

URGENT NEWSFLASH! Our physical & mental Health is being eroded! What can we do?

Important information and advice to help you protect yourself and your family:

Unfair Natural Health Restrictions!

Three EU Directives have come into force that are set to threaten, or at least greatly restrict, the Natural Health market.

The EU Supplements Directive (Jan 2010) aims to set extremely low "safe upper limits" of supplement potencies, but these limits are still under discussion which is why it has not yet come to pass.

The EU Directive for traditional Herbal Medicinal Products (May 2011) is forcing all herbs and herbal products with medical benefits and claims to become approved by passing the same prohibitively expensive testing as pharmaceutical drugs. Those not approved will eventually be banned from sale from 1st May 2013.

The EU Health Claims Directive is forcing the removal of all health information relating to unapproved product sales from 1st December 2012.

These EU Directives and the GM guidelines pave the way for more restrictions on our freedom of choices for our health and food. The Codex Alimentarius Commission sets guidelines in a bid to harmonise food laws throughout the world and allow an unhindered free flow of food trade between

Untested Vaccines Freely available!

Vaccines continue to be made available WITHOUT thorough testing, despite many complications and major side effects being reported. These vaccines include MMR, Swine Flu and regular Flu. Another good example of this is the new HPV Vaccine (misleadingly called the Cervical Cancer jab), available despite over 49 teenage deaths (as at Sep11) and many other major side effects caused by the vaccine since its introduction. (Search for Cerverix or Gardasil side effects). In addition a Pharmaceutical representative publicly confirmed that it may not even work and they won't know for 20 years! This vaccine is the first vaccine to contain mixed-species DNA from insects, humans and animals and they have no idea how this will react with our children. Testing was carried out on 16-23 year-olds and yet it has been approved for children as young as 9! During testing, every rat that was given Polysorbate 80 (an ingredient in the vaccine) became STERILE!!

The flu jabs are actually useless by the NHS's own admission. They regularly state that the flu virus constantly mutates, so this means the flu vaccines will not be effective against current strains as they were developed months or even years previously!

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countries. However, as the commission is heavily influenced by BIG corporations such as the pharmaceutical and agribusiness industries, the guidelines are extremely biased towards profit and not our health.

The EU currently pay an annual fee of €150million because they refuse to purchase GM meat from the USA, as imposed by the World Trade Organisation who always rule in favour of countries who comply with Codex. It is this way that Codex is being brought in by stealth. MPs and MEPs are not aware of this, and will inform you that Codex guidelines are optional.

Food Additives to Avoid!

Dangerous substances are freely available in the majority of processed foods DESPITE causing severe short and long term side effects, even DEATH!

Aspartame was passed as safe in suspicious circumstances in 1983 by the FDA even though it caused holes in the brains of rats it was tested on. Some of the other 92 documented effects include WEIGHT GAIN, DEPRESSION, CANCER, MIGRAINE & ADHD-TYPE SYMPTOMS.

Other sweeteners such as Acesulfame K, Saccharin, Sucralose (Splenda) and even the new stevia-based brands such as Truvia have never been thoroughly tested and their side effects are thought to be no different to Aspartame.

Monosodium Glutamate (MSG) is commonly found in snacks such as crisps and Chinese food. It is added to products to enhance flavour but actually it has no effect on the food at all. It is a neurotoxin which tricks the brain into thinking that the taste signal it is receiving is stronger and nicer than it is. So it is brain altering!

Not just Skin Deep!

Because we do not actually consume cosmetics, people tend not to understand the importance of avoiding dangerous substances in the products we use on our skin. But our skin is a permeable membrane and everything we put on our skin is absorbed into our bloodstream. 2 main ones to avoid are:

Parabens are widely found in shampoos, creams, and most other everyday cosmetics. They are proved carcinogens (they cause cancer) and should always be avoided. There are alternatives on the market if you look!

SLS & SLES are also known carcinogens and are widely found in anything that foams and cleans.

Also make sure you wear gloves for cleaning the house especially if using chemicals!

There are many more to avoid, for further information there is a great pocket guide on food & cosmetic ingredients called **What is Really in your Basket?** by Bill Statham.

