

BREAKING NEWS...

UK Chinese medicine practitioner group sue over loss of herbal products

The Association of Traditional Chinese Medicine and Acupuncture UK (ATCM) [intends to challenge](#) the UK Medicines and Healthcare products Regulatory Agency, who have now [announced](#) the end of the sell through period for unlicensed herbal medicine products. Traditional sector concerns have largely been ignored.

Vitamin D benefits dismissed by British Medical Journal



A recent British Medical Journal (BMJ) editorial has dismissed almost all of the health benefits of vitamin D, and the authors have warned against the “false reassurance” of supplementation. Yet

even the European Food

Safety Authority (EFSA), with its pharmaceutical-style approach to evidence substantiation, found enough amongst the wealth of research to authorise seven Article 13(1) vitamin D health claims, including the contribution of vitamin D to normal muscle function, normal function of the immune system, and its role in the process of cell division.

In our view, the BMJ article reveals more about the weakness of mainstream ‘single agent’ thinking on nutrients, and the limitations of the randomised control trial (RCT) than it does about the state of vitamin D research. RCTs are fairly well suited to examining the effects of drugs – i.e. highly purified, usually single-ingredient therapeutic agents – but we all know they come unstuck when looking at the synergistic effects of complex nutrients, the multifactorial nature of the human body, and the variability in the nutrient status of populations. More in ANH-Europe’s [feature](#).

Multiple sclerosis is not a life sentence

Linda Bloom became severely ill with MS, and regained full health after discovering the work of Professor George Jelinek. She set up the charity Overcoming Multiple Sclerosis (OMS) to help people in the same situation using Prof Jelinek’s diet and lifestyle-based approach. [Read Linda’s story](#) in this exclusive ANH-Intl interview.

Is eating protein really as bad as smoking?

A study published in Cell Metabolism appears to show increased mortality linked to high animal protein intake. [ANH-Europe take a deeper look](#).

UK Practitioner takes action over advertising watchdog bullying

UK hormone health specialist and author Alyssa Burns-Hill, PhD has [taken action](#) after unfair treatment by the Advertising Standards Authority (ASA). After an ASA ‘ruling’ required her to remove wording from her website, Alyssa said “I was pushed to the edge by the ASA and I know that I am not alone...”. Alyssa has released a [video](#) – essential viewing for those who want to understand more about this UK regulator that acts as if it were a government body. Its methods lack transparency and fail on numerous occasions to stand up to scientific scrutiny. Tactics that are frankly tantamount to bullying. Alyssa has also set up an HM Government [e-petition](#) calling for appropriate oversight of the ASA. [Take action](#) and share widely if you have similar concerns.

Other ANH-Europe News

[Ingrid Eissfeldt on the madness of mainstream gluten-free bread](#)

[Homoeopathy haters and the RCT religion](#)

[Is the precautionary principle at risk of being eroded by Big Biotech?](#)

[The Chorleywood Process and the rise of Real Bread](#)
[Bad week for Big Pharma!](#)

[Needling the concept of universal vaccination](#)

[Glucosamine salt of active folate gets novel food green light in the EU](#)

[ANH-Intl interviews cPNI practitioner Jamie Richards: Facilitating health choice to navigate out of denial](#)

[The corporate endgame: Why you should be concerned about TPP and TTIP](#)

[Herbalists are not the only herb users: What will UK herbal regulation mean for other practitioners?](#)

[EU reform of the EU Novel Food Regulation: Will it present a lesser or greater barrier for non-EU botanicals?](#)

[FDA nudges further towards EU and Codex in proposed changes to supplement rules](#)

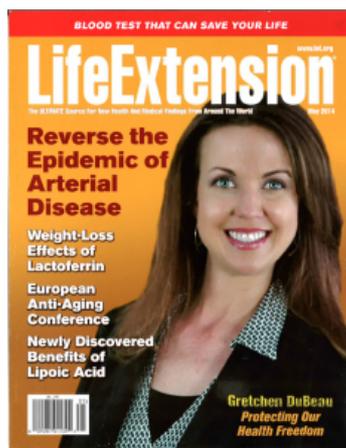
[ANH Book Review: “Off Balance: The American Way Of Health” by Dr Leyla Ali, PharmD](#)

[UK herbalist regulation: Statutory, voluntary or the status quo?](#)

BREAKING NEWS.. Vermont Passes No-Strings-Attached GMO Labeling Law!

The Vermont legislature [passed](#) a bill on April 23rd mandating that all GMO foods be labeled by July 2016. The legislation is now due to be signed into law by Governor Peter Shumlin. GMO product labelling in Vermont is not dependent on nearby states also passing GMO labelling laws, unlike in Connecticut and Maine.

