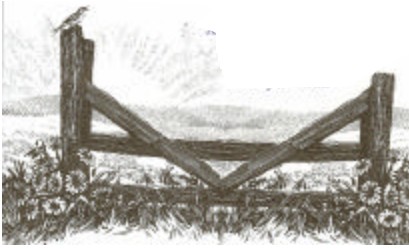


Let's Be Well, Inc
Spring 2005



ink spots: opinions, news, and reviews from an inkjet

"Therefore all seasons shall be sweet to thee, Whether the summer clothe the general earth With greenness, or the redbreast sit and sing Betwixt the tufts of snow on the bare branch of mossy apple tree..." Samuel Taylor Coleridge, 1772-1834, *Christabel*.

Carol & Dick Cover/701 N Lincoln St/Northfield MN 55057/507-645-7202

You break it, you bought it—sign in a gift shop

If you have ever broken something you treasured and tried to glue it back together, you know that the repaired piece is never quite the same as the item before it was smashed or chipped, no matter how diligently you work with superglue. Let's consider the implications on the following:

Child rearing. We like to think as parents that a good example combined with a strong value system and loving discipline will result in model children, or at least children we can be glad to say are ours. But parents have less and less influence as children grow older. Other teachers shape our children, and peer pressure becomes increasingly important. This morning I picked up a catalog, new to me, from Boys Town Press, the publishing division of Boys Town, the original Father Flanagan's Boys' Home. [www.boystownpress.org] or 800-282-6657.

For \$490 one can purchase videos that expose the influence of the media on our children: *Dream-worlds: Desire, Sex, and Power in Music*, addressing the impact of pop culture on how adolescents learn to see themselves and others; *Killing Us Softly: Advertising's Image of Women*, providing a critical look at how advertising depicts women;

Tough Guise: Violence, Media, and the Crisis in Masculinity, looking at how inaccurate stereotypes of masculinity encourage widespread violence; and *Behind the Screens: Hollywood Goes Hypercommercial*, examining how movies are becoming vehicles for corporate advertising. The videos are individually priced as well.

The books are more affordable, \$13-\$15 each: *Who's Raising your Child? Battling the Marketers for your Child's Heart and Soul*; *Branded: the Buying and Selling of Teenagers*; *The Other Parent: the Inside Story of the Media's Effect on our Children*; and *Failure to Connect: How Computers Affect our Children's Minds—and What We Can Do about it*.

It's not just the media that shapes our children. Eric Schlosser's best-seller, *Fast Food Nation*, and Morgan Spurlock's documentary, *Super Size Me*, both of which I have reviewed, expose dangers to children's health from the calorie-laden offerings available through fast foods and also in their schools.

Greenwashing? Pressure of lawsuits and the above-mentioned book and film are having some good effects on McDonald's. *The GreenGuide's* Sept/Oct 2004 issue describes a re-

modeled Mc-Donald's in Portland OR where a green and stainless steel color-scheme has replaced the familiar yellow/orange/red that stimulated the appetite. "Lightboard images of active adults jogging and eating salads have displaced Ronald McDonald. A character called Willie Munchright, who encourages kids to eat right and exercise, is part of McDonald's 'What's On Your Plate' nutrition and education program." It's good that the corporation is taking steps to improve the availability of nutrition information on their website, but the bottom line is often getting five hamburgers for the price of one salad. Dr Marion Nestle, New York University, notes that "These salads are very high in fat, especially once you have added 300 calories of salad dressing, and there's not enough fiber or nutrients to offset that."

Michael F. Jacobson, Center for Science in the Public Interest, [CSPI] cautions consumers to be wary of fast-food greenwashing: "We have no assurances that these changes are permanent, which is why we need legislation to protect consumers." CSPI has been working with Senator Tom Harkin [IA] and Representative Rosa DeLauro [CT] on MEAL, the Menu Education

and Labeling Act, which would mandate that fast-food/chain restaurants list nutritional information, including calorie count, alongside each item on the menu.

Schools. Do you want to cry when you read the school lunch menus in your newspaper? We have a new threat in Minnesota: irradiated food in our schools. Last week I was alerted by a phone call from Minnesota Voices for Choices: on 29 May 2003, the USDA lifted its ban on irradiated ground beef in the National School Lunch Program. In January 2004 irradiated ground beef was available to schools. Our Department of Education [MDE] was one of three states to order irradiated beef from the USDA for the 2004-2005 school year; 96 MN schools placed orders. Parents were not informed.

