



## Dearest Friends,

Firstly I would like to wish you all a very happy, healthy and prosperous new year filled with love and laughter. By the time you receive this newsletter I will be in India with my mother. My dearest father passed away and left us for more heavenly pastures on the 15<sup>th</sup> of December. I will be with my mother for as long as she needs me. As I will be out of the country, it will not be possible for us to provide the support service that we have been.

If you have any queries, or require any help please contact Don and Mary on 020-8954-9910. They are both very helpful and will be of great assistance. They are also very knowledgeable.

For those of you who know Neelam and Yan, do call them as are incredibly helpful and are always up to speed on the latest. I would also like to congratulate them on their efforts in bringing human values, health and nutrition in educational circles. Both Yan and Neelam are dedicated to providing a better future for children and adults. We are indebted to their efforts. (They have also compiled an information sheet on ADHD, please contact them on 01233-620-509 for more information.) Please do support them as the future of our children is at stake. Once again *thank you Neelam and Yan.*

## Update

As you all know European and International legislation is proposing to:

- Ban over 300 natural ingredients from free sale
- Restrict the dosage level of 'approved' nutrients to levels that will render them ineffective
- Ban herbal remedies for no other reason than that they don't have a 30year history of use
- Ban any statements about the effectiveness of nutrients in dealing with disease
- Give governments the right to re-classify safe and effective natural remedies as medicines - at will

## the good news is

2002 has seen many advances in the scientific proof of the effectiveness of natural remedies. This year, not only have independent, unbiased research

scientists published papers that attest to the powerful healing properties of these side effect free natural substances, but even the pharma-infested American Medical Association and World Health Organisation have been forced to admit to their health-giving properties.

*This increased acceptance of natural remedies comes as a direct result of the publication by Dr Rath of the results of his groundbreaking research into the natural treatment of cancer earlier this year and his continuing pioneering work in the field of cardiovascular disease, for which he has been granted the world's first natural therapy patents.*

On 8th March 2002, following thorough validation, Dr Rath announced his breakthrough in the natural treatment of cancer in the world's largest newspaper, USA Today. Within weeks, the World Health Organisation published a report (<http://www.who.int/hpr/nutrition/ExpertConsultationGE.htm>) that contains the following statement:

*"Nutrition is coming to the fore as a major modifiable determinant for chronic disease, with scientific evidence increasingly supporting the view that alterations in diet have strong effects, both negative and positive, on health throughout life. Most importantly, dietary adjustments can not only influence present health, but determine whether or not an individual will develop diseases such as cancer, cardiovascular disease, and diabetes, much later in life."*

Throughout this year, many new studies have been published in newspapers and magazines attesting to the efficacy of natural remedies in the treatment of widespread diseases such as cardiovascular disease and cancer.

Perhaps the most significant event, however, was the statement by the American Medical Association published on 19th June 2002 (<http://jama.amaassn.org/issues/v287n23/abs/jsr20001.html>). After more than 20 years of flat denial and outright opposition, the AMA finally announced that the health of every adult citizen of the United States would benefit from the taking of a daily vitamin supplement.

WITHOUT DR RATH'S GROUNDBREAKING WORK IN THE FIELD OF NATURAL HEALTH, NONE OF THIS WOULD HAVE BEEN POSSIBLE.

*However*, those of us who exercise our fundamental human right to choose safe, effective and side effect free remedies over toxic and sometimes life-threatening pharmaceutical drugs cannot afford to be complacent. Yes, we have achieved some victories, but the battle continues to rage on many different fronts.

The European Commission, under the influence and concerted lobbying of the pharmaceutical 'Business With Disease' is pressing forward its legislative campaign to ban all access to natural remedies. Ignoring over 600 million democratically registered votes in favour of natural therapies.

Even more serious is the work of the joint UN Food & Agriculture Organisation/World Health Organisation's Codex Alimentarius Committee (<http://www.codexalimentarius.net/>). Codex intends to apply rules similar to those of the EU in respect of vitamin and mineral supplements (restriction of dosage levels to ineffective amounts) in all UN member states worldwide. Whilst the Codex rules are designed as regulations for member states to follow, the consequences of non-compliance are so aggressive (trade sanctions, credit restrictions and trade embargoes) that all UN member states are likely to follow them to the letter, making Codex rules often more effective than national laws.

