


### BREAKING NEWS... Wondering why some supplement ranges are shrinking?

Many companies choosing to break into the EU food supplements market are meeting a barrage of obstacles. Most companies facing these challenges aren't prepared to disclose their problems. Check out [Dr Rob Verkerk's piece](#) that identifies some of the biggest challenges companies face, seen through the eyes of fictitious character, Grace Speed.

### Resisting the big push to keep sugar, grain and carbs high on the menu

Comparison of UK Eat Well, US MyPlate, Harvard Healthy Eating Plate and ANH FoodHealth Plate (Colour coding denotes compatibility with likely prevention of metabolic disease risk based on current nutritional and related sciences, where green = good, amber = acceptable, red = poor)



Food/beverage group	UK Eat Well Plate	US MyPlate	Harvard Healthy Eating Plate	ANH FoodHealth Plate
Grains/whole grains/starchy carbs	33% Excessive starchy carbs. Inadequate guidance on removing glycemic load or risk of gluten intolerance	24% Excessive grain-based, starchy carbs. Inadequate guidance on minimizing glycemic load or risk of gluten intolerance	23% Generally OK, but inadequate guidance on minimizing glycemic load or risk of gluten intolerance	10% Important recommendation on minimizing glycemic load and reducing non-starchy veg sources
Vegetables	33% Does not distinguish between veg or fruit. High fructose veg intake (also means intake of sugar). Inadequate guidance on type or preparation	24% No distinction between starchy root veg and other veg	31% Amount and minimising potato sources good. Could include more guidance on preparation and limiting other starchy	40% Recommendation for intake of 5 colour groups daily. Consumption of some fermented plant foods recommended
Fruits	13% Insufficient protein intake as guidance on type and quality of protein sources	20% No distinction on types or colour. Excessive amount relative to veg	14% Appropriate amount and recommendation of diversity, but insufficient guidance on type or colour diversity	10% Insufficient guidance on quality, amount and preparation
Protein sources	Included in other foods	Included in other foods	10% Guidance on low intake, and insufficient guidance on healthy, high-relevant fats for women (fruits, coconut oil, ghee, butter if tolerated)	10% Includes guidance on amount and quality of healthy fats
Fats	13% Excess of saturated fat consumption among vulnerable groups. Inappropriate recommendation of low-fat diets, risk of excess sugar intake	12% Recommendation for adult consumption of 3 cups of low-fat dairy a day excessive for most people. May lead to excess consumption of hidden sugars	0% Good to not encourage dairy consumption	0% Highlights risk of intolerance and does not encourage dairy consumption
Dairy	8% Foods and drinks high in fat and/or sugar. While these foods and drinks may be commonly consumed, they should not be recommended	Not applicable	Useful physical activity recommendation. The guidance on food preparation or frequency	5% Recommendation on quantity (and quality) of water, to be consumed largely between meals
Water/beverages	8% Foods and drinks high in fat and/or sugar. While these foods and drinks may be commonly consumed, they should not be recommended	Not applicable	Useful physical activity recommendation. The guidance on food preparation or frequency	5% Herbs, spices and supplements. Recommended careful use of fresh herbs and spices along with other concentrated sources of nutrients (including supplements). Guidance on food preparation, avoidance of processed foods and food frequency. Given advice relates to food only, no advice regarding included
Other	8% Foods and drinks high in fat and/or sugar. While these foods and drinks may be commonly consumed, they should not be recommended	Not applicable	Useful physical activity recommendation. The guidance on food preparation or frequency	5% Herbs, spices and supplements. Recommended careful use of fresh herbs and spices along with other concentrated sources of nutrients (including supplements). Guidance on food preparation, avoidance of processed foods and food frequency. Given advice relates to food only, no advice regarding included

A closer look at ANH-Intl's [‘healthy eating plate’ comparison graphic](#) reveals the ways in which government eating guidelines do not reflect recent shifts in nutritional science. Nevertheless, the message has been filtering slowly through to the mainstream that it's an excess of simple carbs in the diet that are central to our current obesity epidemic. But the recent US study at the National Institutes of Health (NIH), and the media response have sparked confusion. Practitioners may be among those dealing with the fallout from the headlines that have just been brandished around the world, claiming that low-fat might, after all, be better than low-carb. But we [highlight 10 flaws](#) in the study which we believe invalidate its overall conclusion. In the meantime, government measures to curb sugar intake are still [falling short](#), and Big Food are doing their darnedest to get their sugar-laden products [off the hook](#). See also [Protein: should we consume more — or supplement?](#) and [Spanish study - do high protein Mediterranean diets kill you quicker?](#)

