

Let's Be Well, Inc
Winter 2005

ink spots: opinions, news, and reviews from an inkjet
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"Do not rob the poor because they are poor...because the Lord will plead their case...." Proverbs 22: 23-4.
"Love sincerely, hate what is wrong, stand on the side of good." Romans 12:9.

Connecting the dots: the impact of our personal choices on a shrinking world

It is never more obvious that we subscribe to too many magazines [20+] and get too many catalogs [216 in January] than when we go away and come home to two huge plastic buckets of mail the USPS has held. L L Bean alone sends 200 million catalogs per year. How sad!

The only book I have bought since we observed life in two Asian countries for nearly a month was one about simplifying our lives: *The Joy of Simple Living* by Jeff Davidson. Part I of five parts is called, "A World Gone Complex." As the author notes on page 4, "Never has a generation been besieged by more items competing for our time and attention. Think of it—in his entire life George Washington never spent one second watching CNN." Neither was our first President inundated with paper. In *Why Things Bite Back: Technology and the Revenge of Unintended Consequences*, Edward Tenner PhD notes that corporations had hoped for a paperless office. They put a computer on every desk, a fax machine and a copier at the end of the hall. Yet from 1985-1995, the first ten years of the personal computer revolution, workplace use of paper tripled.

Self-help books/articles are at least as old as Benjamin Franklin. Every January magazine tackles the issue

of prioritizing, as does Davidson's book. But just sorting like-items into stacks of possible material for this newsletter takes hours.

No matter how much we read in our newspapers, magazines, and online, or how many infomercials we watch, it is impossible to "connect the dots" of cause and effect, once and for all, associating nutrition, or lack of it, with good health or poor health. Nor can a four-page newsletter address the environmental and sociological consequences of the choices Westerners make. Nevertheless, there is a topic I would like to examine in this issue: choosing to care about those whose labor-intensive work provides us with so many choices.

In order to choose wisely it is good to subscribe to some watchdog publications. *Consumer Reports* can be helpful for comparing the quality of various items, but a more comprehensive guide to making choices about where to shop can be found in the *Co-op America Quarterly*. Its Summer 2004 issue has a *Retailer Scorecard* that gives grades to stores and groups of stores, from A to F in relation to where they get their merchandise. The only retailer getting an A is Kusikuy, a fair trade business what sells llama and alpaca wool sweaters handknit by Boliv-

ian women. Working in cooperative and sustainable conditions, the women earn a living wage that allows them to improve their lives and communities.

Federated [Bloomingdale's, Burdines, Fingerhut, Goldsmith's, Lazarus, Macy's, Rich's, and Stern's] and the May's group [After Hours Formalwear, David's Bridal, Famous-Barr, Filene's, Foley's, Hecht's, Kaufmann's, L S Ayers, Lord and Taylor, Meier and Frank, Priscilla of Boston, Robinsons-May, Strawbridge's, The Jones Store, and ZCMI] earned a C. Kohl's earned a D+, Kmart a D, J C Penney and Sears a D-, and Wal-Mart an F.

A two-page spread shows a world map and describes conditions that violate human rights. With sweatshop abuses spanning the global marketplace, and more and more giant corporations subcontracting their manufacturing to third parties, those who care about human dignity need some place to start. Thanks to the dedicated efforts of watchdog groups, investigative reporters, and factory inspectors worldwide, worker abuses that might have continued unnoticed are beginning to be exposed, and corrected or punished.

I can only give three examples from the 10 listed: The

owner of the Daewoosa factory in American Samoa was convicted of human trafficking for illegally confining workers in involuntary servitude, holding their passports, beating them, depriving them of food, and forcing them to work without pay. J C Penney, Kohl's, Sears, Target, and Wal-Mart had bought his goods. Only J C Penney paid back wages to Daewoosa workers. Wal-Mart, with sales of \$259 million for fiscal 2004, did not.

The nonprofit Human Rights Watch reported that US retailers J C Penney, Kmart, and Wal-Mart did business with the Confeciones Niños factory in El Salvador before it closed in March 2002. Workers at the plant reported being denied overtime wages, bathroom visits, and sick days, in addition to being threatened with termination for union activity.