Irradiation is a controversial technology and a topic of concern to parents, scientists, and health professionals. There is pending Right-to-Know legislation. Unfortunately, the bill will never be heard unless lawmakers hear from us. Call me if this issue troubles you, and I will send you what you need to support this legislation. Broken lives are not quite the same even when they are fixed. God have mercy on our dearest treasures. +++

Remember the seven deadly sins? *Greed* : taking more than our fair share

STATISTICALLY SPEAKING...

The Federal Aviation

Administration has revised its 66-year-old assumptions about US passenger weight. Here's why:

- 8.5 Pounds - the US adult male weight increased 1991-2000
- 170 Pounds - the FAA assumed an average male passenger weighed 1938-2003
- 184 Pounds - the FAA currently expects the average male passenger to weigh, according to the Aug 2004 revision of weight assumptions
- 14.8 billion - Gallons of jet fuel consumed by domestic air travel in 2000
- 350 million - Gallons that could have been spared in 2000 if the average US adult weight had remained at 1991 average
- 3.8 million - Tons of carbon dioxide emissions generated by burning 350 million gallons of jet fuel
- \$275 million - Cost of 350 million gallons of jet fuel in 2000
- 23.5 million - Additional gallons of fuel required if every domestic-flight passenger was served the Hardee's 2/3 pound Monster Thickburger en route

Popular Science, February 2005, "Obesity Weighs Heavily on Airlines"

Hardly anyone talks about the seven deadly sins any more, not even in church. Yet the word *greed* is beginning to turn up in the media. Although Martha Stewart is out of prison, some commentators wondered if it was stupidity or greed that was the root of the badly-timed stock sale that sent her there. Are virtues turning up in the news? Prison gave her "the one useful trait the public felt she lacked," said Gina Piccalo in the Los Angeles *Times*: "humility." Note the pragmatism: "Will Stewart's jailhouse makeover pay off?" [*The Week*, 11 March 2005]. Scrubbing bathroom floors and losing a Christmas decorating contest may have made her "more human than she's ever been," but the words "useful," "shrewd strategy" and "pay off," are still about "reclaiming her domestic domain."

The 12 March 2005 issue of *World*, addresses federal subsidies for cotton farmers. It pictures three huge cotton-stripping machines in Kansas. Cotton farmers in air-conditioned tractors use machines to seed, till, and harvest, and global positioning systems to show how much fertilizer to sprinkle in different areas of land. Farm subsidies support cotton, corn, soybeans, rice, and wheat. Our nation's other 400 crops receive next to nothing. Brian Reidl, Heritage Foundation expert, calls the subsidies the nation's "largest corporate welfare program." In 2001, e.g., 2/3 of farm subsidies went to just 10% of the nation's

farms, most of which earn more than \$250,000 a year. In 2002 Congress passed a 6-year \$180-billion farm bill, the most expensive in US history. 1.8 million wealthy commercial farmers/agribusinesses receiving subsidies were able to pressure Congress to pad their pockets. But it is the following that grieves me:

What do our subsidies for rice, for example, do to the sale of Bangladesh's rice on the world market? Or Africa's sale of cotton? \$12 billion paid to American "farmers" distorts the competition and lowers world prices by 13%. Oxfam International, an advocacy group for poor nations whose US president we heard speak in February, estimates that in 2001 sub-Saharan Africa lost \$305 million in income because of US cotton subsidies. In Asia rice farmers live in thatched- or tin-roofed houses, often on stilts because of monsoons, and do backbreaking work by hand, or with a rare water buffalo. On Lemmy Hamufuba's 8-1/2 acre cotton farm in Zambia he can eke out about \$850 a year, barely supplying school fees for five of his seven children. The best price he will get for his crop will not be fair, because world cotton prices are made artificially low, depressed by US government subsidies.

The cover story, "The Global Food Gap," in the Jan/Feb *WorldArk*, a publication of Heifer International, notes that "While many observers now recognize that the world is

facing water shortages, few have connected the dots to see that a future of water shortages means a future of food shortages."

Farmers who have coped with the cumulative effects of soil erosion and the loss of cropland to non-farm uses, are now facing falling water tables and rising temperatures.