Doubling donations to protect supplement access



ANH-USA's vital work defends consumer access to dietary supplements, healthy foods, natural treatments and practitioners. Their proactive efforts rely entirely on donations. A very generous donor has now offered to match all tax-deductible donations to ANH-USA from *Life Extension* readers, up to

\$100,000. This means if *Life Extension* readers collectively donate \$50,000 to ANH-USA, this donor will donate another \$50,000—up to \$100,000!

[Read more](#) in ANH-USA's article, and [click here](#) to donate. Qualifying donations earn donors an exciting pack of healthy living merchandise! All gifts are deeply appreciated. Thank you.

The FDA and poor supplement science

The US Food Drug Administration is overhauling dietary supplement labeling guidelines. Amongst a catalogue of errors, they only recognise only one form of [vitamin E](#), alpha-tocopherol, as biologically active — when in fact there are eight: four tocopherols (alpha, beta, delta, and gamma) and four tocotrienols (alpha, beta, delta, and gamma). Vitamin A is also in the firing line, as Robert Verkerk PhD [points out](#) “It’s a travesty that the FDA thinks the only beneficial role of beta-carotene is its conversion—variable as it is according to its source and the individual—to vitamin A. It also appears to have completely ignored the key roles of other provitamin A and non-provitamin carotenoids.” This and other outdated science could create serious risks for consumers.

See ANH-USA's [folate](#) and [labelling](#) Action Alerts.

Folate and pharma’s monopoly

FDA guidance released in March on the revision of nutrient and supplement labels revealed that the term

‘folate’ will be [banned](#), whilst folic acid’ will be permitted — most likely a back-door move to ban the natural form of this essential nutrient. It seems the drug industry may want folate all to itself, and that it could be a ploy to make billions on a new, patented [SSRI/folate combination drug](#). Merck already hold 6 patents on natural folate! Please [take action](#).

Big Food’s sugar wars

ANH-USA put Big Food's bickering [under the spotlight](#), and set out plenty of facts about sugars, HFCS, artificial sweeteners, and sugar addiction. See also the [Action Alert](#) to tell Congress to Repeal the Sugar Program.

A Third of Americans Say Government Is Suppressing Access to Natural Cures

According to online survey results published in *JAMA Internal Medicine*, we are unscientific and foolish medical conspiracy kooks if we are concerned about government limitations on our access to natural treatments and dietary supplements, or are alarmed by the safety and integrity of our food system, or worried about fluoride in the food supply.

[Read more](#) in ANH-USA's article.

Other ANH-USA News

- [Freedom of Speech about Health Is Gone in Europe](#)
- [Popular Antidepressant May Promote Breast Cancer](#)
- [The Breast Cancer Industry Is Deceiving Women](#)
- [How Big Pharma and the Media Sell Junk Science](#)
- [Something Else You Should Know about Your Milk](#)
- [Are We About to Make Criminals Even More Violent?](#)
- [Deadly Medicines: Organized Crime?](#)
- [How Do You Take Your Coffee or Tea: with Milk, Cream, or...Butter?!](#)
- [NPR \(and Other Major Media\) Spreads Serious Falsehoods About HPV Vaccine](#)
- [Grassroots Victory: Your Activism Could Save Liza’s Life](#)
- [More on the New Nutrition Labels](#)
- 2 [Major Medical Organization: “We Shouldn’t Be Studying Supplements as If They Were Drugs”](#)

The 6th World Ayurveda Congress and Arogya Expo: Call for abstracts

The focal theme of the [6th World Ayurveda Congress and Arogya Expo](#) is "Health Challenges and Ayurveda". The event takes place from 1st - 4th November, in Delhi, India. Abstracts may be [submitted](#) until the 15th June.

Register for AIMA's 20th International Integrative Medicine Conference

Early Bird registration is available now for the [20th International Integrative Medicine Conference](#) presented by the Australian Integrative Medicine Association. The event will be held in Sydney from 22nd - 24th August. Abstracts for poster presentations may be submitted until June 15th.

Australasian Integrative Medicine Association



International Speakers including:

Dr James Wilson, Dr Bernie Siegel and Professor Vera Stejskal

and Australia's own:

Dr Vanita Dahia, Professor Avni Sali, Dr Craig Hasted and Dr Mark Donohoe

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We thank you for your collaboration, contributions and support as, united, we answer the mounting challenges and worldwide threats to natural health and our 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 issues, 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

<http://twitter.com/anhcampaign>

ANH Europe: www.anh-europe.org

ANH USA: www.anh-usa.org

<http://www.facebook.com/ANHInternational>

