

BREAKING NEWS... Swedish cover-up of HPV vaccine side effects – and more

ANH-Europe's [new article](#) reveals more about emerging concerns over the HPV vaccine. The Swedish Medical Products Agency (MPA) has terminated its surveillance of vaccine side-effects, in the wake of the shocking findings of a Danish study, which found that 60% of vaccinated girls suffer from Postural Tachycardia Syndrome (PoTS).

The ANH-Intl Food4Kids Guidelines

8 food groups every day*
Presented according to approximate proportion by weight



- Non-starchy, multi-coloured veg
- Starchy root veg
- Fruits
- Gluten-free whole grains
- Healthy fats
- High protein sources (animal &/or veg)
- Dairy foods and drinks
- Fresh herbs, spices, supplements

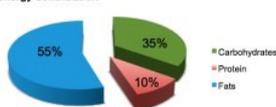
10 Food4Kids guidelines*

1. Macronutrient composition should be approximately 10% protein, 35% carbohydrates and 55% fats by energy contribution daily
2. Eat a 'rainbow' of different coloured vegetables and fruit every day
3. Avoid/minimise 'free' (added) sugars
4. Drink water, not soft drinks or fruit juices
5. Avoid drinks sweetened using non-nutritive sweeteners
6. Avoid all ultra-processed and refined foods
7. All whole grains should be gluten-free
8. Check for dairy intolerance and avoid dairy if intolerant
9. Avoid over-cooking or charring foods
10. Include concentrated nutrients daily

* Find out more at: <http://anhinternational.org/2015/10/21/15150>
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Daily macronutrient composition
Presented according to approximate energy contribution



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How and why we need to change our approach to healthcare

Can mainstream healthcare be [remodelled](#) to function within a more integrated and lifestyle driven framework? A more patient-centred, functional medicine focus is required in order to address chronic disease effectively.

Are you an unwitting victim of Endocrine Disrupting Chemicals?

ANH-Intl raise awareness of the risks of [endocrine disrupting chemicals](#), and give tips on how to reduce exposure.

More natural than ever - at Camexpo, London

Practitioners who missed out at Camexpo this September, can [catch up](#) on key points, downloads and outlines of the events in which ANH-Intl participated. Rob Verkerk PhD, gave two presentations, participated in a 'Yes to Life' panel debate and, along with our executive coordinator Meleni Aldridge, ran a 'business clinic' for practitioners.

Other ANH-Europe News

[The Mediterranean Diet: is it as healthy as it's cracked up to be?](#)

[The bitter truth](#)

[The chameleon that is Coca-Cola faces British heat!](#)

[Will Europeans continue to resist the global GMO crop agenda?](#)

[United Nations Sustainable Development Goals: Better for who?](#)

[UK Government committee side-lines new vitamin D science](#)

[Q: What is Britain's 3rd biggest killer? A: Prescription psychiatric drugs](#)

[What might Corbyn's election mean to your freedom of choice in healthcare](#)

[Too fishy for words](#)

[New diabetes breakthrough - or new tech for Big Food?](#)

[Coconut oil - miracle wonder food or 'sat fat' nightmare?](#)

I [Ten reason why the NIH have it wrong in the fat vs carb debate](#)

The ANH-Intl Food4Kids Guidelines: Re-thinking what our kids are eating

Since launching our adult [Food4Health plate](#) in February, many parents have asked about healthy eating guidance for children. So we've launched our [Food4Kids guidelines](#), providing advice based on published science, international guidance from health authorities and the benefit of experience from large numbers of nutritionists, clinicians and parents with whom ANH-Intl is associated. Most kids are reliant on carbohydrates and sugars as their main sources of energy – causing unprecedented levels of metabolic disease and tooth decay. Our 10 new guidelines put healthy fats firmly back in the driving seat as children's key energy source:-

1. Macronutrient composition of protein, carbohydrates and fats should be approximately in the order of 10%, 35% and 55% respectively of daily energy
2. Eat a daily 'rainbow' of plant nutrients from whole fruit and vegetable sources
3. No more than 5% total daily energy from 'free sugars'
4. Drink water, not soft drinks or fruit juices
5. Avoid drinks containing non-nutritive sweeteners
6. Avoid all ultra-processed and refined foods, especially those carb-based or containing hydrogenated/ trans fats
7. Choose gluten-free whole grains
8. If there are any suggestions of dairy intolerance, all forms of dairy should be avoided
9. Avoid heat-damaging or charring foods
10. Include concentrated nutrients: fresh or good quality, non-irradiated herbs and spices, and some supplements.

BREAKING NEWS.. Stop Crony Nutritionists' Power Grab

[ANH-USA](#) have sent letters to key lawmakers in over a dozen states, who have the power to change the actual laws currently on the books governing how state dietetics and nutrition boards operate. They will also work with legislators to amend state laws to reflect recent court victories. Watch the [video](#) and [participate](#) in the State-based Action Alerts.