It may be time for a biblical Joseph to recognize the trends: world grain production did not increase at all during the seven years following 1996. China, the most populous nation, has been feeding its people by drawing on its grain stocks, which are nearly depleted, and may soon need to import up to 50 million tons of grain a year.

Groundwater levels are declining worldwide. In his video/book *Diet for a New America*, first published in 1987, John Robbins noted that "In the last 20 years alone, Texas has used up one quarter of its entire supply of its ground water," and "water resource experts are estimating that at the current rate of water consumption, the Ogallala aquifer may be exhausted in 35 years." *WorldArk* notes that water levels have shrunk the irrigated area in the Great Plains by 24% over the last 20 years. Since aquifers, such as the vast Ogallala are not rechargeable, depletion means the end of irrigated agriculture. Half the nation's grainfed beef is raised with water from the Great Plains, using more than our fair share. Is it time to redefine need—or greed? +++

changes that leave a lighter footprint on the environment, and/or impact our health

Recycling: Americans throw away 2 million tons of computers, including 97 million cell phones, [containing lead, mercury, cadmium, and arsenic], and other electronic gadgets a year. Much of the waste is toxic. According to the Los Angeles *Times*, technology products now account for 40% of the lead in US landfills. We just replaced our cellphones. The April issue of *Vegetarian Times* notes that Office Depot, a leader in electronics recycling, has partnered with the non-profit Rechargeable Battery Recycling Corporation to accept cell phones and rechargeable batteries at all of the retailer's 960 locations in Canada and the US. Rechargeable batteries contain potentially harmful chemicals, so it's safer to dispose of them at Office Depot than in household trash. The following organizations also refurbish or recycle: Collective Good [770-856-9021 or www.collectivegood.com] will refurbish your cell phone and sell it at a considerable discount in developing countries. Contact 888-901-SAFE to donate old cell phones to the National Coalition Against Domestic Violence. The phones are programmed to dial 911 and are given to victims of domestic violence. Or enter your zipcode at www.wirelessrecycling.com to find a ReCellular cell phone dropoff. ReCellular manages recycling programs for Sprint, Verizon, and charities like Easter Seals and Good Will. I also have a list of ten computer recycling resources in various locales in the US, such as NY, MN, AZ, IL, RI, KS, WA, and TX. Ask me, if you need to get rid of yours.

Other hazardous waste: Many household products contain chemicals that pose environmental and health problems. Household hazardous waste needs to be taken to an official waste disposal facility. Substances include: carburetor cleaner, degreasers, charcoal lighter fluid, weed killer, fertilizer, aerosol products, drain cleaners, driveway sealants, furniture stripper, glue with solvents, latex or oil-based paint, paint remover and thinner, stain and varnish, oven cleaner, old thermostats, and roofing tar.

Cleaning your plate: Households in the US waste more than a pound of food every day, a study conducted at the University of AZ found. All told, nearly 50% of food is discarded by families who toss unopened items before their expiration dates, by farmers who inadvertently destroy crops in harvesting them or handling them, by retailers who throw out prepared food. The cost to a family of four comes to about \$590 a year, counting only the food that ends up in their own trash bags and garbage disposals. Researcher Timothy Jones PhD estimates that reducing all of this waste by half would cut 25% landfill use, soil depletion, and applications of chemical fertilizers, pesticides and herbicides. My grandma said, "Crumbs are bread, too."

Insect repellents: We are approaching the season of flies and mosquitoes. If you have considered getting BUZZ OFF apparel from TravelSmith or L.L. Bean, don't. The clothing is treated with the pesticide permethrin, classified by the Environmental Protection Agency as a possible carcinogen. Talbot's Kids and other retailers carry the clothing without warning consumers that permethrin may

pose health hazards. It can be especially dangerous to children if used in combination with DEET, an insect repellent. DEET is found in approximately 230 different products produced by 70 companies. A recent study by Dr Mohamed Abou-Donia, Duke University, gives an extensive list of neurological harms caused by DEET and other conventional insecticides, from memory loss to tremors to slurred speech. His study found that DEET caused brain cell death and severe behavioral changes in rats. DEET degrades slowly in the soil and is thought to be toxic to fish, birds, and aquatic invertebrates. Green Ban and Bite Blocker are effective DEET-free repellents. Or look for a non-DEET repellent containing natural ingredients, e.g., citronella, cedar, peppermint, lemongrass, geranium, and soybean, which the *New England Journal of Medicine* found to be as effective in keeping mosquitoes at bay as DEET, though you may need to reapply them oftener.