The US Dept of Labor found 200 San Francisco garment workers, mostly Chinese immigrant women, in three Wins factories, who were owed almost \$1 million in wages, after working for months without pay. Wins made clothing for Kmart, Sears, and Wal-Mart—the world's largest retailer. 100 million people pass through Wal-Mart's doors every week. A wise king said, in Proverbs 14:31, "Whoever is kind to the needy serves God." Let it be so. +++

Think globally; act locally—why it matters where you shop

Which of the following is the most common cause of famine? a) drought; b) earthquake; c) conflict; d) flood. According to *Tufts University Health and Nutrition Letter*, June 2004, "Famine is a complex phenomenon requiring multi-disciplinary approaches that involve humanitarian assistance, human safety, conflict resolution, and human rights." Our proximity to the Asian tsunami in December 2004 [ask for our "Account of an Asian Adventure", available by e-mail or as a hard copy, if this interests you] makes this question, for us, an urgent one. The combination of earthquake and flood will make humanitarian aid a necessity in the region for years to come. But since Dick sits on the board of Seeds for Sudan, we also care about the need for conflict resolution there, so that those in refugee camps can be repatriated and begin again to grow their own food.

For the last few years I have been increasingly conscious that "free trade" is not the same as "fair trade." Recent administrations have promoted various free trade initiatives, such as NAFTA, the North American Free Trade Association. One goal, ostensibly, is to improve wages for workers in Mexico so that they will not immigrate to the US. In practice, however, a major benefit has been for US corporations who now outsource the manufacture of their products to plants they build in Mexico, in order not to have to pay US taxes.

Fair trade, on the other hand, is about securing a living wage for people who provide goods and services to us. Much of what I have learned is from *Co-Op America Quarterly*, a magazine for members. Here are some excerpts from the Summer 2004 issue:

In November 2001, 51 women and girls (some as young as ten years old) burned to death in a garment factory in Bangladesh. Factory doors and windows had been locked to keep the women at their sewing machines. Former child laborer Nazma Akter, who survived the disaster, was featured in the 2003 documentary, "Race to the Bottom." She is the founder of the Bangladeshi Independent Garment Workers Union and not only works to organize Bangladeshi workers, but also does lecture tours, educating Western consumers.

Because I knew that millions of workers around the world face sweatshop conditions every day on the job, it was important to me, on our recent trip to Bangladesh, to make all of our purchases in shops like Folk International. Like Marketplace, the catalog store from which I bought my salwar kameeze, the traditional cotton dress of poor women, these shops make certain that the saris, punjabis, and craft items for sale are priced to provide adequate remuneration to those who make them. I have a brochure I picked up at Folk International, a social welfare organization and non-profit retail sales center in Dhaka. It lists its goals, which include alleviating poverty through sustained and regular income; introducing training programs; developing quality products that can compete in the global export market; assisting producer groups in providing free education for workers and their children, as well as electricity, day care facilities, clean water, and sanitation.

Few North Americans can do their shopping in Asia. But if we do our homework, we can avoid making purchases of garments, rugs, or sports

equipment like baseballs that are stitched in literal sweatshops—like the one in Costa Rica where the 95-degree factory temperatures can cause workers, who craft four balls an hour for 30 cents a piece, to suffocate. If you have kids in sports, ask your school board to refuse to purchase sports equipment from sweatshops. Look for a RUGMARK label when you buy rugs. This independent organization monitors looms in India, Nepal, and Pakistan, taking immediate action when it finds children weaving rugs.

We can contact Wal-Mart, to insist that they adopt a vendor code of conduct based on International Labor Organization standards and use third-party auditors to check their suppliers' compliance. Wal-Mart has been resisting activist pressure on this issue for years. Co-op America needs hundreds of thousands of consumers to help make this demand. There's a sample letter for contacting Wal-Mart at www.sweatshops.org

Here are issues to raise in your letter: The Los Angeles *Times*, *Co-op America Quarterly*, and other publications have reported that Wal-Mart forces companies to supply products at lower and lower prices, and to survive, they often move their US operations overseas. Then Wal-Mart demands that overseas suppliers squeeze even more from workers who are already working inhumane hours for poverty wages. Wal-Mart's code of conduct does not require suppliers to pay their employees living wages, nor does it allow them the right to form unions.

A local food co-op can also help us think globally, buy locally. Shop carefully—and write letters. Thinking globally, God acted locally. How can we do less? +++

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How big is your buzz?

AIM's Proancynol with green tea extract *	0 mg
Hershey's milk chocolate almond bar, 6 oz	25 mg
green tea, 12 oz	25 mg
black tea, 6 oz	35 mg
expresso, 1 oz shot	40 mg
Coca-cola, 20 oz	57 mg
Red Bull, 8.3 oz	80 mg
Jolt, 12 oz	100 mg
Excedrin, 2 tablets	130 mg
Chocolate milk	160 mg
brewed coffee, 12 oz	200 mg
No Doz Max , 1 tablet	200 mg
Mountain Dew, 64 oz	
Double Big Gulp	294 mg

Fast facts from "Why we love caffeine," cover story, *National Geographic*, January 2005:

Studies suggest that extroverted people are less sensitive to caffeine's effects than introverts.

