

## PREVIEWS OF COMING ATTRACTIONS?

By: Hesh Goldstein

Imagine coming to a natural food store and finding the supplement section closed, at best, or the store boarded up and out of business, at worst. So, you go to Long's to pick up some vitamin C, but the only dosage you can get is 60 mg without a prescription. You have been taking a mega dose to help fight a cold and build up your immune system and now you have to find a doctor willing to prescribe the higher dosage that you are accustomed to. No longer are you free to decide, on your own, how much to take. Bad? It gets worse. Imagine that all of this is the result of new legislation imposed by lawmakers with direct ties to pharmaceutical companies - powerful companies that will use the law to create an enormous new source of profits. . Talk about a nightmare! But what makes this truly nightmarish is that, incredibly, this scenario is a reality in the United Kingdom and most of Europe.

On March 13, 2002, the European Parliament - a 626 member legislative body representing the 15 European union countries – passed the “EU Directive on Dietary Supplements”, which classifies vitamins as medical drugs rather than food supplements. The Directive grants a transition period of three years for vitamin supplements already on the market. In 2005 though, every EU country will be required to implement the Directive. In just three years, a wide range of natural remedies will be banned across most of Europe, making as many as 300 ingredients – including chromium picolinate, selenium, lysine and yeast – illegal for over-the-counter sale. The supplements that remain in stores will contain very low dosage amounts – not to provide any real therapeutic value. It's almost as if they are passing a law against prevention. So, not only are the pharmaceutical companies eliminating competition from natural products for treating illnesses, they are essentially forcing greater need for prescription products for the citizens of the EU. After all, without prevention, where will people be forced to turn when they get even the slightest bit ill? To physicians who will prescribe mainstream pharmaceuticals or super-strength, prescription-only vitamins supplied by – guess who – the Pfizers, Mercks and Bayers of the world. To make matters worse, a number of EU Commissioners have direct links to international pharmaceutical companies making this activity anything other than objective. The blatant pharmaceutical industry influence on this directive would be laughable if the consequences weren't so great. In a smooth double-talk that is almost frightening, the EU Directive states: **“In order to ensure a high level of protection for consumers and facilitate their choice, the products that will be put on the market must be safe and bear adequate and appropriate labeling”**. “Protection”? To “facilitate their choice”? What a load of crap.

When the people in the UK learned that the medical/pharmaceutical alliance in Europe made vitamin supplements available only by prescription from a physician. 600 million people read about that and shouted back with a resounding, **“NO”**! In what is believed to be the largest global online petition ever, a staggering 604 million people have added their names, demanding continued free access to natural remedies. All to no avail!

For those of you who would believe that this is a European issue and that it couldn't happen here, consider this: the United States and the European Union are each other's largest trade and investment partners. In 2000, two-way trade in goods and services between the EU and the US totaled more than \$557 billion. With economic ties this deep, any European law that gives the global pharmaceutical industry such sweeping power over the health choices of millions, will have global effects. Now that Europe has been “conquered”, how long do you think it will be before they set their sights on the US marketplace?

The bottom line is this: if you continue to eat a diet centered around flesh foods, dairy products and refined carbohydrates, instead of a vegetarian diet of no flesh foods, minimal or no dairy products, whole grains and unrefined products, you are destined to a life of ties with the pharmaceutical/medical alliance and degenerative disease.

If you eliminate saturated fat from your diet, which comes from anything that walks, runs, crawls, flies or swims, you will have an excellent chance of never experiencing heart disease, cancer, diabetes, constipation, arthritis or obesity, to name a few, in your lifetime. Your quality of life, your energy level, your overall well being, and your libido will immensely improve. The alternative is a life full of prescription drugs, endless visits to the doctor and above all, the loss of your right of choice.

This is already happening with water fluoridation. Fortunately, there are many people, with intelligence and determination, that fight against this and other attempted overthrows of our "freedoms". You must take control of your destiny or your food will be genetically modified, your water mandatorially fluoridated, your produce and grains will be chemical laden to resist pests, and your lives will be dramatically shortened. Complacency will be your downfall.

Aloha!