Outsourcing: In the market for a new vehicle? Consider a Ford. According to *The Week*, 4 Feb 2005, US-made parts account for only 1% of the Plymouth Crossfire. Ninety-six percent of the Ford F-Series Heritage is American.

Gas guzzling: How you drive is as important as what you drive. "Fuel economy suffers at speeds higher than 60 and drops like a stone" as speed increases, says Chris Gundler of the National Vehicle and Fuel Emissions Laboratory, Ann Arbor MI. Slowing from 70 to 55 can increase your miles per gallon by 15%. Stomping on the gas after a red light cuts mpg by 25%. Using cruise control saves fuel. One minute of idling is almost equal to starting the car. Finally, before you buy, consult www.epa.gov/greenvehicles to research which ones are fuel-efficient.

Produce stickers: According to the Produce Marketing Association, the numbers on your produce will tell you how it was grown. If the number is 5 digits, starting with 8, the produce was genetically modified. If it has 5 digits, starting with 9, it was grown organically. If it was grown conventionally (neither organic or genetically modified) it will have 4 digits.

Why organic? Worldwide cotton production annually uses 53 million pounds of pesticides and 1.6 billion pounds of synthetic fertilizers. Despite claims of reducing pesticides, genetically-engineered cotton could increase pesticide resistance and harm other species, according to the British Medical Association. Fair-trade organic cotton clothing replaces environmentally and socially exploitive products, according to the Organic Consumers Association. See www.greenpages.org to *green* your purchases.

Creation care: Today I heard Neil Simon on NPR interview a leading evangelical activist who described some of his concerns. He said that conservatives need to care about the environment as good stewards of God's creation. God entrusted us with caring for what he made and called "good." Having poisoned so much of it, we need to repent—change our minds about how we live, and actively work to repair what we have spoiled. May it be so. +++

Let's Be Well, Inc

...serving health seekers since 1992. How may we serve you?

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“Your will be done on earth...”

Two monks each planted an apple tree. When the time for apples came, one did not have a single fruit on his tree. Greatly disappointed, he went to his brother's tree and saw that the branches were weighed down with fruit. Angry, he asked the brother, “Do we not serve the same God? Did we not plant a tree at the same time? Why then this injustice? Why did he give you apples and me none?”

“Perhaps”, replied his brother, “you did not pray for your tree.”

“I did not pray? Every day I told God in prayer what I wanted. ‘Please send rain today.’ ‘Please stop the rain now.’ ‘Please give me sun.’ ‘Please, God, lower the temperature.’ What did you do?”

The other monk replied, “I am not as zealous as you. I prayed just once when I planted the tree. I said to God: ‘Here is a tree. It is not for me to teach You what to do about it. You know gardening better than I. You created the trees in paradise and have taken care of billions of them ever since. Give rain or sun when, how, and as much as You like. Only grant that in due time I may have apples.’”

...If our main prayer is “Your will be done,” it is no longer mere speaking but a state of worship. The one who prays *that* passes from being a servant of God to a friend; from meditating about a religious subject to arriving at a peace that surpasses all comprehension. From *Praying to God*, Richard Wurmbrand. [Rev. Wurmbrand (1909-2001) spent 14 years in Romanian prisons. We heard him speak in MN in 1969, shortly after he was released.] +++

Notable Quotables—unfinished business from the winter 2005 issue

• **From *Vegetarian Times*, March 2005, in their “Carrot and Stick” feature:** A stick to Wal-Mart Stores, Inc, for buying more than 70% of its products from China rather than in the US. The total value of such imports, the world's largest retailer says, is about \$18 billion a year. “If Wal-Mart were an individual economy,” a company executive boasts, “it would rank as China's eighth biggest trading partner, ahead of Russia, Australia, and Canada.”

• **From *BusinessWeekonline*:** “Wal-Mart hurts small merchants, destroys habitats, and increases [its own] profits at the expense of local communities,” says Sierra Club Executive Director Carl Pope. From *The Week*, 11 March 2005: Wal-Mart's critics have coined the term Wal-Martization to describe the way it has stripped away customers from the largest department store chains like Macy's. “Wal-Mart generated a profit of \$10.3 billion the last fiscal year. That breaks down to almost \$20,000 per minute.”