### Growing concern over HPV vaccine

A powerful [Danish documentary](#) and the UK media's recent publication of cases of suspected adverse reactions to the HPV vaccination in young teenagers, has

highlighted growing international concern about the vaccine's safety. This prompted some [ANH-Intl investigation](#), a [letter](#) to the [UK Secretary of State for Health](#) and [other campaigning](#). See also our book review: [Making a balanced vaccination decision](#).

### Meeting of healthcare thought leaders from around the world

This Spring, an [international healthcare crisis think tank meeting](#) took place in London. It was organised by ANH-Intl and integrative cancer care charity [Yes to Life](#) under the banner NuHealth<sup>2</sup>. It brought together, in London, 11 healthcare thought-leaders from around the world, tasked with making recommendations to address the deepening crisis in mainstream healthcare: Dr Jonathan Wright, Ralph Moss PhD, Dr Vijay Murthy, Dr Rangan Chatterjee, Ben van Ommen PhD, Vivienne Lyfar-Cissé, Smriti Singh, Dr Robin Youngson, Prof Karol Sikora, Michael Ash and Dr Rob Verkerk. A White Paper that brings together key findings from the event is presently in preparation. Its aim is to influence policymakers. [Dr Jonathan Wright](#) later shared 45 years worth of clinical pearls with practitioners.

### Other ANH-Europe News

- [Planning on getting 'high' this holiday - on exercise?](#)
- [Is maternal folate status a risk factor for autism spectrum disorders?](#)
- [UK government stays in the shade with no changes in vitamin D recommendations](#)
- [Alzheimer's experts really want to find a cure: just so long as it doesn't involve vitamins](#)
- [Tracing the life of an eco-revolutionary - "The Seeds of Vandana Shiva"](#)
- [Keto-adaptation for London-Paris in under 24 hours](#)
- [Which foods are most likely to be contaminated by glyphosate?](#)
- [The 'Omics' Revolution: Nature and Nurture](#)
- [B12 deficiency expert calls for urgent changes in healthcare provision](#)
- [Bugs in our soils: the vital link to natural health](#)
- [Why pharmaceutical-dominated medicine fails society](#)
- [Folic acid fears driving up neural tube defect rates](#)
- [Sweden faces major squeeze on natural products](#)
- [UK government finally reneges on promise to herbalists](#)
- [Milk – the good, the bad and the not for everyone!](#)

### **BREAKING NEWS.. New England Journal of Medicine Calls for GMO Labeling!**

A new article published in the prestigious [New England Journal of Medicine](#) (NEJM) [calls on lawmakers](#) to label genetically modified foods. The authors stress that all aspects of the safety of plant biotechnology need to be thoroughly reconsidered. Practitioners can [help ensure](#) that their legislators on Capitol Hill hear about this.

### **Defying Voters' Wishes, House Passes the DARK Act**



The dangerous, biotech-industry-friendly 'Safe and Accurate Food Labeling Act of 2015' –otherwise known as the DARK ('Deny Americans the Right to Know') Act is [on its way to](#)

[the Senate](#). However, the fight is far from over, and ANH-USA urge subscribers to [find out](#) which way their representatives voted on this, and send them an appropriate message accordingly. The bill was "[championed](#) by the Monsantos of the world, not to mention the Big Food industry". It would "preempt state efforts to pass mandatory GMO labeling laws with a completely voluntary standard. It would also block communities and states from banning the cultivation of GMO crops". ANH-USA says "any step forward for this bill is dangerous for the 93% of Americans who want to know what's in their food".

