

# HEALTH FREEDOM *update*

Summer 2003 | Edition 1 | Number 1

Brought to you by: The Friends of Freedom • [friendsoffreedom.org](http://friendsoffreedom.org)

Freedom of Choice in Health Care • [freedomofchoicecanada.org](http://freedomofchoicecanada.org)

The Canadian Coalition for Health Freedom • [canadiancoalitionforhealthfreedom.ca](http://canadiancoalitionforhealthfreedom.ca)

Grassroots Freedom Line • 1.888.872.7035 or 1.613.968.2613

## The Red Umbrellas push for sanity on Empowerplus®

When these nine women from across Canada, who now call themselves The Red Umbrellas, first talked to each other on the phone, they knew that going to Ottawa was their only option. Bipolar affective disorder (manic depression) is a serious mental illness that causes terrible suffering and costs millions of dollars in health care and social services. Over the past seven years, however the vitamin and mineral supplement Empowerplus® has given approximately 3,000 Canadians suffering from bipolar their lives back – including these women or their children. The supplement is made up of ingredients that are already widely available over the counter across Canada. Empowerplus® is safe, has virtually no side effects, and studies published in four respected medical journals show that it is as effective as psychotropic drugs, if not more so.

Yet Health Canada has shut down a large double blind placebo study that could bring Empowerplus® to the world, citing reasons that are vague and contradictory. And worse, they seem determined to force the 3,000 people who now take

Empowerplus® to return to psychotropic drugs by seizing their legal shipments of the supplement at the border and threatening to remove access in the future.

Health Canada has tried to call Empowerplus® a drug. They have

warned Canadians that Empowerplus® poses health risks, but refuses to say what they are. They have suggested that people who now lead normal, healthy lives thanks to Empowerplus®, are experiencing some sort of psychotic delusion of wellness.

See [www.friendsoffreedom.org](http://www.friendsoffreedom.org) (left side of home page) for updates on the three current legal actions and Health Canada's Gazette II regulatory changes.

For more information on Empowerplus® visit [www.truehope.com](http://www.truehope.com) or call 1-888-878-3467.

As a concerned consumer please help to stop all of our 60,000 medically functional foods from becoming restricted drugs in Canada by joining the Friends of Freedom – see online donations and memberships on [www.friendsoffreedom.org](http://www.friendsoffreedom.org), or call our grassroots toll-free number @1-888-872-7035 today for your membership application and please donate to the Freedom of Choice in Health Care Legal Fund.

Trueman Tuck



Nine women fight to defend their right to a vitamin and mineral supplement used by over 3,000 Canadians to control mental illness

This was too much. “We realized that the faxes and the emails and the phone calls to Health Canada were going nowhere. We had to go to Ottawa,” says Sheila. Once in the capital, they met with a wide variety of Members of Parliament, but the reaction to their story was always the same – shock at the behaviour of Health Canada. “We believe our best chance for saving this major medical breakthrough from Health Canada's junk pile is Bill C-420,” explains Autumn. “What's more, Bill C-420 will entrench our right to all natural health care products in law.”

## Strauss' secret to managing heart disease

After close investigation and speaking to numerous staff and clients of Strauss it was revealed that their company has an amazing story to tell.

The Strauss family has been “practicing” medicine as herbalists for eight generations. They carry over 57 different

Joe Kurey Jr. of Wainfleet, Ontario writes: In the summer of 2001, I started to take Strauss Heartdrops®. I weighed approximately 400 lbs., required a double bypass (but would not survive the surgery I was told). I had extreme difficulty breathing and could barely stay awake for more than several minutes. I am diabetic and had

long period of time, they told me I didn't need to return for 6 months. After that visit, I have not returned since. Tests show my enlarged heart had shrunk to its normal size. In June 2002 my doctor did testing and said my arteries cleared to a point I no longer require bypass surgery.

After taking your herbal products for 2 months my blood pressure was reduced to 120/65; perfect! I am fifty years old now and weigh 250 lbs. I only sleep at night now and never fall asleep during the day. My legs and toes are normal colour and I grow hair normally now. My doctors have been most pleased with all my progress.

I work in a rail transfer yard approximately 60 hours per week. I feel great and I am living a normal productive life again, thanks to the Strauss Herb Company and their incredible herbal formulas. Many, many thanks from the bottom of my healthy heart.