• **From *www.agreatergift.com*:** When you request a catalog or order on-line, you can purchase baskets, home décor, children's toys, kites, candles, paper, jewelry, tableware, Just Coffee, organic cocoa, and scarves/shawls that are handmade by artisans who have been paid fairly for their work, who belong to organizations that strengthen their local communities while supporting their members as they seek to achieve economic independence. Phone: 1-800-423-0071.

• **From *peacecoffee.com*:** Benefits of choosing Peace Coffee: “1. **Fair Trade:** We purchase premium Arabica coffee directly from small farmer cooperatives at prices that insure a just income for the coffee growers. The farmers own their own land and democratically run the co-op; 2. **Farmer friendly:** We know the people who produce our coffee and their friendships help shape our business; 3. **Small farms and the environment.** Fair Trade helps keep farmers in the community and encourages traditional, low impact farming; 4. **Organic:** Chemical-free farming improves the environment and eliminates risks to farmers' health; 5. **Shade grown:** Coffee grown under the shade of other trees provides critical bird habitat and soil nutrients; 6. **Consumer:** Brew a truly exceptional coffee. Reward your tastebuds while respecting the environment and the farmers that produce your coffee.”

• **From *Genworth Financial*:** The link between nutrition and cognitive health keeps growing stronger. Past research as shown that consuming more vegetables, fish, and the vitamin niacin all appear to offer protection against Alzheimer's. Research in the United Kingdom adds tea to the list of brain-friendly foods. Both green and black tea obstructed several enzymes that play a role in the development of senile plaques associated with Alzheimer's disease. Coffee, which was also studied, had no effect on these enzymes. Dr Ed Okello notes that “tea could potentially be another weapon used to treat this disease and slow its development.”

• **From *Let's Live*, “Is Carob Healthier than Chocolate?”** Curing your sweet tooth with carob may not be the solution. According to the *University of California at Berkeley Wellness Letter*, “Cocoa butter, the main fat in chocolate is 60% saturated—the fat that's bad for the heart. However, the hydrogenated palm kernel oil often used in carob candy is 85% saturated.” +++

Getting there is half the fun, and other wisdom for the journey

If you traveled long distances with your children when they were small, as we did, you may remember that the journey itself was not necessarily a joyous experience. Reading about potential dangers inherent in our food supply or the packaging thereof, can be discouraging if not alarming. This is to remind us that life is too short to worry about everything. A war cannot be won if troops are spread too thin. We need to pick our

battles. One purpose of our newsletters is to call attention to news that raises issues of concern. The reader's job is to decide, “Is this something I am able to deal with, given what else is going on in my life?” Dick and I cannot do everything I write about, though I don't write about what I am unwilling to deal with at all. I do not, for example, ask you to write to your senators and representatives about CODEX if we haven't done it.

On the other hand, I cannot replace every piece of plastic with glass because we live in a townhouse; glass storage for food takes more room than plastic because it doesn't stack well.

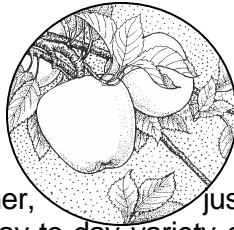
I learned this winter that there are different styles of building snowmen. Our granddaughters like the finished product to have eyes, nose, hat, scarf, buttons, and arms with mittens. One Sunday recently I watched the

neighbor children and teens make such an enormous snowman that they had to climb it to add the head. Their objective was not to build a traditional snowman, but rather to make it BIG and to have fun doing it.

Let's take our journey to wholeness in increments that are manageable without causing guilt or anger. Life is fragile, and relationships are more important than being purists. Let it be so. +++

“ 'Tis the month before the month of May, and Spring comes slowly up this way.” Samuel Taylor Coleridge, *Christabel*.

Circle of influence



spring 2005

LET'S TALK ABOUT VARIETY

My father used to say, “If you don't like the weather, just wait. It will change.” Those of us who like living where there are seasons appreciate the day-to-day variety of the weather. However, I remember as a child thinking that twelve months should divide into four seasons of three months each-- which is definitely not how winter works in MN. But no matter, our generous, caring Creator, who loves variety, often gives us samples of spring in January, February, March, as he did this year, perhaps to encourage us.

