

Our mission of 'love nature, live naturally' means we campaign across a wide range of fields, including for freedom of choice in healthcare, healthy eating and lifestyles, and the use of micronutrients and herbal products.

WHAT WE DO!

Our foundation of 'good science' and 'good law' underpins our core activities:

EDUCATION &
AWARENESS-RAISING

RESEARCH

LEGAL SUPPORT
AND ADVOCACY

CURRENT CAMPAIGNS INCLUDE:

Using **Good Science** to help prevent unnecessary limitation of vitamin and mineral doses by governments.

Creating a paradigm shift in **Sustainable Healthcare** by incorporating natural and integrated healthcare approaches.

Combining the right nutrition, movement, rest and meal frequency is powerful preventative and natural medicine. **Food4Health** will help you take control of your health.

Using good science to increase **Freedom of Choice**: helping set legal precedents to ensure people get the best disease care, including innovative and targeted natural therapies; providing

unbiased information for YOU to choose whether to vaccinate yourselves or your children.

With the right information, public opposition can protect us against GM crops and foods - **Say No to GMO**.

WHY?

Our right to choose natural healthcare is being eroded by national governments, the European Union, governmental bodies like the Codex Alimentarius Commission, and the likes of *Big Pharma*, *Big Food* and *Big Chem*. The rise in chronic diseases makes it clear that without the recognition and integration of natural preventative healthcare methods, and without allowing us access to natural healthcare products, sustainable health is an impossibility.


PLAY YOUR PART

Our ability to manage our health by natural means should be a fundamental right and freedom. Please join us – and let's make a difference together!

- 1 Sign up to our free weekly newsletter**, respond to our Calls to Action and inspire others to do the same
- 2 Share and educate** – social media and www.anhinternational.org
- 3 Use your democratic voice** – communicate these issues with your elected representatives.
- 4 Donate** – Without your help, we can't continue our work. You can donate easily via our website, www.anhinternational.org

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natural health
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