

BREAKING NEWS... Underhand herbal food supplement ban by Irish regulator

ANH-Intl believe the new Irish guide for health stores is illegal under European case law. The proposed guide [restricts the sale](#) of herbal food supplements including any amount of Echinacea, black cohosh, butterbur, Devil's claw, St John's wort and other herbs at any dose, in any formulation. Retailers could be criminalised for breaches.

New for 2015: The ANH-Intl Food4Health Plate, with the science and explanation



ANH-Intl has produced a [guideline 'plate'](#), representing food group composition over a typical day. Taking into account some of the latest [science](#) and many years of input from clinical experience, the plate is intended as a [starting point](#), or rough guide. Different people's lifestyles and genetic make-up call for flexibility in any system of guidelines. In our deliberations with integrative medicine practitioners and nutrition science researchers over the last 15 years, along with continual review of the literature, we have consistently had our attention brought to problems with government guidelines. Rob Verkerk said that, as far as we are aware, the integrative medicine sector is the only sector that is *"consistently having clinical success treating and preventing chronic disease using dietary interventions. It also routinely has success helping obese individuals to lose weight – and keep it off, even when they are so-called 'non-responders'. The sector is strongly plugged into, and plays a key role in, pushing forward the boundaries of nutritional science"*. Part 2 explains how the Food4Health Plate can help you become more metabolically [flexible and resilient](#), and Part 3 explores how it works to [optimise fuel efficiency](#).

Freedom of expression, fear and – health claims

The value of freedom of expression, enshrined in the 1953 European Convention on Human Rights, has been renewed, following January's tragic events around Charlie Hebdo in Paris. *"Je suis Charlie"*, one of the strongest trends yet seen in social media

history, epitomises a new sense of unity. Article 10.1 of the Convention says, *"Everyone has the right to freedom of expression"*. But as is so often the way in European conventions, treaties and laws, there are limitations on freedoms.

Commercial free speech is curtailed by the sweeping powers of the [EU's Nutrition and Health Claims Regulation](#). Thanks to a 'scientific substantiation process' that is not fit for purpose, saying for e.g. that essential amino acids (of which there are eight, universally agreed in science) contribute to essential functions (any) in the body is an offence. Let's defend freedom of speech here too, by getting a flurry of letters into the three hot spots of EU law-making – industry, European Commission and European Parliament. We've made it easy, so please [take action](#).

The ticking Lyme bomb

Meleni Aldridge reports on the recent [Lyme disease conference](#) at the UK Houses of Parliament. The conference was convened to give a voice to the concerns of the UK's patient interest group over the National Health Service's diagnosis and treatment of the vector-borne infection.

Other ANH-Europe News

- [Why won't Europeans swallow GMOs? Lessons from the Magna Carta](#)
- ['Cancer is down to bad luck, not genes and lifestyle' says new study](#)
- [ANH-Intl Feature: Food for thought over Sierra Leone's Ebola response](#)
- [Green smoothie? Shhh, don't mention the D word!](#)
- [Roundup 'GMO crop' herbicide toxic to the heart](#)
- [Lancet report says it's untrue that there are 'no proven treatments' for Ebola](#)
- [ANH-Intl Feature: DTC genetic tests from 23andme available in UK](#)
- [Ebolagate: escalating fear for the sake of profit?](#)
- [Press release: Global Ebola relief effort not reaching rural communities](#)
- [ANH-Intl Exclusive: Standing up for parental rights and freedom of choice in healthcare](#)
- [Do B vitamins help brain ageing?](#)

BREAKING NEWS.. New Food Safety Bill Needs Amending

[This bill](#) is sponsored in the House by Rep. DeLauro and in the Senate by Sen. Durbin —the arch-nemesis of natural health. Please [take action](#) as recommended by ANH-USA to get this bill changed!

Also read about New York AG's supplement test being [completely contradicted](#) by new research, and [take action](#).