Thanks to your fantastic support last year in both the email campaign and at the protest meeting in Berlin, the Codex Commission was forced to suspend action on their plans to ban vitamins and minerals worldwide. However, these plans are back on the agenda again this year and Codex is taking no chances. Two very large, pharmaceutical industry financed studies have been published this year, promoting more drug use and rubbishing natural remedies. Both studies

(<http://www.ctsu.ox.ac.uk/~hps/> and <http://news.independent.co.uk/uk/health/story.jsp?story=341747>) state that statins are 'the new aspirin' and should be taken by many more people than they currently are and the earlier study came to the conclusion that 'vitamins are useless' in treating disease. The pharmaceutical industry's friends in the media made sure that these reports received far more prominent coverage than anything about the real health effects of natural remedies and consequently, the casual observer could be forgiven

for thinking that statins work and vitamins don't. Shame the media forgot to mention that statins kill people and that, if more and more people take them, more and more people will die. Still, think of the profits for the pharma-cartel and the advertising revenue for the media.

This campaign to promote killer drugs at the expense of life-saving natural remedies received further support from the World Health Organisation last week. Its World Health Report 2002 (advance details available at:

<http://www.who.int/mediacentre/releases/pr83/en/>) will repeat the dogma that statins are the key to the future health and happiness of the world's populations - but will not mention the fact that they cause muscle wasting diseases, liver damage and death. After all, they don't want to upset their friends in the pharma-cartel do they?

So, friends and supporters, the time is here once again for you to 'man the barricades!' As more and more people around the world start to use safe, effective and side effect free natural remedies that become a vital part of their personal healthcare regime - and stop using so many pharmaceutical drugs - the financial interests of the 'Business With Disease' dictates that the industry try to protect itself from this threat to its markets. It does this by influencing policy-makers around the world to enact legislation that will both ban natural remedies for all time and further support the sales of pharmaceutical drugs. The killing fields thus get bigger and bigger and extends into ever more countries.

You can help by writing a personal letter to all Codex delegates (check <http://www.dr-rath-foundation.org> For contacts.) and your mp demanding:

- ✿ The immediate withdrawal of all rules/legislation that in any way affects the free sale of natural remedies anywhere in the world
- ✿ The introduction of rules/legislation that actively promotes the widespread use of natural therapies in the public health programmes of all UN member countries
- ✿ The immediate removal of any rules/legislation from the statute books that promotes the use of pharmaceutical drugs where a safer and more effective natural remedy is available (for example in treating high blood pressure, cardio-vascular disease or cancer)

In some ways things never change there is always a cause to fight for. There is always good and bad. It is important not to become complacent or to stop



# essential focus

love your body mind and spirit

caring, at the same time it does not help to despair. We are very positive about the present and the future.

*"Disastrous mismanagement of our soil and intensive farming methods have created such poor food quality that high-dose supplements are not a luxury, but the bread and butter of robust good health."*

Lynne McTaggart, Editor of What Doctor's Don't Tell You

The British Medical journal is overflowing with data of the benefits of nutrition and supplementation. Yet Doctor's have no incentive to read this or learn more, after years of studying about drugs, they allow themselves to be brainwashed by the lie. Forced into giving only 7 minutes per patient how can they diagnose let alone prescribe?

It is becoming increasingly important to take good quality supplements like Maximol and Revenol.

*One of the frequent queries* we get is that about the price of Neways products. We have done a lot of market research and have come to the conclusion that for value for money neways products cannot be beaten.