Robusta coffee beans used in less expensive brands contain twice as much caffeine as the Arabica beans favored by connoisseurs.

Caffeine extracted from coffee beans used to make decaf is sold to drug and soft drink manufacturers.

Black tea, green tea, and oolong are all made from the same plant; the differences in taste/color come from their processing.

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* *Proancynol's super-antioxidants kept us healthy on our 27-hour flights to/from Asia!*

Coffee. People in the US drink more coffee per capita than the people of other nations. How bad is that? It depends. Coffee, along with red wine, almonds, and certain fruits are rich in boron, which may help stave off prostate cancer. Boron is a naturally-occurring trace element that is believed to play a role in certain cellular processes involved in cancer protection. While researchers are not sure how boron lowers risk for prostate cancer, statistics show that men who consumed the greatest amount of boron were 64% less likely to develop prostate cancer, compared to men who consumed the least amount. Coffee drinkers are also less likely to get Parkinson's disease.

But our craving for our morning fix is very hard on the environment. US coffee drinkers, since the 70s, have drunk 1/3 of the world coffee production each year. Coffee beans are our largest food import. Our daily average [3.4 cups] adds up to \$4 billion in annual US retail sales.

Both the environment and human health in Latin America are threatened by large, chemically-dependent farms that grow new coffee hybrids that thrive in full-sun. Gregory Dicum and Nina Luttinger write in *The Coffee Book* that per acre, coffee is the third most pesticide-doused crop in the world, after cotton and tobacco. While roasting coffee may burn off pesticide residues, the heavy use of pesticides regularly poisons farm workers, birds, and wildlife. When coffee came from Africa, it grew naturally in the Ethiopian forest. According to *Green Guide*, shade grown coffee has been replaced by fast-growing Latin American coffee hybrids, requiring megadoses of synthetic fertilizers and pesticides.

What you can do. Drink only one cup a day. More than that may increase your risk of heart disease. If you are concerned about the workers involved in growing coffee, look for certified organic, shade-grown, or fair trade coffee. Avoid the giant coffee companies that neither buy organic, nor provide information about their sources. Make sure that your choice supports a cleaner environment—not Philip Morris, the world's largest cigarette company, which owns Maxwell House and Sanka. Fight the conglomeration of the coffee industry by patronizing local roasters who buy from worker-owned farmer co-ops. Ask your retailer to carry certified organic, shade grown, or fair trade coffee. Co-ops do, and some other retailers do also.

Tea. It is thought that tea drinking originated in ancient China and from there, spread to the rest of the world. India grows the most tea, followed by Bangladesh. [We visited the tea estates in Srimangal in December. Our report has pictures; let us know if you want it.] There are many varieties of tea: red, black, white, and green. Studies have shown that green tea is rich in polyphenolic compounds; its main constituent is epigallocatechin-3-gallate [EGCG], which has powerful antioxidant properties, has exhibited anti-inflammatory effects, plays a role in colon health, and can help with weight loss efforts. In a study published in August 2004, a 1.5 gram dose of green tea promoted

healthy glucose metabolism during glucose tolerance tests in non-diabetic volunteers. Researchers at the University of Sheffield Medical School report that the polyphenols in green tea may reduce inflammation and slow cartilage breakdown, easing the discomfort of arthritis. Scientists at Baylor College of Medicine believe these same antioxidants may block a substance that attacks brains, causing Parkinson's disease. A cup of black or green tea with a fatty meal may lessen its detrimental effect on blood vessel function. Taiwanese who drank more tea were likely to have lower blood pressure. Tea seems to protect humans from diseases of the heart and the blood vessels.

What you can do. If green tea tastes like grass clippings,, make your own mix of green and black teas. Dr Russell Blaylock suggested this when he spoke for us in 2002. Besides improving the taste, each kind of tea has its own antioxidants, so combining them increases their nutrient value. Another of his tips, also recorded in his *Health and Nutrition Secrets that can save your life*, [the index has 20 pages of references to tea] is to avoid putting lemon in your tea. Lemon greatly increases the absorption of aluminum, which can be both in the tea and in the water used. We personally buy certified organic, sometimes black, sometimes green, since we do mix them. The reason we choose organic is that an August 2000 article in an internet news journal, InTheseTimes.com, notes that many green teas are grown in countries that still allow DDT and DDT-related sprays to be used on crops. Studies have shown trace amounts of DDT in people who drink tea for its health benefits.