There has probably never been a time when humans in Western cultures have had more choices. Think about the kinds of music available. Our CD collection has more classical music than anything else, but last night we enjoyed, for just \$5 a live 3-hour concert with two bluegrass bands, including our local favorite, String Fever. We have old records of many Gilbert and Sullivan operas. For his birthday I gave Dick, who has loved G&S since he sang the boatswain in *HMS Pinafore* in high school, a DVD collection of five comic operas filmed in England. We have already enjoyed several hours of their color, joyous music, and hilarious plots.

If you grew up eating mashed potatoes, iceberg lettuce, creamstyle corn, and on holidays candied parsnips, or sweet potato casserole with marshmallows, it might be good to research how you can add more variety to what is now called a plant-based diet. One way is to see how many colors you can include in a week. Check out the Q&A at www.vegetariantimes.com, April 2005: “A colorful plate is a healthy plate....” Here's a good rule of thumb: the deeper a vegetable's color, the more vitamins and minerals it has. By contrast, pale vegetables tend to be nutritional lightweights. Different colored vegetables tend to have different nutrients, e.g., deep orange-yellow (sweet potatoes, carrots) contain carotenoids and bioflavonoids, which lower the risk of some cancers. They are also high in vitamin A, which fights infections and strengthens the immune system. Green (broccoli, green bell peppers) are good sources of C, while leafy greens, like spinach contain lutein, which may prevent cataracts and macular degeneration. Eggplant (blue/purple) contains the antioxidant anthocyanin, which protects against free radicals, may reverse aging, sharpen brain power, and help prevent heart disease. Red foods (primarily cooked tomatoes) contain lycopene, a strong antioxidant that helps fight prostate cancer and heart disease. There's a very thorough chart, “12 Recipe Favorites, which are the Health Superstars” we can print, attach to our grocery lists, or hang in our kitchens. One surprise: mushrooms. Of the 12 vegetables listed, mushrooms have the highest amounts of the B vitamins niacin (3.85 mg) and riboflavin (0.4 mg), both of which help cells turn food into energy.

The March 2005 issue of *Health* reports that the US Department of Agriculture extracted the antioxidants from 20 foods, and ran them through a device that measured antioxidant activity. Comparing their total antioxidant capacity (TAC) per serving, they found: small red beans 13,727; wild blueberries 13,427; red kidney beans 13,259; pinto beans 11,864; cultivated blueberries 9,019; cranberries 8,983; artichokes 7,904; blackberries 7,701; prunes 7,291; raspberries 6,058; strawberries 5,938; red Delicious or Granny Smith apple 5,600; pecans 5,095; sweet cherries 4,873; black plums 4,844; black beans 4,118; russet potato 4,649 plums 4,118; Gala apple 3,903; walnuts 3,846.

These lists remind us of God's gift of variety in the fruits/vegetables he gave us [some of which we ignore]. They also introduce us to foods with fiber and good fats which can, along with BarleyLife and other AIM products, help to guard our body systems from the assaults of free radicals so abundant in our daily lives.

Promotions:

Congratulations to the following who have promoted: To *Preferred Member*: **Bryan Eggebraaten**, Farmington MN; **Laura Olson**, Oakdale MN; **Frances Taylor**, Apple Valley MN; **Don Voegel**, Malta MT. We are delighted to have each of you in our network!

UPDATED as of March 05

Carol and Dick Cover 507-645-7202/ fax 507-645-2594/ tollfree 1-877-6-BE WELL/ e-mail letsbewellinc@cs.com

Did you write your letters? If not, you don't have much more time. Here's some updated info:

CODEX ALIMENTARIUS: a global challenge to our freedoms that may take away our supplements

What is it?

On 3 November 2004, the Codex Committee meeting in Bonn, Germany, completed preliminary agreement on global guidelines to regulate dietary supplements. Final ratification is expected in Rome in July 2005. The committee agreed that RDAs would no longer be used to set the maximum levels of vitamins/minerals that can be sold as supplements. Rather, so-called "scientific risk assessment" would be used. From now until July 2005 an Australian working group will be determining the "scientifically safe" levels for each vitamin and mineral. Australia has some of the most restrictive supplement regulations in the world. Many nutrients are not allowed for sale in Australia at any potency. The European Union Food Supplements Directive is scheduled to go into effect in August 2005.