- ♥ The quality, purity, safety and effectiveness of the products are exceptional
- ♥ Neways has a strict policy whereby all the products have no cancer causing agents
- ♥ None of the products are irradiated
- ♥ Neways is committed to research and development
- ♥ The products are fully biodegradable and are never tested on animals
- ♥ Neways is an environmentally conscious corporation and follows good manufacturing procedure.
- ♥ Neways does not release harmful or toxic fumes into the environment; does not release heavy metals into the water; and does not release harmful waste by-products as a result of their manufacturing procedures.
- ♥ Does not contain any genetically modified ingredients
- ♥ The goods are not made in 3<sup>rd</sup> world countries employing cheap labour
- ♥ The ethics of this company are truly commendable

You get what you pay for. (Many buy products because they are cheap, but what is the point if they do not work and worse still if they are harming you and your family, it is a sheer waste of hard earned money) But with Neways you get much much much more. You get caring attention, consideration not just for the human body but also for the environment. It is a truly amazing company in this day and age. You are paying for products that fund compassionate projects that take nutrition out to villages in Africa. It is a company that believes in people and only gives them the best. When the Chernobyl disaster took place Neways sent supplements for the children who had lost their sight due to radioactive damage, so that they could see again. Tom was then recognised by the Russian government not only because the supplements worked but also because he cared. Fortunately neways is not alone and we are seeing many such companies who care.

Another frequent question is; **what are the bare essentials?**

What we suggest is Maximol as the basic supplement with Revenol as the perfect antioxidant. In the personal care range we recommend the toothpaste, the shampoo and conditioner, the refresh shower gel and as all purpose cream Rebound. As a body moisturizer I suggest Almond oil.

## *Common sense*

*I remember recently having a conversation with someone who said that, "We are all going to die anyway..." This is true, as you never know when your time is up. Yet I cannot help but point out that what you do now affects your whole life, you children's life, and your future. These are simple things, good old common sense. For example Grandma has diabetes and she continues to feed her grand children sweets, ice cream and custard tarts. Now she is also taking calcium supplements and doesn't tell her daughter that osteoporosis begins at 35. Dr John Lee author of several books on hormones says and writes, "All diseases are childhood diseases", they are the mistakes of bad habits and lack of nutrition, 20-30-40 years later bang - Cancer, Osteoporosis, Diabetes, Heart Disease visit us." Now if we had some common sense we would make sure that our children were given correct nutrition, including calcium. We would ensure that they were not using toiletries that*



*had harmful ingredients and we would eat more fruits, vegetables and drink pure water. We would spend time relaxing, resting and having FUN. It seems we have sacrificed common sense for pinching pennies, satisfying our taste buds and believing the story of suffering. The stress we hold on to is crazy. What happened to common sense?*

**Another statistic** that has come to my attention is the falling rates of students applying to study medicine. It is becoming known that Doctor's who care and there are many of them, have become jaded, frustrated and pushed into situations they dislike, worse still they have been discredited. I feel for these professionals who have been hoodwinked into a dishonorable role that was supposed to have honor.

Yet I feel we have many reasons to be positive. We are living in exciting times as we are seeing medicine change and evolve to include traditional and ancient healing methods, breakthroughs in biochemistry and profound insights into the body.

## The Incredible Chi Machine

I would like to thank Jean deeply, a very dear friend of ours who introduced me to the Chi Machine. This passive aerobic exerciser has really improved the quality of my life. It has been subject to extensive clinical trials and medical research. It is quite remarkable how it stimulates circulation and lymph drainage. Relieves pain and tension in the back, neck and shoulders. Relaxes nerves, muscles and joints. Firms hips, thighs and abdomen. Supports weight loss. Promotes sound, restful sleep. In the next issue on my return from India, I will elaborate further. I am taking mine out to my mother in India. If you want to know more you can email me. Or you can leave a message for me at 01424-427-919.

**For the New Year we wish you Inner peace and Joy**

**The Signs of Inner Peace are as follows**

- \* Frequent Attacks of smiling
- \* A loss of interest in conflicts
- \* A loss of interest in judging self
- \* A loss of interest in judging other people
- \* An unmistakable ability to enjoy each moment
- \* A loss of interest in interpreting the actions of others
- \* Contented feelings of connecting with others and nature
- \* Loss of ability to worry (This is a very serious symptom)
- \* Increased tendency to allow rather than force things
- \* Frequent, overwhelming episodes of appreciation
- \* A tendency to think and act spontaneously
- \* An increased susceptibility to the love extended by others and the uncontrollable urge to extend love all around