Compounded Meds Will Cost You More (or Disappear Altogether!) Because of FDA's Attack on "Office Use"



ANH-USA [reports](#) that the US Food and Drug Administration is dramatically increasing the cost of compounded drugs and is once again interfering with

the practice of medicine. "Office use" is what is at issue. In order to administer a compounded medicinal preparation directly to a patient for the immediate treatment of a problem, doctors require a reserve supply of compounded drugs on hand, with no prescription. But the FDA, "*purportedly based on underlying congressional action, appears to be trying to kill office use and pharmacy repackaging*". This has caused great confusion in the medical community and among state pharmacy boards. "*Fearing retaliation from the FDA, pharmacists are now reluctant to supply doctors with compounded drugs for office use*". Please [sign the petition](#) calling on Congress to fix the provisions of the Food, Drug, and Cosmetic Act that relate to compounding, and ask them to direct the FDA to change their regulations.

This follows the 'hazardous drugs' rule [threat](#) to compounded drugs from the US Pharmacopeial Convention (USP). Many small pharmacies are at risk from the overreaching guidance document. The additional standard is being created by the USP "*to protect healthcare workers from exposure to hazardous drugs*". Many thousands have sent protest messages to USP. Please [take action](#) if you haven't already. See also [Compounding Pharmacies File Suit over "Unlawful" Insurance Claim Denials](#).

Supplements Are Not Food Additives

'Redbook' is the FDA's informal term for its guidance called 'Toxicological Principles for the Safety Assessment of Food Ingredients' ie. colour and food additives. Now the FDA is [considering](#) significantly expanding the scope of Redbook to include nutritional supplements and supplement ingredients. Congress

explicitly intended to avoid blurring the line between food additives and dietary ingredients when DSHEA was enacted in 1994. Please [take action](#).

Connecticut practitioners only: Please [tell Sen. Blumenthal to Stop Attacking Nutritional Supplements!](#)

FDA Further Limits What You Can Be Told about Your Food's Health Benefits

ANH [report](#) that the FDA has come to the "*rather bizarre*" conclusion that conventional foods (including medical foods) may only make structure/function claims under limited circumstances. otherwise they will be considered a drug. Specifically, the structure/function claim must be related to the product's "*taste, aroma, or nutritive value*". Please [take action](#).

Other ANH-USA News

[New "21st Century Cures" Bill Is Yet Another Gift to the Pharmaceutical Industry](#)

[Is Your Sunscreen Making You Infertile?](#)

[You Could Be Quarantined and Forced to Take Toxic Drugs](#)

[Frankenmosquitoes Are Headed to Florida!](#)

[Chikungunya Virus Spreading Throughout the Caribbean—and Is Gaining a Foothold in the US Half of All Children Will Be Autistic by 2025, Warns Senior Research Scientist at MIT](#)

[The President's Acid Reflux](#)

[Government Says This Year's Flu Shot Is a Dud— But Still Won't Allow Any Discussion of Natural Alternatives](#)

[Coca-Cola Is Getting into the Milk Business](#)

[Feeling Pressure from the Public, NIH Opens the Books on Clinical Trials](#)

[Incandescent Light Bulb Ban Could Harm Your Health](#)

[Are You Marketing a New Drug? FDA Will Do Its Best to See That You Have No Competition from Any Source!](#)

[Sleeping Pills So Dangerous There's Now an "Ambien Defense"](#)

2 [The Trans Fat Ban that Never Was](#)

[How a Monopoly Is Turning the Date Rape Drug into a Blockbuster Money-maker](#)

Hundreds of South African traditional healers back TNHA objections to restrictive medicine Bill

Further to the news about the South African [Traditional and Natural Health Alliance \(TNHA\)](#) objecting in the SA Parliament to the restrictive new SAHPRA bill, ANH-Intl wrote a [piece](#) about the support they received from traditional healers. Hundreds of members of the Traditional Healers Organisation filled the Parliament chamber to be present as the TNHA presented to the Parliamentary Portfolio Committee for Health. The traditional healers have dubbed the Bill “*medical apartheid*”.

ACNEM Training: 14-15 March, Adelaide

ANH International Masterclass with Dr Jonathan Wright

Special ANH-Intl all day event: “[Turn back the biological clock and retune metabolic, endocrine and immune systems](#)” on 29th March 2015 @ London Hilton Metropole. Event managed by [Bite the Sun Ltd](#). Early bird price £125 (by 9th February).



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>

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