.

Young went on to perpetuate the myth of a caring FDA by saying, "In an immediately life-threatening disease such as AIDS we cannot ask the public to passively sit by when experimental drugs are being tested. We need to make these drugs available at the earliest possible time."

Where's the double standard?, you ask. What's wrong with such a proposal? Well that's the insidious, subtle part of this newest FDA slap at those of us who fight for the freedom of medical choice.

The question that begs asking is this: Why are people with AIDS being given preferential treatment by the FDA? Americans are dying from fatal

diseases at a frightening rate — thanks to our short-sighted view of medical treatment. Heart disease, cancer, Alzheimer's disease take a tremendous toll in human suffering and death each year in this country, yet terminal patients who have been offered no hope from traditional medicine have been denied freedom of choice by the FDA — the very same "humanitarian" agency that gives victims of AIDS the freedom of choice it denies to hundreds of thousands of ill Americans.

Is this fair? Is this what the Constitution means by equal application of the law? I think not.

The very premise of this latest FDA proposal — that terminal patients should be allowed to use unapproved substances for treatment — is what the NHF fought for more than 11 years ago in the now famous court case presided over by Judge Luther Bohannon.

As you might recall, Glen Rutherford, a cancer patient, had seen dramatic improvement using laetrile. Unfortunately for Mr. Rutherford, government officials — under the guidance of the FDA — confiscated his laetrile supply. Rutherford fought back and sued the FDA. On December 5, 1977, Judge Bohannon ruled against the FDA's attempt to crush Rutherford's freedom of choice.

The good judge wrote that the FDA's decision was "arbitrary, capricious (and) represents an abuse of discretion and is not in accordance with law. . . Individuals for whom no orthodox cure is available surely are entitled to select a health care approach with which they feel comfortable. . . As a nation. . . we are irrevocably

committed to the principle that the individual must be given maximum latitude in selecting his own personal destiny."

The Food and Drug Administration (FDA) and other federal and state agencies continue to deny freedom of choice in medical treatment to 245,000,000 American citizens and the FDA capriciously grants that freedom to a privileged few — the Aids stricken, mainly homosexuals — permitting them to use experimental drugs.

As revealed by Dr. Douglass in his latest monograph, *All Fall Down — AIDS And The End of civilization*, even the less-than-forthright doctors at the Centers for Disease Control estimate that AIDS infection is at least fifty times larger than the 31,000 estimated cases. This translates into more than 1,500,000 cases of AIDS.

Worse, Dr. Douglass reports that the statistical experts predict as many as 23 million AIDS deaths within the next four years. It is true that this dreadful, incurable disease must be stopped before it engulfs millions of innocents. However, the FDA should not favor only AIDS victims, the preponderance of whom are homosexual, while denying the rest of us freedom of choice. This just doesn't add up.

Now, *right now*, is the time to demand your right to freedom of choice. Freedom of choice should not be reserved for 31,000 or 1,500,000 AIDS-infected homosexuals, whichever figure is more accurate, while 245,000,000 heterosexuals are denied this right.

It is not the purpose of this editorial

to level moral judgement. However, a glaring inconsistency should be pointed out. As a group, homosexuals have demanded that their sexual acts be considered private. Yet, now that they have gone public, they implore the public — the already burdened taxpayer (you and me) — to pay the consequences of their private acts.

As the AIDS plague spreads, the majority is forced to bear the social and financial consequences of a minority. At least we should be granted the freedom that is our God-given right — supposedly by the Constitution — to protect our health in the manner of our choice.

The FDA's double standard of conduct denies us our freedom of choice. It's not fair. It's not constitutional. It's not moral and, even worse, it's not American. ■

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P. J. Lisa	3.95		

(Continued on page 9)

U.S. Acquires New Japanese Defense System

Today more than ever we are faced with protecting our bodies against environmental marauders like pollution and radiation. Stress, processed foods and drugs are also wreaking havoc on our immune systems, leaving us prey to illness and the spread of epidemic diseases.

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AIDS — “THE REALITY OF”

An Independent Opinion by Evans A. Rapsomanikis, P.E.

There has been increasing speculation and some evidence that so-called slow viruses are active and may be the underlying cause of degenerative diseases, long poorly understood, such as multiple sclerosis, rheumatoid arthritis, among others. More recently, there has been increasing postulations of an association between viruses and diabetes; in fact, rather positive identification of slow viruses with some rare diseases has been established. The term slow, however, should not necessarily be interpreted in terms of a virus per se, but equally, if not completely, with the manifestations of the virus.

So-called slow virus infections are characterized by a long incubation period, followed by a protracted cause of disease. The slowness may arise, in some cases, from the virus itself, but the slow pace may also be the result of weak but prolonged interactions between the virus and the host's immune system. It is also possible that these characterizations of slowness may not be attributable to viruses at all, but to some other unknown causative factors. Obviously, as of this juncture, investigators have followed a source of suspicion rather than a chain of hard evidence. Nevertheless, the case for the slow viruses has become increasingly convincing. The causative agents for at least four rare diseases, two in humans and two in animals, are sometimes referred to as “unconventional viruses”.

The AIDS virus can be classified as an unconventional one as well, although it can also be related to the hepatic viruses. Herpes Type 2 HSV should not be excluded from being the forerunner of AIDS infection. The Epstein-Barr virus belongs to the herpes family of viruses, and it is also the cause of infectious mononucleosis. It is also believed to cause Burkitt's lymphoma. The Epstein-Barr virus

and all the herpes viruses are immunosuppressors themselves.

Exposure to insect-borne viruses, which might be found in “one or a few thousand mosquitos,” are of the things that lead to weakening of the body's defenses over a period of time. Tuberculosis, which is more common in poor environments, is associated with immunosuppression and weakened immunity. When the cellular immune system is broken beyond repair (loss of cellular energy), certain opportunistic infection agents come along to neutralize the humoral immune system as well. At this point, AIDS can be a fact.

Most scientists think AIDS is caused by a single agent, the retrovirus named Human Immune Deficiency Virus (HIV), or HTLV-III/LAV. However, it should be noted, that this virus has not been proven to be the only cause of AIDS. Ultimately, prevention of HIV infection should result in the reduction of the incidence of AIDS. The insect-borne viruses (arboviruses) are known to activate retroviruses in animals.

In summary, pathologic causes are generally unknown. However, some hypotheses include:

- 1) Immune overload with multiple foreign antigens or infections such as syphilis, hepatitis B, Epstein-Barr virus, intestinal parasites or Cytomegalovirus (CMV), which decreases immune competence and allows for opportunistic infections and/or development of Kaposi's sarcoma.
- 2) Single viral etiology, variant of hepatitis B or CMV, and HTLV (Human T-cell Leukemia/Lymphoma Virus), and,
- 3) Environmental, or some combination of numbers 1 and 2.

I strongly believe that AIDS results from interaction of more than one virus agent and the weakening of both

the cellular and humoral immune systems, and that it follows the epidemiological pattern of hepatitis B, i.e., blood-borne infection.

AIDS is, currently, an incurable communicable disease, spreading as a major epidemic throughout the world. It is now recognized that AIDS is but one manifestation of infection by a group of human retroviruses currently known under the designation HTLV-III/LAV.

The fully developed AIDS is characterized by selective destruction of one part of the immune system, the so-called T-cell system, and derangement of the function of other parts of the immune system. Clinically, this is manifested by fever, swollen lymph glands, loss of appetite, chronic diarrhea, weight loss and fatigue, progressing to the development of opportunistic infections such as pneumocystis, carinii pneumonia, regular or atypical tuberculosis, and various other fungal and parasitic infections, such as toxoplasmosis, and/or the development of unusual tumors, such as Kaposi's sarcoma and primary lymphoma of the brain. Approximately 90 percent of the cases are dead within two years of manifesting the fully developed disease.

AIDS RELATED COMPLEX (ARC)

This disease may initially be present in a less severe form known as ARC, or a lesser AIDS. A common form of a lesser AIDS or ARC is a generalized swelling of the lymph glands, known as Progressive Generalized Lymphadenopathy (PGL). Another manifestation with significant implications is the activation of latent tuberculosis. This is the major reason for the recent resurgence of tuberculosis in cities such as New York and Miami. AIDS or ARC related tuberculosis tends to

be r... progressive and highly lethal, with many victims dying of tuberculosis before the diagnosis of AIDS is made.

The primary degeneration of the brain and spinal cord is becoming a problem of major importance. Dementia and other central nervous system symptoms have been noted in over one half of the AIDS victims, and now cases of primary brain degeneration are beginning to be reported as the first manifestation of infection with AIDS retroviruses, in the absence of immune depressions. In some cases, diagnosis of infection by the AIDS virus was made only after death.

The latent period of this infection may be several years, by which time every infected individual would die of brain degeneration if they do not succumb earlier to some other manifestation of the AIDS retrovirus infection.

PRIMARY INFLAMMATION OF THE LUNGS

There is now abundant evidence that the AIDS retroviruses can infect the lungs, producing a chronic lymphoid interstitial pneumonitis. Patients with this disease have been demonstrated to excrete the virus into their pulmonary secretions, and to pose a potential reservoir for respiratory transmission of the virus.

Diarrhea symptoms are prominent in AIDS patients, and may lead to death from a progressive wasting syndrome called "Slim Disease". In many of these patients no intestinal parasites or other infection can be diagnosed, implying strongly that the virus may produce a primary infection of the gastrointestinal tract.

HTLV-III/LAV infection is associated with the development of highly malignant tumors of the lymphatic

system. These are tumors of lymphocytes, the immune cells which produce protein antibodies as opposed to the T-cells, normally affected by the AIDS virus. HTLV-III/LAV infected individuals have a higher incidence of epithelial cancers such as lung, esophagus, etc., even in the absence of immune deficiency.

There is evidence that infection with AIDS retroviruses in the utero can cause congenital abnormalities and malformations. This is to be expected with a cytotoxic virus infecting a developing fetus.

The AIDS virus has been found in white blood cells and in blood plasma. It has been found in white blood cells present in semen and in saliva and tears, as well as brain tissue and cerebrospinal fluid.

INFECTIOUS AGENT — AIDS, ARC and the other conditions described (Continued on page 8)

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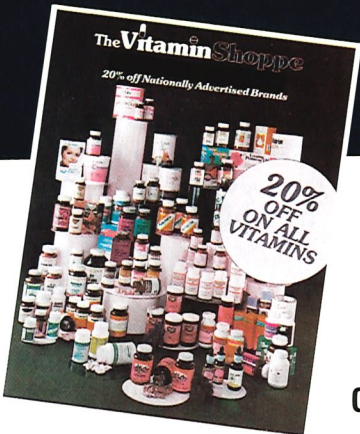
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cribed above are diseases caused by infection with a retrovirus called HTLV-III (Human T-Cell Lymphotropic Virus), LAV (Lymphadenopathy Associated Virus) or ARV (Aids Related Virus).

Retroviruses fall into three classes: oncoviruses (tumor causing viruses), lentiviruses (slow viruses, which cause various progressive diseases of the brain, lungs, and immune system), and the so-called foamy viruses.

In order to understand the AIDS virus, it is necessary to conceptualize, briefly, the phenomenon of viruses in general. A virus is essentially a group of genes, packaged in a protein capsule, which may, in turn, be contained within a membrane envelope consisting of lipid (fat) and protein, hence called a lipoprotein, and covered on its surface by combinations of proteins and sugars called glycoproteins.

The genetic material of the virus particle or virion may be either DNA or RNA. Unlike plant or animal cells, which contain both DNA and RNA, viruses contain only one or the other, and thus, are known as DNA or RNA viruses. When a virus infects a cell, it can cause a number of transformations in that cell. The major transformations are:

- 1) Productive infection and cell death, known as the cytotoxic effect,
- 2) Immortalization by malignant transformation, i.e., changing a normal cell into a cancer cell, and
- 3) Integration of virus DNA into the genetic material of the host cell, producing an inherited change in the descendents of that cell.

It is this author's opinion that the AIDS viruses are causing transformation of number 1 above, and, in addition, altering the surface membrane of an infected cell in such a manner so as to provoke the body's own immune system to attack that cell. The cellular genetic elements which rise to retroviruses have also a tendency to move to different locations; either on the same chromosome

or on other chromosomes, and are called transposable elements. Similar transpositions occur within the genetic material of the transposable elements, thus giving rise to a high degree of genetic variability in the resulting virus particle. In the AIDS retroviruses, this phenomenon is manifested by a high rate of change in the external glycoproteins of the virus envelop.

CELLULAR ENERGY

Living cells are carefully and highly aligned and must create order within themselves to grow and survive. This is electro-thermo-dynamically possible only because of a continual input of energy, part of which is released from the cells to their environment in two forms; heat and a protective field.

Opportunistic viruses are entering an energy reduced cell, resulting in its destruction. It is apparent then that loss of energy of the cells is the main cause of practically all degenerative diseases, and, specifically, to the fast reproducing HTLV-III/LAV type of viruses.

The energy comes ultimately from the electromagnetic radiation of the sun, which drives the formation of organic molecules in photosynthetic organisms such as green plants. Animals obtain their energy by taking up these organic molecules and oxidizing them in a series of enzyme catalyzed reactions that are coupled to the formation of ATP.

ATP is a common currency of energy in all cells, and its hydrolysis is coupled to other reactions to drive a variety of energetically, unfavorable processes to create order.

The citric acid cycle oxidizes the acetyl group or acetyl CoA to generate NADH and FADH₂ for the respiratory chain. Electron transport, along the respiratory chain, begins when a hydride ion (H⁻) is removed from NADH to generate NAD⁺, and the hydride ion is separated into a proton and two

electrons. These two electrons are passed to the first of the many electron carriers embedded in the inner mitochondrial membrane. At this stage the electrons are at very high energy. This stored energy in the electrochemical proton gradient across the inner membrane, is harnessed to produce ATP and to transport metabolites into the matrix space.

The highly charged ATP pool is used to drive cellular processes in much the same way that a battery can be used to drive electric engines. If the activity of the mitochondria is halted, the quantity of ATP decreases and the cell's battery runs down. Eventually, the ATP level falls to the point where energetically, unfavorable reactions can no longer be driven by ATP hydrolysis.

It might, at first sight, seem that this state of affairs would not be reached until the concentration of ATP is zero. In fact, it is reached much sooner than that. At a finite concentration of ATP that depends on the concentrations of ADP and Pi in the cell. To explain why, we must turn to some elementary thermodynamic principles; however, this is not the concern of today's subject.

Opportunistic viruses are entering an energy reduced cell, resulting in its destruction. It is apparent then that loss of energy of the cells is the main cause of practically all degenerative diseases, and, specifically, to the fast reproducing HTLV-III/LAV type of viruses. The electron transport along the respiratory chain, is not fast enough to replenish the ATP pool. This results into gradual destruction of the cells, including those of the central nervous system and the brain. Since replenishment of the ATP pool, with electrons transported via the respiratory process, is not fast enough to prevent destruction, we must look for alternate means of supply.

It is now imperative to note that the transported electrons along the respiratory chain are free to be stored in the inner mitochondria chain, and that the inside of the cytoplasm is negative with respect to the outside (extracellular space), which is positive.

Atomic systems within the amino

acid: Composing the ribonuclease protease in dynamic balance at best. Any loss of electrons from these systems will result in mutations, and in some instances, to destruction.

Therefore, we cannot see an easy or even a probable path to supplying the electrons required for restoration of the control mechanism of the cells through any chemical substance and/or electrical energy, as such. This form of energy (free electrons) can only be released into the tissue and the central nervous system by the advanced technology of bio-morphic engineering, which has been developed in the last three decades by this author.

It is now imperative to recognize the fact that it was the insistence of scientists who have continued to explore the potentials of genetic engineering that has allowed us, in a very short period of time, to identify a virus particle (HTLV-III/LAV) which can be associated with the AIDS epidemic.

Letters
to the
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Welcome



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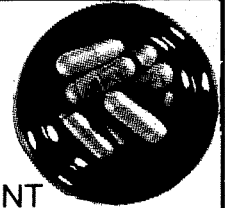
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The WASHINGTON Report

By Clinton Ray Miller
& Bonnie K. Miller



DON'T LET THE OHIO DIETITIAN MONOPOLY BILL PASS IN YOUR STATE

The American Medical Association (AMA) and American Dietetic Association (ADA) have just vastly extended their medical monopoly in Ohio.

On December 10, 1986, Ohio Governor Richard Celeste signed a horrible 16 page dietitian licensure bill into law. This Act gives licensed dietitians an exclusive state monopoly to give "nutritional counseling."

The new Ohio Act does not define the term "nutritional counseling" yet it provides tough criminal penalties with heavy fines and long terms of imprisonment for those who persist in giving it — if they are not licensed dietitians.

The bill exempts medical doctors and a very few other individuals.

However, thousands of health food store personnel and tens of thousands of distributors of Shaklee, Amway, Neo-Life, Herbalife, Bahamian, Nature's Sunshine, Nature's Food, Barley Green, Vit-Ra-Tox, Cernitin, Bee Pollen, and other distributors of herbs, vitamins, and food supplements will NOT be able to give "nutritional counseling."

In the absence of statutory definitions, Ohio prosecutors can argue the legislature intended the common dictionary definitions of terms to apply.

The American Heritage Dictionary defines "counsel" as "an exchanging of opinions and ideas." Webster's Collegiate defines "counsel" as "advice."

Using accepted dictionary definitions it is now a serious crime in Ohio

for anyone except licensed dietitians to exchange opinions and ideas or give advice about nutrition.

The AMA and ADA have made it clear they intend to quickly enact similar legislation in all 50 states. They are willing to spend whatever it costs to extend their present monopoly over prescription drugs to include a monopoly over our most wholesome foods and food supplements.

The ADA spent \$50,000 in Ohio to lobby for this horrendous bill. Their officials are ecstatic. They are firmly convinced they now have the formula to destroy the Health Food Industry in the U.S.

I firmly believe the new Ohio Act to be unconstitutional. It is one of the most cunning blueprints for tyranny over the minds and bodies of men and women I have seen in my 30 years of lobbying for health freedom.

Under this new Ohio law many of the citizens of that great state are guilty of "practicing dietetics without a license" — every day of their lives.

While the authors of the bill deliberately refrained from defining "nutritional counseling" in the bill, they were careful to include 3 pages of definitions which stakes out their monopoly claim in the clearest of language.

The new Ohio Act defines "The Practice of Dietetics" as:

"A) *Nutritional assessment* to determine nutritional needs and to recommend appropriate nutritional intake...

"B) *Nutritional counseling* or edu-

cation as components of preventive, curative and restorative health care..." (emphasis supplied).

Having thus defined "The Practice of Dietetics" in the broadest of terms so it includes an important part of the daily activity of almost every parent, grandparent, and child in Ohio, the new law says:

"No person shall practice, offer to practice, or hold himself to practice *dietetics* unless he has been licensed..." (emphasis supplied)

DIETITIAN POLICE FORCE TO ENFORCE THEIR OWN MONOPOLY LAW

The bill mandates "no person" in Ohio except a licensed dietitian can exchange ideas about food, food supplements, or diets. The Act further establishes a new dietitian police force which may initiate enforcement of this outrageous law.

The Act continues:

"There is hereby created the Ohio Board of Dietetics consisting of five members... three members of the board shall be dietitians... (any) three members of the board constitute a quorum."

Each member of the Board of Dietetics shall be paid "for each day, or portion thereof, he is actually engaged in the discharge of his official duties and shall be reimbursed for actual and necessary expenses incurred in the performance of those duties."

(Continued on page 13)

AN OPEN LETTER TO ALL HEALTH FOOD STORES

To _____ 19_____
(My favorite Health Food Store or Store Owner)

(Street address)

(City, State, Zip)

Dear _____

DO YOU KNOW I appreciate having a health food store where I can go for nutritional counseling and then buy vitamins, minerals, herbs, enzymes, health appliances, health books, and a variety of foods for special dietary use? Well, I do!

DO YOU KNOW I look to my health food store (not a licensed dietitian) for the latest and best information, opinions, ideas, and advice on nutrition?

DO YOU KNOW horrible dietitian licensure laws have been enacted in Ohio, Montana, and Alabama —which make it a crime, punishable by fines and imprisonment, for people working in health food stores to give “nutritional counseling” or advice — if they are not licensed dietitians?

DO YOU KNOW the American Heritage Dictionary defines “counsel” as “an exchanging of opinions and ideas?” Webster’s Collegiate Dictionary defines “counsel as advice?”

DO YOU KNOW similar dietitian monopoly legislation has been introduced but not yet enacted — in Arkansas, California, Florida, Illinois, Nebraska, New Jersey, Tennessee and many other states?

DO YOU KNOW the American Dietetic Association (ADA) spent \$50,000 to lobby for their monopoly bill in Ohio?

DO YOU KNOW the ADA intends to keep introducing and lobbying for these licensure bills until they are enacted in all 50 states?

DO YOU KNOW most health food stores have not vigorously opposed these dietitian bills because they were seriously misled to believe they would be exempt and could continue to exchange nutritional opinions and ideas with their customers?

DO YOU KNOW that I and thousands of other National Health Federation (NHF) members are anxious to join forces with the National Nutritional Foods Association to:

- (1) stop any more states from enacting dietitian monopoly laws?
- (2) repeal all dietitian monopoly bills already on the books?
- (3) enact new legislation (if needed) to allow nutritionists to be certified to open a professional practice in or out of a health food store — to give specific nutritional counseling and advice for the prevention or treatment of nutritionally related disease?
- (4) preserve our right to seek, accept, or reject nutritional counsel from any health food store employee we choose — whether they are certified or not?

DO YOU KNOW when NHF and NNFA are united in health freedom battles they seem to be invincible?

DO YOU KNOW NHF and NNFA were powerful allies for over 20 years (1955-76)?

DO YOU KNOW the time is ripe for us to be active allies once more?

Please ask the lobbyists and officers of NNFA to work more closely with the officers and lobbyists of NHF in the future. I will do the same.

Sincerely,

Signature _____ Print Name _____

Address _____
(City) (State) (Zip)

This form letter prepared for my convenience by Clinton Ray & Bonnie K. Miller, Health Freedom Legislative Advocates for the National Health Federation, 5001 Seminary Road, #1330, Alexandria, VA 22311. PHONE: (703) 379-0589. Additional copies from NHF, Box 688, Monrovia, CA, 91016, \$5.00/50; \$9.00/100) PHONE: (818) 357-2181. **Reproduction Encouraged!**

(B-139)

The "official duties" of the newly created Ohio Board of Dietetics are (1) to license dietitians and (2) to vigorously investigate and prosecute those who are exchanging opinions and ideas about nutrition who are not licensed dietitians.

The three dietitian board members are authorized to meet just as often as they desire and to be paid for each meeting.

The dietitian board "may employ other employees or consultants..."

BOARD HAS BROAD INVESTIGATORY AUTHORITY

Dietitians are given broad authority to make, "adopt, amend, or rescind" their own rules and regulations to govern the methods they deem will be necessary to investigate and prosecute those health food stores and food supplement distributors they *allege* are "practicing dietetics without a license."

All that is needed to initiate criminal action against a health food store or food supplement distributor is for a dietitian to *allege* there has been a violation of the Act. The Ohio Board of Dietetics can then swing into action with the awesome police powers delegated to it under the Act.

The law provides specifically that "The Ohio Board of Dietetics shall investigate *alleged* violations" of the Act. (emphasis supplied) "In making its investigations, the Board may issue subpoenas, examine witnesses, and administer oaths."!!!!

Lawyers and dietitians love the Ohio Dietitians Act. It will make defense lawyers rich while it impoverishes the targeted members of the Health Food Industry.

It gives the dietitians the legal tools they need to drag their enemies into endless and costly litigation.

For decades ADA members have been mistakenly taught in their "accredited schools" a bitter hatred of nutritionists who counsel and teach their followers or customers how to let food

be their medicine. Dietitians are fed daily morsels of half-truths and misinformation designed to make them exceedingly intolerant of any nutritional viewpoints that differ from those held by the medical establishment.

ADA "licensed dietitians" represent only one single (and not very popular) school of nutritional thought in the United States. They are best known for their preparation of the monotonous menus in hospitals and prisons for which they have been subject to increasing and well deserved criticism.

50,000 STARVED TO DEATH EVERY YEAR BY DIETITIANS

They don't do it deliberately, but every year 50,000 patients are starved to death on hospital menus and diets which are under their monopoly control.

In his latest best-selling book, *How To Raise A Healthy Child In Spite Of Your Doctor*, Robert S. Mendelson M.D., gives

"...a warning about the potential

nutritional consequences if it becomes necessary for your child to be hospitalized. It is here on their own turf, that the nutritional indifference of doctors is most clearly demonstrated...Studies have found that up to half of the patients confined to hospitals suffer from malnutrition within a few days..."

Dietitians, of course, not doctors plan hospital menus.

Pieter Halter, Executive Editor of the highly respected newsletter, *Biomedical Business International* said:

"Malnutrition is said to cause 50,000 preventable hospital deaths per year in the U.S. alone, while affecting another half-million patients' recoveries."


FORBES, April 9, 1984 issue, ran an article entitled "Skeletons in the Closet," exposing the ongoing horrible concentration-camp-like starvation in U.S. hospitals. A bold faced question at the top of the article asked 1/2 million affluent readers of this promi-

(Continued on page 15)

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YOGURT AND ACIDOPHILUS

Rajiv Lall, College of Pharmacy, University of Minnesota

In recent years there has been renewed interest in Acidophilus products and the role of Lactobacillus acidophilus in the microflora of the intestinal tract. Different types of products are being promised to provide dietary adjuncts whereby large numbers of Lactobacillus acidophilus organisms can be consumed.

Acidophilus milk has not been successful because of its unacceptable flavor. However, the increased popularity of yogurt probably has been the basis of suggestions that Lactobacillus acidophilus be incorporated into yogurt. These suggestions were prompted by the fact that neither Lactobacillus bulgaricus or Streptococcus thermophilus used for making yogurt will survive in the intestinal tract. Some have suggested using Lactobacillus acidophilus in place of Lactobacillus bulgaricus in making yogurt. However, Lactobacillus acidophilus grows poorly in milk used for yogurt making unless it is supplemented with some nutrients. Yogurt, prepared in this manner, has a different flavor than regular yogurt.

Attempt has been made to incorporate Lactobacillus acidophilus into yogurt in many different ways. Dairy scientists at North Carolina State University experimented to determine whether concentrated cultures of Lactobacillus acidophilus could be added successfully and maintained for reasonable periods in yogurt.

Lactobacillus acidophilus, added to plain yogurt obtained from dairy plants, declined rapidly. Similar results were obtained when Lactobacillus acidophilus was added to yogurt prepared in the laboratories. Specific studies using regular yogurt cultures (Lactobacillus acidophilus and Streptococcus thermophilus) and Lactobacillus acidophilus showed the instability of Lactobacillus acidophilus in

yogurt. This instability is due to the metabolic products of other microorganisms. According to these scientists, there are no supporting research data to the presumptions that Lactobacillus acidophilus can be added to yogurt.

This study clearly demonstrated that Lactobacillus acidophilus added to yogurt can decrease in numbers during refrigerated storage. The instability of Lactobacillus acidophilus is caused by substances produced by Lactobacillus bulgaricus, a component species of the yogurt culture. This study further indicates that yogurt should not be considered a desirable medium for suspending Lactobacillus acidophilus in an effort to provide a source for acidophilus as a dietary adjunct and to influence the flora of the intestinal tract.

There are many acidophilus products available in the market. They are in many different forms and combinations. The consumer must know that all acidophilus are not alike.

DDS-Acidophilus, manufactured and distributed by UAS Laboratories, 9201 Penn Avenue South #10, Minneapolis, Minnesota 55431 (Telephone Number 1-800-442-3371), is known to be a superior strain, extensively researched, and offers many nutritional and therapeutic benefits.

Dr. S. K. Dash at UAS Laboratories developed a special commercial manufacturing technique to produce DDS-Acidophilus without using dairy products. This product also does not contain corn, soy, dairy, or preservatives.

DDS-Acidophilus produces vitamins while many lactobacilli in the market need B-vitamins for growth.

Individuals lacking lactase enzymes cannot digest lactose (milk sugar). DDS-Acidophilus produces lactase enzyme which aids lactose digestion.

It also helps digest food and corrects digestive disorders.

DDS-Acidophilus is best known for its antibacterial, antiviral, and anti-carcinogenic effects.

Acidophillin, a natural antibiotic produced by DDS-Acidophilus, is capable of inhibiting many pathogenic organisms. Studies at Sloan-Kettering Institute for Cancer Research demonstrated its potential as an antitumor agent.

Recent clinical studies in USA and Israel demonstrate that vaginal infection and Candidiasis can be corrected with Lactobacillus acidophilus. Dr. Keith Sehnert says the responsibility of healthy living lies with each individual and they must continue to protect themselves with good diet and routine use of DDS-Acidophilus. ■

WILLS AND BEQUESTS

Our sincere thanks go to those who have remembered the NHF in their wills. Bequests are important sources of support for our future achievements.

The total value of a bequest to our Federation is deductible for Federal estate tax purposes. You should consult with your attorney about the procedure for naming the Federation in your will. For more information, please write or phone Hal Card at NHF (818) 359-8336.

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nent business magazine, "Can it possibly be true that 50,000 patients are dying of malnutrition each year while they are under hospital care?"

FORBES then answered its own question: "YES."

The author, Robert Teitelman, asked a second question which would really strike home to the super wealthy subscribers of *FORBES*. "How can malnutrition exist alongside some of the most advanced, and expensive medical technology in the world?"

Unasked, but implied, was the question, "How many millionaires have been starved to death in U.S. hospitals?"

NHF has the answers to the last two questions. Malnutrition can exist side-by-side with high-tech in U.S. hospitals because M.D.'s have been given a monopoly via licensure laws in all 50 states.

And yes, it's true that many millionaires have been starved to death while paying \$1,000 and up per day for the "finest medical care in the world."

With 50,000 new skeletons being crammed into their closet every year one might wonder what the ADA will do when given a nutritional monopoly over those of us lucky enough to be outside prison and hospital walls.

The dietitians' main argument is that they have gone to the right schools. Their schools are "accredited." They are loyal to their schools. They really believe that we should not be able to exchange ideas and opinions about ways to nourish ourselves and others if these ideas are not taught in their "accredited" schools.