For more information visit [www.straussherbco.com](http://www.straussherbco.com) or call 1-866-478-2873.

Trueman Tuck



herbal products. Strauss has just developed an amazing new product for diabetics.

Strauss Heartdrops® are taken by over 100,000 people in North America with a heart condition and are living a better life because of it. Since its inception 23 years ago, over one million bottles have been sold. Here is just one example of how Strauss has helped a patient.

black toes and blue legs. Hair would not grow on my legs. My heart was enlarged and I had extreme arrhythmia. I had congestive heart failure with many stays in hospital (several each year).

I took several of your other herbal products. My terrible breathing was the first problem to improve (today I breathe normally). After weekly visits to the Firestone Respiratory Clinic in Hamilton, Ontario for a

## From Baby Food to a Nation of Babies

Many believe that wise old saying: “You are what you eat.” This would imply that most agree that it is important to know what we are eating and to have control over what goes into our mouths.

However, ask anyone what “Codex Alimentarius” is and most people won't have a clue. It's a big word and tires the brain just looking at it. Who would ever have guessed that this is the title of the United Nations organization responsible for controlling what we do or do not put in our mouths: our food-supply-decision-makers?

Baby food? That's their job too. They decide who eats it, who sells it, who buys it and who gets it. Codex Alimentarius (‘Food Code’), the champion of “free trade,” is there to make sure that mothers who are breastfeeding their children in famine-stricken Third World countries get “equal access” to these nutritionally doubtful products.

In Josef Hasslberger's article “Who Decides About our Health” ([http://www.laleva.cc/supplements/berlin02\\_hass.html](http://www.laleva.cc/supplements/berlin02_hass.html)) we learn that in Berlin November 4-8, 2002 the Codex Committee were busy developing

guidelines on how to define vitamin and mineral supplements. Should we continue to see them as food and keep them within the confines of the Codex or—as the pharmaceutical giants are now insisting - should we consider them as medicine and demand that they be subjected to the same extortionately expensive regulatory procedures (from the FDA and HPB, etc.) that mainstream, synthetic pharmaceutical products undergo?

This would involve handing them over meekly and obediently to the exclusive control of the pharmaceutical industries. Quite naturally the shrewd businessmen within the Pharmacartel wish to muscle in on this potential multi-billion-dollar sector of the market. Especially as public opinion is increasingly pulling away from their costly chemical therapies with the myriad serious side-effects that they often entail, towards these natural and effective age-old remedies that cure us without endangering our health. Why else would they have been investing hundreds of millions of dollars in lobbying aimed at destroying and discrediting the alternative health industry for so

Continued on page 3



# Health Canada continues to interfere with our rights

Believe it or not, your favourite natural health products may soon be available by prescription only!

That's if our federal government continues to pull them off the shelf. More than 160 products are already classified as drugs including Echinacea, St. John's Wort, Comfrey, Feverfew and many more. Even parsley oil is on the hit list! There is no supporting evidence of danger to the consumer from any of these products. To view the entire list see [www.freedomofchoicecanada.org](http://www.freedomofchoicecanada.org)

Freedom of Choice in Health Care is a consumer group dedicated to protecting every Canadian's right to information about, and access to, alternative forms of health care. Two important grassroots groups – The Canadian Coalition for Health Freedom Inc., and The Friends of Freedom Inc., joined with them on this important public protest.

The Health Protection Branch (HPB) run by Health Canada, can arbitrarily classify any substance

as a drug and take it off the shelf for one reason or another. Their decisions are based on the antiquated Food and Drugs Act, which mistakenly calls foods "drugs," the moment health claims are made for them.

If protecting your right to choose natural health care is important to you, you are invited to speak out! Tell the government you don't want them to interfere. Tell them you want the right to choose natural products.

Here's how:

Send the "Act Now" letter of action to the Minister of Health.

\*Send letters of protest to all 301 Members of Parliament with one click of your mouse. Just log on to the website at: [www.friendsoffreedom.org](http://www.friendsoffreedom.org) (We're aiming for 500,000 letters! Yours will make a big difference.)