Update: James South reports in the March *Vitamin Research News* that in Jan 2005, the German Federal Institute for Risk Assessment released a 34-page report attacking the safety of commonly available nutritional supplements, claiming a safe level of vitamin C is only 225 mg; a safe level of vitamin B6 is only 5.4 mg; and a safe level of B12 is only 9 mcg. "This ridiculous report, full of pseudo-science, will add further fuel to the WHO/FAO/Codex attempt to set 'safe upper limits' for supplements at levels only slightly above the current US FDA RDAs (recommended daily allowance)." Also, in the Dec 2004 issue of *NNFA Today*, the legal firm that represents National Nutritional Foods Association (NNFA) wrote a Q&A article dismissing any concerns about Codex. The NNFA is a trade group that allegedly represents the interests of the US health food/vitamin industry and healthfood stores. "Unfortunately, NNFA has become dominated by the pharmaceutical industry and continues to push the 'big Pharma' line that Codex will have no effect on the American vitamin industry." **It is also important that we contact our local healthfood stores, because some of us are learning that the vitamin buyers at local stores have no awareness about the Codex issue.**

What could this mean to me?

Your right to choose your supplements may end in 2005. After July, US supplements will be defined and controlled by the World Trade Organization [WTO] and the World Health Organization [WHO]. Their supplement standards will be enforced and will override US laws. Violators will be punished by trade sanctions. Our President and Congress agreed to this take-over when the WTO Treaty was signed. When Codex was implemented in Norway, e.g., the price of echinacea rose from \$14 to \$152 per bottle and became available by prescription only. Virtually nothing about it has been in the media. James South, writing in *Vitamin Research News* says, "There is obviously a concerted campaign now to do away with supplements in [North] America. It's probably just a coincidence that some of the most frequent ads on TV, radio, and in the newspaper are for over-the-counter and prescription drugs. That couldn't influence their editorial policy, could it?" **Update:** Have you noticed the kinds of articles news magazines and the internet **are** printing? The Population Health Research Institute in Hamilton, Ontario, reports that "Vitamin E can actually increase the risk of heart failure," by 19 percent, and you need to get your vitamin E "safely" from "sunflower seeds, wheat germ, peanut butter, Italian salad dressing, almonds, canola or corn oil, canned salmon with bones, canned white tuna, lobster, and olive oil." Study author Dr Eva Lonn said taking vitamin E is "a waste of time," and "offers no protection from heart disease and cancer." The study findings were reported in the *Journal of the American Medical Association*. The 16 March 2005 CompuServe article notes that this conclusion has not yet been duplicated in other studies. [If vitamin E is part of your personal regimen, ask me for a 4-page February 2005 *Vitamin Research News* article, "Vitamin E: still safe after all these years," which has excellent scientific documentation.]

What can I do?

You must call, write, fax, e-mail your congressional representatives/senators to voice your strong opposition **now**. Urge senators to oppose **S. 722, the Dietary Supplement Act**, and members of congress to oppose **H.R. 3377, the Dietary Supplement Access and Awareness Act**. These two bills put the wheels in motion for restrictions similar to those in the EU Directive to become US law, allowing the FDA to take back what little health freedom we regained with the 1994 DSHEA law, when 4 million Americans told Congress to protect their freedom of choice. Also tell them you want no part of FTAA, the Free Trade Association of the Americas. The European Union started out as a trade group, and now it has its own Parliament and Court of Justice that dictate the laws of all 25 member nations. See www.alliance-natural-health.org to send \$10, if you wish, to the Alliance for Natural Health (ANH). **Update:** On 25 January, ANH presented its case against the EU Food Supplements Directive to the European Court of Justice. The Court is expected to release its ruling on the matter in June 2005, shortly before the EU anti-supplementation regulations are set to go into effect in August 2005.

Jonathan Wright MD says the most important action is to tell your senators and members of congress to support US Rep. Ron Paul's **H. R. 1146, the American Sovereignty Restoration Act**. This legislation would make the Constitution of the United States the supreme law of the land again, and restore law-making and judging power to our elected representatives and American courts, respectively. **Please don't leave this off your list.** Volume of contact is key. It doesn't matter how you write: fax, longhand, email, or the e-mail form on individual websites: www.congress.org/congressorg/home and www.senate.gov/general/contact_information/senators_cfm.cfm Please be someone who **cares—NOW**. +++