It must be a source of great comfort to the surviving relatives of thousands who have been starved to death every year in U.S. hospitals to know their dietitian was giving them menus, diets, and nutritional counsel perpetuated and learned at "accredited" schools.

Now, for the multi-billion dollar question. Given the universal unpopularity of dietitians with all who have been compelled to eat (or starve by

not eating) their hospital and prison food, do you believe a single state legislator could ever be persuaded to give dietitians a monopoly over the exchange of ideas and opinions on nutrition?

Well, dietitians and M.D.s may not know how to keep over 100 patients a day from starving to death in their hospitals but — they know how to lobby.

Incredible as it may seem, ADA lobbyists, by following the pattern and advice of AMA lobbyists, have been able to win broad monopoly legislation for dietitians in Alabama, Ohio, and Montana. Similar legislation is pending in California, Tennessee, New Jersey and is planned by the AMA and ADA to be introduced in all 50 states.

The reason these bills have slipped by so easily in Alabama, Ohio, and Montana is that the Health Food Industry has been misled to believe all they have to do is to get an "exemption" amendment and they will be left alone.

HEALTH FOOD INDUSTRY IS MISLED

Unfortunately, most of the Health Food Industry has been lulled into false security by an extremely misleading analysis which accompanied the Ohio Dietitian bill.

The analysis disarmingly stated that language was added to the Ohio Dietitian bill which "Exempts *certain individuals* from the provisions of the bill."

Many members of the Health Food Industry were falsely told they were among those lucky "certain individuals" who were exempt. Having been deceived, they, in turn, innocently deceived others to believe the Ohio Dietitian law was a great victory instead of a major defeat. Some were even falsely told: "the law is not applicable (to) those who sold or distributed dietary supplements."

WHAT CAN NHF MEMBERS DO?

We have prepared a form letter which follows this report for you to

copy, sign and mail or give to the managers of all the health food stores where you or your friends shop.

Try to get as many of your friends to do likewise.

Please ask the owners or employees of your health food store to forward your form letters to their NNFA regional and national officers with a strong supporting letter of their own.

Let them know how much you value the nutritional counsel, advice, opinions and ideas you have received from them in the past. Emphasize how intensely you feel about defending your right to seek nutritional counseling from them or anyone you choose whether or not they are dietitians.

Urge everyone you know in the Health Food Industry to do all in their power to get NNFA once again working in unity with NHF to defend and expand your health freedom.

Finally, suggest NNFA invite NHF President Maureen Salaman or another NHF officer to speak and meet with them at their regional and national conventions to work out joint plans to prevent enactment of any future dietitian monopoly bills and repeal all those which have tragically slipped by us. ■

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Letters to the Editor...



PRAYERS MAKE A DIFFERENCE

Editor:

One night at the end of January, my sister-in-law called to say that my brother had a brain tumor, and would be operated on the next day. I promptly called my mystic school, and asked for healing prayers for him. Then I called my minister and other friends for more prayers. I learned that my sister-in-law, her sisters, and my aunt had also done this.

My brother re-gained consciousness when wheeled from the operating room. He seemed perfectly normal to me. He was sent home within a week. Doctors were amazed that he'd healed so fast. I gave thanks for his healing, many times.

Then he began getting radiation treatments twice a day! It's my belief that orthodox medicine is just terrified that prayer healing could do so much. They're frantic, because they can prevent alternative methods, with laws or money, but what can they do with prayer healing? It could ruin their livelihood, if it ever got into general practice. "I guess the only way is to make him die, so we can prove it's worthless. Then no-one else will try it."

Now that the radiation and medications (which were making him dizzy) are over, he's driving again, when the doctor said it would be six months. This is early April. He's *too* healthy.

I'm sure I haven't heard the last of this. He'll probably "have" to have some other treatments for his "safety," as all the tumor couldn't be removed.

Do they truly believe that radiation is good, and my brother deserves more help than anyone else? I doubt it.

*Lorraine Monte
Madera, CA*

A THANK YOU FROM SAFEWAY

Editor:

Thank you for your letter and the additional Thank U Grams. We certainly have received a great number of these and we appreciate knowing how consumers feel about our of decision on Alar.

Please be assured that we are responding to those consumers who live in areas where we have Safeway stores. We are eager to hear from our customers and to let them know why we made this decision. The EPA expressed concern about the use of Alar last year and as a result there has been confusion among consumers, processors, retailers and growers about

whether to use the product. We, along with other segments of the food industry, decided to discontinue buying any Alar-treated apples until all questions have been answered by the EPA. This policy also includes our Safeway brand apple products such as juice and applesauce. Other companies and organizations which have done the same thing include the Washington State Apple Commission, the Western New York Apple Growers Association, H.J. Heinz, Mott's and Tree Top.

We also appreciate hearing your views about irradiation. We were glad to see that the FDA has developed labeling requirements for irradiated products so that consumers who wish to avoid them will be able to check for the irradiation symbol and statement.

Thanks again for writing and for all the effort on getting us comments on ALAR.

*Felicia del Campo, Manager
Public Affairs Department*

WE VALUE YOUR LETTERS

We welcome letters to the editor; they should be typewritten, double spaced, and include your name, address and telephone number. Because of space limitations, we may shorten letters. Those not published cannot be directly acknowledged, but we appreciate the opinions and comments of our readers.

Mail to:

**HEALTH FREEDOM NEWS
Attn: Editor
P. O. Box 688
Monrovia, CA 91016**

Editor:

In reference to your article "A Cure For Arthritis" (Jan/Feb '87), the reason people with arthritis cannot eat foods in the night shade family is because they also have Protozoa, a parasite. Clean out the protozoa and you can eat night shade foods. God did not create foods to cause us to have arthritis. Use a little common sense.

*Charlotte Dubin
Maywood, IL*

HFN NEWSFLASH

BERKELEY LAWYER CHARGED IN SWINDLES

Readers: Refer to October, 1984 issue of *Health Freedom News*, p. 17. This is the same John Burgess who destroyed Dr. Michael Gerber.

A prominent East Bay attorney was charged with wire fraud and contempt of court yesterday for allegedly swindling two clients out of more than \$1 million.

A federal judge in San Francisco has already forced John Burgess, 52, of Berkeley to give up his practice indefinitely.

Burgess, a nationally noted lecturer and author on trial law, now faces a maximum sentence, ranging from 15 years to indefinite imprisonment, if he is convicted of the federal charges filed yesterday.

They include interstate transportation of stolen funds.

The criminal case against Burgess, who once served as special counsel to a governor of Vermont, surfaced after the settlement of a lawsuit that Burgess handled.

He received \$125,000 last year and was to distribute shares of the settlement to his client and two other attorneys. But the checks he wrote bounced, and the people who received them complained to U.S. District Judge Marilyn Patel.

About the same time, a Florida woman accused Burgess of embezzling \$900,000 she had entrusted to him for safekeeping.

Burgess is suspected of using some of the money from the \$125,000 settlement to cover part of his alleged theft of the Florida woman's funds.

Burgess, who has not been arrested, remains free on a \$75,000 personal recognizance bond. He is scheduled for arraignment on April 13. ■

Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shown, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pur-

suing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.

Declaration of Independence, 1776

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A special introductory package of information and a tape describing Metabolic Therapy has been prepared by Dr. Manner. This includes his latest booklet, "Facts About Metabolic Therapy" with particular reference to cancer, arthritis and multiple sclerosis, plus a healthful dietary plan. To obtain this package send \$5 (U.S.) to the address below.

WHO IS DR. HAROLD W. MANNER?

Dr. Manner earned his Ph.D. from Northwestern University in 1952, has been a professor of biology at Utica College, and was formerly professor and chairman of the Department of Biology first at St. Louis University and later at Loyola University of Chicago. He is listed in *American Men of Science* and *Who's Who In America*.



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BARLEY GREEN - A GREEN REVOLUTION

By Dr. Arnold Pike

Since the beginning of time, man has been looking for the fountain of youth, the secret elixir of health. From the discovery of vitamin C to the role of fiber in natural foods, we have looked more and more in these past years for that elusive life sustaining ingredient or ingredients being found in the fruits, vegetables or grains that have been part of man's environment.

Scurvy is a deficiency disease marked by failure of strength, restlessness, exhaustion, sallow skin, ulcerating gums, fetid breath, tissue hemorrhages, pulmonary troubles and eventual death. The pages of history reveal the high degree of scurvy in the beginnings of sea exploration. When Vasco de Gama made his voyage of discovery of the sea route around Africa to India, 100 of his crew of 160 died of scurvy.

It wasn't until Captain James Cook and his three great Pacific voyages during the period of 1768 to 1780 that the value of fresh food became evident. Whenever the ships under his command reached shore as they traveled from England to Australia, he ordered the sailors to gather fruits, vegetables, berries and green plants.

On one trip Cook carried enough sauerkraut, which is a good source of vitamin C, to give his sailors as much as two pounds of it a week. Not one sailor died of scurvy during Cook's three long Pacific voyages, while at the same time crews of other vessels, without fresh food were being ravaged by scurvy. It wasn't until 1911 that scurvy was discovered to be a deficiency disease — a deficiency caused by lack of vitamin C in the diet. It was Albert Szent-Gyorgyi, a Hungarian investigator in the fields of physiology and biochemistry, who discovered vitamin C or ascorbic acid, which has the chemical formula $C_6H_8O_6$.

Even today, in spite of what we know about vitamin C, scurvy, complicated by other deficiency diseases, is found in populations devastated by starvation and poor nutrition, often as a result of poverty. Yet an intake of only 10-15 milligrams per day of C is enough to provide protection against scurvy for most people.

The nutritional point to all this is that the thousands or more who succumbed to scurvy in the past need not have done so as the ingredient to prevent it was and still is found in our natural food.

HEALTH CAMPAIGN

Man's nutritional research to find the answers to prevent illness from ulcers to heart disease, from diabetes to cancer is far from complete. In my travels across the States, Europe, Scandinavia and elsewhere I have found concern about preventing aging and chronic diseases.

In Japan, for instance, one of the promoters of that country's health campaign is Yoshihide Hagiwara, M.D. Holder of a B.S. in pharmacy from Kumamoto University, he received a D.M. at Tokushima University for his study on a new organic mercury medicine as an anti-fungus agent. His nutritional and pharmacological research, ideas and creations have brought Dr. Hagiwara honors and awards from the Osaka governor, the Invention Association and Pharmaceutical Society of Japan and various professors of medicine at Japanese medical universities and hospitals.

Since the age of 20, Dr. Hagiwara has been engaged in the study of pharmacy, having prepared and invented vitamins, germicides, analgesics and herbal products. His concern about ways to improve the health and well

being of the Japanese has crossed international borders. His research and efforts to find a nutritional source that would have enzymatic action to counteract aging and disease was recognized by the International Foundation For Preventive Medicine at its second annual conference on Reversing the Aging Process last November at the Felt Forum (annex to Madison Square Garden).

Among other renowned nutritional authorities addressing this conference were Dr. Robert Atkins, author of *Diet Revolution* and *Nutrition Breakthrough*, Dr. Jeffrey Bland, professor of nutritional biochemistry at the University of Puget Sound, and Dr. Richard Passwater.

Coming all the way from Osaka, Japan, was Dr. Yoshihide Hagiwara to report to this international meeting on his findings on the benefits of young green barley juice powder.

WHAT IS BARLEY?

Barley, a cereal popular in some parts of the world for breadmaking, is perhaps the oldest cereal food. It was cultivated in China 20 centuries before Christ. It was eaten in ancient Egypt, Greece and Rome, and by the lake dwellers in ancient Switzerland. It has also been used for a medicinal purpose — hot poultices to apply to infections. In spite of its nutritional qualities such as digestibility and its laxative effect due to cellulose content, barley is used in this country mostly for making beer. Fermenting barley results in malt, which in turn, is used in brewing.

While Dr. Hagiwara knew all this about barley, his research on the young barley plant in Japan brought him nutritionally productive results which he reported at the International Foundation for Preventive Medicine conference.

In 1 American address, Dr. Hariwara expressed his concern about the harmful effects of pollution on the human system:

"For instance, water is polluted with many chemicals and heavy metals; air is polluted with smog which contains petroleum by-products; our foods contain lots of chemical substances, and manufactured food-stuffs lacking in vitamins, minerals, and necessary enzymes. Under such polluted circumstances, I am afraid, within a score of years, it will become impossible for the human species to breed and flourish. Dr. Dougherty of the Florida State University and Dr. Meyer of the University of Cincinnati expressed their views that recent failing of reproductive power of young people is attributable to the abnormal DNA. Some scholars are of the opinion that newly-born children are already cancerized. The development of the manufacture of medical drugs has led to the production of sulfonamides and antibiotics, exterminating many of the bacterial diseases. The decrease in the death rate of newborn children at the time of birth makes us feel that human life has been prolonged. The length of our life, however, has not been extended at all. It is also feared that the number of old people will gradually increase, and people suffering from hemiplegia, cancer, and heart disease are found all over the world."

As he put it to the delegates, Dr. Hagiwara stressed that under such unhealthy circumstances it is very difficult for us to bring about health, peace and happiness. In his concern about poor dietary practices in his own country, Dr. Hagiwara stated:

"The increase of high blood pressure, heart diseases and circulatory diseases has been reported to be caused by over-consumption of salt. In the United States, it is said that five grams of salt are quite enough for human beings (even that is too much — 2 grams is sufficient), while in Japan 20-25 grams of salt are consumed by the average Japanese everyday."

It was Adelle Davis who reported that in Japan brain hemorrhage

brought on by high blood pressure is the leading cause of death. In Northern Japan, where salt fish is a principal food, the salt intake averages 27 grams daily, and deaths from brain hemorrhages are much higher than in the south, where the daily intake averages 17 grams. It is impractical to attempt to maintain a diet absolutely free of sodium chloride. A "salt-free diet" means a low sodium diet which allows 500 mg. (0.5 gm.) of salt per day. The key to this salt problem is the sodium-potassium balance and an excessive intake of salt upsets this balance and may lead to hypertension and other problems. One way is, of course, to moderate your salt intake and, as Dr. Hagiwara suggests, increase your potassium consumption.

LEADING TO BARLEY RESEARCH

"After more than 30 years of experiences and experiments, I have come to the conclusion that the best medicine is to build a healthy human body that will not be prone to sickness," Dr. Yoshihide Hagiwara told the New York City conference on Reversing the Aging Process. "Such a thought has already been expressed by the Father of Medicine, Hippocrates, who said: 'Man has the power to cure himself of a disease. Being really healthy means that a person has gained the healing power. Physicians only serve to help man foster such power... And, we cannot but be impressed by the wise saying of Shih-Huang-Ti, a famous emperor of the old China and creator of a herb medicine, 'a real

medicine lies in food.' Even when one falls ill, one can restore and preserve one's health; that kind of medicine I have believed in. At last I have come to believe that the true medicine is young green barley and wheat leaves of 20-30 centimeters high, which are eaten by human beings and most of the mammals as staple food."

WHY BARLEY JUICE POWDER

In the long history of mankind, humans and mammals have chosen what was most adaptable, and grains of wheat, rice, rye and barley have been selected as our staple food.

"As you are well aware, sunshine, air, and water are indispensable," Dr. Hagiwara told his international audience. "The gramineous plants are also essential to mankind. Such grasses as barley, wheat, rye, and rice, too, are as indispensable as the elements are. It is now the very time when we should recognize this fact. I have investigated the components of gramineous plants and more than 100 other green plants, and their nutritional values and edibility. I squeezed the young fresh leaves of barley, wheat, rye and the like, and tried to drink the juices obtained. These green juices immediately discolored or degenerated and could not be taken. So, I finally devised a method of converting the juice instantly into a powder at low temperatures. The green powder I made, especially the one obtained from the young leaves of barley, did not give off the bad odor of the green juice, nor was it harsh to the

(Continued on page 21)

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JURIES AND OUR CONSTITUTION

Editors Note:

In accordance with our viewpoints that our rights and freedoms of choice must be protected, the diligent advocacy practiced by many health freedom fighters has resulted in exactly what our founder predicted: "... someone must take the abuse ... some ostracized, some called a fraud ..."

And, consequently, many of our members have been called upon to show proof, or *due cause*, in some cases — as well as, in other instances — to take our grievances to our Federal and State courts to prove our point and fight for these freedoms.

Yet these freedoms appear to be stripped away, little by little, in the name of laws and regulations. Our Constitution is still in effect and our rights are still guaranteed. But it takes *we the people* to give it life and make it a living principle. Without our knowing everything it says and demanding that it be upheld it will continually be abused.

It is essential for every responsible citizen to know we are each capable of controlling our own circumstances, with rights protected by the Constitution. We encourage and urge you to read and understand clearly the supreme law of the land.

A review of the Constitutional freedoms granted the people with regard to their rights as jurors is particularly appropriate for us to understand — as well as the abuses that are prevalent — and within our power to change.

The Constitution limits the Federal Government and the State and retains all other rights for the people. It also declares invalid any laws made by them, in which the power was not specified to them by the Constitution. [Article VI, second clause.]

The power to void these illegal laws was given to the people, twelve of them setting in judgement — *the Jury*. [Article III, Sect. 2, Clause 3; Bill of Rights, Article VI and VII.]

The following are *factual* quotes and comments from famous people and cases, compiled by Richard and Kay Francis, Troy, MT.

Our civilization has decided, and very justly decided, that determining the guilt or innocence of men is a thing too important to be trusted to trained men.

It wishes for light upon that awful matter, it asks men who know no more law than I know, but who can feel the things that I felt in the jury box.

When it wants a library catalogued, or the solar system discovered, or any trifle of that kind, it uses up its specialists. But when it wishes anything done which is really serious, it collects twelve of the ordinary men standing round.

The same thing was done, if I remember right, by the Founder of Christianity.

Gilbert K. Chesterton, Tremendous Trifles; The Twelve Men

Trial by Jury is a sacred trinity of words that means a person is judged by twelve peers. Their verdict represents the common sense judgement of ordinary people and is based on right and wrong according to each jurors own conscience. It is their duty to administer justice.

"Justice for all was a principle they understood and believed in; but by *all* they did not perhaps really mean persons lowdown and no good.

"They meant that any accused person should be given a fair, open hearing, so that a man might explain, if he could, the appearances that seemed to be against him. If his reputation and presence were good, he was presumed to be innocent; if they were bad, he was presumed to be guilty. If the law presumed differently, the law presumed alone."

James G. Cozzens, The Just and the Unjust [1942] 57

If a juror feels that the statute involved in any criminal case being tried is unfair, or that it infringes upon the defendant's natural God-given inalienable, or Constitutional rights, then it is his duty to affirm that the offending statute is really no law at all and that the violation of it is no crime at all — for no one is bound to obey an unjust law.

That juror must vote *Not Guilty* regardless of the pressures or abuse that may be heaped on him by any or all members of the jury with whom he may in good conscience disagree. He is voting on the justice of the law according to his own conscience and convictions — and not someone else's.

"The law itself is on trial, quite as much as the cause which is to be decided."

Harlan F. Stone, The Common Law in the United States, 50 Harv. L. Rev. 4 [1936]

"... it is presumed, that juries are the best judges of facts; it is, on the other hand, presumed that the courts are the best judges of law.

"But still both objects are within your power of decision... you have a right to take upon yourselves to judge of both, and to determine the law as well as the fact in controversy."

State of Georgia vs. Brailsforth, et al 3 Dall. 1 [1794]

Every jury in the land is tampered with and falsely instructed by the judge when it is told it must take (or accept) as the law that which has been given to them, or that they must bring in a certain verdict, or that they can decide only on the facts of the case.

"If it is possible that such a practice as that which has taken place in the present instance should be allowed to pass without a remedy, trial by jury itself, instead of being a security to persons who are accused, will be a delusion, a mockery, and a snare."

Lord Denman, C.J., O'Connell v R [1884] 11 Cl. & F. 155, 351

This is to destroy the purpose of the trial (common law) jury, and to permit the imposition of tyranny

(Continued on page 25)

palate. I could take it easily."

So did many attending the second annual conference of the International Foundation For Preventive Medicine who tasted samples of Dr. Hagiwara's young green barley juice powder.

NUTRITIONAL ANALYSIS

The juice from young barley leaves contains a multitude of vitamins, minerals and enzymes according to an analysis made by the Resource Research Association, Office of Science and Technology, and Japan Food Analysis Center. For example, the juice contains 30 times as much vitamin B-1 as in milk, 3.3 times as much vitamin C and 6.5 times as much carotene as in spinach, 11 times the amount of calcium in cow's milk, nearly five times the iron content of spinach, nearly seven times the vitamin C in oranges, four times the vitamin B-1 in whole wheat flour, and 80 micrograms of vitamin B-12 per 100 grams of dried barley plant juice. Superoxide dismutase (SOD) which is found in all living cells is also found in high concentration in the juice from young barley leaves.

The juice is a rich source of chlorophyll. Professor Toshitsugu Oda, the Dean of the Faculty of Medicine at Tokyo University, and former director of Toyko University Hospital had this to say about chlorophyll:

"My interest in chlorophyll dates back to the time when I tried it for the treatment of chronic pancreatitis. At that time, intravenous administration of considerably purified chlorophyll-a successfully removed the severe pain of pancreatitis. In my view, the successful treatment was due to the action of chlorophyll to inhibit trypsin activity, which is believed to be a cause of pancreatitis, and some of the factors relating to inflammation. Furthermore, it is interesting to note that not a few substances involved deeply in the respiration of man have a structure similar to chlorophyll. Young barley plant juice contains

much chlorophyll and abundant vitamins."

THERAPEUTIC SIGNIFICANCE

In his international report, Dr. Hagiwara revealed that it took him 13 years of intensive research on over 150 kinds of suitable plants before he concluded that barley is an excellent source of the broad spectrum of nutrients required by the body for growth, repair, and well-being. The juice from young barley leaves is absorbed directly through the cell membranes in the mouth and throat as well as the stomach and the intestines. All fibrous tissues have been extracted so that no indigestible substances remain. The juice from the young barley leaves is sprayed at normal temperatures inside a controlled environment, and dehydrated to a powder within a few seconds. The powdered essence is blended with a cooked powdered brown rice. To protect the enzymes, proteins, vitamins, minerals and other nutrients, no chemicals, heating or freezing is involved. There are about 450 calories in 150 grams and the barley leaves are grown and processed without pesticides or chemicals.

Dr. Yasuo Hotta, research biologist, Department of Biology, University of California, San Diego has found the young green barley juice powder has restorative power to the DNA of reproductive cells which are damaged by carcinogenic 4-Nitro-Quinoline-N-Oxide (4NQO) and X-rays. It was at the 101st Annual Assembly of the Pharmaceutical Society of Japan that Dr. Hotta reported that an ingredient of the juice promotes the restoration of damaged DNA in cell nucleus, which causes innate abnormality or a malformed child. Professor Hotta is a specialist of gene engineering.

Several million Japanese people have been taking this barley juice powder mixed with water, juice, or other beverages such as milk with beneficial effects according to Yoshihide Hagiwara, M.D. Its enzymes help resolve indigestible substances in a food, such as:

- Phospholipase to resolve pholipid
- Phosphates to resolve glyco-phosphate
- DNAase and RNAase to resolve nucleic acid
- Nitrite reductase to resolve toxic substances

In a report made to Japan Pharmaceutical Society, it was found that barley juice powder has a molecular weight of 53,000. One molecule contains one unit of protein of protoheme. A sort of peroxidase could be extracted, and it can counteract the toxic effects of BHT to be used in milk powder.

The concern that we have for good nutrition in this country is also the concern of the Japanese and scientists, physicians like Dr. Yoshihide-Hagiwara. He and his colleagues have found that the daily consumption of young green barley juice powder with its high concentration of protein, vitamins, minerals, and enzymes is of

(Continued on page 23)

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ORTHOMOLECULAR MOTORCYCLE MEDICINE



By William Campbell Douglass, M.D.

You may not think that motorcycles are a part of your life, but if you drive a car you are very much involved with motorcycles whether you like it or not.

You may hate motorcycles (they aren't as noisy as they used to be) but they are here to stay and you need to read the rest of this article. Vehicular safety is a definite part of preventive medicine and that's what the National Health Federation is all about.

Motorcycles may never cross your mind but one may very well cross your *path* with disastrous results. This article and what I will suggest in it is written in the hope that you will not have nightmares about them later.

Some very nice people ride motorcycles. I ride one and our local TV weatherman rides one.

Not impressed? How about this: The King of Spain, Juan Carlos the First, rides every week. Motorcycles aren't just for the criminally insane anymore. (I'm going to send Juan a copy of this article. Maybe he'll invite me over to discuss it.)

The major problem with motorcycle accidents isn't drunk driving or irresponsible and inexperienced motorcycle operators (although those are serious problems) but *your failure to see* a motorcyclist who is minding his own business, not breaking the law and is driving carefully and responsibly. Everyone will feel sorry for you after your collision because you didn't do it on purpose. Nevertheless you will be charged for irresponsible driving and the cyclist will go to the hospital or worse — then you have a manslaughter charge to contend with. That can really ruin your day.

Are you beginning to see how

important motorcycles suddenly can become in your life?

Three-fourths of the accidents are caused by a collision between an automobile and the motorcycle. Let's look at some highly revealing statistics.

Twenty-four percent of motorcar-motorcycle accidents are caused by the automobile driver not seeing the motorcycle before impact. This usually involves the automobile driver making a left turn into the path of an oncoming motorcycle.

"Education" is of little value in preventing these accidents. People simply don't see the small silhouette of a motorcycle. Evasive action by the motorcyclist is usually impossible. Even a sober, well-trained driver at 35 mph requires *3 seconds* to evade the other vehicle. Only *1.9 seconds* on the average is the time available for evasive action. [Ref: *University of Southern California, Hurt Report.*]

The Federal Transportation Agency did a remarkable piece of research recently. They tested the rear window brake light on telephone company vehicles and taxis. The theory was that this additional light at eye level to a trailing vehicle would reduce rear-end collisions.

After millions of miles of testing it was determined that rear-end accidents were decreased by *over 50 percent* in vehicles equipped with the additional light. With those convincing statistics think how effective an eye-level flashing light would be on a hard-to-see motorcycle. The savings in lives, disability and medical and repair costs would be enormous.

So *heightened visibility* of the motorcycle is the only possible solution to this serious problem. I am proposing

to the legislature of the state of Georgia through state representative Tommy Smith that a law be passed requiring flashing green lights to be placed on all motorcycles.

I will suggest that these lights be identical to those now used by police motorcycles except the color would be green. Blue, yellow and red lights are now used by municipal vehicles such as ambulance, fire, police, and tow trucks. A brilliant green flashing light would be ideal for this purpose.

At the very least I would suggest that the top of the cycle riders helmet have a flashing green light. This is the point of maximum visibility and would be visible over the top of the average automobile. (Vans are probably the motorcyclist's greatest enemy because height obscures vision.)

I hate to force people to do things through oppressive laws. I don't even think that helmets should be mandatory for anyone over 21 years of age. (You're supposed to have a little sense by the time you are 21. If you want your brains all over the street that's your business.)

So I would be happy with a "you can" law rather than a "you must" law. Concerned parents and sensible drivers will take care of the rest. Or make it coercive only for those under 21 years of age. They have most of the accidents anyway.

Almost without exception automobile drivers whom I have asked are enthusiastic about this green light legislation. The reaction of motorcyclists is mixed. Many of them, (those who haven't been hit yet) take a peculiar fatalistic attitude toward the problem.

(Continued on page 39)

much benefit in reversing the aging process, and effective in nutritional therapy for a multitude of ailments from ulcers to high blood pressure, from inflammations to circulatory disorders.

Containing a good balance of vitamins B-1, B-2, B-6, B-12, nicotinic acid, vitamins E, C as well as calcium, magnesium, manganese, molybdenum, germanium, zinc, copper, selenium and lithium, one can comprehend its nutritional impact on the cellular structure of the body.

"It is a terrible pity that human beings who are called the lords of creation, are threatening the lives of human beings and animals by doing harm to them with the products they have produced with scientific devices," so said Dr. Hagiwara at the conference of the International Foundation For Preventive Medicine. Now he hopes he can help people everywhere promote longevity and good health with his research and discovery of young green barley juice powder.

Little did Captain James Cook realize the impact he would have on the future of navigation and save the lives of countless sailors when he ordered his crew to gather fruits, vegetables, berries and green plants to to serve aboard ship and thereby prevent scurvy. Now two hundred years later, Dr. Hagiwara has discovered in the juice of the leaves of young barley plants, no more than 12 inches in height, some of the best sources of man's required nutrients. At this age, the leaves have the brightest green color, indicating high amounts of magnesium, iron, bioflavonoids, polysaccharides, and polypeptides. The flavonoids detoxify cellular tissue while polypeptides promote cellular metabolism and neutralize heavy metals like nicotine and mercury into insoluble salts. From its vitamins to its enzymes, all these micronutrients appear to have a healing and anti-aging effect.

Like the British sailors who used to get their daily allotment of lime to prevent scurvy, Dr. Yoshihide Hagiwara believes a daily teaspoonful of his powder from the juice of young green barley plants will correct the imbalances of the modern diet whether in Japan or elsewhere in the world. ■

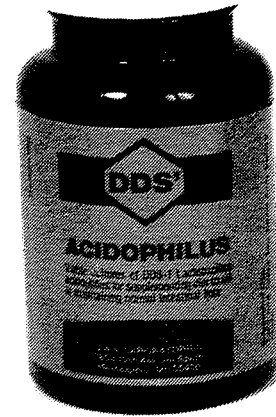
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"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas A. Edison

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JURIES

CONTINUED FROM PAGE 20

upon the people, who otherwise would resist by their juries' refusal to uphold unconstitutional law. This would be taking from them their protection against injustice and governing agencies assuming unauthorized powers.

"The jury has the power to bring in a verdict in the teeth of both law and facts." *Holmes, J., Horning v District of Columbia [1920]*

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ADVERTISERS' INDEX

Alta Dena	2
Bio-Genesis Institute	Back Cover
Body Talk	5
Cancer Control Society	39
Genesis West	13
Gold Stake	9,36,37
Immuno Nutritional Clinical Lab	28,29
International Motor Inn	39
Kuest Enterprises	19
Magne Tab	31
Manner Clinic	17
Mezotrace	31
Neo-Life	45
Nutri-Cology	45
Rodaquin Laboratories	32,33
Semiconductor Chelates Int'l	47
Staeger Supply	15
Sun Chlorella	5
The Vitamin Shoppe	7
UAS Laboratories	23
Vita, Inc.	21
Vitamin Co-op	15
Westbrook Farms	9

jurisdiction thereof to the deprivation of any rights, privileges, or immunities secured by the Constitution and laws, shall be liable to the party injured in an action at law, suit in equity, or other proper proceeding for redress."