\*On the Friends of Freedom website, download our Health Freedom petition and get signatures. Then call your local MP and set up a meeting and insist they get behind Bill C-420 and present the petition in parliament. Even better, organize a group

of 3 or 4 to go with you. Keep calling for action!

\*Write to us or call for more information or for help. We'd love to hear from you and value your support!

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And / or

Trueman Tuck  
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**Marilyn Nelson**



FAX OR MAIL TO:

## Act Now!

The Honourable Anne McLellan, Minister of Health  
Room 707, Confederation Building  
House of Commons, Ottawa ON K1A 0A6  
PH: 613.992.4524 FAX: 613.996.4516

Re: Adoption of new regulations for natural health products

Your statement that, "Canadians have contributed significantly in the development of the Natural Health Products Regulations, and will continue to be consulted as Health Canada moves forward with their implementation," in your June 18, 2003 announcement is not true.

What is true is that very wealthy and powerful modern medical investment interests have invested considerable time and money via their trade associations over the last 10 years to try and force safe, medicinally functional foods off the Canadian market.

It is 'Canadians' who have demanded that the government does not classify our safe and effective functional foods as drugs. Today with between 55% to 65% of Canadians are using these products for their good health and well-being. You are putting your career on the line, the same as The Honourable Minister of Health David Dingwall did in 1997.

In the June 18th, 2003 regulatory announcement the Health Canada bureaucrats, driven by the "modern medical monopoly financial interests" simply have ignored everything done for the last 6 years, and without giving Parliament any opportunity to update the 1920 drafted Food and Drugs Act are trying again to illegally introduce the Pharmacartel's global agenda to turn all safe, effective, unpatentable food-based, non-drug medicines in highly controlled drugs that only medical doctors and pharmacists can sell.

EVERYONE KNOWS WHAT IS GOING ON AND WHY – IT IS ALL ABOUT MONEY, AND MONOPOLY CONTROL OF THE PRACTICE OF MEDICINE, AND OF ALL MEDICINES!

It is also about large businesses controlling the market place by introducing unjustified, complex, and expensive regulatory requirements that will force thousands of Canadian small and medium businesses out of business, and/or to remain financially marginal.

It is also about closing our borders more to competing products from any other country.

What this means to me is that there will be less selection, less competition, and dramatically higher prices.

As politicians, you have once again, either through ignorance, and / or compliancy, and / or financial and electoral self-interests failed to protect my interests, and that of the over 10,000,000 Canadians that are now relying on these food-based, non-drug medicines for their personal well-being.

To date the Liberal government's response to the natural health product issue has not only wasted taxpayers' time and money, but also continues to serve the monopoly interests of the pharmaceutical industry which counts on the government to keep shepherding Canadians to feed at their toxic drug troughs to keep their multi-billion dollar industry bloating as they feed on the diseases they often falsely claim to cure, while taking away Canadian's access to successful food-based, non-drug medicines.

Your Liberal government appears at the moment to be knowingly acting against the expressed will of over 10,000,000 Canadians by creating more barriers and obstructions to our access to natural health products. This interferes with my inherent constitutional rights to access truthful information about all of my available choices, and the risks, and benefits.

Your government already has laws in place which effectively protect Canadians from whatever potential risks your government claims to be concerned will be associated with free access to natural health food products.

Obviously, any possible 'real' concern the government could have for the health of the Canadian people would be sufficiently covered, if the government enforced these regulations. However, since the government permits the fluoridation of drinking water, pesticides, herbicides, antibiotics, alcohol, tobacco, growth hormone drugs, irradiation, etc., to poison our food supply, it would appear that the real threat to Canadians' health IS our government not acting objective to the real and proven risks to our health.

We do NOT need, nor want any more time wasted on formulating unnecessary, redundant regulations for natural health food products.

To summarize, we citizens reject your government's plans, proposals, recommendation and regulations for natural health food products and we support Dr. James Lunney's Private Member's Bill C-420 as written!

Please provide a written response to indicate what your personal position is going to be on supporting our Health Freedom Bill C-420, scheduled for earlier October vote.

