

### **BREAKING NEWS...**

#### **The EC casts aside official objections to the capping of vitamin and mineral levels**

The EC have abruptly dismissed, with no right of reply, the 5 longstanding petitions submitted 7 years ago to the European Parliament's Petitions Committee by ANH-Intl and others. These represent formal, valid concerns about Maximum Permitted Levels. If the EC is preparing to railroad its plans into law, we are ready. Read [more](#).

#### **UK Ayurvedic interests gather to consider the tradition's future in Europe**



During June, the British Association of Accredited Ayurvedic Practitioners (BAAAP) held their [Ayurveda Healthcare and Wellbeing Conference](#) in North London. Dr Indira Anand, the Chair of BAAAP, invited everyone she felt was significant to the UK effort on behalf of the great

tradition. The response was overwhelming, bringing together the UK Ayurvedic community in ways that were unprecedented. Speakers included Sankrit scholar Revd Dr Stephen Thompson, leading clinicians Dr Prasanna Kerur of the Ayush Wellness Spa in Jersey, Dr Ghanashyam Marda of the Maharashtra University in India, Dr Praddep Arya, member of the British Association of Physicians of Indian Origin and Ayurvedic practitioner and researcher, Dr Vijay Murthy.

Speaking about the regulatory challenges facing Ayurveda were ANH-Intl's Dr Robert Verkerk, the herbalist Michael McIntyre, and EU herbal directive proponent Dr Dick Middleton. Dr Verkerk spoke about how the EU herbal directive, that was seen in the early 2000's as a means of securing the future of all manufactured herbal medicines, has failed dismally to provide a safe harbour for products of non-European traditions, such as Ayurveda or traditional Chinese medicine (TCM). [Read](#) Dr Verkerk's summary of the key problems and proposed solutions. Please also [read](#) Dr Vijay Murthy's plea for Ayurvedic associations to raise funds for a national survey, in collaboration with the Australian Research Centre in Complementary and Integrative Medicine (ARCCIM). Should this survey be subsequently published in a major peer-reviewed journal, it would help Ayurveda to gain recognition as a valid system of healthcare.

#### **Calling time on eating little and often**

Governments, dieticians and even many nutritionists believe that, for a healthy diet, we need to "eat little and often". But an increasing body of evidence is emerging suggesting the exact opposite gives most of us our best chance of long, healthy lifespans. A comprehensive study on fasting, by a group led by

Prof Valter Longo, has been published in the journal *Cell Stem Cell*. Longo is the gerontologist and cell biologist who has been at the forefront of research in this field. Read [more](#).

#### **Can the UK NHS be saved? What about self care or holistic systems?**

The UK National Health Service (NHS) is predicted to hit financial and provisioning crises within two years. Can we do more for ourselves, and to relieve pressure on the NHS, with self-care and preventative strategies? When will highly relevant traditional systems such as Ayurveda be utilised to relieve the healthcare burden? [Read](#) Dr Robert Verkerk's feature.

#### **Other ANH-Europe News**

[Sugar overload places UK primary school children in the teeth of a health disaster](#)

[Why living longer, healthier lives is the sustainable option](#)

[Introducing Bite The Sun: The big picture](#)

[ANH-Intl Book Bites: "Eat To Get Younger" by Lorraine Nicolle and Christine Bailey](#)

[Pukka Herbs: demonstrating that ideology and business can be combined](#)

[Negligence and nanny-state tactics in childbirth and parenting](#)

[ANH-Intl Feature: Toxic World, Toxic People – interview with Anna Rodgers](#)

[Good and bad in revised UK Medical Innovation Bill Campaign launched to prevent Irish Revenue from taxing health](#)

[The vultures are circling over GM-free status in the EU](#)

[AllTrials is all smiles for Big Pharma: Data transparency and the randomised, controlled trial](#)

[Pharma's statin fightback – or dilemma?](#)

[UK industry group looks the other way on EMR and mobile phone safety](#)

[Leading parent support for vaccine choice in the UK: ANH-Intl interviews Anna Watson of Arnica UK](#)  
[European Commission-mediated health claims confusion and probiotic olives](#)

[UK Herbal Medicines Working Group: Dispensing for tradition?](#)

## **BREAKING NEWS.. Victory! Dietitians No Longer Hold a Monopoly in Michigan!**

ANH-USA and national allies have just had another [success](#) fighting monopoly in nutritional advice, by dietitians. Thanks to supporters and a nationwide effort from other activist groups, the Michigan Governor has just repealed the state's monopolistic licensure law for nutrition professionals, opening the door to other qualified nutritionists.