United States Code Annotated, Title 42, S 1983

If a juror feels that the "law" protects the criminal and prosecutes the victim of a crime; makes the innocent guilty; deprives Constitutional, or God-given inalienable rights; is forcing, without authority, involuntary servitude through taxation; is demanding continual tribute (tax) for people to keep what they own; or restricts survival from the utilization of the land, fish and animals, then it is jurors' duty to affirm that there was no offence.

The honorable Theo. Parsons in the Massachusetts convention of 1788, said: "The people themselves have it in their power effectually to resist usurpation, without being driven to an appeal to arms.

"An act of usurpation is not obligatory; it is not law; and any man may be justified in his resistance. Let him be considered as a criminal by the general government, yet only his fellow citizens can convict him; they're his jury, and if they pronounce him innocent, not all the power of Congress can hurt him; and innocent they certainly will pronounce him, if the supposed law he resisted was an act of usurpation."

2 Elliot's Debates, 94; Bancroft, History of the Constitution, 267

If a juror accepts as the law that which the judge states then that juror has accepted the exercise of absolute authority of a government employee and has surrendered a power and right that once was the citizens safeguard of liberty.

"For the saddest epitaph which can be carved in memory of a vanished liberty is that it was lost because its possessors failed to stretch forth a saving hand while yet there was time."

Sutherland, J., Assoc. Press v N.L.R.B. [1937]

The judge decides which evidence can legally be admitted, but the jury must decide which evidence is believable and must evaluate it.

The judge then gives instructions as to the law on the case, but the jury must decide on the justice of the law. If the law is not just then it is the duty of the jury to declare it such by its verdict.

"We recognize, as appellants urge, the undisputed power of the jury to acquit, even if its verdict is contrary to

the law as given by the judge contrary to the evidence. This is a power that must exist as long as we adhere to the general verdict in criminal cases, for the courts cannot search the minds of the jurors to find the basis upon which they judge.

"If the jury feels that the law under which the defendant is accused is unjust, or that exigent circumstances justified the actions of the accused, or for any reason which appeals to their

(Continued on page 45)

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FACTS AND FALLACIES

By Betty Kamen, Ph.D.



Notes from the Establishment is an on-going feature of *Health Freedom News*. Dr. Kamen reports on breakthroughs, research, and commentary in traditional medicine, and offers her (sometimes-differing) point of view.

OSTEOPOROSIS: NOT JUST CALCIUM

FACT: *Research, clinical work, and empirical observation have all proved that bone health involves more than the ingestion of calcium.*¹

FALLACY: *In the treatment of established bone disease, a good approach is to give extra calcium and phosphate along with an active vitamin D metabolite.*²

The treatment outlined in "Fallacy" for bone disease presents a very narrow view. We need to consider much more than calcium, phosphorus and vitamin D supplementation.

Mineralization is only one aspect of bone formation. The production of collagen, for example, is a major component of bone health. And such production in turn depends on many factors, including the presence of one significant nutrient, *ascorbic acid*.³

So in addition to the range of the obvious nutrients necessary for bone health, it is advisable to add vitamin C to the list. (Esterified vitamin C is recommended. The term esterified is simply a description of chemical configuration. In the ester form, a

Dr. Betty Kamen, with degrees in psychology and nutrition education, and experience as an award-winning photojournalist and university instructor, has made her mark as a nationally known lecturer and radio-TV host and guest in the nutrition-health field. Betty, with husband Si, has authored seven books, the most recent of which is: *Sesame*, published by Keats Publishing, and is the producer of nationally distributed nutrition filmstrips.

much lower percentage of vitamin C is eliminated from the body than normally. And because esterified vitamin C is pH neutral, there is virtually no acidity, doing away with discomfort when those with sensitive stomachs take large doses.)

We must combine a wide range of nutrient intake which provides all the substrates, minerals, and vitamins that are recognized as important for new bone formation. It is difficult to believe that this is not obvious to the general practitioner or specialist dealing with bone disorders. (For free *Down-to-the-Bone Recipes*, send self-addressed stamped envelope to: *HFN Nutrition*, Box 689, Larkspur, CA 94939.)

THE BUTCHER AND PROSTATIC CANCER

FACT: *Butchers are at a greater risk for prostatic cancer than the general population.*

FALLACY: *This is only because butchers eat more meat than other people, and this consumption, via the fat, enhances their risk of prostatic cancer.*⁴

Hormones used as growth promoters by stockbreeders may be responsible for the additional risk of prostatic cancer in butchers. The administration of hormones leads to the presence of residual concentrations in the meat.

Synthetic steroid hormones were first developed as growth promoters in cattle in 1950. By the 1970s, 75 percent of cattle in this country were given diethylstilbestrol.⁵ The use of male hormones, resulting in concentrations in parents at the time of conception, partly controls the sex of their offspring. High levels are associated with the birth of boys.⁶

CANCER AND FRESH GREEN VEGGIES

FACT: *Studies around the world show a consistent finding of diet in relation to cancer in that consumption of fresh green vegetables is negatively associated with cancer.*

FALLACY: *Now that we are aware of one preventive measure, the incidence of cancer is decreasing.*

As an example of how untrue this fallacy is, let's take a nutritional view of esophageal cancer. Britain and Ireland have a very high incidence, as does China, India, and South Africa.

In China, the staple diet is cereals and tea, with a very low consumption of fresh fruit and vegetables. The same is true in Iran and South Africa. These diets are deficient in micronutrients found in green vegetables, and there is a low intake of zinc, made worse by the zinc-chelating action of phytate in the cereals and the tannins in the tea.

There is also a low intake of riboflavin. Zinc and riboflavin have been demonstrated to be essential for maintaining the structure and function of the esophageal epithelium. Women are especially vulnerable to these dietary deficiencies because of the high demands of pregnancy and menstruation.

It is of interest that Sweden used to have a high incidence of esophageal cancer, but a national program of dietary supplementation, including riboflavin, has been followed by a fall in the incidence. Early diagnosis is not yet possible, and treatment is unsatisfactory. Prevention appears to be the answer. (So what else is new?)

Why, then, is the incidence increasing in most of the rest of the world?⁷

SUICIDE ATTEMPTS AND THE MENSTRUAL CYCLE

FACT: *There is a relation between suicide attempts in young women and the phases of the menstrual cycle.*

FALLACY: *The causes of this are related to the low estrogen phases of the menstrual cycle.⁸*

Focusing on one hormone is misleading and ignores the complexities of the ovarian cycle. Although it may be true that low estrogen production may predispose to depression and attempted suicide (particularly because female sex hormones have widespread psychological and behavioral effects⁹), it is also true that several of the many other metabolic cycles associated with ovulation may also be responsible.¹⁰

RELIABILITY OF ALLERGY TESTING

FACT: *Adverse reactions to food is widely perceived as a major health problem.*

FALLACY: *Anyone suspecting food sensitivity can get a correct allergy diagnosis by having blood or other laboratory tests done at a competent laboratory.*

When testing for allergies, studies demonstrate that there are often inconsistent results on duplicate samples from the same people.¹¹ Unsound dietary advice is then dispensed to a patient who is in a very vulnerable situation.

One of the problems is that a test such as the RAST test will only detect in the patient's blood specific antibodies to particular allergens to which the patient might be exposed. This is just one piece of information required for diagnosis.

Some kinds of food intolerance are not accompanied by changes in the immune system, so the RAST or skin test reveals nothing in these cases. Even if several labs agreed on a test result, the final advice given to a patient may not be accurate.

Cytotoxic testing, which is used to uncover masked food intolerances or sensitivities, must be administered with

great care. Blood must be less than six hours old; patients should not have eaten for twelve hours; and patients must not have taken medication for up to four days and they must have no infections. You can see why the popular tests may not be accurate.

INTUITION VERSUS THE SCIENTIFIC APPROACH

FACT: *Science has fostered a tremendous amount of knowledge and has extended the range of human abilities.*

FALLACY: *Science is broad in scope, and has helped to understand human behavior.*

At the Royal Society of Medicine in London, Dr. William H. Kautz, of the Center for Applied Intuition, addressed a forum in which he said, "There is a growing body of evidence that powers of healing go beyond the limits of medicine, and do not belong merely to a few gifted people, but are latent in almost everyone.

"The trouble is there is general acceptance of the scientific approach, whereas science is exceedingly narrow in scope, dealing only with material reality, much of which has little to do with human behavior.

"The most important things that ever happen to you as a human being, science has nothing to say about. It is therefore time to revert to earlier, intuitive, ways of knowing and understanding.

"Intuition is the mind's ability to acquire knowledge directly, without recourse to reasoning, inference, or other rational aspects of 'thinking.' Hunches or 'gut feeling' is an acceptable part of decision-making.

Intuition is learnable, but is subjective, and is as natural as walking. . . . The intuitive mode of inquiry could expand knowledge in almost any field, including understanding biological phenomena, such as how birds sense magnetic fields and how dolphins communicate."¹²

MORTALITY OF DOCTORS

FACT: *It goes without saying the doctors have a vast store of professional*

knowledge and skills.

FALLACY: *Doctors use these skills to reduce their own mortality risks.*

The overall mortality of doctors may be as high or higher than that of other professionals. They have an incredible high suicide rate. It may be that physicians are exposed to occupational hazards that cancel out the effects of their knowledge.

The possible hazards are more likely to be mental than physical or chemical. Since mortality was not found to be lower than that of other professionals, it is suggested that either the doctors do not use their professional knowledge and skills in a way that lowers their own mortality, or that other occupation-related factors cancel out any benefit. The high risk of suicide points to mental strain as a major occupational hazard.¹³

A DREAM DOWN THE DRAIN

FACT: *Some doctors practicing and researching in mainstream medicine recognize the value of good nutritional supplementation.*

FALLACY: *These physicians are respected by their peers when they come forth to state their views.*

Many of you may be familiar with a company called *United Sciences of America (USA)*.

USA formulated products with the public in mind. Its basic vitamin-and-mineral formula was easy to swallow, and eliminated the need for taking an assortment of various pills and capsules. Its fatty acid formula was the result of public interest and current research on the effect of this nutrient on blood platelets.

A number of health-oriented people saw this company as the open door for introducing nutrition and alternative health care to the more traditional medical community. The company sought "establishment" physicians for its advisory board — men and women who were familiar with the values of supplementation and nutrition education.

(Continued on page 31)

The more you know about food allergy,

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**IgG RAST, IgE RAST and
 FOOD IMMUNE COMPLEX ASSAY**

LABORATORY REPORT STATUS: FINAL
 LAB NUMBER: 9255

REFERRING PHYSICIAN:
 BROWN, JOHN L., M.D.
 19000 CASA DIASTOLE
 SANTA BARBARA, CA

REFERENCE RANGE
 NONREACTIVE: 0- 3512
 MODERATE: 2+ 4061- 4587, 3+ 4590- 5277
 SEVERE: 4+ 5278- 5648, 5+ 5649 AND ABOVE

IgG RAST
 RVS # 86421
 FED. TAX ID# 95-3515817

PATIENT DATA
 NAME: HARDIE, COLIN
 AGE: 54
 SEX: M
 ID# 9255
 COLLECTED: 4/01/87
 RECEIVED: 4/03/87
 TESTED: 4/05/87 12:00

FOOD TESTED	CLASSIFICATION					EQUINOVAL	REACTION SUMMARY		
	0 NON REACTIVE	1 EQUINOVAL	2 MODERATE	3 SEVERE	4+ SEVERE		MODERATE	SEVERE	SEVERE
GRAIN									
WHEAT					7578			WHEAT	
RYE					6651			RYE	
BARLEY	1359		4245			BARLEY			
GLUTEN								GLUTEN	
GLIADIN								GLIADIN	
MALT					6047				
CORN					6388				
RICE	1579								
WILD RICE	2552								
BUCKWHEAT									
MILLET	1945								
MIXED GRAIN SCREEN	2357								
MISCELLANEOUS									
BAKER'S YEAST	2552								
BREWER'S YEAST	3465								
CAROB									
DAIRY									
COW'S MILK					11708			COW'S MILK	
CASEIN					8143			CASEIN	
LACTALBUMIN					6514			LACTALBUMIN	
LACTOGLOBULIN					6149			LACTOGLOBULIN	
CHEDDAR CHEESE					10712			CHEDDAR CHEESE	
AMERICAN CHEESE									
GOAT'S MILK					8741			GOAT'S MILK	
CAFFEINE									
CHOCOLATE	1790								
COFFEE	1609								
TEA	2261								
EGGS									
EGG WHITE					9575			EGG WH.	
EGG YOLK					6920			EGG YOLK	
MEAT									
BEEF		4460				BEEF			
BEEF LIVER					6356				
LAMB									
VEAL									
PORK	2260								
FISH									
SOLE									
WHITE FISH									
SHRIMP									
LOBSTER									
CRAB									
HADDOCK									
CLAM									

DOCTOR'S COPY

THE NEED: Millions of Americans continue to suffer from undiagnosed and untreated food allergy. At the root of this problem is misunderstandings about the nature of food allergy.

Food allergy may be divided into 2 basic immune responses—*immediate* Type I, IgE antibody-mediated reactions, and *delayed* Type II, III, and perhaps Type IV IgG (less frequently IgM and IgA) and food immune complex-mediated reactions. Recent published research indicates that delayed food allergies may account for 90% or more of all food allergic symptoms.

If most food allergies are not Type I, IgE-mediated, then testing your patients by skin testing or IgE RAST only is clearly inappropriate. More comprehensive laboratory testing might also include Type II (IgG) and Type III (IgG-food antigen immune complexes) to assure that you identify delayed food allergies as well.

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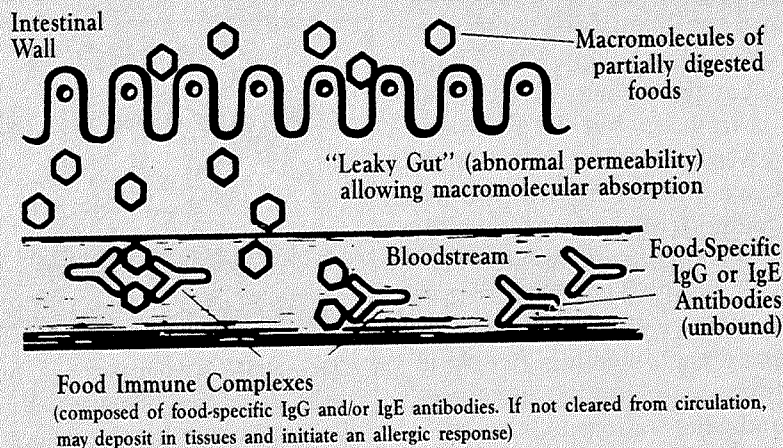
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C L I N I C A L L A B O R A T O R Y

CHAPTER HOTLINE

By Anne Marie Cotton



Aches, pains, health problems and disease all seem to be a fact of life. True, we are all going to have health problems. But have you ever wondered why some people are almost never sick or who never complain about aches and pains? Or why some people who are 60 or 70 feel and look better than many who are 40 or 50?

Many of these people know and practice natural healing secrets that can keep you and me feeling good. You can learn health helpers when you become a member of the National Health Federation and receive the magazine *Health Freedom News* every month for the amount of \$20.00 membership, or \$12.50 for Seniors and Students.

You can read and learn these health habits by becoming a member. Or check the Active Chapter Listings for your area and make a trip to the next local NHF Chapter meeting. We do not have as many chapters as we would like to have. We would like you to organize one in your vicinity and help make a healthier community.

One of NHF's current major priorities is to get "THANK-U-GRAM" (sample — Jan./Feb. 1987 *HFN*) to help Dr. Lawrence Burton's Clinic reopen after it was forcibly closed by the Bahamian Government July 19, 1985. Secondly, reintroduce H.R. 4762 "Co-Sponsor Anti-Food Irradiation Bill" to require the U.S. Food and Drug Administration (FDA) to obey reasonable safety laws Congress has previously and wisely enacted to protect us from avoidable Chernobyl-like incidents in the U.S.

Fortunately, as of October 18, 1986, 53 farsighted congressmen had joined

Representative Bosco and co-sponsored H.R. 4762, to force a recalcitrant FDA to do what it is paid to do.

However, NHF is far more than a Washington lobby. Its educational impact on the public is tremendous. This is due to its sponsorship of health conventions held each year throughout the nation, publication of our informative magazine, and support for the work of local and regional NHF chapters.

Some of the chapter meetings during the winter months were cancelled because of one of the worst winters for decades. The **Albuquerque NHF Chapter** was caught in one of the worst blizzards in years, but the February meeting was held and featured Bonnie Garrick, a certified herbalist. She discussed methods of cleansing, rebuilding, and balancing metabolic functions with herbs. The chapter uses radio and TV as well as the newspaper to advertise each meeting. People in that vicinity, watch for the announcements and what stations to listen to.

Did you know there is an advantage to being poor? Like digestive disorders almost exclusively affect the wealthy. Gout is one of the other diseases that the famous and extremely affluent are susceptible to.

In the early 1800s, aristocrats and royalty were subject to these disorders because only the rich could afford white bread and refined grains. The poor people had to eat black bread made from coarsely milled grains. They did not have diverticulitis, colon cancer, and other ailments that come about when nutrients are removed from grains.

A letter by the FDA was received

from Anita Pickett, **Bluffton Natural Health Chapter NHF, OH**, in reply concerning irradiation of food, radiation in the environment, safety of public drinking water, safety of aluminum food containers and listing ingredients on food labels.

Let's continue to write letters to our congressmen and let them know how we feel about current issues that affect our lives. ■

HOW ABOUT **YOU** STARTING AN NHF CHAPTER

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818-357-2181

FACTS AND FALLACIES

CONTINUED FROM PAGE 27

It came up with a very prestigious list of professionals, including Dr. Robert A. Good (former president and director of Sloan-Kettering Institute of Cancer Research), Dr. Julius Axelrod (Nobel Prize winner, 1970), and Dr. Alexander Leaf (Harvard Medical School). Engaging these people was to have opened the door of mainstream medicine to new concepts in health care. This was to be the first nutritional supplement company to have the backing of the traditional scientific community.

The dream was to change the face of American medicine. This dream was shared by many who had worked long and hard to promote concepts of good health through nutrition, only to meet with harassment and negativism.

Whether or not the company had the integrity to put it all together is now a moot question. But this is not the important issue. The company became too successful too fast, inviting the attention of the FDA, the AMA, and any other powers-that-be that felt threatened.

Adverse and often unfair publicity swept the country — publicity that was not controversial, but opinionated. (Professionals in the medical field know how difficult it is to compete for space in the *New England Journal of Medicine*. That magazine, however, devoted several pages to an article written by Frederick Stare denouncing this company.)

And so another chapter closes on the hope that there could be an accepted vehicle through which the medical establishment would recognize the need for good supplementation and nutrition education. ■

Betty Kamen, Ph.D., is widely known for her presentations on nutrition education. For longevity and bone-health recipes, send self-addressed, stamped envelope to Box 689, Larkspur, CA 94939.

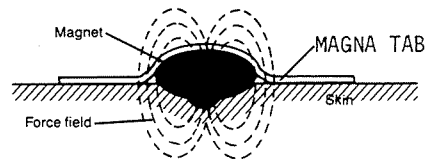
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BUILDING NEW BLOOD



Risk-free blood transfusions were something most people took for granted until recent years. Now, perhaps no other medical therapy is so burdened with fear. The possibility of blood disease is a worry for both the medical professional and layman alike.

The focus of this article then is on blood imbalance or disease such as anemias, hemorrhagic disease such as purpura, ulcers, excessive blood loss due to severe wounds, hemophilia or blood loss following childbirth and generally any condition that requires efficient red cell production and replacement.

Blood transfusions have never been totally free of uncertainties. When they were first attempted, they were successful in some instances. But in many more instances, immediate or delayed agglutination and hemolysis of the red blood cells occurred. It was discovered that the blood of different persons usually had different antigenic and immune properties so that antibodies in the plasma of one's blood reacted with antigens in the cells of another.

However, through advanced research and highly sophisticated testing this was overcome and until recent years, most people approached blood transfusions with a sense of security and confidence.

But with the advent of blood disease that so severely undermines the body's immune system, all of that has changed.

Certainly the intent of the author is not to discourage blood transfusions, as many times they are given in a life-threatening situation. But is there any safe alternative or reinforcement to this sole medical treatment that science can offer?

The ideal solution would be, of course, to encourage the body to reproduce red blood cells more quickly in order to avoid at least the frequency of blood transfusions for chronic cases. To date, most doctors and scientists would say this is not possible. No diet, medication or vitamin has been found to be an effective replacement or enhancement therapy for the many individuals who depend on frequent blood transfusions-- such as ulcer patients, diabetics, hemophiliacs, and surgery candidates.

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Certainly one should not hesitate to obtain blood transfusions when the doctor recommends them, but shouldn't we also make use of our body's natural resources to produce our own healthy blood? *RODAQUIN naturally stimulates and accelerates red blood cell production in a safe, non-toxic way.*

Also, because *RODAQUIN* assists the body as an antioxidant, it appears to increase the functional ability of the red cells to transport oxygen to the tissues while protecting them against free radical damage. One can then appreciate the advantage of using *RODAQUIN* in this regard, since the most important feature of the hemoglobin molecule is its ability to combine with and transport oxygen.

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VICTORY OVER CANCER, ARTHRITIS, ALZHEIMER'S & THE COMMON COLD



Eugene Brasseur, M.D.

I had grade 3 prostatic carcinoma with my pelvis, spine, ribs and long bones riddled with metastases.

In addition to orthodox treatment, without chemotherapy and radiation, I started an alternative nontoxic, low cost, painless dietary, nutritional therapy.

I suffered excruciating pain. Now the pain decreases all the time. From 130 pounds up to 160 pounds in three months, my color is back, I run 3 to 4

miles every day, and am busy raising vegetables, sprouts, wheat grass and alfalfa. I take four capsules each day of the Gold Stake Dietary Mineral Supplement which has been very beneficial. A complete detailed outline of my therapeutic regimen can be obtained by writing to Gold Stake, Pasadena, California.

FREEDOM FROM BACK PAIN, ARTHRITIS AND COLDS

Had excruciating pain in my lower back down both legs to my ankles. Examinations by surgeons indicated a disc was ready to rupture. Four days prior to entering the hospital for surgery I started taking two Gold Stake Dietary Mineral Supplement capsules and started to feel much better. The pain in my back subsided and there was no more pain in my legs. When I entered the hospital, tests showed my condition was reverting back to normal. No surgery was performed, I improved daily and experienced an increased level of energy.

Last winter, the arthritis in my right hand was very painful. This winter, no pain at all. My Dad, 78 years old, had painful arthritis in his hands and hips. After Gold Stake he improved 90%. My

73 year old Mother with arthritis experienced the same. Both of them have an increase in energy and are happy with the results. The three of us have not had the flu or a cold this year. Everyone around us was ill, but we remained intact.

—Dorothy Stevens, Fraser, Michigan

ALZHEIMER'S VICTIM IMPROVES DRAMATICALLY

My brother, Paul, became bedfast, didn't know his family and couldn't walk or stand up by himself. He lost weight and could not say when he had to go to the bathroom. He had to be fed and it was difficult to get him to eat. On February 5, 1987, in only two days on four capsules of Gold Stake per day, with help he could stand and walk.

He has severe mental and physical damage yet but he knows all his family members and can answer most "common sense" questions. He can feed himself, say when he needs to go to the bathroom and has been up from bed most of the day, every day, since approximately two days after taking Gold Stake. I didn't think I would ever be able to write this.

— Charles W. Hannon, Sr.,
Columbus, Ohio

ALTERNATIVE TO SURGERY AND CHEMOTHERAPY

Hovering between life and death, one year later, I am carrying on my work better than ever. My weight dropped from 150 to 122 pounds. The turning point came when friends told me about Gold Stake, a Dietary Mineral Supplement of digestible minerals and trace minerals.

On four capsules a day, my appetite returned and I gained 15 pounds in two months. My recovery was like a miracle. The pains in my back, stomach, neck and shoulders disappeared. I had cancer of the liver and later bone cancer. I refused more operations. They offered chemotherapy but I turned that down, too.

God and the Gold Stake capsules are better than chemotherapy and what can an operation do for bone cancer? When I told my doctor what was in the capsules, he said, "You can take them, they will not hurt you."

— Haviv Scheiber, Washington, D.C.

Dr. Margaret Stevens with a troublesome cold doubled her intake of two per day and found almost immediate relief. "Within two hours my head was clear and that was the end of the cold."

FLUORIDATION — GOOD OR BAD?

Fluoridation has been represented by many local Dental Societies as a worthwhile measure. Perhaps they are convinced of the merit of their cause, but the foundation for this program to fluoridate our water really goes back to a special interest group within the United States Public Health Service, and those who oppose it consider it neither worthwhile nor scientific — in fact, it is based on fallacious studies and questionable evidence. Careful scrutiny reveals it to be a MOST DANGEROUS AND HAZARDOUS program.

The following evaluation of fluoridation is based on the findings of a large group of eminent Medical Doctors, Dentists and Scientists and Engineers who have looked hard and critically at the program (as few proponents have done) and found it seriously defective in many ways, which we shall summarize as follows:

DENTAL HARM

Decay or caries, the proponents say, is supposed to be reduced 60 percent among the children who drink the water containing one part per million of fluoride from the time prior to eruption of their permanent teeth. Actually, this figure is based on an average of the percentage difference between a non-fluoridated and a fluoridated city (sometimes the same city pre-fluoridation and after fluoridation), for a few early years, usually ages 6-7-8-9, and it is very deceptive, because from one to three years later the same amount of decay (DMF) is found in the fluoridated children as is found at a particular age in the non-fluoridated children.

Therefore, what is represented as a prevention is in fact a delay only of from one to three years. Furthermore, such averaging hides a decline in

advantage which occurs steadily up through the age 16, the latest for which figures are available, at which age the advantage, using P.H.S. figures, is down to near 40 percent. and in the first molars, the most susceptible to decay, down to below 4 percent based on the Kingston-Newburgh study the latter being practically negligible. This you haven't been told.

What happens in ages after 16 with artificial fluoridation cannot be known now, but a study made by the University of Arizona some years ago indicates whereas teeth are comparatively free of decay through the mid-teens, by the age of 21 decay is extensive and that by the ages 24 to 26, a heavy loss of teeth can be expected, because "the teeth, being structurally weak... when decay does set in, the result is often disastrous." In the community studied, by the mid-twenties, 50 percent of the young people had lost all of their teeth, and the fluoride content of the water (natural) was only 1.6 to 4.0 p.p.m.

Periodontal disease, gingivitis, pyorrhea, etc., are other results of fluoridation which can be expected. Dr. Keith Box, University of Toronto, Canada, found 79.2 percent gingivitis in Stratford, a town with 1.6 p.p.m. natural fluorine. Dr. C. C. Bass, M.D., Dean Emeritus of Tulane University Medical School, who has, during the past 40 years, "probably examined more (human) teeth than any other living person," is opposed to fluoridation because it causes periodontoclasia (pyorrhea). Other experts, and even the P.H.S. findings at Bartlett-Cameron bear this out; experiments with rats at Cornell University likewise verify it.

Malocclusion — A tendency of fluoride to cause teeth to come in crooked due probably to stunting of

jaw-bone growth, has long been recognized. Even the P.H.S. studies indicate 19 times as many third molars lost at Colorado Springs (naturally fluoridated) as at Boulder (no fluoride) due to "malposition."

Mottling — Even the P.H.S. admits that 10 percent to 20 percent of the children beginning to drink fluoridated water prior to eruption of their teeth will have very mild to mild mottling, and in some of the test cities it is nearer 30 percent. According to Dr. and Professor Smith of the University of Arizona,"... "Those who recommend... fluoridation... have not seen mottled enamel of any type and are, therefore, not familiar with the psychological effects produced on those having (it)." Your child may be one of those unfortunate enough to acquire a more pronounced and disfiguring mottling, for there will be some. Is he expendable for the doubtful benefit of the rest?

MEDICAL HARM

Calcium — Fluorides have one of the most avid affinities for other elements of any substance known to man. They particularly grasp calcium from the system, "depriving the body of calcium stores" and "substituting sodium for the calcium which has been removed." Thus is the body deprived of "a material indispensable for sustaining the vitality of most of the organic functions..."

Enzymes — Dr. Hugo Theorell, winner of the 1958 Nobel prize for his work on enzymes, says fluorides inhibit and destroy vital enzymes, which are chemical activators essential to digestion and most vital life functions. For this reason he recommended that Sweden outlaw fluoridation, and that it did.

(Continued on page 42)

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When the club is full, there will be 1,000 people paying \$1,000, amounting to \$1 million. "Few of us will ever have a million dollars to give to a great cause," said Maureen. "But most of

us, with sacrifice, can save \$100 a year. This is \$2 a week, or just 30 cents a day."

Your pledge will give Maureen and the NHF Executive Committee the financial security necessary to undertake some major legislative battles.

The following have already joined Maureen's club. Those in bold have paid in full (\$1,000).

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IN MEMORY OF

AL MASON — HFN'S MANAGING EDITOR

All who loved commitment to principle shared a special kinship of the human heart with Al Mason. Al's greatness lay in his submergence of self in the pursuit of an ideal, his readiness to spend his energies without measure, prodigiously, almost ecstatically, for something he believed to be great and noble.

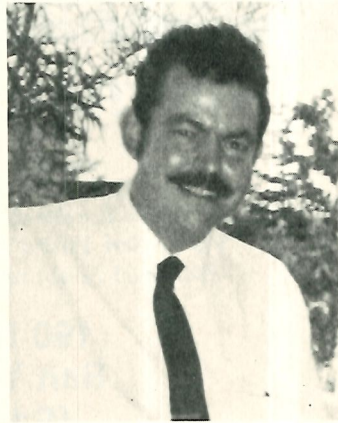
Al Mason's life was embodied in the verse, "To have struck one blow for truth in the daily fight with lies; to have done one deed of right in the face of calumnies; to have sown in the souls of men one thought that will not die; to have been a link in the chain of life, shall be immortality." Al Mason's immortality lies in that he did and was all these things.