Sincerely,

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Riding: \_\_\_\_\_

# HEALTH FREEDOM

*update*

If you have any questions, comments or concerns, please contact us at the following:

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P.O. Box 22099  
Belleville ON Canada K8N 5V7  
t 613.968.2613 f 613.968.3215  
[www.friendsoffreedom.org](http://www.friendsoffreedom.org)  
[Advocate-trueman@taxtyranny.ca](mailto:Advocate-trueman@taxtyranny.ca)

## Make a Difference JOIN NOW!

Personal Memberships  
Donations  
Contributions to legal funds

### The Friends of Freedom (FOF)

is a non-partisan, political and legal advocacy, and lobby organization.

We are a mixed stakeholder, freedom of choice in health care, grassroots organization.

Our stakeholders include: concerned consumers, natural health retailers, manufacturers, and distributors, as well as a wide range of natural health care practitioners, and others that believe in the individual right of informed freedom of choice.

FOF provides its members with weekly e-mail updates, free quarterly newspaper, and interactive E-Action Freedom Campaigns.

### Freedom of Choice in Health Care

is a grassroots organization that is concerned with the federal, provincial and UN's legislative agenda aimed at taking away our individual health rights and freedoms. Our rights and freedoms are being replaced with privileges as directed by federal regulators in spite of the opposition by citizens.

We are a legal rights action organization determined to use lawsuit to force freedom of choice.

Donations are welcome from anyone, rich or poor, who believes in freedom of choice and the need to use the law to achieve our rights.

### The Canadian Coalition for Health Freedom

is a non-partisan, political and legal advocacy, and lobby organization.

We are an organization of organizations concerned with solving the Canadian Health Care System crisis by fully merging "Modern Medicine" with Tradition Medicine," and focusing more on nutrient based prevention.

We believe freedom of choice in health care is the secret to good health, and reducing costs, while improving outcomes.

Our stakeholders include organizations made up of: concerned consumers, natural health retailers, manufacturers, and distributors, as well as a wide range of natural health care practitioners, and others that believe in the individual right of informed freedom of choice.

Note: All three organizations share office resources and can be contacted at the grassroots phone numbers, 1.613.968.2613 or 1.888.872.7035.

# Understanding the medical agenda...creating a monopoly

The battle for control of our health system began long before confederation. Allopathic (conventional) physicians began accruing power as early as 1759, when legislation was drafted to protect an unsuspecting public against quacks or “snake oil peddlers.” Since many physicians sat on government benches, the precedent was set. Doctors set the rules. Unfortunately, lumped into the category of quacks along with the snake oil peddlers were bona fide health practitioners such as herbalists and, later, homeopaths.

By 1839, the College of Physicians and Surgeons was well established in Canada. The College held the mandate to determine who could enter the profession, to establish the content of the curriculum, and to set standards of practice. However, by this time, another branch of medicine had established itself in Europe: Homeopathy.

Unlike allopathic medicine, which proposed the use of drugs to quell symptoms of disease, homeopathy used minute traces of natural substances to encourage the body to fight the disease using its own remarkable resources. (To this day, homeopathy remains a major treatment modality in Europe and India. Its most celebrated adherents are the British Royal family, most of whom are well recognized for their good health and longevity.)

By 1859, Canadian homeopaths had their own board of examiners, and a training program. The

profession was equal in every way to allopathy.

But it was not to remain this way for long. Homeopaths and eclectics (similar to today’s naturopaths) had begun to make serious inroads to the allopaths’ earnings. Moreover, these nature-based practitioners were threatening their very business by advocating proper diet, fresh air and sunshine, plenty of rest and gentle medications to maintain good health. Allopathic doctors of the time were relying on bloodletting, blistering, cleansing bowels with large doses of mercurous chloride and tartrate of antimony (both of which are highly toxic), and prescribing arsenical compounds and opium as tonics.

Unable to dismantle their competitors, the allopaths instead prevailed upon the government to encourage homeopaths to join them in one college with one board and one training facility. It was proposed that each modality have representation on the board, develop its own curriculum, and examine its own candidates.

As logical as this may have appeared to the homeopaths, in entering this agreement, they had unwittingly signed themselves into oblivion. In a classic example of “Step into my parlour said the spider to the fly,” the homeopaths and eclectics were gradually squeezed out of key positions and their treatments and theories dropped from the curriculum. By 1928, it was illegal to practice

homeopathy in Ontario.