### **Author of Mandatory Vaccination Bill Facing Recall Efforts**

A major recall effort of Senator Richard Pan is [underway in California](#). Many of his constituents are seeking to remove him from office after his infamous pro-vaccine bill "[sailed to victory on the winds of pharmaceutical industry dollars](#)". Sen. Pan would face a recall election, and risk being unable to run in the follow-up election to fill his seat, if the movement garners enough signatures. 35,926 signatures (20% of the total votes cast in the election which secured his seat) are required by the end of December 2015. Other state legislators who supported the bill are also facing recall efforts. This follows the recent [signing into law](#) of SB 277: a bill that was [fast-tracked](#), and that "[would require parents to vaccinate their children in order to send them to public or private school](#)". There was tremendous grassroots voter opposition to the bill, and a [referendum](#) has been initiated to overturn SB277 entirely.

See also: [Why We Can't Trust the Mainstream Media about Drugs and Vaccines](#)

[Government Data on Vaccine Injuries](#)  
[Feds and States Keep Tightening the Screws on Vaccines—Including a New Bill in Congress](#)

### **Why Are Some Supplement Companies Thinking about Giving Durbin What He Wants?**

ANH-USA are [questioning](#) the reasons behind the [news](#) that "[some in the supplement industry are apparently considering supporting a Durbin-style proposal for a supplement pre-market notification system](#)". A possible explanation is that "some supplement companies are seeking to placate industry critics such as New York Attorney General [Eric Schneiderman](#)". An even more sinister explanation is that "[some larger producers are trying to shut out smaller producers who have fewer resources](#)".

### **Other ANH-USA News**

[Hillary Clinton Prescribed a Dangerous Blood-Thinner](#)  
[Are You at Risk From Aluminum Exposure?](#)

[Are Endoscopes and Colonoscopes Killing People?](#)

[FDA's New Sugar Proposal: Not So Sweet](#)

[Senator McCaskill Once Again Targets Anti-Aging Supplements](#)

[Just How Many Conventional Docs are in the Pocket of Big Pharma? The Evidence Is Disturbing](#)

[More Dying Patients Being Denied Access to Dr. Burzynski's Life-Saving Treatment](#)

[FDA "Compounds" Its Attack on Supplements](#)

[Will Big Food Control Nutrition "Science?"](#)

[ANH-USA Takes the Initiative against Monopolistic Dietetics Boards](#)

[New Amendment May Help Save Compounded Drugs](#)

[AMA Prepares Gag Order for Medical Dissenters](#)

[Lactose Intolerant? A Better Milk Is Coming!](#)

[LabCorp To Allow Patients to Order Tests Online](#)

["21st Century Cures" Bill Is Actually a Throwback to the 20th Century](#)

[Is the FDA Now Going After Arthritic Patients and Their Doctors?](#)

**South Africa’s two revolutions: challenging medical apartheid and low fat diets**

In the Spring we [reported](#) that South Africans are facing their own EU-style regulatory juggernaut that is being pushed through the country’s parliament. Natural health practitioners and stakeholders, led by the [Traditional and Natural Health Alliance](#), are working hard to challenge what has been dubbed as ‘medical apartheid’: the controversial Medicines & Related Substances Amendment Bill (or SAHPRA/ Bill 6). The Bill is now being fast-tracked, and the TNHA are publishing an update imminently.

In South Africa too, a [Low Carb High Fat \(LCHF\) revolution](#) has been taking place. Cape Town is at the epicentre, where a 4-day low carb high fat health summit took place earlier this year.

**Forced vaccination in Australia**

It’s clear that the removal of our rights for responsible informed consent to vaccinations is an orchestrated, global phenomenon, with an announcement having been made in [Australia](#) earlier this year. As in California, USA, certain vaccine exemptions will be removed from 2016.



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We thank you for your collaboration, contributions and support as, united, we are better equipped to tackle the mounting, global challenges and threats to natural health, as well as to our fundamental freedoms. Please forward this newsletter to your members, colleagues and interested parties. Please also share widely on your social media networks using our links.

We have recently produced a concise collaborating practitioners’ [position paper](#). Should your organisation of practitioners be interested in [collaborating](#) with ANH International on any of our campaigns, we would very much like to hear from you. Please email Yvonne England, our practitioner liaison, at [yvonne@anhinternational.org](mailto:yvonne@anhinternational.org).

In health, naturally




Yvonne England  
Practitioner Liaison

**For further information:**

ANH International: [www.anhinternational.org](http://www.anhinternational.org)

<http://twitter.com/anhcampaign>

ANH Europe: [www.anh-europe.org](http://www.anh-europe.org)

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