His special love for *Health Freedom News* was the natural outpouring of a heart ablaze with love of truth and hate for wrong. The characteristics which made Al's life and talent so meaningful were his courage to stand for principle.

Al understood that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through. There were no such words as fear or compromise with evil in all the bright lexicon of Al's speech. To him it was not life that mattered but the courage that one brought to it and the battles that were fought. He gave all of himself unconditionally to the principles he believed in.

Even in his infirmities, you recognized in his presence a steady undercurrent of commitment to the principles he served; the principles of freedom he knew so well would bring his family, friends and beloved countrymen the best possible life.

His never failing, all prevailing quick wit, even through adversity, gave each and every one of us a lesson in forbearance and gallantry. While



a tumor enveloped one-fourth of his brain, his reply to my statement that those people who live longest and best are those who eat small amounts of highly nutritive foods, was "We should have a lot of healthy Ethiopians."

To Al there was no such thing as failure. He believed that only those who accepted defeat would ultimately fail. Al succeeded because he never knew the meaning of defeat and he never surrendered his principles. No matter the enormity of the foe, Al, through a grim energy, labor, prayerful effort and resolute courage, would continue his battle against all wrong.

How to measure the enormity of our loss? He gave all of himself unconditionally that others might be better. He was ready at all times to risk his body, to risk his well being, to risk his life in a great cause. His courage of commitment was a divine unmovable fortress against which, as against a rock, the waves of disaster beat in vain.

He shared his rich talents with all around him. To have worked with Al was to have shared in the generosity with which he lavished his genius for conciseness and a sharply contrasting turn of phrase. As testament to his abilities, the business which he began continues to prosper.

He had the skill and observation of the best physician, the diligence and

vigilance of the finest nurse.

How little we realized at the time that Al's legacy would be his generosity in teaching us. Al's benevolent and generous spirit would give him the satisfaction of knowing that his life was spent in valuable service to us all.

But nothing that was worthy in the past departs. No truth or goodness realized by man ever dies, or can die. It is all still here, and recognized or not it lives and works through endless changes. Indeed, whatever is better in all of us who were close to him is a gift from Al Mason. For true happiness is not in strength or wealth or power, or in a combination of all three. Rather, true happiness is true freedom in the conquest of the ignoble, in living meaningfully even in the valley of the shadow of death.

Al has attained true happiness and true freedom through eternal life. And while to us it seems so premature that we have lost such a valiant warrior from our noble field of battle, we can draw consolation from knowing that Al truly fought the good fight, finished the course, and kept the faith.

May God make us brave and keep us true.

Maureen Salaman

Thank You

Many donations, good wishes, good advice and prayers were sent to Al Mason during his illness. For these, we wish to thank all of you. It was just too late by the time we found the tumor for much of anything to be done. Pat Mason and her two children are now dedicated to keeping the magazine going along with other projects that Al was involved in. Again thank you from the Mason's and the National Health Federation.

ALBERT STARR MASON, III 1944-1987

Albert Starr Mason III was born on May 2, 1944, in San Jose, California.

He was named after his father, Albert Starr Mason Jr., and his grandfather Albert Starr Mason Sr. He took typing in high school and majored in journalism at San Jose State.

Al loved the newspaper business and exhibited this fondness early in life. His first newspaper was circulated on the street where he lived in Los Gatos, when he was still a child. It was a neighborhood gossip column in kid's language. The paper was a roaring success, as almost everyone on the street subscribed to it; it cost a penny a copy and was personally delivered by young Al himself. At the time of delivery, one could tell Al if there was something one would like to include in the next edition of his paper.

Al soon was a favorite with everyone on the block, a trait that he carried into his future newspaper career. After graduation from San Jose State, Al went on to work as the editor of a small paper in Greenfield. After that, he worked for the Santa Clara Journal as managing editor.

In March of 1973, he became the founder and editor of the Santa Clara American, a paper devoted to the city of Santa Clara and its citizens. The paper also gave Al a pulpit from which to preach his conservative viewpoint and to act as the "conscience" of the City Council of Santa Clara. Al's knack for humor and political satire could best be seen in his column which usually followed a Santa Clara City Council meeting. His column referred to the City of "Claraville". The seven elders referred to the seven city council members.

Al had his favorites who he liked to poke fun at through his column, and those who followed the council meetings never had any problems associating the fictitious elder with the real

council member. Though Al poked fun at some of the council members, he was liked by them all.

The Santa Clara American was a labor of love for Al. Eventually, he felt the need to give up the newspaper in order to better support his family. Realizing that the money was in typesetting, he set up his own typesetting and graphics business in early 1982 — Al Mason Advertising — which he operated until his illness made him unable to do so.

Al was a wonderful teacher and taught most of his employees the typesetting business. Because of this and his warm, loving personality, Al developed a very loyal staff. During Al's illness and hospitalization, the business continued to function, in large part due to the excellent training Al

provided and the high level of devotion on the part of the staff. This staff continues to operate the business today.

Al was a very intellectual person and loved to read. His articles were researched in great depth and were always very factual. Al was very active in the John Birch Society, an educational organization which he had very strong feelings towards and was proudly involved in. One aspect of this involvement was shared ownership and management of the American Opinion Bookstore, which specializes in literature that was an extension of Al's political beliefs.

Al is survived by his wife, Pat, and his son, Robert, his daughter, Amelia, his father Albert Starr Mason II, and his brother, Tom & family.

IN MEMORY OF . . . Memorial Gifts Given to NHF MEMORIALS

Sara Abrahamian, Rosemary Ashley, Winifred Aunes, William Bacon, Jamak Bahrami, Walter Barlow, Alexander Blank, Mrs. Ethel Brand, Jay C. Brewer, Joel Christianson, Joy Cumonow, Mrs. Douglas, Mrs. Edna Edwards, Grandma English, Mrs. Bertha Hirzel, William Hocking, Raymond F. Hoopes, Jr., Harry Horan, Edith Horning, Allen W. Howard, Maynard L. James, Harold J. Jensen, James R. Jones, Leon Kaye, Dr. Carol Ruth Knox, S. Kroll, Gordon E. Lints, Alfred Martin, James H. Moulder, Harvey W. Oliver, Gaylord Ripley, Frank P. Sangiacomo, Maybelle Walters, Mr. Charles Whitmire, Dr. Kenneth Wong, Glenn Zarnke

A MEANINGFUL MEMORIAL

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In Memory Of: _____

I enclose a contribution of \$ _____

From (Donor's Name) _____

Address: _____

City _____ State _____ Zip _____

P.S. An acknowledgement card to the bereaved family (or friend) will be sent by the National Health Federation to:

Name _____

Address _____

City _____ State _____ Zip _____

Please send your Memorial Gifts to:

National Health Federation, P.O. Box 688, Monrovia, CA 91016 (818) 357-2181

One Part per Million — much is made of how small an amount this is, and yet “strangely, the body is less able to deal with minute daily doses of fluoride over a long period than with the same amount given in a single dose, so long as the single dose is not lethal (killing).” It builds up gradually in the teeth, bone, soft tissues (organs of the body) etc., in some organs and in some individuals more than others. There is no pattern to its effects. It interferes with the proper growth of the young and the necessary repair and function of many parts of the adult body, and eventually disease and even death may result.

Harmful effects to some of the people, in addition to the above, include: Brittle and deformed bones, damage to the heart, kidneys, nerves and brain; even basic life processes may be disturbed, resulting in such horrors as Mongolism at childbirth. Meanwhile, at least 1 percent of the people will suffer harmful allergic symptoms.

From 20 to 40 years may be required to determine the true effects of fluoride on the body. Since artificial fluoridation is not over 15 years old anywhere it is obvious that all recommendations are premature.

Epidemiological studies only have been offered by the P.H.S. thus far. The only one conducted to “prove” that fluorides are safe (Bartlett-Cameron) really was a study of natural fluoridation, which even the American Medical Association Councils in reviewing the program in 1957 agreed does not offer a valid comparison. It showed arthritis, hearing defects, cataracts, and bone changes in the higher fluoride city (Bartlett) much more than average for the U.S.A. The P.H.S. even found the death rate higher by 3 to 1 in Bartlett, and while it found this ratio insignificant, stating the greater number of older people in Bartlett accounted for the difference, the A.M.A. Councils in 1957 disagreed. F.B. Exner, M.D., Seattle, reviewed

the study, and found that if the people above age 55 were left out the ratio rose to 6 to 1. To date nothing further has been done by the P.H.S. to find out why.

Clinical studies — have not been conducted yet, but, according to G. L. Waldbott, M.D., they are desperately needed, since they, unlike the epidemiological studies, will reveal harm to individuals, rather than obscure this harm in pooled specimens and averages. Dr. Waldbott has persuaded several European universities to institute these studies, since it appears they will probably never be made here.

IN GENERAL

Why this fluoridation program if it is so dangerous and lacking in merit? It is known that it got underway around 1950, shortly after the P.H.S. came under the jurisdiction of Oscar Ewing, formerly a \$75,000 per year lawyer for the Aluminum Corp. of America which firm had fluorides to sell, with a poor market for them and

It interferes with the proper growth of the young and the necessary repair and function of many parts of the adult body, and eventually disease and even death may result.

a great problem of disposing of them, since they killed the fish at sea and ate through the steel tanks on land, filtering into private waters and bringing law suits. Once the program was underway, it is believed that the urge of bureaucrats to carve out empires of power and control over people's lives became one of the dominating motives for pushing it. That they have done so is shown by one year's (1959) budget, which exceeded \$750,000,000. Of this over \$500,000,000 went to state health departments (Missouri's got over \$6,000,000), and other non-federal agencies such as schools and research organizations. Small wonder the power the U.S. Public Health Service wields as a result. Those who receive these funds must “buy” their entire program, so that little opposition

dares raise its head. Through the National Institutes of Dental Health and Research in the P.H.S., as well as other close connections, the American Dental Association was recruited and sold on the idea that, to maintain good public relations, it would have to push this fluoridation program, which it has done here and elsewhere.

Dosage is of course a fundamental problem to which there is no suitable answer. If the daily one milligram of fluoride is desirable, and you get it in four glasses of water per day, with the water fluoridated at 1 p.p.m., what happens if the concentration is 1 to 1.5 p.p.m., as proposed here, and particularly if you drink eight glasses per day? Obviously, it would be possible to get 3 milligrams per day, which even the P.H.S. admits is a toxic dose. In other words, it just wouldn't work even if fluorides were good for you, for some people do drink much more liquids than others. Also remember that all water used in cooking counts towards this dosage.

Cooking concentrates fluorides further, so that you end up with a higher concentration than you started with. (Boiling for 20 minutes will double it.) Coffee drinkers will not only get more fluoride, but will find the odor and taste obnoxious, as will those who use heated water in a bath or shower.

Superficial thinking alone could account for anyone's believing that fluorides taken internally could affect the teeth and not affect the rest of the body. That it does accumulate in the bones as well as the various organs and tissues of the body (aorta (heart), lungs, liver, brain, etc.) has been definitely established, even at low concentrations (½ p.p.m. maximum indicated), as proved by the University of Utah, and an independent study made by Loyola University some years ago, which established lethal or fatal concentrations, indicates that many of these accumulations, as proved by autopsy or chemical analysis at death, were fatal.

Diagnosis — The difficulty of diagnosis makes fluoride poisoning

(Continued on page 44)

Would you be angry . . .

if government prohibited you from obtaining harmless vitamins and minerals without a doctor's costly prescription?

Would you be angry . . .

if you were prevented from receiving mailed health information that "Big Brother" believed was inconsistent with its "consensus of established medical opinion"?

Then GET ANGRY! . . .

because both of these basic rights would have been taken from you *except for the vigilance and courage of one small organization!*

Unbelievable? READ ON!

Few people realize that since 1962, various governmental agencies, working with representatives of a vast, well-financed monopoly-minded pharmaceutical/medical complex, have repeatedly sought to designate inexpensive, harmless vitamins and minerals as "OTC (over-the-counter) prescription drugs" — or to *ban their sale entirely!*

Repeatedly, one group — the **National Health Federation** — working through and with other consumer organizations, has rebuffed their attempts. Needless to say, this has not endeared the NHF to these monopoly-minded groups.

Having been unsuccessful using the direct approach through congressional action, they next tried an end run by enlisting friends in the bureaucracy — the Postal Service — in the guise of "protecting fraud and quackery;" they attempted to stifle or kill new health ideas by preventing their dissemination through the mails. What happened to free speech?

But for an eleventh-hour discovery by the NHF, who alerted a few conscientious Congressmen as to their true intent, they would have succeeded!

Who is this tiny NHF "David" who dares to stand up against the mighty pharmaceutical/medical monopoly "Goliath" and is thus feared, hated, and is Number One on their "hate parade"?

The National Health Federation is the "We the people . . ." spoken of by our Founding Fathers — a watchdog group of concerned citizens alarmed at the monopolistic intent of this vast and rapacious pharmaceutical/medical complex. We believe their goal of monopoly not to be in the best interests of the American people. We believe all Americans are entitled to freedom of choice in all matters relating to health, provided only that they not injure or threaten others. Since the NHF sells nothing, we are not beholden to pressure from trade groups or advertisers.



The NHF does **not** advocate nor champion any specific type of treatment.

- We are neither *for* nor *against* fluoridation of water.
- We are neither *for* nor *against* Laetrile.
- We are neither *for* nor *against* chiropractic, orthodox medical treatment, or any specific type of treatment.

We **do oppose** medical monopoly in any form.

We believe that informed consumers should be free to choose for themselves.



We also believe that any licensed doctor should have this same freedom.

If you believe, as we do, that freedom of choice in health matters is as important as freedom of choice in spiritual matters or in free choice at the ballot box, we invite you — no, we *urge you* — to join the NHF. We need you and you need us, because strength lies in numbers. When we petition our legislators, we must do so from a position of strength. Politicians who may not see the light must be made to feel the heat.

Every family in America should belong to the National Health Federation —

- To work for the individual's right to freedom of choice in health matters.
- To oppose monopolies in the health field.
- To work for a clean, safe environment.
- To expose deficiencies and hazards of the orthodox health care system.
- To get reports on new developments in the health field.
- To receive updates on legal and legislative battles in the health-freedom struggle.
- To provide educational materials for legislators and other government officials.
- To uphold individual health rights through legal action.
- To work for enactment of effective health-freedom legislation.

Join N.H.F. today!

To: The National Health Federation • 212 West Foothill Boulevard (P.O. Box 688) • Monrovia, CA 91016

- Yes, I want to be part of your winning team, so sign me up for a year's membership in NHF and a subscription to NHF's monthly magazine, *Health Freedom News*. I enclose my check or money order for \$20.00.
- I'm not a joiner, but here's my contribution of \$ _____ to help in your efforts.
- Sounds interesting, but I'd like to know more. Please send me information about the National Health Federation and its activities.

Name _____
Mailing Address _____ City _____ State _____ Zip _____

FLUORIDATION

CONTINUED FROM PAGE 42

all the more insidious and diabolical. "... physicians, by large, are unaware that such a thing exists." "... many will die, many will become chronic invalids, and no two will manifest their poisoning in exactly the same way. More important still, will be the fact that hardly any of the new ailments will be laid to fluoridation. The doctor will be unable to diagnose and treat these cases successfully for they will be unfamiliar to him."

The American Medical Association endorsement "in principle" was promoted by just two public health doctors in 1951, catching everyone off guard; the review in 1957 as reported by the Councils on Drugs and Foods and Nutrition continued the endorsement, but it is highly significant that in adopting this report, the House of Delegates passed it by voice vote, and an eminent doctor present estimates

fully one-third of the doctors present voted against it. Does that sound like conviction? *Hardly.*

In Europe — (1958) — "... fluoridating drinking water ... is scarcely practised ... The system really is regarded with some apprehension ... perplexity ... caused by the fear that fluoridation may bring on chronic intoxications (poisoning) and alterations in the system; hardly visible and difficult to diagnose, especially in early states ... limited, but nevertheless can upset the functional balance of the body."

U.S. Public — Aided by self-sacrificing medical doctors and other scientists, the public in spite of all the roadblocks set up and in spite of the tremendous resources of the P.H.S., is discovering the truth, resulting in the fluoridation program progressing backward during the past 3 years. Those communities having it and discarding it have exceeded those adopting it by some 1,500,000 people.

IN CONCLUSION

The basic opposition to fluoridation stems from eminent doctors and scientists who have researched the subject intensively. They warn that it will have no long-run benefit dentally, but in fact will harm even the teeth, for "no part of the body escapes its malignant influence... The action of this poison is slow and cumulative... many will die, many will become chronic invalids, and no two will manifest their poisoning in exactly the same way. More important still... hardly any of the new ailments will be laid to fluoridation. The doctor will be unable to diagnose and treat these cases successfully..." We have next to nothing to gain and much to lose with fluoridation. ■

Reprinted from booklet circulated in Joplin, Missouri prior to a ballot on fluoridation in November 1960. However, most of the data still holds true today in 1987. Editor.

1987 CONVENTION SCHEDULE

NORTHERN CALIFORNIA REGIONAL —	June 13-14, 1987	Cathedral Hill Hotel Van Ness at Geary San Francisco, CA 94109	(415) 776-8200
NORTHWEST REGIONAL —	August 1-2, 1987	Red Lion Lloyd Center 1000 N.E. Multnomal Portland, OR 97232	(503) 281-6111
MIDWEST REGIONAL —	August 22-23, 1987	Holiday Inn O'Hare Kennedy 5440 North River Road Rosemont, IL 60018	(312) 671-6350
PIKE'S PEAK REGIONAL —	September 19-20, 1987	The Regency Hotel 1-25 at 38th Avenue Denver, CO 80216	(303) 458-5511
SOUTHEAST REGIONAL —	November 7-8, 1987	Sheraton-Twin Towers Hotel 5780 Major Boulevard Orlando, FL 32805	(305) 351-1000
33RD ANNUAL —	January 15-17, 1988	Pasadena Conference/Convention Center 300 East Green Street Pasadena, CA 91101	(818) 793-2122

logic or passion, the jury has the power to acquit, and the courts must abide by that decision."

U.S. v Moylan, 417 F 2d 1002, 1006 [1969]

Jurors have it within their power, as occupants of the most important decision making office in the land, to nullify every rule or "law" that is not in accordance with the principles of natural, God-given, common, or Constitutional law.

It is this power of nullification that makes the **Trial By Jury** one of our most important rights.

It is the one and only right that can protect and preserve all of the citizen's other rights and liberties through peaceable means.

"I consider trial by jury as the only anchor ever yet imagined by man, by which a government can be held to the principles of its Constitution."

*Thomas Jefferson,
Letter to Thomas Pain [1789]*

"Freedom of choice is just as sacred as our religious beliefs because our bodies are our supreme property."

Betty Lee Morales

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The Book/The Tapes

Miracle Cure Organic Germanium
by Dr. Kazuhiko Asai, Ph.D.

Audio tape lecture of clinical and theoretical information about Germanium Sesquioxide from Orthomolecular Medical Society meeting, February 1987.

by
Stephen A. Levine, Ph.D., Parris Kidd, Ph.D.
Jeffrey Andersen, M.D., Frank Summerfield, Ph.D.



IN MEMORY OF

BETTY LEE MORALES

BELOVED NUTRITIONAL AND HEALTH FREEDOM PIONEER

By Bonnie K. & Clinton Ray Miller

Betty Lee Morales, the valiant, vibrant First Lady of Nutrition who served as Secretary, Vice President and was a charter member of the National Health Federation, passed away on March 27, 1987. A devoted worker for NHF for over 30 years, she will be greatly missed by its officers and members and thousands in the health field.

Betty Lee was an outstanding nutritional consultant and teacher. She crusaded for natural foods grown without pesticides and owned one of the first health food stores to sell organically grown produce in this country.

Betty Lee loved to tell the story about her conversion to organic gardening. In her own words she said:

"I was a city girl who never had anything to do with planting a garden. I never liked to get my hands dirty. I didn't even like to go barefoot when I was a little girl because I didn't like to get my feet dirty. But, when I had a little boy, I decided I didn't want to raise him in the city. I wanted to go to the country and raise him in a cleaner, healthier atmosphere where we could have a little garden, a few chickens, and a cow. I wanted him to learn how to milk that cow and enjoy the fertile chicken eggs.

I will never, never live this down, but I can take a laugh about myself — because while we were looking for the ideal place in the country I was going through the seed catalogs and farm journals because I thought I had a lot to learn — and I did. Do you know I ordered 100 roosters and 100 hens because I wanted to be sure the eggs were fertile. I thought chickens were like other animals — there was one for one and I was going to have a lot of happily married chickens.



"Well, we ate a lot of roosters that winter, but we also learned that organically raised fertile eggs taste different."

Betty taught that "foods should be raised biologically or organically. No food can be healthier than the soil that produces it and no person can be healthier than the food they eat or the water they drink."

While living in the Orient, Betty Lee developed her first serious interest in nutrition and disease. She visited more than 50 countries researching and lecturing on nutrition and its relation to disease. After earning her doctorate from Sierra States University, she actively engaged in nutritional counseling and lecturing nationally and internationally for many years. Since 1966 Betty worked first as co-founder and President of the International Association of Cancer Victims and Friends, and then on the executive board and as President of the Cancer Control Society. She was a contributing editor and columnist for *Let's Live* magazine, the American representative at the World Conference for Natural Medicine, co-edited a weekly *Health News Report*, was a founding member of the Coalition, an organization involved in the fight for cancer freedom of choice, and founded Betty Lee Morales Signature Brand Food Supplements and Eden Ranch.

Betty was always seeking nutritional knowledge. Some of her great teachers were Dr. William Albrecht, Head of the Department of Soils at the University of Montana, and Drs. Ernest Krebs, Sr. and Jr. of Laetrile fame.

You may remember her for some of the following bits of wisdom which she so strongly believed and taught:

"Freedom of choice is just as sacred as our religious beliefs because our bodies are our supreme property."

"NHF has stood as a bulwork and lighthouse of information, guidance, and comfort to thousands — but most of all, NHF stands for a militancy for freedom of choice."

"Each of us is an individual. No one else is exactly like us. We are unique. We have nutritional guides and rules but we each must take into consideration our inherited weaknesses, our negative emotions, the type of work we do, the place we live, the type of people around us."

"Nature is always, always seeking a balance."

"There is nothing, nothing in the universe except energy. You cannot destroy anything — you can only change its form."

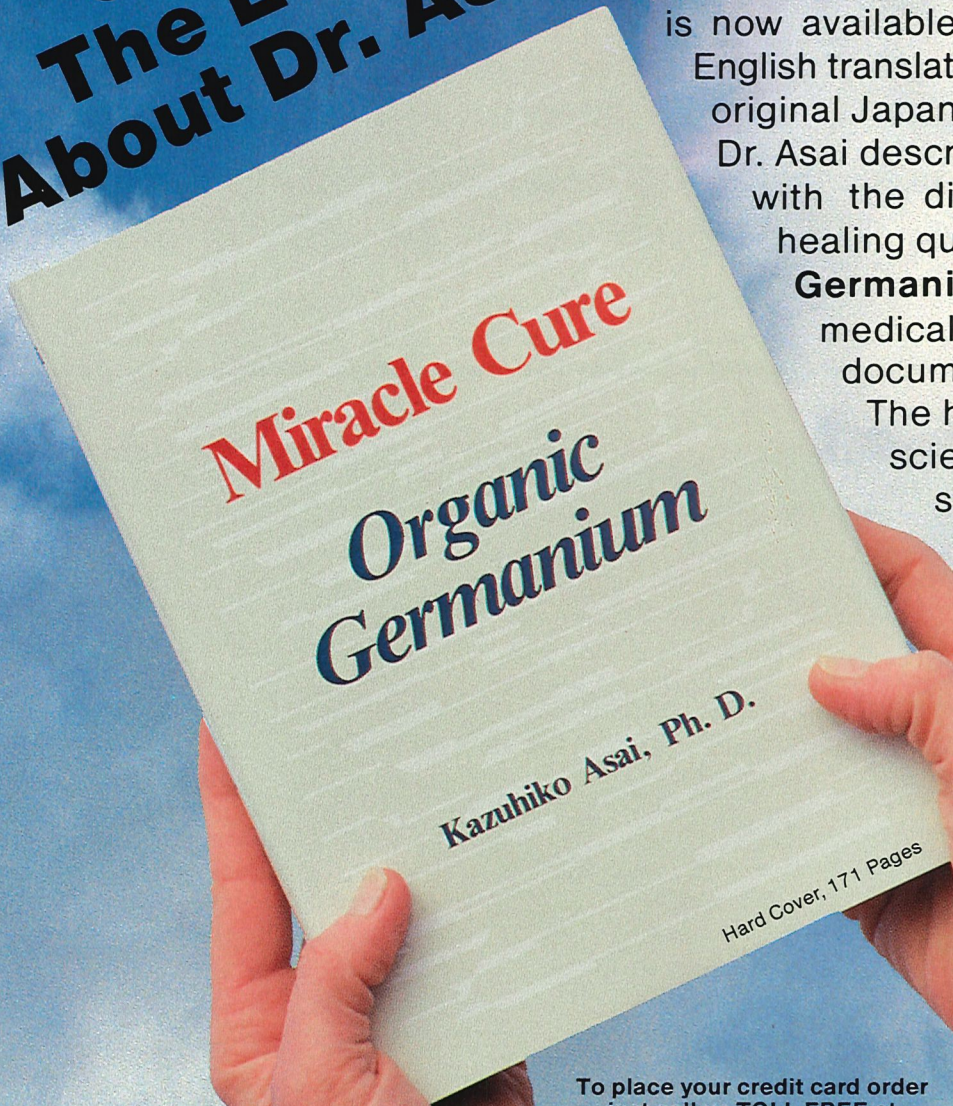
Betty Lee's energy may have changed its form from its earthly existence to an eternal one, but her teachings, example, influence for the good of all mankind, and spirit will always remain with us. It was a privilege to learn from and know the great First Lady of Nutrition, Betty Lee Morales.

The family suggests expressions of sympathy be in the form of contributions to the Cancer Control Society (2043 N. Berendo, Los Angeles, CA 90027) or to the National Health Federation (Box 688, Monrovia, CA 91016).



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Miracle Cure — Organic Germanium is now available in a **new**, reprinted English translation of Dr. Kazuhiko Asai's original Japanese text. In his book, Dr. Asai describes his personal destiny with the discovery of the natural healing qualities of the **Organic Germanium** molecule, and the medical-scientific research to document its health benefits. The historical, medical and scientific information presented in Dr. Asai's book will interest and inspire natural healers, lay people, nutritionists, physicians, and therapists.



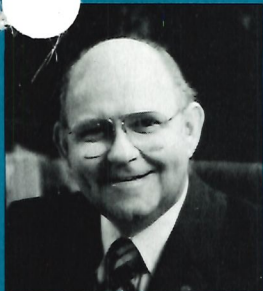
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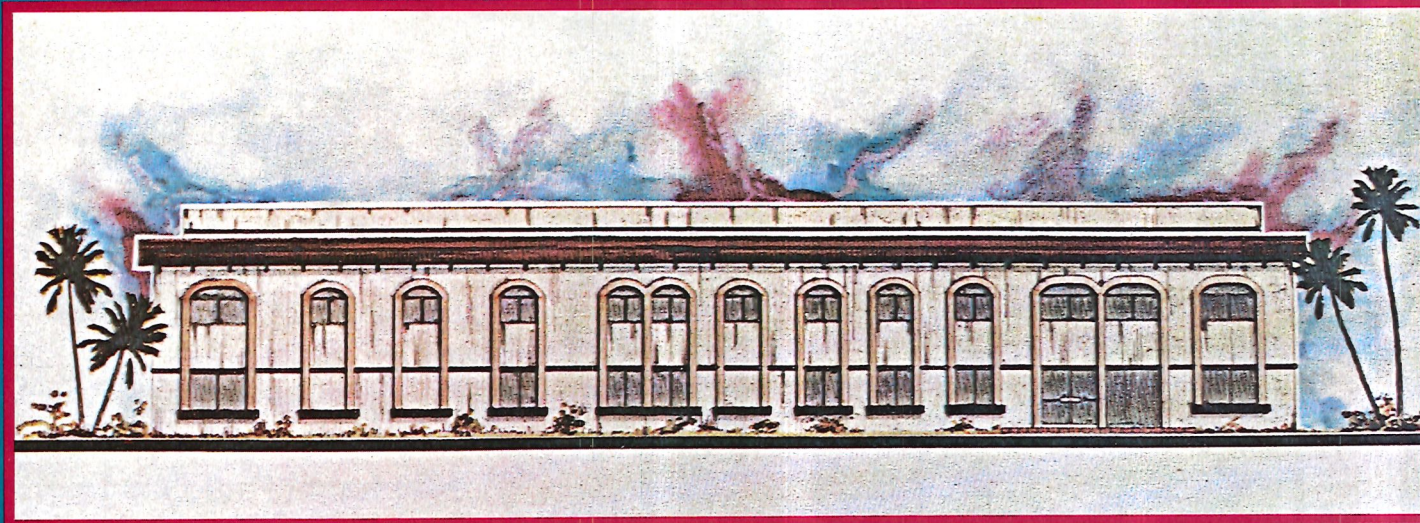


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January 21, 1988

TO: Chairman Littlejohn
Members House Public Health and Welfare Committee

FR: Kay Baker
Owner, Manager, Counselor
Diet Center of Topeka

RE: House Bill #2464
Dietitians Licensing Act

Diet Center is interested in the dietitians/nutritionists effort to attain professional recognition through licensing. However, we oppose any legislation that would prohibit or restrict the free operation of legitimate weight loss, food and dietary supplement businesses.

This is to express our concerns and opposition to House Bill #2464 which would restrict the operation of legitimate weight loss/control and nutritional food and supplement business unless the operator is licensed or employs someone who is licensed under this law.

The Diet Center Program has been in operation for approximately 16 years. I have been with Diet Center 15 years. The program follows a set procedure and diet which has been developed and formulated through the years with the assistance of medical doctors and registered dietitians, and when strictly followed, has never caused health problems for any dieter, including morbidly obese dieters, in fact health problems have been alleviated and many of our dieters come to us at their doctor's request. The program is constantly reviewed and approved by dietitians on our staff and has been proven to be completely safe and effective.