Osteopathy, a modality involving manipulation and massage, was also banished from Canada, although it flourishes today in the US, throughout Europe and in the UK. Only the chiropractors have managed to evade the many attempts made to discredit their profession.

Sadly for all, this tradition of slamming practitioners of natural health persists today. But one thing has changed: Today we are better educated and better informed. We read, we think, we challenge. We are capable of making decisions for ourselves and for our families. We no longer need the government to protect us from charlatans and snake oil peddlers.

Ask yourself, do you believe that the handful of men and women who run the Colleges of Physicians and Surgeons in Ontario and other provinces have the right, the wisdom or the qualifications to decide for YOU which health modalities best protect your wellbeing? Do they know how YOUR body will react to the powerful and often damaging drugs their members have no choice other than to prescribe for you? These are questions that MUST be addressed if we are to claim back our right to the safe and credible health care we truly deserve—our right to choose the health supplements and services that can assist in preventing sickness and help us heal.

*Trueman Tuck* 

## Bye-Bye Natural Health Products

Canadians are about to have their access to natural health products severely limited by the new Natural Health Products Regulations, and unfortunately most don’t even know it. These regulations maintain 100% power to restrict any natural health product (NHP) based on having “reasonable” grounds to ‘believe’ that a natural health product ‘may’ no longer be safe.” Conveniently for Health Canada, what is “reasonable” can be completely subjective, a “belief” can often have nothing to do with fact, and “may” automatically implies “may not.”

These regulations are all about “grey zones.” They are about maintaining the power of Health Canada to selectively block the sale of NHPs based on unsubstantiated accusations that there is a lack of safety, quality, or allowable claims. If you consider Health Canada’s repeatedly demonstrated eagerness to ban the sale of safe, effective natural substances, (in excess of 170 at last count), including all of the products that contain them, how long does any

one think it is going to be before this agenda resurfaces? Though things may not start out like this, as surely as pharmaceutical companies are profit-hungry, this is where they are heading.

Yes, quality control can be an issue with NHP’s, but this issue is grossly exaggerated. Given the safety record that NHP’s have enjoyed in Canada over the last fifty years, and their potential benefits, such extensive regulation is absolutely unwarranted!

The time has come to acknowledge the obvious: that Health Canada is much more interested in protecting the financial interest of mega-corporations and eliminating competition for pharmaceutical drugs than they are in protecting the health of Canadians. For countless blatant examples of this, see the links at the end of this article\*.

If you are concerned about this issue, and you want to maintain your freedom to choose non-drug natural products, then for all of

our sakes Act, Now!

1. Support a lawsuit currently underway, that is challenging the constitutionally illegal regulations and enforcement by Health Canada.
2. Contact your MP and urge him/her to support Bill C-420, which would see all natural health products regulated as foods, not drugs. Tell them that what is going on is utterly unacceptable.
3. Take out a membership, and be active in one of the ongoing freedom groups listed in this newspaper.

Stay informed! Stay active! Participate with the three groups to defend our rights of choice.

\*CBC.ca - website, Marketplace Articles - Program:  
March 18, 03 - “Who’s Watching the Watchers”  
March 25, 03 - “Medical Ghost Writing”  
January 14, 03 - “Acrylamide”

*Greg Morgan* 

## From Baby Food

continued from front page

many years? It’s a simple question of eliminating competition.

Although the Codex guidelines are not immediately applicable as laws, they are nevertheless used by many countries – especially in the Third World - for creating their own legislation. The World Trade Organization also uses them when resolving trade disputes between countries and then uses sanctions to secure the widespread sale of this or that product. So the Codex is used as a tool by the globalizing forces on this planet (the Pharmacartel & Co.) to maintain their financial dominion.

For more information log on to Friends of Freedom, the Canadian Health Rights Advocacy Organization campaigning for freedom of choice: ([www.friendsoffreedom.org](http://www.friendsoffreedom.org)).

For these very reasons we need more than ever to start informing ourselves. Humanity needs to grow beyond its present state of infantile dependence on a minority of “cleverly-spoken-highly-qualified-experts” who force-feed us poison for their own profit and withhold from us our right to choose natural therapies for the cure and prevention of illness.