GM to eradicate Organic Farming?

There are guidelines threatening to be implemented that allow the use of pesticides, growth hormones and antibiotics for all animals and plants that are for human consumption, **including organic produce.** Together with the guidelines allowing **greatly reduced labelling laws** we will not know whether our products are truly organic. Furthermore, once GM crops are introduced into a country, all the crops could eventually become contaminated with GM pollen through germination and the crops would then become the property of the GM seed manufacturer, who can sue the farmer for growing their crops without their permission! This has already happened in the US and will further ensure that organic farming could eventually cease to exist.

As agribusiness & biotechnical corporations such as Monsanto continue to patent GM sterile seeds, farmers will soon be unable to cultivate their own seeds, being forced to purchase more GM sterile seeds (this is happening already in countries such as Iraq, Africa and India). Luckily, for now, the UK have recently rejected plans for GM crops!

The FLUORIDE Myth

We have all been told that fluoride is good for our teeth, but is this so? There has actually NEVER been any unbiased medical research to show this!

Did you know that Fluoride is classed as highly toxic and is actually a waste product of the chemical manufacturing industry? In the US it was originally put into tap water to dispose of it as otherwise there would be expensive toxic waste measures needed!

In studies, countries with or without fluoride in their drinking water were found to have no marked difference in their dental health. In fact what was found is that countries with fluoridated water had lower average IQ levels and increased cases of dental and bone fluorosis! Some parts of the UK and all of Ireland currently have fluoride added to their tap water. Check with your local authority to find out if it is in yours!

Increased fluoride is put into the water in prisons due to its properties that make us COMPLACENT and STERILE. Even the EPA are against water fluoridation!

Many people are waking up to this fact and have started choosing fluoride-free toothpaste. Fluoride is so toxic that if a half a tube of toothpaste was consumed it could be FATAL! Even if this toxic substance is not swallowed, it can enter the bloodstream directly from the mouth, reaching the brain without any digestive processing and making it even more dangerous.

Thought Manipulation

No matter what walk of life we have taken, there isn't anyone who has not been subject to some sort of mind manipulation.

But it is very worrying to learn that dangerous mind controlling techniques are being used on us to purposefully change our beliefs and the way we think.

There are many ways that this is done and shockingly it is also being done in many of our schools to our children. One of the most commonly used techniques is called neuro-linguistic programming (or NLP), which despite being an effective therapy, can easily be misused.

The government even have its own charity to carry out this mind control called Common Purpose. This charity provides funding to unsuspecting establishments in an effort to groom children, young people and adults to think what they want us to think, such as being pro-EU. The scheme is also used to gather information and choose future leaders and politicians. Techniques in schools such as debating societies whereby the child is

told to argue against their own belief, are extremely soul destroying and can have a lasting negative impact on our children's minds.

These are also subliminal messages in our media and fallacies are constantly used to alter the way we feel or think about things in the mainstream news. Symbolisms, special effects and other techniques that enter into our subconscious mind are prevalent in pop music, films, TV and video gaming.

Toxic Stripes in the Sky

There are 2 types of trails left by aeroplanes. Contrails dissipate quite quickly and are caused by the condensation from the engine.

The second stay in the sky, polluting our air with toxic chemicals such as aluminium, boron, mould spores to name but a few.

ACTION YOU CAN TAKE:

As futile as it may seem there is positive action you can take to take back your own power and reduce the effects this has over you. Here are some guidelines that may help - this is certainly not an exhaustive!

1. RESEARCH - find your own truth. Do not take anyone else's word as fact, especially the Mainstream Media!

2. Write to your MP - regarding local issues in the UK - be persistently vocal!

3. SPREAD THE WORD - tell everyone!

4. STAY POSITIVE - and focus on retaining FREEDOM of HEALTH CHOICES, spread awareness without holding onto negative emotions such as anger and fear.

5. STAY HEALTHY & BOOST YOUR IMMUNE SYSTEM!

~ Obtain plenty of Vitamin D3 (sunscreens prevent our body's natural VitD manufacture so don't use it unnecessarily, if at all, and take a good quality supplement)

~ Take a good quality Selenium supplement or eat at least 2 brazil nuts every day. Selenium content in EU soil is very poor so we cannot get this from our regular food. Selenium is a very protective mineral.