#3
1-21-88
P.H.W.

At the present time, Diet Center has approximately 2700 licensed franchisees in the United States and Canada, in the excess of 2200 of which are in operation. In the State of Kansas we have 9 licensed franchisees and 32 Diet Centers in operation. This adverse legislation could affect hundreds of businesses including Diet Center employees and counselors not to mention thousands of dieters in Kansas.

The effect of this law proposed by the Dietitians is to destroy free enterprise and control by "license" the Health/Nutrition field. This will result in nothing more than a monopoly by a few with a vested interest in controlling others and guaranteeing profit for themselves. The Dietitians must, like all other businesses, stand on their own merits and not be allowed to hide behind the guise of licensing.

The definitions of the covered fields of practice are so broad in scope that the bill would cover every person, from a grocery store clerk to a Diet Center Counselor involved in the administering of a weight loss program or selling health foods in a health food store or a supermarket, making such persons liable for conviction of a misdemeanor and subjecting them to fines and possible jail sentences.

The Kansas consumer is well protected by existing laws dealing with fraud, consumer protection acts and common law providing civil tort remedies for personal injury and fraud. We feel this legislation is unnecessary, unjustified and detrimental to the public as there is absolutely no need for such regulation.

We oppose this bill for the reasons above stated. Thank you for your time. I'll try to answer any questions that you may have.

1. My name is Mildred Lowry. I live in El Dorado. My son, Austin, and I have been partners in a health food store in El Dorado for more than ten years. Austin has a masters degree in nutrition from Kansas State University. I am a graduate of Emporia State University and have fifty graduate hours in education, psychology, and sociology. I was married for 35 years to a physician, a medical doctor, who practiced in El Dorado. I still read approximately 15 medical journals every month. I obtained my nutrition information by reading and by going to meetings -- seminars, conferences, etc.

2. As I stated in a letter which you received some time ago, I have spent an average of thirty hours per week for ten years studying nutrition. I believe I am as capable of outlining a curriculum for myself as is the university professor, and I don't have to waste my time sitting in a classroom. My customers direct ~~some~~ of my study by their questions.

3. First a little history to add to that which we had on Tuesday. In their efforts to obtain 3rd-party reimbursements, the American Dietetic Association got two bills introduced into the 99th Congress: H: R. 215 and H.R. 173. However Dr. Otis Bowen, Secretary of Health and Human Services was not in favor of them and recommended that "Registered Dietitians' reimbursement should remain as handled now." This statement was a part of a report entitled Health and Human Services Study of Registered Dietitians' Services in Home Care. On page 27 of that report, we read, "A final point should be noted. At least a portion of the need within the Home Health Agencies arises from the fact that many Home Health Agency patients with diet-related problems have not received adequate nutritional counseling and directions prior to their admissions to the Home Health Agency Service -- that is from their own physicians and from the hospital clinical dietitians."

The Dept. of Health and Human Services has determined that physicians and hospital clinical dietitians do not provide adequate clinical counseling.

①
attm #4
PH & W
1-21-88

4. Now I want to go to the bill. On lines 44 and 45, there is the phrase, "in the practice setting." Practice setting is never defined. Is it

1. a room where there is a desk and two chairs?
2. a hospital patient's room?
3. the office of a dietitian in a hospital or nursing home?
4. the office of a counselor for alcoholics?
5. the office of a counselor for drug addicts?
6. a pastor's study?
7. a probationer officer's office?
8. a jail cell?
9. a school counselor's office?
10. my standing on one side of the counter and the customer standing on the other?
11. the home of a Nature's Sunshine distributor?
12. any home?

It is not possible to box up nutritional counseling in a neat package and hand it to one specific group.

5. Line 66 says, "Only a person licensed or otherwise authorized to practice under this act shall practice dietetics." If this is an act to license dietitians and not bar others from practicing nutritional counseling, then we don't need this sentence. If we don't need this sentence, then we won't need to list exemptions beginning on line 154. This will end confusion as to the meaning and intent of the bill.

~~X~~. I am opposed to exams of any kind. I am opposed to them in Junior Highs, High Schools, Universities and for Credentialing. Has the person done the work? No one can write in two days what it has taken him four years to learn. Who is to guess what is going to be asked on the exam? Exams are a relic left over from the dark ages of man's mind.

~~X~~. The dietitians emphasize the need to prevent the use of their title by "unqualified" people." I have been in the health food field for over ten years -- and I wish it were fifty. I have yet to find one person who is not an R.D. calling himself one. Most health food personnel consider their background in nutrition and their knowledge of the relation of nutrition to health and disease superior to that of a registered dietitian and would not care to claim the title. It is more likely that a registered dietitian who decided to become a part of the health food field would apologize for being a registered dietitian.

8. A very important matter which needs to be recognized in this discussion is the state of scientific investigation. Did we not hear on "20/20" Friday, January 15, a psychiatrist, an M.D., say that he would never again believe anything he read in a medical journal? Why? Because another doctor had reported results of "research" that had actually never been done. How do you know that the reports of research you are reading are accurate? You don't. As one scientist-writer put it, "We do not have honest science; we have paid science." We have scientists who are paid to find the results that those who employ them want them to find.

As long as we allow special interests to contribute -- make huge grants -- to our universities, we are, of necessity, going to have error dispensed from the classroom and the laboratory. Large companies do not give large sums of money to universities from the goodness of their corporate hearts. They expect something in return. They expect the doctors, the dietitians, and the agricultural chemists -- to name a few -- to sell their products.

When you are investigating the colleges and universities as to the quality of their food science departments under the newly added section I hope you will ask about the sources of funding.

9. Now I want to address yesterday's hearing. Two things we definitely learned: Registered dietitians are infallible; only other people make errors. And dietitians are determined to protect the rest of us from our ignorance.

As for the examples we heard, they are anecdotal--no proof--and much too simplistic. If examples are what you want, I'm sure the health food industry can furnish plenty. If we are going to wipe out whole groups from such examples, you would only have to be in my health food store for a few days to have enough stores to wipe out the whole medical profession.

— One example: Thirty-four years ago I had arthritis. There were times when I couldn't get out of bed without rolling onto the floor and then picking myself up. Today I don't have arthritis unless I neglect my food supplements. I tell my customers that arthritis is a preventable and curable disease and that the Arthritis Foundation is

a fraud.

10. I thought I'd bring some food supplements, too. These are just the ones I brought to Topeka with me. There is nothing in any of these bottles that is not natural to the body. Drugs are foreign objects that mask symptoms by interrupting natural pathways in the body. These food supplements enhance the body's ability to maintain homeostasis.

I am past 72 and a half years old and I have never cost Medicare one penny. Nor have I spent any of my own money for medical care.

— 11. No reputable organization would ask Dr. Renner to speak for them. When I heard before the meeting started that the dietitians had asked Dr. Renner to speak, I was appalled. You can read about him in The Great Medical Monopoly Wars, which I sent you a few months ago. The Council Against Health Fraud would more aptly be named The Council for the Propagation of Health Fraud.

Yes, it is true that some doctors practicing holistic medicine are curing AIDS by a diet which boosts the immune system.

Claude Pepper was mentioned. Claude Pepper is being used -- knowingly or unknowingly, but knowingly, I think -- by the medical profession.

— 12. We had an example of a woman with excess calcium in her urine and a kidney stone. She was taking 3 grams of calcium and 1T of cod liver oil three times a day. I am not a doctor, but I would like to suggest to the good doctor that she look into the reason for kidney stones and the reason for excess calcium in the urine. This story is too simple. A kidney stone, excess calcium in the urine. Presto! A solution! The kidney stone was caused by the excess calcium in the diet. Much too simple.

A 67-year-old disoriented woman was taking 12 grams of vitamin C and 150,000 units of vitamin A. The vitamins are, of course, her problem. During the 1950s when polio was epidemic and many of us were worrying about our little ones and many people did lose children, Dr. Frederick Klenner of North Carolina was curing his polio patients with vitamin C. He used doses much larger than 12 grams. I often take 12 grams or more.

In regard to vitamin A, Dr. Donsback took 250,000 units for 25 years, not because he thought he needed it, but because he wanted to find the toxic point. He never found a toxic point. My daughter too 250,000 units daily for two years, more or less. She then did begin to notice some dry patches on her skin, which is one of the first signs of Vitamin A excess. The signs went away when the dose was reduced. Synthetic vitamin A is much more toxic than natural vitamin A. It is very difficult to get an overdose of natural Vitamin A. Statistics from the United States Department of Agriculture indicate that a large portion of the citizens of the United States are deficient in vitamin A.

13. The statement was made that excesses of nutrition are as dangerous as prescription drugs. Poisoning by prescription drugs is quite common. It is the cause of more than 10% of hospital admissions, and, in many cases, lengthens hospital stay. How many people are poisoned by food supplements? You would be hard pressed to find any. Dr. Abram Hoffer, a Canadian physician practicing nutritional medicine and author of Nutrients to Age Without Senility, says the body can deal with an excess of vitamins and minerals much better than it can deal with a deficiency. The gap between an adequate amount and a toxic amount is so huge that it is almost impossible to take a toxic amount. That is why stories told by the dietitians seem questionable to me. In a meeting I attended, Dr. H.W. Holderby, M.D., of Blythe, California, was speaking. A member of the audience asked, "Can you take too much vitamin A?" Dr. Holderby replied, "No, you can't afford it." At the time, Dr. Holderby had been practicing nutritional medicine for over thirty years.

14. The pharmacists want to protect us, too. But I wonder if they are not more interested in protecting their business of selling drugs. Their financial interest is so obvious that they can hardly be considered credible witnesses.

15. I particularly want to address the situation of the elderly. since I have been in that category for several years. We heard that body reserves disappear with age, that lab values must be read differently for the elderly, that multiple medications affect the vitamin levels in the body. There are no body reserves that disappear naturally as a result of aging. If there were, then every aging person would manifest the same signs and symptoms. We know that they do not. Some people are spry and alert at 100. Others are not. If 25% to 50% of the elderly who enter the hospital are malnourished, whose fault is it? Is it inadequate counseling again?

16. The Farm Bureau would have you believe that eating food grown on infertile soil and loaded with residues of all kinds will not destroy health. Their interest in this, like the pharmacists, is financial. They know that the dietitians will support their view regardless of the facts, and the health food industry will not.

We are all free to believe anything we want and to eat anything we want as long as it is available. However, our beliefs don't protect us from the facts. We have plenty of evidence to show that residues can be harmful. We only have to look at the record of the Environmental Protection Agency. I'll only mention one example -- EDB. This chemical was used for 40 or more years on our food, then judged carcinogenic and removed.

17. I couldn't believe how interested all these people were that the public be assured of accurate and scientific information. And, of course, they were the ones who had it all.

A year or so ago, a long article on "You Don't Need Vitamin Supplements" appeared in the Wichita Eagle. Austin, my son, wrote a letter to the Public Forum indicating what he considered the fallacies in the article. The letter was printed and soon, thereafter, a letter from a dietitian appeared rebutting Austin's letter. He recognized the name as that of a young lady with whom he had gone to school. He wrote her a letter. His last sentence was, "If we are going to call ourselves scientists, then let's act like scientists."

Scientists have open minds; dietitians do not have open minds.

17. The dietitians have had a monopoly on hospital, nursing home, and penitentiary diets for many years. During that time, degenerative diseases, infertility, birth defects, and crime have increased.

We say life expectance is increasing. However, life expectancy is a misnomer. Average length of life is going up because fewer children are dying of infectious diseases. The person who reaches sixty years today has no greater life expectancy than he did in Caesar's day. I mention this because the increase in "life expectancy," really average length of life is often quoted to prove that we, as a nation, are healthier than ever before when the fact is that we are sicker than ever before.

18. I am opposed to any further credentialling of dietitians until they prove that further credentialling will be advantageous to the people of Kansas. Credentialling of dietitians will not lower health costs and will not improve health care. I believe that I have shown and more evidence will be presented that dietitians have, in fact, been detrimental where they could have been helpful because they toed the line of those corporations who contribute to the food science departments of the universities. They have not been scientists. They have had closed minds. They have not educated themselves on nutrition because they did not choose to do so.

19. Because this bill will not be of any advantage to the people of Kansas, and because there is a possibility that it may actually raise costs without raising quality of health care, I ask you to leave this bill in Committee and not spend any more of the tax payers' money in pursuing it.

Dear Representative:

Attached are petitions signed by people who are opposed to H.R. 2464, the dietitians bill.

People are, at first, incredulous and then indignant and angry that there are groups of people who would attempt to take from them, by legislation, their freedom and privilege to determine, for themselves, their sources of information on health and their sources of health care.

Mildred Lowry

Mildred Lowry

Austin Lowry

Austin Lowry

(cont.) *Attn. # 4*
1-21-88
PHW

TO THE MEMBERS OF THE KANSAS HOUSE OF REPRESENTATIVES HEALTH AND WELFARE COMMITTEE: We, the undersigned, ask you to vote NO on HB 2464. Allowing this bill to become law would create a monopoly giving dietitians sole control of the dispensing of information about nutrition. Freedom of choice in matters of health and disease care would be eliminated. We believe we are capable of choosing sources of quality care and information, and we do not want this "protection".

	Name of Signers.	Street Number or Rural Route (as registered).	Name of City.	Date of Signing		
				Mo.	Day	Ye.
1	Mildred Lowrey	1614 N. Main	El Dorado	10	7	87
2	Ruth Rierson	R1, Box 159	Leon	10	7	87
3	Fred Rierson	R1, Box 159	Leon	10	7	87
4	Erigena W. Truman	1220 Lechitendo	Augusta	10	7	87
5	Jane R. De Haven	1220 Lechitendo	Augusta	10	7	87
6	Jim C. McCoy	336 Simpson Rd	El Dorado	10	7	87
7	Lois Dimick	RR1 Box 101	Towanda, Ks	10	7	87
8	Marion C. Culbagg	Box 95	Burns Ks	10	7	87
9	Christy Kennedy	315 N. Washing	El Dorado	10	8	87
10	Robin Burns	526 W. Washing	El Dorado	10	8	87
11	Marsha Kennedy	315 N. Washing	El Dorado	10	8	87
12	Don Bale	505 S. Race	" " " "	10	9	87
13	Patty Bale	505 S. Race	El Dorado, Ks	10	9	87
14	Robert L. Collins	113 N. Rhodda Lot 27	Andover	10	9	87
15	Mary A. Glenn	Box 242	Burns Ks	10	9	87
16	Bunley McCulloch	Rt 1	Towanda, Ks	10	9	87
17	Alvin W. Butler	211 21 st Street	Augusta Ks	10	9	87
18	Ann Kuhn	4771 Sunday St	El Dorado Ks	10	9	87
19	Cornie Britton	RR #2 Box 188	El Dorado Ks	10	9	87
20	Pearl Shadburn	519 W. Pine	El Dorado, Ks	10	9	87
21	Paula Hoise	417 N. Emporia	El Dorado, Ks	10	9	87
22	Mary Vander Myler	1123 W. Carr	El Dorado Ks	10	9	87
23	Patricia L. Ostry	Box 35	Paradise, Ks	10	10	87
24	James C. Ryan	RR 4	El Dorado, Ks	10	10	87
25	James Locke	Route 4	" " " "	10	10	87
26	Mary Guder	1521 Greenwood	El Dorado Ks	10	10	87
27	Walter E. Spencer	Box 75 RR #1	Leon, Kansas	10	10	87
28	Carla B. Davis	600 E 2nd	Eureka Ks	10	10	87
29	Clara Krollenberg	RR #3 Box 129	El Dorado	10	10	87
30	Kaye Leukerich	220 Bel Air	El Dorado Ks	10	10	87

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				Mo.	Day	Ye.
1	Elizabeth Laird	705 E. 12th #B	El Dorado	10	20	87
2	Shel Ann Gisher	Route 4 Box 95	El Dorado	10	20	87
3	Wickie R. Bryan	608 Maplewood	El Dorado KS	10	20	87
4	Marjorie Hulvey	1616 Highland	Augusta, Ks	10	21	87
5	John G. White	1928 Jamaica	El Dorado KS	10	21	87
6	Donna White	1928 Jamaica	" "	"	"	"
7	Julianna Daniels	501 N. Summit	El Dorado	10	22	87
8	Shelley Sakin	501 N Main	Leona Ks.	10	22	87
9	J R Brungart	Box 247	Burns KS	10	22	87
10	Helen Greer	Box 49 B	Hamilton Ks	10	22	87
11	Virginia Brown	Box 175	Hamilton	10	22	87
12	Tom Myers	500 SE 4th	Newton KS	10	22	87
13	Ruth M Brungardt	646 Hunton Rd	El Dorado Ks	10	22	87
14	Richard B Brungardt	646 Hunton Rd	El Dorado	10	22	87
15	H. W. Holt	1814 S. Topoka	Wichita Ks	10	22	87
16	Paula Service	221 N. Summit	El Dorado, Ks.	10	22	87
17	Wayne Chutkan	607 N. Fitzgerald	El Dorado Ks	10	22	87
18	Arvil Jewett	606 N. Mayfield	Hutchinson Ks	10	22	87
19	Marion M. Caldwell	911 W Central Apt 3	El Dorado Ks	10	22	87
20	Lauren Rose	RR1 Burns	Kans.	10	23	87
21	Sherril Baldwin	511 N. Washington	El Dorado	10	23	87
22	Gladie Stroud	11414 S Lewis	Wichita Ks	10	23	87
23	L. J. Stroud	11414 E. Lewis	Wichita Ks	10	23	87
24	Harold J. Hunter	1019 So. Arthur	El Dorado	10	23	87
25	Mike Partida	1106 W. Carr	El Dorado, Ks	10	23	87
26	Barbara Miller	1201 Robin	Augusta Ks	10	23	87
27	Jessie Hill	41 Rock Court	El Dorado Ks	10	23	87
28	Betty McPherson	318 N. 9th	Junction Ks	10	24	87
29	Rita B. Smith	520 School Rd	El Dorado, Ks.	10	24	87
30						

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				Mo.	Day	Ye.
1	AMROO ROY	415 S. HAVERHILL	EL DORADO	OCT	10	87
2	Debbie Rogers	" "	"	Oct	10	87
3	SHARON BILSON	119 N. WASHINGTON	"	10	10	87
4	Cathy Youtsey	#1 Patwin	Patwin Kan	10	10	87
5	Lynn Lyden	345 Soman	Benton KS	10	10	87
6	Dianna Coates	R#4 Box 95	EL DORADO K	10	10	87
7	Pat Stubble	820 Audy Rd	El Dorado KS	10	10	87
8	T. L. Hackler	R#4 Box 59	El Dorado KS	10	10	87
9	John Porter	1230 W 2nd	El Dorado KS	10	10	87
10	Virginia Schmidt	R.1 Box 46	Cassoday KS.	10	10	87
11	Paul	703 S. Alleghany	El Dorado KS	10	10	87
12	Judith K. Cole	703 S. Alleghany	El Dorado KS	10	10	87
13	Eddie Hibson Jr	505 W. Carr	El Dorado KS	10	12	87
14	Betty M. Mahoney	P.O. Box 1	Burch, KS	10	12	87
15	Martin R. Clayton	R1 BX 172A	Whitewater, KS	10	12	87
16	James W. H. II	RR #2	El Dorado, KS	10	12	87
17	David L. Jones	Box 35	Rosalie, KS	10	13	87
18	Donna L. Condit	R#1 Box 201-D	Loon, KS	10	13	87
19	Nancy K. Gates	1320 Joyce	El Dorado KS	10	13	87
20	George T. Hayes	931 S. Summit	El Dorado, Kansas	10	14	87
21	Diana Young	R#3 Box 106	El Dorado KS	10	14	87
22	Norman Hamels	515 Towanda	El Dorado KS	10	15	87
23	Marjorie Burns	619 W. 3rd	El Dorado KS	10	15	87
24	John Trotter	1833 Edge Rd	El Dorado KS	10	15	87
25	Thelma Anderson	R#3 Box 177	El Dorado, KS	10	15	87
26	Erleyn Deme	203 N. Taylor	El Dorado, KS	10	15	87
27	W. M. Day		Whitewater KS	10	15	87
28	Wanda Winkler	Box 294	Loon, KS	10	15	87
29	Gloria Tucker	R1 Box 83	El Dorado, KS	10	15	87
30	Ivan K. Washburn	719 S. Riverview	Douglas, KS	10	15	87

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				Mo.	Day	Ye.
1	Blaine Watts	Route #2	El Dorado Ko.	oct	15	87
2	Mrs Glenn Burrell	303 N. Summit	cc		15	87
3	Sandra Owen	Rural Route 578	Towanda Ks	oct	15	87
4	Mary J. Hunt	525 Hawaii	El Dorado	10	15	87
5	Edward Horner	205 Tandon Rd		10	15	87
6	Kathleen Barth	606 S Race	El Dorado Ks	10	15	87
7	Wade Wilson	R#1	El Dorado Ks	10	16	87
8	W. Walber	RR#3	EL DORADO	10	16	87
9	Gerard H. Jennings	618 House Dr	El Dorado	10	16	87
10	Barbara Deans	605 N. Olive	Leon, Kans.	10	16	87
11	Mary Johnson	815 W 2	El Dorado	10	16	87
12	Jean Mendenhall	1130 Euclid	Augusta, Ks	10	16	87
13	Emerg Mendenhall	1130 Euclid	Augusta, Kans	10	16	87
14	Caryl Spant	Box 344	Rosalie, Ks.	10	16	87
15	Don Currier	1016 CLARK	ELDORADO, Ks	10	16	87
16	Beth Schaper	1219 Ford	El Dorado KS	10	16	87
17	Pearl Truitt	517 Mechanic	Towanda Ks	10	16	87
18	Pat Clark	PO Box 277	Howard Ks	10	16	87
19	Louise Alexander	932 Rim Rock Rd	El Dorado, Ks	10	16	87
20	David T. Clark	PO Box 277	Howard K.	10	16	87
21	Elizabeth L. Fillmore	1237 West Central	El Dorado Ks	10	16	87
22	Theresa Fran Jones	322 N. Residence	El Dorado, Ks	10	16	87
23	Ethel Schimring	R. 2	Hope Kans	10	16	87
24	Reta Bay	205 S. Broadway	Plumville Ks	10	16	87
25	Lulu Bass	Rt 4 Box 161	El Dorado KS	10	16	87
26	Carla Cook	915 S. High	El Dorado, KS	10	16	87
27	Matt Jirgens	Box 188	Toronto KS.	10	17	87
28	RE Vanderpool	211 N. Mallory	Eureka, Ks	10	17	87
29	Jerry Hall	RR3 Box 181	El Dorado, Ks	10	17	87
30	Tom Larson	320 Jones	El Dorado KS	10	17	87

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	Name of Signers.	Street Number or Rural Route (as registered).	Name of City.	Date of Signing.		
				Mo.	Day	Year
1	Phyllis Call	419 E. 1st	El Dorado	10	17	87
2	Joan Aenstiel	216 W. 2nd	El Dorado	10	17	87
3	Janice Egan	509 W. 13th	El Dorado	10	17	87
4	Janice Egan	554 W. 14th	KC, Mo	10	17	87
5	Theresa Mendenhall	Glenn	KC	10	17	87
6	Ruth Cates	1230 Shelden	El Dorado	10	17	87
7	Rodney Paul Poe	1101 Shelden	El Dorado, Mo	10	17	87
8	Sharon Woods	1633 Pine	El Dorado	10	17	87
9	Patricia A. Stutz	RR #3 Box 37	El Dorado	10	17	87
10	Eva Hall	Box 425	Towanda	10	17	87
11	Luigi R. Shout	512 Benton	El Dorado	10	17	87
12	David Wagle	922 S. Taylor	El Dorado	10	17	87
13	Ramona E. Lousy	720 S. Rutan	Wichita	10	18	87
14	Sullivan D. Johnson	1532 Dorwood	El Dorado, Mo	10	19	87
15	Glenn A. Sullivan	Rt 1	Leon, Mo	10	19	87
16	Bill J. Rose	Rt 1	Burns	10	20	87
17	Todd Mast	1653 Montano	El Dorado	10	20	87
18	Mary Bailey	330 W. Central	El Dorado	10	19	87
19	Ruth McCoy	1820 Lorain Ct.	El Dorado, Mo	10	19	87
20	Marsha Ramsey	1015 N. School	Enoka, Mo	10	19	87
21	Patricia Shropshire	300 Shropshire	El Dorado, Mo	10	19	87
22	Norma Brown	1611 Montana	El Dorado, Mo	10	19	87
23	Lorraine Richard	2720 W. 3rd	El Dorado, Mo	10	19	87
24	Veda Milliken		Enoka, Mo			
25	Thelma Markenke	109 S. St. Nicholas	" "	10	19	
26	Dorothy Bradbury	509 E. Vermont	" "	10	19	87
27	Law F. Bradburn	RR 2 Sedgwick		10	20	87
28	Brighton Purine	503 Sedgwick	McHenry, Mo	10	20	87
29	Robert Swenson	Box 5	Burns, Mo	10	20	87
30						

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				Mo.	Day	Ye.
1	Diana Brewer	RT 1	Patewin	10	24	87
2	Ernie W. Byrd	Rt 1	Towanda	10	24	87
3	Charles Wright	125 E. 12th	EL DORADO	10	26	87
4	Muk Lee	R.1	PASADENA	10	26	87
5	Cherie Davis	Box 486	Towanda KS	10	26	87
6	Howard McKeef	Box 49	EL DORADO KS	10	26	87
7	Dr. George E. Scott	Rt 1, Box 307	El Dorado, KS	10	27	87
8	Robert Hartung	1027 Sun Valley Way	El Dorado, KS	10	27	87
9	Patricia Shmidt	405 S. Hitchison	El Dorado KS	10	28	87
10	William E. Johnson	604 High	Towanda KS	10	28	87
11	Olga Schmidt	Rt 2, Box 26	Leon, KS	10	28	87
12	May Camp	1003 Highland	Del. City, KS	10	28	87
13	Shonda Drake	617 S. Taylor	EL DORADO, KS	10	28	87
14	Karen Anderson	420 School Rd	EL DORADO, KS	10	28	87
15	TAUNYA ALFARO	2407 CENTERRISE AVE	EL DORADO, KS	10	28	87
16	Dennis L. Ewell	120 N. HIGH	EL DORADO, KS	10	28	87
17	Paul W. Biedler	300 Merrill	Emula KS	10	28	87
18	Lee Bull	245 N. Denver	EL DORADO	10	28	87
19	Virginia Hayes	931 S. Summit	EL DORADO, KS	10	28	87
20	Christa E. Dobb	105 Sun Valley Dr	EL DORADO, KS	10	28	87
21	Lucky M. Lewis	R.1	Leon	10	30	87
22	Margie Kels	R.H.	El Dorado	10	30	87
23	Doris J. Hess	R.R.1	Cassoday	10	30	87
24	TERESA McCLANAHAN	R. R. #3- Box	EL DORADO KS	10	30	87
25	Donald L. Cox	415 Broadview	El Dorado KS	10	31	87
26	Christa E. Cox	415 Broadview	EL DORADO KS	10	31	87
27	Yvonne Kalyan	437 Union	Cassoday KS	10	31	87
28	Carol Kuehner	1302 N. Taylor	EL DORADO KS	10	31	87
29	Pat Brunow	Box 357	St. Francis KS	10	31	87
30	Robert Linnors	518 House Drive	EL DORADO, KS	10	31	87

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				Mo.	Day	Ye.
1	Barb Hennan	RR #1	Leon, Ks	10	31	87
2	James Mays	3021 Bennett	Wichita Kan	10	31	87
1	Pat Mays	3021 Bennett	Wichita Kans	10	31	87
4	Ira Westervelt	RR 1	Leon Ks	10	31	87
5	Betty Zillatore	RR 1	Towanda Ks	10	31	87
6	Robert J. Korman	RR 1	Towanda, Ks	10	31	87
7	Agnes Stone	Rt. #2	Augusta, KS	10	31	87
8	Nazil Brown	Rt #2	Augusta, KS	10	31	87
9	Norma Huntington	Rt 2	Eureka, Ks	11	2	87
10	Philip H. Burns	R2 Bx29	Leon, Ks	11	2	87
11	Mrs. A. C. Gandy	170 Woodland	El Dorado Ks	11	3	87
12	Loree J. Gandy	2936 S Walnut	Wichita Kan.	11	2	87
13	Samuel W. Don	7618 HUNTON RD	EL DORADO KS	11	2	87
14	Edna C. Dickson	Rt. 1	CANTON, KS	11	2	87
15	Brenda Stangle	209 S Race	El Dorado Ks	11	2	87
16	Mary Huntington	243 Box 31A	Eureka, Ks 67045	11	2	87
17	Ann Smith	Rt 2 Box 131	El Dorado Ks 67011	11	3	87
18	Howard Poppenberg	Box 94	Patterson Kans 67028	11	3	87
19	Dale Dyer	835 Leona Drive	El Dorado Kansas	11	3	87
20	Charles Graham	405 Cave Springs	El Dorado Kansas	11	3	87
21	Paula P. Huntington	1704 W Third	El Dorado Ks	11	3	87
22	John Smith	301 S 2nd	El Dorado Ks	11	3	87
23	Wanda Chubb	1702 Decatur	El Dorado Ks	11	3	87
24	Paula Dickson	527 W. Main St.	El Dorado Ks	11	3	87
25	Franklin Maple	1119 Park	El Dorado Ks	11	4	87
26	Mildred M. Brown	1565 Inness Ave	El Dorado Ks	11	4	87
27	Rhonda Call	234 Dellway	El Dorado, Ks.	11	4	87
28	John Smith	PO Box 121	Leon Ks	11	4	87
29	Pat Smith	PO Box 254	Towanda Ks	11	4	87
30	Elly Peltch	PO Box 154	Towanda Ks	11	4	87