A nation of babies is a dangerous nation, whichever nation that may be. TV culture is greatly responsible for diminishing our ability to question authority and makes us more malleable, more easily led to war. It is no difficult task to send soldiers to kill millions of human beings if all their lives they have renounced autonomous thought and active participation in the decision-making that governs them.

What do most of us really know about politics and economics other than their being annoying or difficult subjects at school? However, these are the forces in society that have a direct effect on whether we are healthy or ill, whether we go to war or remain in peace, whether we live or die. Perhaps it seems simplistic, but if we want to live, if we want to protect our children, then learning more about how we are ‘governed’ is as important as learning how to eat.

The common feeling in this age of overwhelming information and confusion is that if we add any-

thing else to our already stressed agenda our brains won’t be able to cope. Fortunately and contrary to popular belief, making room for a little more information, especially if it is of a life-saving nature, will not make our brains explode.

It is now painfully clear that if the average person does not wake up soon and begin to demand that his or her participation in the decision-making regarding food and health be acknowledged, then the present situation of being poisoned and manipulated by a minority of unscrupulous profiteers risks wiping out vast portions of the world’s population...again...and again.

So, to stay alive and healthy in this troubled age we should do the following things:

\*Ask ourselves what is going on in the United Nations regarding Codex Alimentarius, the supplements issue, and write to them insisting that they respect our right to choose.

\*Inform ourselves about the decision-making that is also taking place above our heads in the European Parliament which, like Codex, is conspiring to destroy the supplements market. Americans, Canadians and South Americans included – what passes in Europe may well also come to pass in the New World. Let’s not forget that these are global and not simply national forces.

\*Write to our local and national governments demanding that they refuse to implement these insane laws regarding supplements which will annihilate our right to choose how we take care of our own health, something which is our most basic human right and which no government, no governing body, no matter how “qualified” may take away from us.

\*Join the Global Health Freedom Movement and the many grassroots associations all over the world that have been campaigning for our health rights for many years.

And remember the wise words of George Bernard Shaw: “Liberty means responsibility. That is why most men dread it.”

*Emma Holister* 

## Friends of Freedom

presents

International Health Freedom Symposium  
September 6 & 7, 2003  
Held in Toronto  
See our website at [www.friendsoffreedom.org](http://www.friendsoffreedom.org)  
for more details or call 1.888.872.7035



Health Canada attacks MSM, a key ingredient in Biomedica’s “Recovery™”

Once again Health Canada has reared its ugly head and attacked MSM. MSM is the key ingredient in Biomedica's successful product called “Recovery™”.

Biomedica Laboratories Inc. has recently introduced to Canadian health food stores a new and innovative product line based on the principles of Biostructural Medicine. Biostructural medicines work in two distinct ways: by increasing the cell’s receptivity to anabolic (building) compounds such as insulin and thyroid hormone, and by reducing catabolic (destroying) action due to oxidation.

Biomedica’s flagship product, Recovery™, is already recognized throughout North America for its quality and efficacy in halting inflammation and pain associated with arthritis and other degenera-

tive conditions. All Biomedica’s products contain Nutricol®—a proprietary blending of powerful bioflavonoids that help to quell the inflammation that contributes towards cellular malfunction and tissue damage.

From coast to coast, across North America, health professionals and the public have let Biomedica know by letter, e-mail and phone how Recovery™ with Nutricol™ has helped them overcome seemingly insurmountable health problems in just a few weeks. (Please refer to the company’s website, www.recoverymedicine.com) Recovery™ may be taken alone or in combination with prescribed medications, as it is completely food-based.

Biomedica’s mission and mandate is to expand its line of leading edge food-based non-drug medicines and nutritional products to

encompass complementary and effective treatments for today’s leading health problems. These include heart disease, immune suppression and cancer. To this end, the company has recently introduced Immune Fx\* to enhance the immune system, and Provascin for cardiovascular support.

Biomedica Laboratories Inc. (provincially incorporated in 2001) is a privately owned biopharmaceutical company located in the peaceful Cowichan Valley on Vancouver Island in British Columbia, Canada. Biomedica Laboratories Inc. is a sister company of The Nutraceutical Medicine Company Inc. (federally incorporated in 1999).

The company’s innovative products are designed to enrich people’s lives and to help them live

longer, healthier, and more productively. Products developed by its Animal Health Division are formulated to enhance the health and well being of companion and working animals.