HHS Says Supplements Send 23,000 People to the Hospital ER! Each Year!



During October, the mainstream media used a new study funded by the US Department of Health and Human Services (HHS) to renew the false charges that supplements are unregulated, unsafe, and require more federal oversight. [ANH-USA looked at the data](#) provided in the study. Once again, the alarmist

headlines and the calls for tighter regulations are completely unsupported by the evidence. ANH-USA highlight various facts, figures and discrepancies. According to the Centers for Disease Control and Prevention (CDC), there were actually only 3,249 supplement-related adverse event reports submitted to the FDA in 2012, either from doctors or hospitals—not 23,000 as the study claims. ANH-USA stress that supplements have an exemplary track record of safety, *“considering that about half of all Americans—about 150 million people—use dietary supplements, even the inflated 23,000 number represents only about 0.015% of dietary supplement users. Pharmaceutical drugs, on the other hand, even when properly prescribed, cause an estimated 1.9 million hospitalizations and 128,000 hospital deaths each year”*.

[Tell HHS to Stop](#) Its Smear Campaign Against Supplements!

Expected New “Blockbuster” Alzheimer’s Drug

Could Eli Lilly’s potential new [blockbuster drug](#) for Alzheimer’s explain why brain supplements are suddenly under attack? With solanezumab currently in the third and final phase of FDA trials does the FDA want to clear away the competition for the new drug? Especially with natural therapies showing great promise for the disease, and the work of Dale Bredesen MD at the center for Alzheimer’s Disease Research at UCLA.

[Tell the FDA](#) and if you’re in Oregon or Missouri, tell

the Oregon AG and Sen. McCaskill too) that picamilon is not a synthetic drug but a combination of natural ingredients that must continue to be freely available. See also: [“Is the New Attack on Brain Health Supplements Putting Thousands of Other Supplements at Risk?”](#).

Why Is the FDA Smothering Innovation in Lab Testing?

It seems the FDA may be doing everything it can to [throttle laboratory-developed testing](#) (LDT) testing innovators to protect large, established testing companies and hospitals, which have been funding their deficits, in part, by charging exorbitant prices. [Write to the FDA](#) and tell them to stop harassing Therasys, 23andMe, and other LDT innovators.

Other ANH-USA News

[Horrible Disease Creeping into the US](#)

[“Nail in the Coffin” for Calcium Supplements?](#)

[Feds Taking Kombucha Off Shelves?](#)

[FDA Fires Its First Shot at Laboratory Developed Tests](#)

[Victory for Supplements—and Free Speech—in Bayer Case](#)

[Big Food Once Again Tries to Muscle in on Kids’ School Lunch Trays](#)

[Whole Grains Are Better for You than Processed Grains—Right?](#)

[New Evidence that Antidepressants Are Causing an Epidemic of Violence](#)

[Organics Board to Review GMO Vaccines for Animals, Pesticides Allowed in Food](#)

[Is Raw Milk Cheese About To Get The Axe?](#)

[Think You’re Buying Raw Milk Cheese? Maybe Not.](#)

[New Congressional Bills Aim to Protect Consumer Access to Raw Milk](#)

[GOP Candidates Criticize CDC Vaccine Schedule Cronyism is Putting Diabetic Patients at Risk](#)

[Whom Do You Trust? Mom Bloggers? Scientists?](#)

[Bioidentical Hormones Threatened](#)

2 [Are Your Casual Clothes Toxic?](#)

[Crony Dentistry Once Again Puts Children at Risk Fracking Fluid for Dinner?](#)

6th International Conference on the Science of Nutrition in Healthcare

[Registrations](#) are invited for the Australasian College of Nutritional and Environmental Medicine's (ACNEM) [6th International Science of Nutrition in Medicine and Healthcare Conference](#): 30 April to 1 May 2016 at the Sofitel Wentworth Sydney, Australia. The conference will bring together *“the medical, nutrition and scientific communities to explore the clinical application of the latest research and new concepts in nutritional, genetic and genomic science”*.



AIMA’s 2015 Annual International Integrative Medicine Conference videos and slides released

The Australian Integrative Medicine Association (AIMA) held its 21st annual international conference in July. Practitioners can [view](#) the video recordings and presentation slides on the AIMA website. Read other [AIMA news](#) on their website.

Academic Consortium for Integrative Medicine & Health: Las Vegas event

[Members meeting](#): May 15-16, 2016
[International Congress](#): May 17-20, 2016



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.

In health, naturally



Yvonne England
Practitioner Liaison

For further information:

ANH International: www.anhinternational.org

ANH Europe: www.anh-europe.org

ANH USA: www.anh-usa.org

<http://twitter.com/anhcampaign>

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