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	Name of Signers.	Street Number or Rural Route (as registered).	Name of City.	Date of Signing.		
				Mo.	Day	Year
1	Dwight W. Jewett	413 N. Adams	Eureka, Kansas	10	20	87
2	Norman C. Gandy	— —	— —	—	—	—
3	Deann Hedford	614 Village Rd	Colby, KS	10	20	87
4	Estella Thompson	941 N. Saylor	El Dorado Kans	10	20	87
5	Harriet S. McCue	821 E. 4th	Eureka, KS	10	20	87
6	Dennis E. Gairall	619 Marmaton	El Dorado, KS	10	20	87
7	Denny Fletcher	Rt. 1, Box 25	Rosalie, KS	11	5	87
8	Elmer W. ...	Rt. 1, Box 106	Towanda, Kan.	11	5	87
9	Betty A. Furrill	2654 W. 3	El Dorado	11	5	87
10	Lee Merice	Rt 2, Box 136	Augusta, KS	11	5	87
11	Margaret Miller		Eureka, KS	11	5	87
12	Lavera Essert	1512 Norwood	El Dorado, KS	11	5	87
13	Dorothy Feller	R. R. 2	El Dorado, KS	11	5	87
14	Arthur W. Call					
15	Andrew J. Hawks	527 Marmaton	El Dorado, KS	11	6	87
16	Benedy J. Buxton	Box 3-5627	Eureka, KS	11	6	87
17	James H. Wilson	RR #2 Box 39 unit C	Augusta, KS	11	6	87
18	Shirley Hughes	Rt 3 Box 84	El Dorado, KS	11	7	87
19	Lila Leggett	115 N. Wash. El Dorado	El Dorado, KS	11	7	87
20	Alma Young	5174 ...	Augusta, KS	11	7	87
21	William F. Baynes	335 Eunice	El Dorado, KS	11	7	87
22	James W. Williams	312 N. 9th	Towanda, Kan.	11	7	87
23	Mary Swann	RR 2 Box 214	El Dorado	11	9	87
24	Ray Wilcox	513 N. Arthur	El Dorado	11	9	87
25	Ernest B. ...	East Court #16	El Dorado	11	9	87
26	Carl Davis	Rt 1, Box 109	Benton Mo.	11	10	87
27	Judith Steward	1205 W. Olive	El Dorado	11	10	87
28	Zula Belson	1304 S. High	El Dorado	11	10	87
29	Ronald C. Demis	309 S. 5th	Independence, Mo.	11	10	87
30	Sylvia Lanier	2430 Adams Ct	El Dorado, KS	11	10	87

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	Name of Signer.	Street Number or Rural Route (as registered).	Name of City.	Date of Signing		
				Mo.	Day	Ye.
1	Sally Sears	230 S. Poplar	El Dorado, Mo.	11	10	87
2	Edgar E. Henry	455 N. 8th	Towanda, Ks	11	11	87
3	Jennie Palmer	6005 Mission ^{apt}	Colby, Ks	11	11	87
4	Mary Cooper	2117 W. 2nd	El Dorado Ks	11	11	87
5	John & Rivergood	Box 87	El Dorado Ks	11	12	87
6	Michael L. McNamee	115 S. Washington	" "	11	12	87
7	Kane Sildretts	601 Village Rd.	El Dorado	11	12	87
8	Judith A. Lynn	Rt. 2 Box 115	El Dorado	11	12	87
9	Ann L. Gray	1127 West Third	El Dorado	11	14	87
10	Norma Cantu	Rt. 1 Box 30	El Dorado	11	14	87
11	Jin Maloff	521 N. Summit	El Dorado	11	14	87
12	H. O. McKinin	R.R. #2	El Dorado	11	14	87
13	Wm. M. G. Gubbell	717 N. Elm St.	El Dorado	11	14	87
14	Mary Atkins	909 W. Towanda	El Dorado	11	14	87
15	M. J. Harrison	1815 W. Locust	El Dorado	11	14	87
16	M. J. Harts	RR #1 Box 92A	Burns, Ks	11	14	87
17	H. E. Harper	421 W. Kansas	El Dorado	11	14	87
18	J. H. Craig	223 E. 5th	El Dorado	11	14	87
19	Pam White	719 Meadow Rd	El Dorado Ks	11	14	87
20	Dorcas Lott	Rt. 2	Towanda, Ks	11	16	87
21	Sherry Hall	P.O. Box 425	Towanda, Ks.	11	16	87
22	Donna M. Mary	Box 266	Patoka, Ks	11	16	87
23	Olivia J. Lewis	Box 21	Towanda, Ks	11	16	87
24	Trish Livingston	Rt 1 Box 248 A	El Dorado	11	16	87
25	Ann J. Jett	Rt 1 Box 285	El Dorado	11	16	87
26	Marion S. S. S. S.	RR #3 Box 186	El Dorado, Ks	11	16	87
27	John Henderson	705 W. 13th	El Dorado Ks	11	16	87
28	Ethel E. H. H.	1005 W. Central	"	11	16	87
29	Ann Callahan	519 Random	"	11	16	87
30	Nancy Ingalls	408 N. Summit	"	11	16	87

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	Name of Signer.	Street Number or Rural Route (as registered).	Name of City.	Date of Signing		
				Mo.	Day	Ye.
1	Betty Patterson	1500 Moyle	Augusta	11	16	87
2	Claudine Hemm	P.O. Box 365	Benton	11	16	87
3	Dubia F. Daniels	1004 S. Summit	El Dorado	11	16	87
4	Verda H. Bremer	326 S Race	El Dorado	11	16	87
5	W H Franzen	707 S Topeka	El Dorado KS	11	17	87
6	Mrs W H Franzen	" " "	" " "	11	17	87
7	Mrs A L Buchanan	2610 Country Club Rd	El Dorado	11	17	87
8	Ruby Jones	1120 S. Emporia	El Dorado Ks	11	17	87
9	Deane Luffin	R.R. 1	Burns, Mo.	11	17	87
10	Judy Napier	Rt 2 Box 228	El Dorado Ks	11	17	87
11	Hayes Watson	Rt #1 Box 5	El Dorado, Ks	11	18	87
12	Mary Stewart	RD 2 Box 272	El Dorado Ks	11	18	87
13	Melanie Johnson	Rt 1	Cassoday KS	11	18	87
14	Howard Johnson	Rt 1	Cassoday Ks	11	19	87
15	Ronald T. Hayes	P.O. Box 524	El Dorado Ks	11	19	87
16	Diana Brown	20 Box 8	Burns, Ks.	11	20	87
17	Sherrill Leaburn	209 Olive	El Dorado	11	20	87
18	Ann O. Ramsey	1015 N. School	Emporia	11	20	87
19	Lois Koehn	Burns Ks PO Box 245	Burns, Ks.	11	21	87
20	Wans Hinderliter	425 S. Haverhill	El Dorado	11	21	87
21	Jill Hunter	425 S Haverhill	El Dorado	11	21	87
22	Karen Linn	425 S Summit	El Dorado	11	21	87
23	Will D. Sinclair	500 E. Little	Yates Center	11	21	87
24	Lola Krackstedt	357 Main Street	El Dorado	11	21	87
25	Juneta Ruder	1955 Jamaica	" "	11	21	87
26	Onetta Moore	Rt. # 3 Box 173	El Dorado	11	21	87
27	Paul E. Titz	60 Lakeside Dr	Marion	11	23	87
28	Bessie Swogger	Box 41	Potter	11	23	87
29	Gregory Campbell	149 N Oliver	WICHITA KS	11	23	87
30	Jillie E. Gillespie	Beaumont Ks	-	11	23	87

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				Mo.	Day	Ye.
1	A J D. Shoup	Box 2	Bedford, KS	11	23	87
2	Louise May Beard	R#1	Attanta KS	11	23	87
3	John Nordmeyer	RP#1 Box 36	Eureka Kans.	11	23	87
4	Raren Nordmeyer	Rt 1 - Bx 36	Eureka, Ks.	11	23	87
5	Henry L. Lucas	705 Park	El Dorado, KS.	11	23	87
6	Jim Bush	Rt 1 Box 28	Eureka, Ks	11	23	87
7	Robert Byan	608 MAPLEWOOD	El Dorado KS	11	23	87
8	Phonda Moseo	24 E. G	El Dorado KS	11	24	87
9	KJ Brush	Box 3	Towanda KS	11	24	87
10	Betty Brush	"	" " "	11	24	87
11	Carole M. Markey	319 N. Washington	El Dorado KS	11	24	87
12	Frank J. Bunk	RR#1 Box 248	AUGUSTA, Ks	11	25	87
13	Bonnie Matthews	EUREKA Ks		11	25	87
14	Mike M. Grove	Cassidy, Ks	RR#1, Box 109	11	25	87
15	Mrs. Jenkins	836 N. Taylor	El Dorado Kans	11	27	87
16	R D Hulley	1616 HIGHLAND DR.	AUGUSTA KANS	11	27	87
17	James R. Westergaard	1214 S. Sheldon	El Dorado, Kansas	11	27	87
18	William R. Sprague	RR#2 Box 51	El Dorado KS	11	27	87
19	Ruby N. Shoemaker	1375 Country Club	El Dorado, Ks.	11	28	87
20	Mary G. Wells	1403 W. Carr	El Dorado, KS	11	28	87
21	Julie Shurt	1403 W. Carr	El Dorado, KS	11	28	87
22	Phonda Vail	228 N. Alleghany	El Dorado, KS	11	30	87
23	Albert W. Gray	R. R. #3 Box 40	El Dorado, Ks 67042	11	30	87
24	Jane Ditchell	532 N. Griffith	El Dorado, Ks.	12	1	87
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				Mo.	Day	Ye.
1	Pauline Lusher	R.R. 1 - Box 149	Osawatomie, ^{Mo.} KS	10	23	87
2	Margaret L. Stephenson	3811 Porter P.O. Box 4560	Wichita, KS	10	23	87
3	Joseph W. Stephenson	3811 Porter P.O. Box 4560	Wichita, KS	10	23	87
4	Alfred D. Watson	Rt 2 Box 85	Eldorado, Ka.	10	23	87
5	Minnie B. Gory	RR #1 Box 10	Benton, Ks	10	27	87
6	Jim D. Miller	345 Hunter Road	El Dorado, Ks.	10	27	87
7	Lain A. Miller	345 Hunter Rd	El Dorado, Ks.	10	27	87
8	Oliver K. Schulte	1523 Murray	Wichita, Ks	10	27	87
9	Laura Rose	RR 1	Bemis Kans	10	28	87
10	Mary L. Matson	5535 E. 21 St.	Wichita	10	28	87
11	Helen L. Biemer	Rt 1 Box 190A	Augusta Kan	10	28	87
12	Fern Bateson	303 N. Emporia El Dorado, KS 67042	Eldorado Ks.	10	28	87
13	Selma Buckley	718 S. Twin Pine	Haysville, Ka	10	28	87
14	Charlotte Marshall	RR #1, Box 77AA	Benton, Ks.	10	29	87
15	Betty Caldwell	RR #1, Box 77A	Benton, Ks.	10	29	87
16	A. Patricia Shropshire	800 Sunset Lane	Eldorado, Ks	10	30	87
17	Mary E. Wenzel	932 Red Barn Ln	Wichita, Ks	10	30	87
18	Edwin F. Wenzel	932 Red Barn Lane	Wichita, Kans.	10	30	87
19	Harold A. Pecarka	7301 N. Hillside	Valley Center, Ks	10	30	87
20	F. D. Pecarka	" " "	" " "	10	30	87
21	Hinda Collier	120 S. Davis	Benton, Ks 67017	11	2	87
22	Sandra M. Elliott	819 Lexington ed.	Wichita, Ks 67218	11	2	87
23	Helen M. Valentin	3314 S. How	Wichita, Ks 67217	11	3	87
24	Kathy J. Green	1508 N. Andover Rd	Andover, Ks 67002	11	3	87
25	Danny J. Green	1508 N. Andover Rd	Andover, Ks 67002	11	3	87
26	Cynthia Plummer	872 N. Prosperity Ln	Andover, Ks 67002	11	4	87
27	Ruby H. Green	904 S. Dawson	Eldorado, Ks	11	4	87
28	Robert D. Quinn	P.O. Box 356	Benton, Ks	11	4	87
29	Luella K. Whiteside	3158 N. 143rd St. E.	Wichita, Ks.	11	4	87

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				Mo.	Day	Yr.
1	Sharon Watson	RR2 - Box 85	Eldorado, Ks	10	13	87
2	Opie Balch	501 W. 13th	Eldorado, Ks	10	13	87
3	Cloris Smith	307 Homer	Potwin Ks.	10	14	87
4	Charlotte Lee	815 N. Denver	Eldorado Ks	10	14	87
5	Xinda Wimbly	R#1 Box 67	Burns, Ks	10	14	87
6	Lanice Wilson	1216 W. Jewanda	Eldorado, Mo.	10	14	87
7	Dorlene Tucker	509 9th Street	Junction Ks	10	14	87
8	Kathryn Kelly	544 W 11th	Jewanda, Ks	10	14	87
9	Marie La Rue	RR 2 Box 118	Eldorado Ks.	10	14	87
10	Joe Joseph	R#2 Box 140	Augusta Ks	10	14	87
11	James Jones	502 S Star	Eldorado Ks.	10	14	87
12	Pat Wagon	502 E Center	Eldorado Ks	10	14	87
13	Sherry Clesion	Rt. 4 Box 154	Eldorado Ks	10	14	87
14	Sheri Stephens	R#1 Box 70	Rosalie Ks	10	14	87
15	Jill Adams	2409 D Enterprise	Eldorado, Ks.	10	14	87
16	Tracy Jones	700 Benton	Eldorado Ks	10	14	87
17	Bonnie Roberts	Box 77 Potwin	Potwin Ks	10	14	87
18	Anita Bowen	RR1 Box 168B	Jewanda Ks	10	14	87
19	Donna McGray	510 W Locust	Eldorado Ks	10	14	87
20	Rita Butler	317 W. Summit	Eldorado, Ks	10	14	87
21	Brian H. Hester	Box 88 RR 1.	Towanda Ks	10	14	87
22	Donna Austin	1012 Walnut	Eldorado Ks	10	14	87
23	Judy McDonald	1352 Douglass Rd	Eldorado Ks	10	14	87
24	Donna Reed	RR#2 Box 190	Eldorado	10	14	87
25	James D. Ott	1432 Evinston	Park City, Ks	10	14	87
26	Heborah Kingley	Rt 2 Box 98	Jewanda, Ks	10	14	87
27	Wendy Simmons	226 Bellair	Eldorado Ks	10	14	87
28	Norma Booth	R#2 Box 211	Eldorado Ks	10	14	87
29	Eden Lane Tra	516 West Carr	Eldorado, Ks	10	14	87
30	Max Wilson	2321 Enterprise	Eldorado Ks	10	14	87

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30	Jesse M. Thomas	1805 Exchange	Wichita Ks	11 5 87
31	Barbara Day	P.O. Box 304	El Dorado, Ks	11 5 87
32	Joni Lloyd	Box 224	Whitewater, Ks	11 9 87
33	Larry D Puce	10231 Taylor	Wichita, Ks 67212	11 9 87
34	Travis Ratchiff	1068 Pineidge	Wichita, Ks 67218	11 10 87
35	C A Muel	P.O. Box 19	Towanda, Ks	11 10 87
36	Ruth Jost	301 Lauling Hill Dr.	Newton Ks	11 10 87
37	Jim Aves	4302 Murray	Wichita, Ks	11 10 87
38	Wanda Biggs	P.O. Box 34 Patton Ks		
39	Rose Bowlin	1117 Oak Box 233	Whitewater Kans	
40	Mary Hooper	RR#1 Box 53A	Towanda, KS	11 11 87
41	Mona Bowlin	309 E. 2nd	Whitewater, Ks	11 11 87
42	Carole Hoy	7424 W. Olive	El Dorado Ks	11 12 87
43	Bertha Cox	401 East Eleventh	El Dorado Kans	
44	B. Jane Masteller	4563 Cherry	Wichita. Ks	11 16 87
45	Rogers Chandler-Soft	P.O. Box 2 D	Benton, Ks	11 16 87
46	E. Ray Soft	R1 Bx 2 D	Benton Ks	11 16 87
47	Donna Pettyjohn	526 S. Osage	Wichita, Ks.	11 16 87
48	Carol Rawland	224 Box 126	El Dorado, Ks	11 17 87
49	P. R. Bussee	205 S. Old Monroe	Wichita, Ks	11 17 87
50	Bernice Edson	425 N. Main	Benton, Ke.	11-18-87
51	M. O. Quattlibaum	2733 Wood	Wichita, Ks. 67204	11-19-87
52	Eleanor Glenn	R1 Box 2B	Benton	
53	Lila S. Schupp	R1 Box 2B	Benton 788 67019	11-19-87
54	Glenda Lucas	Box 334	Benton, Ks. 67042	11-20-87
55	Donell Hale	RR#1 Box 166	EL DORADO, Ks	11-23-87
56	Cona Windsor	15515 E 45th N	Wichita Ks	67228
57	Juanita Doughmiller	2832 Shankle	Wichita Kan	672017
58	Linda Cylward	7534 Wenterberry Ct	Wichita Ks	67226

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				Mo.	Day	Ye.
1	Scott Curran	RT. 4 Box 154	El Dorado KS	10	14	87
2	Allen Stalner	512 Benton	El Dorado KS	10	14	87
3	John R. Moore	525 N. Summit	El Dorado, KS	10	14	87
4	Wendy Williams	1670 Kawanda	El Dorado KS	10	14	87
5	Shirley M. Munn	906 N. Denver	El Dorado KS	10	14	87
6	Larry Miller	348 Marmaton Rd	El Dorado KS	10	14	87
7	Larry Pitt	1500 1/2 Sheldon	El Dorado KS	10	14	87
8	Bobby Stone	#3 Southport Ct	El Dorado KS	10	14	87
9	RICHARD E. SMITH	801 FINNEY	EL DORADO KS	10	14	87
10	Frances Elliott	200 N Garding Apt 49	El Dorado, KS	10	14	87
11	Opal L. Barnes	128 N. Alleghany	El Dorado KS	10	15	87

K.M. Smith 1031 S-Roosevelt Wichita, KS 12-8-87
 Isabella Sanders Box 210 R.R. 1 Valley Center 12-8-87
~~Wichita~~ 12-8-87
 Jo Biggers 6331 Sullivan Wichita 12-9-87
 Willie Volk 3825 Smea^{HT} 38 Wichita 12-10-87
 Faith Cross 1824 Evanston Wichita 67219
 Fran Mundy 2116 N. Parkwood Wichita 67208 12-10-87

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Good Health Messenger

Published by Lowry's Nutrition Center, 614 North Main, El Dorado, Kansas
Phone 321-0134

Vol. 1 No. 1

OCTOBER 1, 1987

WE BELIEVE

- *There are no incurable diseases.
- *Disease is the result of mistakes in living.
- *The modern American diet is low in nutrition, high in poison chemical additives and residues and is the most important cause of our excessive rate of disease.
- *Each person is responsible for his own health.
- *Each person selects his own level of health.
- *Behavior, attitudes, happiness, and success in personal relations are related to the food one eats.
- *Success in marriage and parenting is related to the food one eats.
- *Drugs are for emergencies only. Drugs are objects foreign to the body. The body does not become ill because it is short on drugs, but because it lacks the nutrition it needs.
- *Disease cannot be forced upon a healthy body.

OUR OBJECTIVES ARE

- *To be well-informed on nutrition and its relation to health and disease.
- *To share our information with as many people as will listen.
- *To make available to the public the highest quality foods and food supplements that can be purchased.
- *To help as many people as possible to live a more abundant life through better nutrition.
- *To actively encourage legislation which will insure better quality food and, therefore, less disease and lower cost of disease.
- *To actively encourage legislation which insures freedom of choice for all in matters of disease and health care.



attem. # 4 (cont.)
PH & W.

1-21-88

NATIONAL NUTRITIONAL FOODS ASSOCIATION

CODE OF ETHICS

As a member of the National Nutritional Foods Association, we will adhere to the following code:

- *We will sell or supply only those foods, food supplements and accessories that may be helpful to consumers who seek to maintain or improve physical fitness and good nutrition, or seek to correct nutritional deficiencies.
- *We will not knowingly sell or supply those foods that contain harmful chemical food additives or artificial ingredients that are alien to the recognized concept of natural foods, nor will we knowingly deal in products that are untruthfully labeled.
- *We will not engage in false or misleading advertising.
- *We will support all public measures that protect the environment, safeguard our natural resources, and improve the quality of life.
- *We will cooperate with all professional, educational, government, and consumer organizations that support greater nutritional information and consumer rights.

SERVICES

- *Nutritional counseling
- *Family counseling
- *Lending library
- *Delivery in town to shut-ins and elderly
- *Mail order
- *Classes in nutrition and its relation to health and disease

Nutritional counseling. We are always happy to spend as long as necessary when you come in to help you select the products you need. However, if you would like to sit down with one of us and discuss your nutrition problems, call for an appointment. There is no fee.

Family counseling. Trouble with your marriage or with your children? Alcoholism? Call for information. There is a fee.

Lending library. For a one-time \$10 fee, you may borrow books up to a value of \$10, keep them as long as you wish. We offer this service to help you to be more informed without having to spend lots of money.

Mail order. We offer this service to people of surrounding areas who need products but cannot get into El Dorado for one reason or another.

Classes. We have offered to organize discussion groups but have not had adequate response. We learned when we were in Las Vegas this summer at the National Nutritional Foods Association Convention that our experience was not different from that of other stores offering this learning experience. We still stand ready to organize classes when there is adequate response. We need a minimum of ten people.

Speaker for your church group or club. Need a program? We can help.

BASIC MINIMUM FOOD SUPPLEMENT PROGRAM

1. Multi vitamin and mineral tablet or capsule
2. Calcium and magnesium - amino acid chelate or orotate
3. Vitamin C
4. Vitamin E
5. Digestive enzymes if you are over forty years

Notice that the title says minimum, for that is what it is--the bare minimum. What you will want to add to this will depend on your particular needs. The ten most popular additions to the minimum program are: (not in any particular order)

- | | |
|----------------|--------------------|
| 1. Garlic | 6. Herbal laxative |
| 2. Lecithin | 7. Vitamin A and D |
| 3. Acidophilus | 8. B complex |
| 4. Zinc | 9. Brewers yeast |
| 5. Potassium | 10. Lysine |

The second ten most popular additions to the minimum program would probably include: (again in no particular order)

- | | |
|-------------------|---------------------------------------|
| 11. Bee pollen | 16. Change o' Life |
| 12. Cod liver oil | 17. Protein powder |
| 13. Aloe vera | 18. Homeopathic sinus |
| 14. Omega 3 | 19. Fiber tablets |
| 15. Tryptophan | 20. Vitamins and minerals
for hair |

THE BEST BEAUTY TREATMENT

Is it a cleanser, an astringent, a clay mask, a moisturizing cream, or a combination of these? No. The best beauty treatment is a high quality food supplement program. Try it. I think you will agree. I believe you'll see your skin condition improve, your eyes will be brighter, and your hair more beautiful.

A dentist who practiced nutritional therapy was asked by a patient why he, the patient, should take more than the Minimum Daily Requirement (now called Recommended Daily Allowance) of vitamins. The dentist answered him by saying, "The Minimum Daily Requirement will be fine if you are satisfied with minimum daily health."

Many of you are taking Centrum vitamin/mineral formula. Centrum is advertised on TV as a high potency vitamin, which contains much more than any other "leading" vitamin and mineral preparation. Actually Centrum is a very poor supplement. Let's compare it to Ultra Two.

	Centrum	Ultra Two
Vitamin A	5,000 i.u.	25,000 i.u.
B vitamins		
B1 (thiamine)	2.25 mg.	100 mg.
B2 (riboflavin)	2.6 mg.	100 mg.
B3 (niacinamide)	20 mg.	100 mg.
B6	3 mg.	100 mg.
B12	9 mcg.	100 mcg.
Biotin	45 mcg.	100 mcg.
Folic acid	400 mcg.	400 mcg.
Choline	none	100 mg.
Inositol	none	100 mg.
Paraminobenzoic acid	none	100 mg.
Pantothenic acid	10 mg.	100 mg.
Vitamin C	90 mg.	100 mg.
Vitamin D	400 i.u.	1000 i.u.
Synthetic vitamin E	30 i.u.	none
Natural vitamin E	none	100 i.u.
Rutin	none	25 mg.
Citrus bioflavinoids	none	25 mg.
Hesperidin complex	none	5 mg.

All minerals in Ultra Two are amino acid-chelated for better absorption. No minerals in Centrum are amino acid-chelated.

Calcium	162 mg.	40 mg.
Magnesium	100 mg.	20 mg.
Phosphorus	125 mg.	trace
Potassium	7.7 mg.	15 mg.
Manganese	7.5 mg.	6.1 mg.
Iron	27 mg.	25 mg.
Zinc	22.5 mg.	20 mg.
Iodine	150 mcg.	150 mcg.
Chromium	15 mcg.	15 mcg.
Selenium	25 mcg.	10 mcg.
Molybdenum	15 mcg.	trace
Chlorine	7 mg.	trace
Copper	3 mg.	trace
70 trace minerals	no	yes
Digestive aids		
Betaine Hydrochloride	none	25 mg.
Glutamic acid	none	25 mg.
Full-disclosure label	no	yes

Centrum may, and probably does, contain several preservatives, artificial colors, sugar, binders, fillers, coatings of undisclosed materials. Yet the label does not indicate any of these ingredients.

When a fellow can order 100 capsules of 400-unit-vitamin E from a mail order company for \$1.95, why should he go to a health food store and pay from \$10 to \$12? Because there is quality in food supplements just as there is quality in clothes, furniture, refrigerators, cars, etc. The cheaper vitamin E will be all synthetic if it contains any vitamin E at all, which it may not.

We offer you only products which we feel will provide you with the best value for your money. Your health is so vitally important and money so hard to come by, it does not make sense to waste your money on ineffective food supplements.

Quality control procedures used to produce high quality products:

1. Purchasing only the highest quality raw materials from reputable suppliers.
2. Assaying and testing raw materials at the time of receipt.
3. Assaying and testing raw materials periodically and at the time of manufacture.
4. Using raw materials as soon as possible after purchase.
5. Using manufacturing procedures that prevent certain vitamins and minerals from affecting the potency of or neutralizing other vitamins and minerals in the same combination.
6. Manufacturing in de-humidified rooms to prevent damaging moisture from affecting vitamins during manufacture.
7. Using the latest direct compression techniques that avoid the use of heat, moisture, and alcohol which are damaging to the vitamin.
8. Coating the tablet uniformly, immediately after manufacture, which reduces oxidation and hydrolysis which results from moisture penetrating the finished tablet.
9. Using natural colorings where necessary to prevent light from destroying light sensitive nutrients.
10. Determining disintegration times of each tablet to correspond with absorption sites of the digestive system.
11. Using expensive natural fillers and binders.
12. Packaging under sanitary conditions away from light, heat, and moisture.
13. Packaging in containers that will reduce the effect of light, heat, and moisture.
14. Packaging in containers that will not affect the tablets with toxic substances or any substances that may reduce the effectiveness of the tablet.
15. Assaying all ingredients within the tablet immediately after manufacture.
16. Assaying the ingredients in each batch of tablets periodically at routine intervals after manufacture to determine shelf life.

An honest manufacturer of food supplements goes through all of these steps to be sure you get what you pay for. When reading these, I am sure you can see how easy it would be to take short cuts and reduce costs. It pays to buy quality.

? YOU READ THE WICHITA EAGLE, you received with your Sunday 9-27-87 paper a package of coupons containing an advertisement for Prevention magazine. I hope none of you are still reading this magazine. Once upon a time, Prevention was the leading magazine for people interested in their health. Something happened about 1980. Was it money? Was it fear? (We are no longer a country of free speech, you know.)

The editor of Acres, U.S.A. says a reader wrote and asked him where he got the idea that "Prevention magazine had crossed over and joined the establishment." His answer was, "Well, we suspected as much by watching the ads--those that arrived and those that departed. We're not blind, deaf, and dumb."

The first time I opened a Prevention magazine and saw a Betty Crocker ad on page 3, further on ads for Kellogg cereals, and on the last page an ad for Advil, I thought the world had turned upside down. It practically had! Prevention magazine had been the tried and true source of reliable nutrition information in a sea of misinformation in the popular magazines, newspapers, radio, and TV for many, many years. It had deserted its post. It was incredible.

LET'S LIVE and BESTWAYS are the only magazines on health available at this time that are truly reliable. Both are available by subscription, or you may pick up copies at the Nutrition Center.

The October 1987 issue of Let's Live (\$1.50) includes some really good articles. Subjects include:

How to defend your immune system

Egg lecithin, a new product which may be helpful in some previously hard to handle situations

How to control the bad effects of oxygen in the body. Oxygen, like water, is an essential nutrient, but in the wrong place it can cause Trouble.

The importance of selenium

Recipes for Hallowe'en and other recipes

A long and very informative article on adaptogens. An adaptogen is a "nontoxic substance capable of producing a nonspecific state of increased resistance to various kinds of stress. More simply, an adaptogen is a harmless substance that helps you to cope with a broad spectrum of adverse factors when and if you are faced with them." Even more simply, an adaptogen is a body normalizer that gives the body the ability to meet the demands made upon it. The article describes 24 adaptogens. All but two, the mushrooms, are available at the Nutrition Center.

Co-Enzyme Q10, a fairly new product that promises to be a really important nutrient.

A discussion of nutritional aids for prostate problems by Johathan V. Wright. (Though it is not mentioned in the article, Enzymatic Therapy Prostate is a product from which we have had excellent reports. There is a dollar-off-coupon on the coupon page.)

Water pollution in your shower

We have only a few copies of this magazine. However, we will have a copy at the store that you may read if you are not able to get a copy of your own.

WHAT CAUSES ILLNESS?

In his book, Please, Doctor, Do Something, Joe D. Nichols, M.D., of Atlanta, Texas, gives the causes of illness in the order of their importance as:

1. Poisons in our food, water, and air
2. Poor nutrition
3. Emotional stress
4. Infections
5. Accidents
6. Genetic factors

Poisons:

1. Tobacco
2. Alcohol
3. Caffeine (coffee, chocolate, soft drinks, tea, pain pills)
4. Sugar
5. Aflatoxins (supermarket peanuts and peanut butter, corn and corn products)
6. Chemical fertilizer residues
7. Herbicide and pesticide residues
8. Artificial colors and flavors
9. Aluminum, cadmium, mercury, lead
10. Fluoride
11. Chlorine
12. Other additives - thousands of them

Poor nutrition, reasons for

1. Depleted soil and hybrid seeds. If it isn't in the soil, it won't be in the carrot.
2. Poor food selection due to ignorance or carelessness or due to buying by taste and/or price rather than for quality.
3. Processing of foods. Cheese, cheese foods or spreads, peanut butter, packaged foods whether in boxes, cans, or bags, homogenized milk.