For more information see our website:www.biomedicallabs.com or call 1-866-334-2463.

Trueman Tuck



Truehope, a leader in the treatment of bipolar disorder

Each year some one million people worldwide die by their own hand—30 thousand in the US, 3,500 in Canada, and 120,000 in Europe, most as a result of depression or bipolar disorder. The true figures are probably many times higher, disguised as a death by accident and death by risky behaviour.

Bipolar disorder has been treated in the past by a variety of drugs including Lithium. Truehope has developed a successful herbalistic treatment for this disorder.

One such person who has found relief from their disorder is Suzanne of Ontario. She writes:

I’m a daughter, a sister, a wife and

a mother. I’m a worker, taxpayer, a student, a friend and I’m bi-polar. If you were to see me on the street you would not know that I have struggled with a very real and devastating mental illness. I have taken product called Empowerplus for two and half years now. It gave me my life back. I was skeptical in the beginning but I had lost everything already, including my dignity and pride, so I gave the product a try. Before Empowerplus, I struggled so much with the symptoms of the disease that I was not able to study, work, mother or feel alive.

As a patient you trust that the doctors know best and will fix the chaos that the disorder causes. But that calm never comes. Every day is a struggle, you can’t sleep, eat, or socialize, and withdraw from society out of shame. The drugs, even with the most genuine effort of my doctor, offered no hope. One can barely function at all on them. I thought life and health was

for others but Empowerplus has given me the health I always dreamed of.

Health Canada wants to take away my state of wellness by sending me back to drugs. This is irresponsible and dangerous. I have not been a burden on our health care system for two and a half years. One of the greatest health care costs is mental health services. They are never a one shot deal but rather a glum litany of office visits, blood tests, hospitalizations, etc. I pay for may Empowerplus myself. There is no cost to the taxpayer, and I’m working, studying and paying taxes. I’m productive and happy yet Health Canada wants to take this all away. To protect me from what – good health?

For more information log onto www.truehope.com or call 1-888-878-3467.

Peter Helgason



Meet a Health PROFESSIONAL



JIM STRAUSS Master Herbalist

The Strauss family have been herbalists for eight generations and the medicines that they produce today are as a direct result of a resurgence of their Austrian herbal tradition, which dates back to the 1700s.

In the early 1900s, “Modern Medicine” was being accepted as the way of the future, and families with long histories of herbal medicine were leaving the herbal field, feeling that technology would provide better health care than they were able to. Jim Strauss Sr. was trained in the family tradition, but on growing up, chose a career in heavy industry instead.

After he had his heart attack in 1979, at age 56, Jim was not able to walk, or to sleep lying down. He was told that he would not survive without drugs and surgery. This was enough motivation that, with his son, Peter’s help, he was able to review the old family recipes to formulate what is now Strauss Heartdrops. In less than a year, he was fully recovered, and felt the need to share this product with the world.

As a result, today, there is a huge market, developed mostly by word of mouth, of people that have used Strauss Heartdrops® to enhance not only their own lives, but also those of their friends and families. Over one million bottles have been sold.

Unbelievable, it is Health Canada that still insists that they have the right to impose censorship on information that affects the health of Canadians, and are prosecuting companies with effective natural health products.

Health Canada, Revenue Canada, Agricultural Canada and the BC Medical Association all have or are trying to close Strauss down.

Marilyn Nelson



Please donate to Freedom of Choice in Health Care Legal Fund

See www.freedomofchoicecanada.org for details on the three current legal actions.

Amount Donated: \_\_\_\_\_

Cheque enclosed ☐ Credit Card \_\_\_\_\_ Exp. \_\_\_\_\_

Mail to: P.O. Box 22100, Belleville ON Canada K8N 5V7

WISA

The Friends of Freedom INC.

The Voice of the People

Our Mission: “To help people live healthier lives by ensuring individual Freedoms are protected.”

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Membership Information

Our basic annual membership fee:

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

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

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

Name: \_\_\_\_\_ Organization: \_\_\_\_\_ Address: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_ Telephone: \_\_\_\_\_ Membership Dues: \_\_\_\_\_ Extra Donation: \_\_\_\_\_ Enclosed: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

WISA