~ Alkalise your body by eating the correct diet for your metabolic type. Search on the internet for "alkalise your body" and "metabolic typing diet"

~ Use natural alternatives to fight infection (eg. Ionic Silver - Silver100 is a leading product, Tea Tree oil, neem oil, etc)

~ Take Omega 3 oil (we usually get enough 6 & 9 in our diet)

~ Take high-dose multi-strain probiotics - make sure the potency is in billions not millions! (more than 80% of our immunity is in our gut!)

~ Eat ORGANIC UNPROCESSED foods, cook using pure whole foods, avoid harmful additives such as sweeteners and MSG.

~ Use a reverse osmosis filter or distiller to remove harmful chemicals from your drinking water.

6. BUILD A CHEMBUSTER!

There is much information on the internet regarding these amazing devices which can

be easily home made that actually purify the air around us and dissipate harmful chemtrails (I can vouch for these!).

These are called Chemtrails, or Geo-engineering as the science world call it. There are much controversial theories as to why these trails are being sprayed into our air but 2 things are for certain:

1. They are NOT the normal functioning of the jet engine - they are purposefully sprayed.

2. The substance being sprayed is toxic.

Whether it is vaporised toxic waste, radiation protection to block 'harmful' sun rays, weather control experiments or something more sinister like a biological attack, the simple fact is they are harming our health, polluting the air we breathe and shielding valuable vitamin D from the sun.

Many people believe this is the main reason for the many different allergies and respiratory problems that are so prevalent today and could even be the main reason for the recent changes in our climate.

Further information:

The internet is full of information, misunderstandings, fallacies and misinformation about the current legislation and threats to our health freedom.

So after years of research, we have compiled this list of reliable and trusted references if you wish to read further on these issues.

The NHF are the only independent (and therefore unbiased) health freedom advocacy who have official delegate status at Codex Alimentarius Commission meetings.
www.thenhf.com

Edge Media TV (Sky Channel 200) is a platform for unbiased, unadulterated news, documentaries and discussions on the truth behind the false reality that the mainstream media portray to us.

www.ShopHolistic.co.uk has collated some information and links to informative videos on their reference pages

www.HolisticDani.co.uk articles for further information on these health freedom and truth issues (and author of this flyer).

www.ianrccrane.co.uk Ian R Crane is a deep geo-political researcher and lecturer.

F. William Endgahl Author uncovering the truth about vaccines and Genetic modification.

Dr Russell Blaylock Nutritional doctor and neuroscientist and author of many informative books.

Brian Gerrish Brian is a full time campaigner to expose the treason and deceit that has been, and is still being perpetrated, against British people. He has been working hard to uncover the corrupt actions of Common Purpose. www.cpexposed.com, www.ukcolumn.org

Richard D Hall on Sky 191 & 192, and his website www.RichPlanet.net

Information on the Logical Fallacies:

www.nizkor.org/features/fallacies

8. EMPOWER YOURSELF!

The only way we can take away the power these corporations, bankers, elite, have over us is by empowering ourselves. Empower yourself through knowledge, wisdom and Lawful Rebellion. Wake up to the concept that our world is not as it seems. Do not be afraid, or hold negative anger. Only we have let this happen, and we can now stop it!

9. Every £1 we spend is a vote for that company & product! - USE YOUR VOTE WISELY.

Many of the biggest corporations are corrupt in some way - whether it be profit over health, animal testing, child labour, or other bad ethics.

Always try to buy from smaller and independent shops with ethical principles. Or why not try growing your own food and using the natural approach to health? Also try to buy products made by smaller independent companies. Avoid corporations that try to monopolise the market as this is a warning sign of their thirst for power!

10. 42 LOGICAL FALLACIES

These are the tricks which can be used to change our way of thinking and even our beliefs. They are used widely in mainstream media, advertising and politics. The truth does not need these fallacies so when we recognise they are being used we know not to trust the information!

This information is not intended to diagnose or replace advice from a medical professional.