Emotional stress

1. Job stress
2. Marriage and family stress
3. Machines-that-don't-work stress
4. Things-I-have-to-do-but-don't-like-to-do stress
5. Stress that results from procrastination
6. Weather stress
7. Various kinds of frustration

Infections

Usually the result of poor nutrition which has undermined the strength of the immune system.

Accidents

1. Often caused by poor nutrition and/or poisons.
2. Tobacco, alcohol, and sugar contribute to accidents.
3. The fatigued and/or nervous person is more accident prone.

Genetic factors

1. Poor nutrition during pregnancy
2. Often the result of poor nutrition for many previous generations.

We have attended three meetings on nutrition and its relation t
health and disease this summer. We went to Atlanta, Texas, in June
to the annual conference of the Natural Food Associates. In July, we
attended the annual meeting of the Cancer Control Society in Los Angeles
and the National Nutritional Foods Association meeting in Las Vegas.
The last two meetings consisted of nine days of intensive activity. I
want to tell you some of the things we learned.

The Cancer Control Society meeting began on July 4. On that day,
we listened to 16 lectures ranging in time from 15 minutes to 45 minutes.
On July 5, we listened to 18 lecturers; on July 6 there were 16 lecturers.
On July 7, we attended a seminar, and on July 8 we went on a bus tour
to Mexico where we visited seven cancer clinics where nutritional
therapy is used.

The Cancer Control Society is an organization dedicated to the
gathering of information and the propagating of that information on
the nutritional treatments of cancer. The speakers were medical doctors,
biochemists, pharmacists, researchers and authors, and others who have
had experience in the field of cancer and nutrition.

My format will be to give you the highlights of the various
addresses, beginning with the first speaker and continuing to the end.

Speaker: Elizabeth Baker, Author, lecturer, college professor.

Mrs. Baker had a series of health problems. Chloromycetin had
destroyed her bone marrow. I do not know for what the chloromycetin
was given. She later had live-cell therapy to help restore the bone
marrow. More about live-cell therapy later.

Hypoglycemia was controlled by Carlton Frederick's diet plan.
She used his book, Hypoglycemia and You. He now has a later one:
New Low Blood Sugar and You.

Addison's Disease was cured by using Adelle Davis' plan. Addison's
Disease is advanced adrenal exhaustion and is characterized by apathy,
extreme fatigue, and extreme muscle weakness. Sodium, potassium,
pantothenic acid, and the anti-stress formula are the main factors in
this treatment. See pages 237-8 and page 31 in Let's Get Well.

Mrs. Baker gave us the following suggestions:

Never eat margarine. I underline this because it is so important.
Eat butter. Hydrogenated oils and margarine are sticky plaque. Hydro-
genated oils include Crisco and all similar solid shortenings and super-
market peanut butter. Use only cold-pressed unrefined oils from the
health food store. Other oils are rancid and will destroy the vitamin
E in your body. They also cause free radicals. More about free radi-
cals later. Supermarket oils don't smell rancid and they won't smell
rancid if you open the bottle, set it on your shelf and leave it there
for many years. This is because they have been processed with high
heat and chemicals to remove the odor and make them clear and beautiful.

Skin cancer: Rub dry vitamin C crystals on the cancer. It will go away.
Hydrogen peroxide also causes skin cancers to disappear. Vinegar rubbed
on will help. Mrs. Baker used vinegar and the cancer was healing.
However, before it was completely cured, she added another ingredient,
so had no absolute proof that vinegar would have completed the cure.

In 1977, Mrs. Baker was found to have colon cancer. She used a
completely raw diet and was cured in months.

ergies: Mrs. Baker suggested that you can find your own allergies. View your body as a separate entity. Sit down and evaluate it. Ways of finding allergies: pulse test, fasting and adding one food at a time, elimination diet, diet diary.

She suggested vitamin C for cold sores. Many people are using lysine for cold sores and other herpes infections. The two supplements can be used together.

She said many people are being cured of AIDS. More was said about this by other speakers.

Mrs. Baker and her husband, Dr. Elton Baker, are the authors of three books: The Uncook Book, Band Wagon to Health, and The Unmedical Book.

Speaker: Earl Mindell, pharmacist. Author of Vitamin Bible, Vitamin Bible for Your Kids, Pill Bible, Shaping Up with Vitamins, and Unsafe at Any Meal.

With what we now know, we can prevent 75% of cancer cases. At the present rate of increase, soon one-half of Americans will have cancer.

He gave us what he considered the ten worst food additives, but I was able to get only four down on my paper. Those four are:

1. Hydrogenated fat (previously mentioned by Mrs. Baker)
2. Sugar - 27 teaspoons is now the average daily intake
3. Salt
4. BHA and BHT These lead to kidney problems. Read labels. These are preservatives and may be found anywhere, even in health food store products.

Alar - a chemical that causes apples to turn red so that they can be harvested all at the same time. Saves money, you know. Alar is poison and goes into the fruit. It cannot be washed off or peeled off. (Dr. Joe Nichols of Atlanta, Texas, says apples are the worst thing in the supermarket.)

Os-Cal. Read the label. You will find dyes and shellac listed. This is known as pharmaceutical elegance. Makes the medicine look more attractive.

Five pounds of additives are eaten per year by the average American. Many of these have never been tested for safety.

Low-salt soups are not really low in salt. (You shouldn't be eating canned soups from the supermarket anyway, salt or no salt.)

There are 32 different ways sugar can be named. This is to mislead you into believing there is less sugar in the product than there really is. Inform yourself on these so you will know what to look for.

Read labels on cookies, cereals, and breads. Check for TBHQ in cookies.

I had heard of using white bread for furniture polish, but Mr. Mindell suggested using Wonderbread for repairing cracked plaster. For your good health, don't eat it.

Nutra-Sweet (Aspartame) - Mr. Mindell does not use it. Causes tremors and other problems. Sweeteners are not needed on your cereal and in your drinks.

We are a drug-oriented society. Coffee, chocolate, tea, alcohol, tobacco, aspirin, Tylenol, other patent medicines, prescription drugs - our society runs on them. They are not for you if you want good health.

Speaker: Dale Alexander, His specialty is arthritis. He became interested in nutrition in an effort to help his mother who had arthritis. In a book written in the 19th century, he found evidence of cod liver oil's healing power. He tried it, it worked, and he has been telling its virtues ever since.

In a population of 240 million, we have 36 million people with arthritis. Many of these are children who suffer intensely.

He was the third speaker and the third speaker to remind us not to use margarine. He says margarine causes oily forehead, nose and chin. If you have a combination oily skin and dry skin, could margarine be the cause?

His recommendations: 1 tablespoon^{ful} one-half hour before breakfast for six months. It will put moisture back into your skin. It will help the eyes. Mr. Alexander is 70 years old and does not wear glasses.

He suggests the use of emulsified cod liver oil. It must be taken six months to see results. I believe that some of our customers who have arthritis and have taken cod liver oil have had results much sooner than this.

There are a number of nutritionists who believe that water should not be drunk with a meal. Dale Alexander is one of these. The only liquids that can be used safely at a meal are milk, homemade soup, and carrot juice. He believes no liquid should be taken into the stomach while oil is in the stomach.

He believes we should never drink cold drinks. (I believe he may be right.) He says cold drinks will cause a greening of the elbow, affect eyesight, and cause dry skin. Iced liquids are very damaging to the human system.

Check the inside of your elbow to see if it is green. I have never seen a green elbow. If any of you have one, I would like to see it.

Mr. Alexander says Feldene has killed many people.

He attended an AIDS conference recently in Washington, D.C. Hundreds of doctors from all over the world were there. Nutrition was not mentioned.

Vitamin A toxicity is not important where natural vitamin A is used.

Speaker: Virginia Livingston, M.D. Mrs. Livingston was a researcher for many years. She now treats cancer patients in San Diego. Her husband, also an M.D., works with her. She believes cancer is caused by a virus and uses a vaccine. Several people from this area have taken her treatment. She presented 10 recovered cancer patients. She has written a book which describes her treatment. Those of you who are interested in learning about her treatment should read her book.

To be continued.

OF CARS AND HUMAN BODIES

Once upon a time a man bought a brand new car. It was designed to use only unleaded gasoline. Since unleaded gasoline is more expensive, he decided to use regular gasoline instead. He also started using a cheaper motor oil.

The car seemed to run OK with these -- for a while. But before long, things started to go wrong. The car's mileage decreased, it didn't have the power it had at first, and it, generally, just did not run as well as it had. Finally, he had to take it to the shop to get it fixed. The repairs cost him far more than he had saved by using cheaper gasoline and oil. He determined that he would never again disregard the manufacturer's specifications and would use only the best quality products in his car.

The analogy of this story to the care of our bodies should be plain. Just as the car had a manufacturer, so we have a Manufacturer. As with the car, our bodies are designed to run on certain kinds of fuel. When we disregard God's natural laws as to the food we put into our bodies, we can be sure trouble will come. When white sugar, white flour, hydrogenated fats, numerous synthetic additives, and foods containing pesticide residues make up a significant share of our diets, we have no right to expect our bodies to function as they should. Natural whole grains, nuts, seeds, fruits, and vegetables--all grown without dangerous synthetic chemicals--and meats, fish, and poultry from drug-free animals are the foods on which our bodies are designed to operate.



#175 Arthro-flex

Arthro-flex is a completely natural food supplement that is suitable for all individuals with arthritis. Brings back that youthful flexibility, helps to relieve the symptoms associated with arthritis with no side effects. Whatever your day is like, now you can feel better with less stiffness and minor aches and pains. Arthro-flex does not contain drugs or harmful chemicals. All ingredients are pure and natural. We wish we could tell you about all our happy customers; their satisfactory results could fill a book. Try Arthro-flex backed by a full money back guarantee. If you are not 100% satisfied your money cheerfully refunded.



You Too Can Enjoy A Clear Beautiful Complexion!

#105 Akne-Zyme

Akne-zyme a natural nutritional supplement that protects and nourishes the skin to give you a beautiful radiant look. Akne-zyme soothes and relieves skin blemishes and unsightly pimples. Akne-zyme is the kind of nutritional skin care recommended by hundreds of health care practitioners. Now you can see and feel the difference in weeks. Friends too will compliment you on your new healthy look.

Contains only healthy natural ingredients that are necessary for you and your body. Contains no drugs or harmful chemicals. No harmful side effects. Just pennies a day to keep your skin beautiful and healthy. Suitable for individuals with acne and unsightly skin problems.



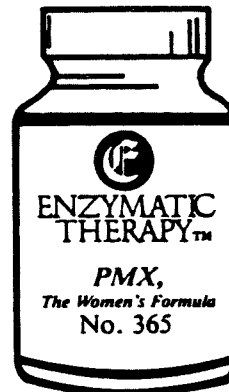
#235 Hypo-Ade

You can lose weight, increase your energy, control your blood sugar levels, and reduce fatigue. Abnormal blood sugar levels can cause weak spells, dizziness, headaches, heartburn, and other digestive problems. Control Your Blood Sugar Levels with Hypo-Ade.

- Prevents Mood Swings**
- Provides Energy**
- Stabilizes Appetite**

Hypo-Ade is the proven way to supply potent B Vitamins, GTF, raw glandulars, zinc, and other important nutrients your body requires.

Hypo-Ade is the natural way to provide important nutrients needed to regulate blood sugar and glucose metabolism.



#365 PMX THE WOMEN'S FORMULA

Premenstrual Vitamins

The onset of the menstrual cycle can sometimes be accompanied by various symptoms such as cramps, moodiness, fluid retention, head and back aches and a lack of energy. PMX has been formulated to provide a full spectrum of vitamins, minerals, and herbal extracts to help relieve the stress and miseries of these minor symptoms. PMX insures a more adequate supply of nutrients to be available when they are most needed. Ladies, ask for PMX, The Women's Formula, at ...

ECHINACEA: AMERICA'S HERB

The herb echinacea is indigenous to North America, found mainly in the prairies west of the Mississippi River. Some varieties have been found growing in Virginia, and westward to Illinois and southward to Louisiana, but echinacea is generally found in the central portion of

Over 40 pharmaceutical echinacea preparations are registered for use by European physicians.

the United States.

Long a favored medicinal herb of the Native American Indian, echinacea was widely used by early medical doctors. The herb has found modern acclaim in Europe over the past 30 years, where the largest volume of scientific research has been conducted. Over 40 pharmaceutical echinacea preparations are registered for use by European physicians, who rely on these for the treatment of various health problems.

TWO VARIETIES

The echinacea plant is a shrub with a stout stem which grows up to three feet. Its leaves are narrow, its purple flowers are cone shaped and its rhizomes and roots (the parts used for remedies) are cylindrical or slightly tapered.

"Echinacea" is used to refer to both *Echinacea angustifolium* (called Kansas snakeroot) and *echinacea purpurea* (called Missouri snakeroot). *Echinacea angustifolium* is probably more potent and is most commonly mentioned as the plant used in traditional native American medicine. Both have similar properties; but *Echinacea purpurea* is more readily available and about one third the price of *Echinacea angustifolium*.

MANY USES

"The king of the blood purifiers," echinacea is described as the most effective blood and lymphatic cleanser in the botanical kingdom. Most herbalists agree that if the blood can be purified of excess acidity, diseases will eventually subside. The blood is constantly neutralizing poisons and carrying toxins to be eliminated.

ECHINACEA

1. Infection and inflammation preventive
2. Antidote to side effects of penicillin
3. Strengthens white blood cells and T cells
4. Promotes wound healing
5. Used extensively in Europe to treat viruses and allergies
6. May reduce incidence of colds and flu
7. Will ease toothache LL 10-87

Air pollution, chemical preservatives, food wastes, the body's natural cellular waste and stress can cause an accumulation of toxins in the body and result in disease at any organ, joint or tissue site. The best herb for blood and lymph purification is said to be *Echinacea angustifolium*. In aiding blood and lymph cleansing, an alterative herb, such as echinacea, is used. Alteratives are blood purifiers that gradually and favorably alter the condition of the body, and are used in treating toxicity of the blood, infections, arthritis, cancer and skin eruptions. Alteratives also help the body to assimilate nutrients and eliminate waste products of metabolism. *Echinacea* is used to neutralize acid conditions in the blood associated with a stagnation of lymphatic fluids.

The herb can be used both internally and externally, and when used properly is said to be a valuable alternative to antibiotics. *Echinacea* promotes the production of white blood cells which can then destroy the invading bacteria or virus. An amazing thing about echinacea is that it is apparently nontoxic; it seems to be tolerated in large amounts and is easily eliminated, herbalists state.

Echinacea has detoxifying and symptom-relieving properties, and also acts as a stimulant in that it increases body energy, drives the circulation, breaks up obstructions and warms the body, sources report.

Echinacea has been used for treating gangrene, blood poisoning and all chronic and acute bacterial and viral infections. It is said to be effective against syphilis and gonorrhea, and is used for the treatment of all vaginal infections. *Echinacea* has also been reported to have given relief in cases of boils, gout, cerebro-spinal meningitis, diphtheria and ulcers.

The herb is commonly used with other herbs in treating various disorders. *Echinacea* combined with equal parts of parsley leaves and marshmallow root has proved useful for bladder infections, sources note. It is also described as effective in formulas with other herbs in treating abscesses, acne and skin problems, back pain, coughs and sore throats, and vaginitis.

(Sources: *Colds & Flu: Alternative Relief*, Flora Laboratories, 1986; *Natural Healing With Herbs*, Humbart Santillo, B.S., M.H., 1984; *Encyclopedia of Medicinal Herbs*, Joseph Kadans, N.D., Ph.D., 1984; *The Way of Herbs*, Michael Tierra, C.A., N.D., 1980)

IS ENOUGH VITAMIN C TOO MUCH?

Ever since British sailors started taking citrus with them on ocean voyages to prevent scurvy, controversy has raged concerning how much vitamin C is enough – or too much! The range of opinion is considerable. The U.S. "Recommended Daily Allowance" is 60 mg., while certain pioneering clinicians suggest that much larger doses – up to 50,000 mg. – might be needed in some cases.

Dr. Robert Cathcart (*Orthomolecular Psychiatry*, 10:2, 1981) talks about his work over 9 years with more than 9,000 patients using high doses of vitamin C. Dr. Cathcart says one reason there is so much confusion is because some studies have utilized totally inadequate doses of vitamin C.

One of Dr. Cathcart's many contributions to health has been the concept of "bowel tolerance" doses of vitamin C. He discovered the sicker a patient was, the more vitamin C was tolerated before the patient got diarrhea. According to Dr. Cathcart, most people can handle around 10 to 15 grams of vitamin C in 24 hours without getting diarrhea. He adds, "The astonishing finding was that *almost all patients will absorb far greater amounts without having diarrhea when ill.*" He concludes that the amount required is related to the toxicity of the disease being treated.

In his paper, Dr. Cathcart lists "usual bowel tolerance doses." Part of that table is listed below:

CONDITION	GRAMS PER 24 HOURS	DOSES PER 24 HOURS
Normal (well)	4-15	4
Mild cold	30-60	6-10
Severe cold	60-100	8-15
Mononucleosis	150-200+	12-18
Hay fever, asthma	15-25	4-8
Burn, injury, surgery	25-150	6-15
Anxiety, stress, exercise	15-25	4-6
Bacterial infections	200-300+	10-18
Rheumatoid arthritis	15-100	4-15

Simply stated, the Cathcart hypothesis is that with oral vitamin C, the amount needed for effective treatment is slightly less than the amount that causes stools that are so loose as to become diarrhea.

Occasionally, an article appears that claims dosages in the range that Dr. Cathcart, Dr. Linus Pauling and others, suggest is dangerous. The usual concern is that "excess" vitamin C may result in calcium oxalate kidney stones. Numerous studies have been published in the medical journals saying that daily doses of magnesium and vitamin B6 not only prevent oxalate stones from being formed – but cure ones already in existence! The doses used were quite low, only 100 mg. of magnesium oxide, and 10 mg. of B6. (*American Journal of Clinical Nutrition*, 20:5, 1967.) This is clearly a case of "an ounce of prevention" being worth a pound of cure!

SHOPPING LIST

Baking powder
 Baking mix, biscuit
 Bread
 Muffin
 Cake
 Cornbread
 Pancake
 Beans
 Bread
 Buckwheat
 Bulghur
 Butter
 Cafix
 Carob powder
 Carrots
 Cereal, _____

 Cheese
 Coconut
 Cookies
 Corn meal
 Crackers
 Flavoring, _____

 Flour, whole wheat
 whole wheat pastry
 Amaranth
 Barley
 Durum
 Ezekiel
 Gluten
 Millet
 Oat
 Rice, brown
 Rye
 Triticale

Fruits, dried, apples
 Dates
 Figs
 Papaya
 Peaches
 Pears
 Pineapple
 Prunes
 Raisins
 Fruit spread
 Gelatin
 Herb tea, _____

 Honey
 Ice Cream
 Juice, apple
 Cherry
 Grape

 Ketchup
 Milk
 Mayonnaise
 Molasses
 Mustard
 Nuts, almonds
 pecans
 walnuts
 Oils, cooking
 Almond
 Avocado
 Corn
 Olive
 Safflower
 Sunflower
 Walnut
 Pasta, _____

Peanuts
 Peanut butter
 Popcorn
 Rice
 Salad dressing
 Salt
 Seeds, Alfalfa
 Flax
 Pumpkin
 Sesame
 Sunflower
 Sprouting
 Spices, seasonings

 Tamari Sauce
 Tapioca
 Tofu
 Vinegar
 Wheat germ
 Wild Rice
 Yogurt starter
 Aloe vera topical gel
 First Aid Cream
 Baby oil
 Body lotion
 Books
 Deoderant
 Shampoo
 Soap
 Toothbrush
 Tooth Floss
 Tooth paste
 Water distiller
 Cosmetics _____

 Skin care _____

SHOPPING LIST

Aloe vera
 Amino acids
 Amino acids, free
 Antioxidant
 Bee pollen
 Beta Carotene
 Bioflavonoids
 Biorutin
 Brewers yeast
 Calcium
 Carnitine
 Chlorophyll
 Chromium
 Cod Liver oil
 CoEnzyme Q10
 Comfrey Pepsin
 Copper
 Cyclovites
 Digestive enzymes

Herbs, _____

 Iron
 Kelp
 Lecithin
 Liver
 Lysine
 Magnesium
 Manganese
 Michael's, _____

 Multi mineral
 Nova, _____

 Nu Age, _____

Silica
 Sodium Alginate
 Spirulina
 Stress Formula

 Superoxide Dismutase
 SUMA
 Tryptophan
 Vitamin-Mineral, adult
 Vitamin-Mineral, child
 Vitamin A, AandD
 B complex
 B1 Thiamine
 B2 Riboflavin
 B3 Niacin
 B6
 B12
 Biotin
 Choline
 Choline & Inositol
 Folic Acid
 PABA
 Pantothenic Acid
 C
 D
 E
 Vitamins for hair
 Vitamins for nails
 Vitamins for skin
 Weight Loss Aids

 Wheat Germ oil
 Wheat grass
 Yeast infection aid
 Caprinex
 Cantrol
 Candida Forte

DLPA
 DMG
 Enzymatic Therapy _____

Octacosanol
 Pau d' Arco
 Pectin
 Phenylalanine
 Phosphotidyl Choline
 Pollinsan
 Potassium
 Propolis
 Protein powder
 Protein tablets
 Quercetin
 Raw Glandulars,

 RNA-DNA
 Royal Jelly
 Rutin
 Sea Mussel

EPA
 Evening Primrose Oil
 Fatty acids
 Fiber tablets
 Fisherman's Friend lozenges
 Fish oils - Omega 3
 Garlic
 Germanium
 Green Magma
 Herbal diuretic
 Herbal laxative

COUPONS

17

<p style="text-align: center;">ULTRA TWO</p> <table border="0"> <thead> <tr> <th>Size</th> <th>Regular price</th> <th>With coupon</th> </tr> </thead> <tbody> <tr> <td>30</td> <td>\$ 7.85</td> <td>\$ 6.85</td> </tr> <tr> <td>60</td> <td>14.70</td> <td>12.70</td> </tr> <tr> <td>90</td> <td>21.25</td> <td>19.25</td> </tr> <tr> <td>180</td> <td>40.50</td> <td>37.50</td> </tr> </tbody> </table> <p>No limit. Expires 10-31-87</p>	Size	Regular price	With coupon	30	\$ 7.85	\$ 6.85	60	14.70	12.70	90	21.25	19.25	180	40.50	37.50	<p style="text-align: center;">AGE ETERNAL GL</p> <table border="0"> <tbody> <tr> <td>Regular price</td> <td>\$8.00</td> </tr> <tr> <td>With coupon</td> <td>6.75</td> </tr> </tbody> </table> <p>No limit. Expires 10-31-87</p>	Regular price	\$8.00	With coupon	6.75
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100	\$12.00	\$10.00																		
<p style="text-align: center;">ARROWHEAD MILLS</p> <p style="text-align: center;">FLOURS</p> <p>10% off regular price</p> <p>Organically grown</p> <p>No limit. Expires 10-31-87</p>	<p style="text-align: center;">NOVA</p> <p style="text-align: center;">HOMEOPATHIC REMEDIES</p> <table border="0"> <tbody> <tr> <td>Regular price</td> <td>With coupon</td> </tr> <tr> <td>\$7.95</td> <td>\$6.95</td> </tr> </tbody> </table> <p>No limit. Expires 10-31-87</p>	Regular price	With coupon	\$7.95	\$6.95															
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<p style="text-align: center;">HERB TEAS</p> <p style="text-align: center;">COFFEE SUBSTITUTES</p> <p>10% off regular price</p> <p>No limit. Expires 10-31-87</p>	<p style="text-align: center;">YOUR CHOICE</p> <p style="text-align: center;">of</p> <p style="text-align: center;">SOAPS</p> <p>10% off regular price</p> <p>No limit. Expires 10-31-87</p>																			

AGE ETERNAL GL

A combination of herbs and cell salts for the health of the gall bladder.

We have had excellent reports from users of this product.

FAT FIGHTER

Glucomannan plus herbs and cell salts.

Keeps you comfortable while losing weight.

Our most popular weight loss aid.

NOVA HOMEOPATHIC REMEDIES

Homeopathic remedies are becoming more and more popular because they are effective and have no side effects.

We have had especially good reports on SINUS. If you have a sinus problem and have not tried this, you may find your answer here.

SOAP

The purest soaps available.

Many to choose from.

ULTRA TWO

The largest-selling vitamin-mineral preparation in the health food industry. Contains eleven B vitamins, amino-acid chelated minerals, and all the trace minerals. We use it.

PROSTONE

For men only. If you have a prostate problem, you may find this combination helpful.

Enzymatic Therapy products appear to be exceptional aids to good health.

We have had good reports on this from people who use it.

ARROWHEAD MILLS FLOURS

- | | |
|----------------|--------------|
| 1. Whole wheat | 8. Soy |
| 2. Triticale | 9. Barley |
| 3. Ezekiel | 10. Oat |
| 4. Rye | 11. Durham |
| 5. Pastry | 12. Millet |
| 6. Brown rice | 13. Gluten |
| 7. Buckwheat | 14. Amaranth |

HERB TEAS

Something for everyone.

COFFEE SUBSTITUTES

Cafix

Pero

YOUR CHILDREN ARE WHAT YOU MAKE THEM.

Parents often write to Ann Landers and say, "Where did I go wrong? The answer comes back, "You didn't go wrong, your child did."

When a child goes wrong, the parent(s) went wrong first. Why do parents go wrong? Parents go wrong out of ignorance, or because they do not care. Some try too hard; some don't try hard enough; some have priorities out of order; some just don't have the answers.

The tiny baby you held in your arms was a malleable little creature. He was born with some special talents and with unique physical and mental characteristics. Some of the physical and mental characteristics may have been imperfections. How he used his talents and how he reacted to his physical and mental characteristics depended on your direction and your encouragement.

You don't build a building without a blueprint or run a business without directions. Should you attempt to build a life without a plan? You can't decide exactly what career your son or daughter will follow, but you can decide what kind of a person you want your child to become. You can set a goal, devise a plan, and follow that plan. No one has said that parenting is easy, but it should be a pleasure.

Wordsworth said, "The child is father to the man." The unselfish child will become the unselfish adult; the selfish child will become the selfish adult. A dishonest and sneaky child will be a dishonest and sneaky adult. A helpful child will be a helpful adult.

How Not to Go Wrong As a Parent

1. If you don't want your child to be a drug addict, don't be a drug addict yourself. Tobacco, alcohol, caffeine, and aspirin are drugs. Always set a good example.
2. If you want your child to be truthful, be truthful with him and others.
3. Don't expect more from you child than he is capable of either at home or at school. Our schools are designed for adults--not for children. You may sometimes have to soothe hurts or be a buffer.
4. Provide ample opportunity for recognition so your child does not have to get recognition in unapproved ways.
5. Encourage him to develop his talents.
6. Give him the courage to be different. I would like to under line this one at least twice.
7. We are spiritual creatures. Give him the opportunity to develop his spirituality.
8. Your children's friends are important, but they are not as important as family. You are not obligated to keep your home open to their friends at all hours of the day and night, and you should not do so.
9. Your child should normally be at home at least five nights a week. Make home an interesting place so he will want to stay there. He sees his friends at school all day. He does not need to spend his evenings with them. If he is to become a responsible adult, he needs to experience adult company while a child.
10. Help your child choose his close friends. Do it inauspiciously but firmly.
11. Talk, talk, talk with your child. Use every possible instance for teaching. Be a friend, but not a pal.

To be continued.

A MODERN ALLEGORY

Once there was a country with a King. There was also a Printer in this country. The King asked the Printer to print some money. When the King wanted to buy some ships, he came to the Printer. He said "Lend me some of that money." The Printer said, "Of course, but you will have to pay me interest on it." The King said, "OK," and he paid the Printer 4% interest on all the money that he borrowed from the Printer.

Some time later the King wanted to buy some planes. Again he came to the Printer and said "Lend me some more money." The Printer said, "No problem, but you will have to pay 6% interest on it." The King said "OK," and he paid 6% interest on all the money that he borrowed from the Printer. Still later the King wanted some missiles. Again he borrowed money from the Printer and this time he paid 10% interest. When the time came for the King to pay the 10% interest, he borrowed still more money from the Printer and used it to pay the interest. So the King's debt to the Printer grew and grew and the interest kept getting higher and higher.

Meanwhile the subjects of the King were building the ships and the planes and the missiles. The King paid for their work with the Printer's money. But when the workers used the money to buy food and clothes, they had to pay twice as much for them as before. They discovered that the Printer's money bought less and less. When the workers wanted to buy a house, they went to the bank for a mortgage as formerly. However, now the bank charged them even more interest for the money than the Printer was charging the King. You see,

before the King began to borrow money from the Printer, the workers used to pay 5% interest on their mortgages. Now they were suddenly paying 14% interest. The workers paid three, four, and five times to buy the same house because of all the interest.

One day the Printer refused to loan the King all the money that he wanted. The King was baffled. He needed a lot more money. What to do? Then he thought of a brilliant idea. "I'll put a tax on the wages of the workers," he thought. "Then I'll have enough money to pay the Printer's interest." And that is just what he did. From that day on the King used the taxes on the workers to pay the interest to the Printer. And the Printer raised the interest rate whenever he wanted, and the King had to pay more interest, and the workers paid higher interest on their mortgages and more taxes on their wages to the King. And the Printer never stopped printing money. And the King never stopped buying ships and planes and missiles.

And the workers had to ask their wives to get jobs. They simply could not provide the expensive food and clothing for their families and pay the mortgage interest with only one paycheck. So the wives also went to work. And they also paid taxes on their wages to the King. Because of all the King's taxes, the worker and his wife could not save any money. To buy a car, they had to borrow. The bank charged them 18% interest on the loan. They both worked harder and harder but mostly they paid taxes and interest.

And the King kept on spending and borrowing, and the Printer kept on printing money and charging interest, and the workers.....

The King is the U.S. Government, the printer is the privately-owned Federal Reserve System, and the workers are America's wage earners.