## **ANH-USA Submits Formal Comments on FDA's Latest Attempt to Ban the Natural Form of a B Vitamin**



During July, [ANH-USA](#), the [Organic Consumers Association](#) and the [Weston A. Price Foundation](#) together submitted [formal comments](#) (40 pages of analysis)

to the [Food Drug Administration](#) (FDA) to help stop a [sneak attempt](#) to ban natural folate (vitamin B9) in the US. The scientific analysis was done by ANH-USA scientific director Dr Robert Verkerk, and the legal analysis was done by Ze'eva Kushner Banks, ANH-USA's staff attorney, and Gretchen DuBeau, Esq., ANH-USA's executive and legal director. The legal analysis will lay the groundwork for future legal action if FDA does not heed the joint concerns. In the submitted comments, ANH-USA explain how banning the word "folate" and allowing only the term "folic acid" will have a number of dire consequences. Also addressed is the fact that the FDA set the Daily Values for most vitamins and minerals far too low and, as ANH-USA [reported recently](#), the changes of unit of measure are also problematic. Read [more](#).

## **US Practitioners, please take action over new compounding rules**

The Food Drug Administration (FDA) has released [draft guidance and proposed rules](#) intended to "provide clarity" on the whole issue of compounding. But instead, these "clarifications" will severely diminish practitioner access to compounded medications.

There are two FDA documents open for comments that urgently need your input. Please take action now: The terms of the [request for nominations for bulk substances](#) that may be used to compound drug products for outsourcing facilities are entirely too broad, and will greatly diminish patients' access to important medications.

As for the [list of compounded drugs that are deemed unsafe or ineffective](#), the FDA should not have sole

authority to add ingredients to a "do not compound" list, and all additions to the list should go through an advisory committee that is open to public comment.

## **What If the Government Standardized All Medical Testing?**

The FDA is [considering regulation](#) of laboratory-developed tests in the same way as in vitro diagnostic test kits. This threatens availability of custom diagnostic tests, so please [take action](#).

## **Other ANH-USA News**

[Large Study Adds to Evidence that Organic Food Is Superior](#)

[Will Human Beings Soon Stop Bathing?](#)

[The FTC Continues to Violate the Law](#)

[FDA Allows Final Phase Review of Dr. Burzynski's Lifesaving Brain Cancer Treatment to Proceed](#)

[Are Drugs Safe?](#)

[The FDA Calls One of the Body's Basic Healing Functions a "Disease"](#)

[What Are They Putting into School Lunches Now?](#)

[Last Chance for Some Brain Injured Veterans](#)

["Don't Take Supplements, but Feel Free to Electrocute Your Stomach!"](#)

[A New Era of Medical Blackmail](#)

[Mumps Vaccine Proves Ineffective](#)

[Over 10,000 American Toddlers Are Being Given ADHD Drugs](#)

[Corporate Takeover of the Internet: Why You Should Care about Net Neutrality](#)

[First, GMO Human Embryos—Now a Living GMO Organism with Artificial DNA!](#)

[Federal Agencies Target Natural Products—But Give Big Food a Free Pass on False Advertising](#)  
[RDs Being Told that GMOs Are Safe and Gluten Intolerance Is a Fad](#)

["Put Down that Healthy Food, and Take Statin Drugs Instead!"](#)

[Could a Chinese Herb Replace Life-Threatening RA Drugs?](#)

[One in Five Pregnant Women Take Opioid Painkillers](#)

## News from collaborating organisations May-July 2014

### EU funds adoption of its draconian natural product laws by South Africa

The European Union recently contributed 10 million rand (€707,500) to develop legislation that risks wiping out 80% or more of South Africa's existing natural products market – laws that are based almost entirely on the EU's own repressive model. Read our [feature](#) and [update](#). Please sign the [Avaaz](#) and [NHA](#) petitions, and South African can [join](#) the NHA.

### ACNEM training event in Melbourne coming up in November

A further Australasian College of Nutritional and Environmental Medicine (ACNEM) training event is being held 20-23rd November, in Melbourne. [Primary Modules in Nutritional and Environmental Medicine](#) is ACNEM's foundation training course, designed for GPs, registrars, specialists and other graduate healthcare professionals.



**6-9 November, 2014, Delhi, India**      *Focal Theme: 'Health Challenges and Ayurveda'*

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](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)

ANH USA: [www.anh-usa.org](http://www.anh-usa.org)

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