Vice Chairman and Committe

Betty Russell, I am a reflexologist from Gypsum, Kansas.
My testimony is my personal experiences.

In 1978 I fell and hurt my leg. I was diagnosis about a year later, saying I had *Thrombosis Phlebitis*. I was sent to different specialists trying to see if any one could help me. I ended up at ~~KU~~ Medical Center and several tests were taken. I was told that I would need a nerve cut in my leg, that would help the ~~problem~~ with swelling and severe pain. They did this and during the operation the attending physican had separated the nerve and located the nerve to be cut. At that time the attending physician received a code ~~Blue~~ Blue. His assistant continued the operation and dropped the nerve that was to be cut.

When going back for a check-up in four weeks, I told the doctor that the inside of my leg had feeling and the outside was numb. It should have been the reverse according to him. He checked it by sticking needles in it. Then I upset him, I told him I could still feel on the inside of my leg. That's when the doctor said I would eventually ~~be~~ be a cripple. ~~When~~ ^{Then} he recommended me to see a Psychiarist in Salina.

The Reason for seeing the psychiatrist was to teach me to live with pain. After a year and 75mg of *elavil* a day, I was in and out of a wheel chair because that was the only way to get around; could not bend or walk on it.

A lady came to my house, while I was having a tantum in which the doctor refused to give me more pain shots to kill the pain. His reasons for not giving more pain shots was I was already

attm # 5
1-21-88
P.H.W.

on too much. This lady suggested a lady that could help me. This lady was a Reflexologist and after three weeks I was walking and smiling again. She introduced me to nutrition for better health.

Now, after studying and going to different workshops and several nutrition classes and reading about nutrition, I am after seven years of taking herbs and vitamins I am healthier than I have been.

In 1975, I had tuberculosis, I was quarantine^{ed} for several weeks in a Salina Hospital. After this was on medication for two years, I was told that my lungs would be scared for life. Every year after that I would have Pneumonia at least three times in a year. Since taking nutrition, I have had none of this.

After a nutrition program, I was told by a doctor who takes care of tuberculosis patients for the state, that my lungs were completely clear.

To whom it may concern: 1-15-88.

The reason I think the bill should not pass, this is a monopoly on nutrition counseling & I think we should be able to choose whom we want to go to for the service we need, and not have to pay a dietician or others for the service we need. We want it left the way it has been and should be please, as it will benefit us as it should, so please do not let it pass.

Thank you kindly,

P.S. Mr. Agnes Kuhlmann.
We will appreciate your kindness and thoughtfulness.

January 21, 1988

To: Vice-Chairman & Committee:

I do not agree with the way House Bill #2464 is written. Why in our present times when people are being encouraged to take more responsibility for their own nutrition, The Committee On Public Health & Welfare is attempting to pass a bill like this? We should make more information available to the public, not limit information telling us what is good or bad for our bodies to any one select group.

A great deal of research is being done to further understand the physiological effects of food factors in relation to each individual persons needs. The average conventional physician feels that all factors necessary for health can be obtained through a normal diet and additional supplements are a waste of money. My contacts with Dietitians made me aware that their teaching is along this same line.

Our foods are now grown on soils depleted by years of intensive farming, without proper understanding of organic principles of land use and ecology. Essential minerals such as zinc are already deficient in the soil of many states. Even if the food eaten looks nutritious it no longer supplies the same proportion of minerals that food 100 years ago provided. The situation becomes even worse if these already-deficient foods are canned, stored for long periods, or cooked improperly. The average person has little or no awareness of how to prevent loss of water-soluble vitamins from food, or destruction of heat-labile vitamins in cooking. The refining of foods such as we see on nearly every supermarket shelf is another obvious cause of reduced food value. The replacement of a few vitamins can in no way duplicate or make up for the wholesale destruction of our basic food groups. Fresh fruits and vegetables cannot be labeled properly for nutritional value. Many of them are not vine ripened & have little or no value. Being a farmers wife I realize that Farmers are in a transition & looking more at a future of organic farming.

Homo sapiens, are not exact replicas of a common ancestor, but rather evolving and genetically variable beings, with unique variations in our biochemical makeup and requirements. Just yesterday in our local paper I read an article stating, "Fat cells differ between sexes. Broccoli a big hit on food chart. And Consumers demand 'safe food.'"

The amount of stress a person is under rapidly depresses the stores of many vitamins. Cigarettes, alcohol, coffee, and air pollution do the same. Much of the water we drink is not safe. The healing process cannot take place in our bodies without a "normal diet". In this case "normal" means a properly balanced, organic, unrefined diet, and not the diet most people consume. On some occasions supplements are taken for therapeutic effects. Our bodies need to be supplemented with vitamins, minerals and herbs to correct what is wrong with our present diet. Who knows better how we feel than ourselves.

*Att: #6
1/21/88
(*

While I was attending one of the sessions at The Family Practice Clinic, recommended to me by my Doctor, the Dietitian admitted she could not keep up with all the information she needed to read, and know. She was not interested in discussing the nutritional benefits of herbs. In the same medical Clinic my M.D. was not able to detect Candida. Even with the use of hundreds of dollars of testing. His Diagnosis came up blank.

Within a month after learning about Candida, following the diet & program explained by someone interested in health food supplements, I began to get this problem under control. Information was made available for me to research Candida. I attended a free workshop, conducted by an M.D. at a local College lecture. I learned more about my health problem, and the natural ways of riding your body of the yeast infection.

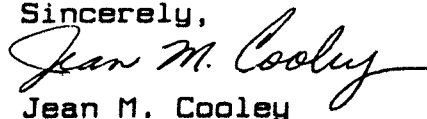
I feel that with our modern technology much of the actual historical value of our body chemistry and why we need the foods we eat is being lost. Consumers need to be shown how to properly feed themselves and those in their care. They need to have the choice to hear about all their available choices. Natural and Preventive Health Care and Medicine definitely need to be considered.

I have been working as a Cosmetologist for many years & feel like health & beauty fit together like a hand & glove. Many of our workers are self taught. For those interested Correspondence or Home Study Courses are available. On hands seminars and workshops are available for on going training. Our communities are full of self help classes made available at minimal or no charge. This is just to mention a few.

There is a wealth of knowledge to be gained from people helping others through an experience they have encountered. The passing of this bill as it is written will limit the ability of person's like myself to pass on valuable Nutritional information to loved ones and friends.

I feel because of the Educational demands set in this bill, the training and licensing of Dietitians, and Nutrition Counselors, can not fill all the needs of Kansas consumers. The fees charged to the public for their services are prohibitive to a certain portion of our society. There seems to be a large variety of beliefs in proper nutrition. There is room in our society for all of us. It is my hope you will agree that passing this bill is an infringement of our Constitutional rights.

Sincerely,



Jean M. Cooley

Articles in quotes enclosed.

Some ref. material taken from Dr. Ross Trattlers book - Better Health Through Natural Healing.

Fat cells differ between sexes

NEW ORLEANS (AP) — Newly discovered differences in the fat cells of men and women may help explain why men often have pot bellies while women are more likely to have big hips and thighs, a researcher said Monday.

Studies conducted at Rockefeller University in New York found differences between the sexes in both the makeup and number of these cells.

They show that typically, women have more fat cells than men do in their thighs, hips and bottoms. But the fat cells in men's bellies are more

likely than women's to accumulate fat.

Learning how to tinker with the biological controls that rule how fat cells take in and give up their cargo could open new ways for making people slim and healthy.

According to one estimate, 34 million American adults are overweight.

Consumers demand 'safe food'

By The Associated Press

A growing consumer demand for "safe food," sparked by episodes of pesticide contamination and a potential link between antibiotics and salmonella, is expanding opportunities for farmers like Larry Black and Ken Kleinpeter.

"When I said I could provide a lean, nonchemical meat, no one seemed interested," he recalls. But one month later Black, from Mt. Pleasant, Iowa, began selling meat once every two weeks. Today, his business has grown to two units each of fresh beef, lambs and hogs per week. His products sell for 20 percent to 30 percent more than conventional meat.

In Stuyvesant, N.Y., Kleinpeter

markets antibiotic-free veal to Bread and Circus, a Massachusetts supermarket chain. Unlike conventional veal, his calves are weaned at eight weeks and fed grain and pasture. The product is sold at prices comparable to prime white veal.

"The public is unquestionably concerned about health," says David Feldman of De Bary, Fla. Feldman, a member of Americans for Safe Food and an organic food broker, says, "Organic crops will explode in coming years as farmers discover worthwhile markets exist."

According to Successful Farming magazine, the term organic usually refers to crops, produce and livestock raised without man-made chemicals.

January 20, 1988

To: Committee on Public Health and Welfare

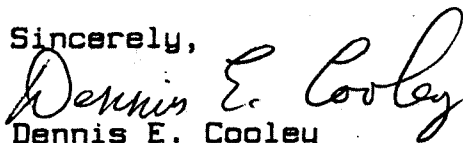
I am writing in regard to House Bill No. 2464, for the licensing of Dietitians. I personally do not think there is a need for an agency at the state level, to govern nutrition. This agency if formed would cost all taxpayers to fund the start-up, including myself.

I personally think that I should have a choice about where and how I receive nutritional information for myself and not be locked into one source, a licensed Dietitian.

My personal experience during the past two years are, I have been taking herbs for constipation and stress. The products I have been taking, have provided relief for my constipation and stress that have affected my body.

I think you should vote no on House Bill No. 2464.

Sincerely,



Dennis E. Cooley
6920 S. Whitmore Rd.
Gypsum, Ks. 67448

21 Jan 88

I would like to voice my extreme opposition to House Bill No. 2464, which provides for licensure of dietitians.

This bill is known as the Dietitians Licensing Act and yet it refers to another profession and title on page 4 line 0147 "nutritionist." One cannot do this, it is combining two professions into one practice act. A dietitian is not a nutritionist, just the same as a psychologist is not a psychiatrist.

This bill is a fraud on the part of dietitians to give them a monopoly. I further believe this bill, if passed, would be a violation of the Anti-Trust Act.

We presently have an adequate amount of dietetic laws to protect the public from health damaging foods and food products. If HB 2464 becomes law, it will be an added expense to the tax payer and would unfairly limit differing views of various nutritional and health products, creating a monopoly.

Please give the average person credit with having enough common sense to make up their own mind as to how to take care of their own body.



Dwayne Juedes
RR#1 Box 11
Grantville, Ks 66429
Ph (913) 289-3607

*Attn #7
PHW
1-21-88*

TO MY ELECTED REPRESENTATIVES:

11/11/87

THIS LETTER IS IN REGARD TO HOUSE BILL 2464 KNOWN AS THE DIETITIANS LICENSING BILL.

I ASK YOU TO VOTE AGAINST THIS BILL IN COMMITTEE. I AM STRONGLY OPPOSED TO ANY STATE LAW WHICH RESTRICTS MY FREEDOM TO MAKE MY OWN DECISIONS CONCERNING MY HEALTH AND CARE OF MY BODY.

NUTRITION IS NOT AN EXACT SCIENCE. IT IS A NEGLECTED FIELD OF INFORMATION BECAUSE OF OUR ARROGANCE, ABSOLUTE IGNORANCE, AND AUDACITY TO FLAUNT THE LAWS OF COMMON SENSE THAT HAVE ACCUMULATED OVER THE YEARS. I AM ALIVE BECAUSE I HAD TO LEAVE THIS COUNTRY TO GET INFORMATION THAT IS NOT RECOGNIZED BY CONVENTIONAL AUTHORITIES. THE REGISTERED DIETICIANS REPRESENT ONLY THEIR VIEW. WHY SHOULD THEIR VIEWS BE LEGALIZED AND ALL OTHER VIEWS BE CRIMINALIZED? BECAUSE THE GREED FOR THE DOLLAR IS GREATER THAN THE VALUE OF HUMAN LIFE. AND I CAN PROVE THIS STATEMENT IN A COURT OF LAW.

I AM AWARE THAT THIS ATTEMPT BY THE DIETITIANS TO GAIN A MONOPOLY IN THE FIELD OF DELIVERY OF NUTRITIONAL INFORMATION IS NOT AN ISOLATED ACTIVITY, BUT JUST ONE PART OF AN ONGOING ATTEMPT BY CERTAIN GROUPS, OF WHICH THE DIETITIANS ARE ONE, TO CONTROL, NOT ONLY ALL MEDICAL AND NUTRITIONAL INFORMATION AND PRACTICE, BUT ALSO THE MANUFACTURE AND SALE OF ALL FOOD SUPPLEMENTS.

THIS BILL IS A MOST IMPROPER ATTEMPT BY THESE GROUPS TO RESTRICT MY FREEDOM OF CHOICE IN HEALTH MATTERS AND TO RESTRICT FREEDOM OF SPEECH AND COMMUNICATION GUARANTEED BY THE CONSTITUTION OF THE UNITED STATES. THE PEOPLE OF KANSAS HAVE NOT ASKED AND DO NOT ASK THE DIETITIANS FOR THIS PROTECTION AND DO NOT WANT THIS TYPE OF SO CALLED PROTECTION. I AM A RESPONSIBLE ADULT CAPABLE OF MAKING MY OWN DECISIONS. I RESENT THE VIEW THAT I MUST BE TOLD WHAT IS GOOD FOR ME AND WHAT I CAN OR CAN NOT HAVE. MOST OF US ARE RESPONSIBLE ADULTS. MANY OF US ARE AS WELL OR BETTER EDUCATED THAN THE DIETICIANS. I PERSONALLY HAVE SPENT 17 YEARS OF RESEARCH ON THIS VERY SUBJECT BECAUSE IT HAS BEEN MY LIFE THAT HAS BEEN AT STAKE--NOT YOURS OR ANYONE ELSE'S. THIS 17 YEARS OF RESEARCH LEADS ME TO MAKE THE FOLLOWING STATEMENT AND I CAN PROVE IT IN A COURT OF LAW. WHAT I HAVE UNCOVERED IS ONE OF THE WORST POLITICAL, MEDICAL, MONOPLY SCANDALS EVER PUT ON THE AMERICAN PEOPLE BECAUSE THE GREED FOR THE DOLLAR IS GREATER THAN THE VALUE OF HUMAN LIFE. WE ARE ABLE TO TAKE CARE OF OURSELVES. WE DO NOT NEED BIG BROTHER.

I TAKE NATURAL FOOD SUPPLEMENTS BECAUSE I CHOOSE TO DO SO. I AM GOING TO CONTINUE TO TAKE FOOD SUPPLEMENT OF MY CHOICE.. I AM GOING TO BUY THEM WHERE I CHOOSE TO BUY THEM. NOT BY THE DICTATES OF A GROUP OF PEOPLE WHO WISH TO CONTROL YOUR AND MY LIVES. I WANT THE RIGHT TO GET INFORMATION FROM ALL SOURCES NOT A DICTATED SOURCE, SOURCES OF INFORMATION OF MY CHOICE. THIS BILL WOULD LIMIT ME TO ONE SOURCE AND ONE CHOICE. AND THIS BILL DOES AFFECT YOU AS WELL AS ALL OTHER PEOPLE: IS THIS WHAT YOU WANT--LOSE YOUR FREEDOM OF CHOICE? BECAUSE THAT IS EXACTLY WHAT THIS TYPE OF A BILL WILL DO TO YOU AS WELL AS ALL OTHERS.

REGISTERED DIETICIANS NOW HAVE AN EXCLUSIVE TITLE. WHY DO THEY WANT ANOTHER ONE? THIS WOULD CREATE ONE MORE BUREAU AND EXPENSE IN THE STATE GOVERNMENT. WE DO NOT NEED IT!!!

I AM DEPENDING ON YOU TO PROTECT YOUR AND MY FREEDOMS AND THE FREEDOM OF EVERY CITIZEN OF THE STATE OF KANSAS. YOU CAN DO THIS WITH THE SMALLEST AMOUNT OF COST BY DEFEATING THIS TYPE OF A BILL IN COMMITTEE.

PLEASE READ THE ATTACHED INFORMATION. THANK YOU.

SINCERELY.

Glen L. Rutherford

GLEN L. RUTHERFORD

P. O. BOX 185, 321 S. 8TH ST.

CONWAY SPRINGS, KS. 67031

PH. (316) 456-2425 UP TO 10 AM AND AFTER 7:30 P. M.

*Attn #8
PRL/W
1-21-88*

MY ELECTED REPRESENTATIVES; AND OTHER CONCERNED PEOPLE.

I AM A CITIZEN OF THE UNITED STATES OF AMERICA, GOVERNED BY THE UNITED STATES CONSTITUTION, THE AMENDMENTS TO THAT CONSTITUTION, AND THE BILL OF RIGHTS.

I AM ALSO A TAX PAYER HAVING OVER FORTY CENTS OF EVERY EARNED DOLLAR TAKEN FROM ME FOR TAXES IN ANY GIVEN TIME PERIOD FOR THE LOCAL, STATE AND FEDERAL GOVERNMENTS. LAST YEAR IT FIGURED OUT AT 46 CENTS OUT OF EVERY DOLLAR FOR TAXES.

ON ONE SIDE OF MY FAMILY I AM A FIFTH GENERATION FROM THOSE WHO ARE MY ANCESTORS WHO CAME TO THIS COUNTRY. THEY CAME TO THIS COUNTRY TO ESCAPE DICTATORIAL CONTROL OF ALL ASPECTS OF THEIR LIVES BY A GOVERNMENT THAT WANTED ALL POWER TO CONTROL ALL ASPECTS OF THEIR LIVES.

ON THE OTHER SIDE OF MY FAMILY OF ANCESTORS WERE PEOPLE WHO CAME TO THIS COUNTRY FOR THE FREEDOM OF RELIGION. THE ONLY WAY THAT YOU COULD LEAVE THIS PARTICULAR COUNTRY WAS TO BE SMUGGLED OUT TO THE OCEAN GOING BOATS BY RAFTS OR ROW BOATS IN THE DEAD OF NIGHT. IF CAUGHT YOU WERE SHOT AND IN FACT SOME OF MY ANCESTORS WERE SHOT IN THE ATTEMPT.

MY ANCESTORS ASKED NOTHING FROM THIS GOVERNMENT EXCEPT PROTECTION FROM A FOREIGN POWER, AND TO BE LEFT ALONE IN PEACE WITH THEIR FELLOW MAN.

AT THE PRESENT TIME, INSTEAD OF A GOVERNMENT OF THE PEOPLE, BY THE PEOPLE, AND FOR THE PEOPLE OF THE UNITED STATES, WE NOW HAVE A GOVERNMENT OF A BUREAU, FOR A BUREAU, BY A BUREAU WITH LITTLE OR NO REGARD FOR THE INDIVIDUAL CITIZEN OF THIS COUNTRY. WE NOW HAVE A COMPLETE SOCIALIST BUREAUCRATIC DICTATORSHIP THAT IS GOING TO CONTROL YOU FROM THE MOMENT OF CONCEPTION TO THE DATE THEY THROW THAT FIRST SPADEFUL OF DIRT IN YOUR FACE AT THE END. THESE BUREAUS DO NOT HAVE TO ANSWER TO ANY OTHER AUTHORITY.

I RECENTLY ATTENDED A TOWN HALL MEETING WITH TWO OF MY ELECTED REPRESENTATIVES, ONE NATIONAL AND ONE STATE. THE SITUATIONS THAT WERE BROUGHT UP AT THIS MEETING BY THE TAX PAYING PUBLIC BROUGHT INTO SHARP FOCUS THE IMMEDIATE ABOVE STATEMENT AGAIN AND AGAIN.

AS FURTHER EXAMPLES OF THIS CONTROL BY BUREAU BY WHATEVER NAME, YOU ARE BEING TOLD WHEN TO GET UP AND WHEN TO GO TO BED AND YOU DID NOT HAVE A CHANCE TO VOTE OR EXPRESS YOUR OPINION. YOU ARE BEING TOLD HOW FAST YOU CAN DRIVE AND WHERE YOU CAN DRIVE AND YOU DID NOT HAVE A CHANCE TO EXPRESS YOUR OPINION ON THIS ITEM EITHER. YOU MUST NOW STRAP YOURSELF IN YOUR PRIVATE PROPERTY WHEN DRIVING BECAUSE YOU DO NOT HAVE THE BRAINS TO ANTICIPATE WHAT MIGHT HAPPEN AND PAY ATTENTION TO YOUR DRIVING AND BECAUSE SOME ONE ELSE IS NOT PAYING ATTENTION TO THEIR DRIVING. YOU DID NOT HAVE THE RIGHT TO EXPRESS YOUR OPINION ON THIS MATTER EITHER.

ALL OF YOU, REGARDLESS OF WHO YOU ARE, YOUR STATION IN LIFE, THE KIND OF JOB YOU HAVE, HAVE LOST YOUR FREEDOM OF CHOICE.

YOU, AS A CITIZEN OF THE UNITED STATES, NO LONGER HAVE THE RIGHT OF FREEDOM OF CHOICE TO HAVE WHAT EVER YOU WANT, WHEN YOU WANT IT, EVEN IF WHAT EVER YOU WANT, REGARDLESS OF ITEM, USAGE, OR MODALITY, DOES NOT EVEN EFFECT OR AFFECT ANY ONE ELSE. THE FEDERAL BUREAUS CAN NOW STEP IN AT THEIR DISCRETION AND TAKE AWAY YOUR RIGHT TO HAVE WHAT YOU WANT OR NEED, EVEN IF IT IS A LIFE SAVING OR PAIN RELIEVING ITEM.

AS A CITIZEN, I AM VERY DISTURBED, DISGUSTED, ANGRY, AT OUR ELECTED REPRESENTATIVES WHO ARE BEING DEMOCRATS FOR DEMOCRATS, REPUBLICANS FOR REPUBLICANS, POLITICIANS FOR POLITICIANS, AND ALL OF THEM BEING FOR THE PEOPLE WITH MONEY, AND VERY FEW OF THEM BEING AMERICANS FOR AMERICANS AND DOING WHAT THEY SHOULD DO AS OUTLINED BY THE CONSTITUTION OF THE UNITED STATES AND FOR THE CITIZEN TAXPAYER IN THIS COUNTRY. IF OUR ELECTED GOVERNING BODIES DO NOT STOP SPENDING AND REFUSE TO ELIMINATE THE 11 BILLION DOLLARS OF WASTE IN FEDERAL GOVERNMENT AS OUTLINED IN DON LAMBRO'S BOOK "FAT CITY" THERE WILL BE A GREAT MANY VOTERS WHO WILL NOT BE VOTING EITHER REPUBLICAN OR DEMOCRAT. THE VOTERS OF THIS COUNTRY CAN NOT STAND ANY MORE TAX RAISES. IF THE ELECTED BODIES DO NOT START TO REPRESENT THE VOTING TAX PAYER AND PUT SOME LIMITS ON THESE APPOINTED BUREAUS, I HATE TO THINK WHAT IS GOING TO HAPPEN TO OUR COUNTRY AND OUR LIVES.

SINCERELY,

Glen L. Rutherford

GLEN L. RUTHERFORD, P. O. BOX 185, CONWAY SPRINGS
KANSAS, 67031

8905 Cherokee Lane
Leawood, Ks 66206
January 18, 1988

Representative Marvin Littlejohn,
Chairman, Ks. House of Rep. Public Health & Welfare Committee
State Capital
Topeka, Kansas 66612

Dear Representative Littlejohn:

Re: Hearing on HB 2464

It is my understanding that there is a hearing on the above bill on Thursday afternoon at 1:30 p.m. for the opponents of this bill. I would appreciate being scheduled in a brief testimony on this bill for the above scheduled hearing before your committee.

By this time, you should have received a personal copy of a complete portfolio outlining several pertinent reasons why this bill should be killed in committee. Each of your illustrious members have been sent a similar perusal or portfolio by special UPS delivery. I asked that

Allen #49
1-22-88
PAW

Dear Chairman Marvin Littlejohn:

January 1988

At the hearing on the Dietitians' Bill last Thursday at the State Capitol, I was unable to summarize my presentation opposing the bill. I would like to summarize my final points briefly and make them a final addendum to the portfolio on the above subject. The latter was presented to each committee member on Tuesday prior to the hearing. The additional points are:

1. The loss of freedom of health choice is paramount.
2. The bill is discriminatory, unfair and monopolistic. It caters to special interest groups.
3. The bill places the complete control of the nutritional health of the citizenry in the hands of dietitians and M.D.'s who are less qualified to provide the program so essential for proper health life style.
4. The Bill will stifle programs and progress in nutrition and cheat the ordinary citizen on the street. The Health Food stores, Independent Nutritionists, Independent Nutrition Centers, and Supplement Distributors are in a much better position to provide a

(cont.)
attn: #9
1-22-88
PAC

a more adequate program. I have helped Heartland Health Foodstore, K.C., Mo. in providing nutritional 'helps' and programs for best use of supplements in a ~~to~~ balanced diet program for his clients, as a qualified Nutritionist (35 years - 9 years for a Ph.D. in Nutrition, Biochemistry, and Physiology at Cornell University and 26 years in the field of research, teaching, and application in the human field). I outlined a rather complete, practical Weight Loss program which was available under the Heartland Health Foods Banner, with my signature. I have also helped other foodstores. The Balanced diet with protection for a more effective prevention (I always use protectorate (a program which can improve, enhance, support, or improve the healthy cell concept) is the answer. Nutrition is truly a part of the healing arts.

5. The dangers of an overdose of vitamins and minerals are rare and overexaggerated. There is a wide range between safe and overdose levels. Available research (ample) in research journals by Nutritionists and Nutrition-oriented Physicians such as Mrs. Passwater Pfeiffer, Kuemer, Whitaker, etc. verify the above premise.

KANSAS STATE HOUSE OF REPRESENTATIVES
PUBLIC HEALTH AND WELFARE COMMITTEE
TOPEKA, KANSAS

Dear Mr. Chairman and Committee:

I would like to thank you for the opportunity to veiw my thoughts on bill #2464.

I am Velma Houbert, my husband Larry and I are farmers. Also we are independent contractors of the Amway Corporation, which handles the Nutrilite Food Supplements.

The Code of Ethics of Amway states that no distributor can recommend any dosage of food supplements or vitamins.

I have attend these three days and what I thought the bill really says, is not what I heard yesterday. If you want to talk about overdose, you can over dose on sleeping pills and ect.

My main concern in this bill is:

1. The state of Kansas should not be asked to spend tax money to regulate what each citizen of Kansas should hold themselves responsible for.
2. The restrictions that the bill would put on Free Enterprise, the Health Food Store, The Diet Centers, Weight Watchers, Tops and other business and individuals as ourself.

I can't believe a business will last very long if the only thing they can do is hand out literature without personal contact because of the fear of doing wrong. The weight lost systems, with motivation and food guidance far out weighs what few bad apples to say that went wrong.

3. The grandfather clause concerns me. Some of the people listed to be excempt don't have the education they are asking for. When the farmers had to get a license and take a test to be able to use chemicals, we weren't excempt, just because we were already using them.

For the free enterprise to work in our great state of Kansas I hope each of you will look at this bill closely and reject it in this form.

I need quickly to give you an example why I have little faith in one Doctor but that don't ruin it for others. I sent my 24 year old son to his work Doctor two times because he wasn't feeling well. The Doctor said nothing was wrong. I sent him right back and told him to have the Doctor to check for pneumonia. The Doctor said you have some cold but there is nothing wrong. But he did give him a prescription. I was not satisfied so I sent him to my

*Attn #10
1-21-88
P.H.W.*

Doctor he immediately took xrays, called and sent him to the hospital with advanced cancer. I later called the pharmacy to see what medication the work Doctor had given him and it was medication to kill arthritis pain. I later found out this same Doctor had given him the same medication when my son went to him telling of back pain five months earlier. What if that Doctor would have cared a little more about his patients?

The reason I give this illustration was to show there are bad apples, so to speak, in all business and I urge you to not let a few who have recommended and should have not, take the free enterprise business from all of us in our state of Kansas.

Thank you.

Delmar Hawbert

Jan. 20, 1988

In reference to Bill #2464:

It's hard to know where to begin on the dietician license, should I go back to my study of vitamins and tell of how I recovered from diverticulitis? By the way the doctor never suggested one vitamin or herb for this problem, only a bland diet on which I became worse and very possibly could have colon cancer had I adhered to his advice. What does this have to do with this issue? Well a doctor has more study on human nutrition than a dietician, Get the point?

Perhaps I should just stick to dieticians, OK, I was advised by a doctor (OBGYN) during my pregnancy to see one. Why? My sugar level was slightly elevated and they just wanted to be sure it didn't get any worse. I already knew it was because I normally have low blood sugar (hypoglycemia) in a very mild form and must watch my sugar intake as a rule. I was very careful during my pregnancy because I did not want extra weight gain and did not feel well if I ate sugary foods or fruits on an empty stomach. The doctor told me to go and eat pancakes with lots of syrup and a large orange juice for breakfast. I mentioned I was not used to this and would become sick if I did so. Of course I felt the results, not more than twenty minutes later I felt a little nausea and light headed. I had to then have my level checked, it was now high. That is how I came to seek the advice of a "professional" dietician at the local hospital. She ask about my diet and found there was nothing to really change except a nutritional drink, which I did everyday of my pregnancy. She did not know what wheat germ was good for, nor how to exchange it from her "book of foods". She did not know what nutritional yeast was, nor dry milk solids were either, or the benefit. She became so lost over these few simple items, she consulted her supervisor, which provided no help. The final decision, "Don't drink that anymore". Well, I thanked her and left, continuing on with my own diet plan as before. The results, a fine pregnancy, even though I was over thirty. No swelling, no diabetes, no complications, and a very healthy 8lb. 4oz. girl.

Should I continue with more? I think not. The proof is always in the pudding. I follow a few simple rules in my life, (1) Eat good nutritious food, (2) Take vitamins and herbs to supplement our depleted food, (3) Love my husband and child, (4) And follow God's word. In doing so I no longer have colon problems, PMS, anxiety attacks, or suffer nervous tension. I know there are no dieticians that could have done this for me, when wheat germis not in their "book of Foods".

I pray all involved in this bill 2464 will see the insanity of turning over such an important facet in all of our lives to a group of incompetent persons. There are many others I have helped and could writea book on it. I know your time is most important, as is mine. So lets not waste any more time on such a bill as this. Thank You.

Terri Hoppis

Terri Hoppis
2020 N. 38th.
Kansas City, Ks. 66104

Attn #10
1-21-88
P H & W