Chocolate. Sales of chocolate reached \$13 billion in 1998, but the chocolate industry continues to make ever larger portions for vending machines, theatres, and malls. Chocolate is not a health food. On the other hand, the main fat in chocolate can raise your HDL [good] cholesterol. No single food will make you fat. Chocolate is one of many foods responsible for the obesity epidemic in North America. If you eat a candy bar between meals it reinforces your craving for it. But an occasional small piece of fine European or fair trade chocolate instead of a fullblown dessert is a lower calorie trade off, assuming that chocolate is what you really want, not lemon meringue pie. Dark chocolate has less sugar and saturated fats. It has four times the antioxidants of tea; it is a good source of copper, magnesium, potassium, and tooth-strengthening minerals like phosphate. But chocolate is calorie-dense, so watch your portions and frequency.

What you can do. If you are sensitive to caffeine, continue to avoid all of the above. Ask me about chocolate and the exploitation of children: 200,000 children have been sold into slavery to work on cocoa plantations. The cocoa for M&Ms or Reese's peanut butter cups may have been produced by child slaves, working 80-100 hours per week. Hershey's and Mars, controlling 2/3 of the world market, buy their chocolate in West Africa. Look for "certified fair trade chocolate." You'll sleep better. +++

Let's Be Well, Inc

...serving health seekers since 1992. How may we serve you?

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Dick and Carol Cover to celebrate 50 years of marriage

Would you like to be invited to our 50th anniversary celebration? This newsletter goes to people who know us and people who don't. We will be sending invitations in June for our celebration, which will be held at the Grand, an event center in Northfield, from 2-5 p.m., Sunday, July 31. We cannot send *this* many invitations, but if you tell us —by phone or e-mail— that you would like to be invited, we'd be honored to send you an invitation, so that you can rejoice with us. Don't forget!

On another personal note, please be in touch if you are interested in buying a slightly used Chi machine with a carrying case. Our new NUCCA chiropractor does not want Dick to use it, nor does he want him to use his Fit10 exercising gadget, which attaches to a door and strengthens the upper body. Call us and make an offer on one or both. +++

Early bird registration can save you five dollars—

register now for “Super Saturday” with Jim and Carolyn Kling

Surprise! We are ready to host another Super Saturday. We need **you** to be willing to come.

date: Saturday, 30 April, 9 a.m.- 4 p.m.
theme: *Why not thrive in 2005?* [because living *longer* is only half the goal]
place: the Levee Café, Hastings MN
speakers: Jim and Carolyn Kling
hosts: Carol/Dick Cover, Angie/Jerry Olson



If you are an AIM member, you have seen Carolyn's name at the top of your monthly printout. Please join us on a spring Saturday to learn about the role the Klings had in the founding of the AIM companies, how they continue to thrive after more than fifty years of marriage, and what you can do to improve the quality of your own life as you catch their passion to share with others the benefits of good health.

All you need to do to reserve your place for this all-day event, which includes a healthy lunch in the Levee's upstairs meeting room, is to use the form below to **send your check for \$25, payable to Super Saturday, to Dick Cover, treasurer, 701 N Lincoln St, Northfield MN 55057, before 15 March.**

All early registrations will be placed in our bird's nest and eligible to win a copy of Carolyn's book, *Turning Green into Gold*, in our drawing at the event. After 15 March the cost will be \$30. You may remember the delicious salad/soup/artisan roll/beverage lunch the Levee served 120 of us, a near standing room crowd, when Dr Mary Ruth Swope was our guest speaker in May 2003.

[] **Yes, count me in for Super Saturday, the one-day wellness seminar! \$25 per person is enclosed.**

I understand the cost of Super Saturday will be \$30 after 15 March 2005.

Name[s] _____ address _____
_____ zip _____ phone _____ e-mail _____

You are welcome to Xerox this page and distribute it. Questions? Call Angie Olson at 651-437-5668. Additional information about the Klings, when available, will be posted on our website—see web address above.

"We affirm absolutely that nothing great in the world has ever been accomplished without passion." *Philosophy of History*, Georg Wilhelm Friedrich Hegel, 1770-1831.

Circle of influence
2005



winter

LET'S TALK ABOUT PASSION

Those of us who believe in the importance of consuming safe food, and are willing to pay a price that reflects a just wage for those who produce it, are thrilled with the advent of *Just Food*, our local 6,000-square foot, 1,000 member natural food co-op that opened in December. Were it not for the passion of those who were committed to make it happen, it would have taken much longer than two years [average time is 4-7 years] to bring their planning to fruition. Did you know that for every \$100 spent in chain stores only \$13 is put back into the local community? The same \$100 spent in a locally-owned store puts \$45 back.

This issue of *ink spots* has been devoted to economic justice for those whose work results in food or clothes that we purchase. This is a new passion of mine, not previously addressed at length in any of our newsletters, though sometimes mentioned in recent *Let's Be Well* classes. Even if you don't think of yourself as an activist, it is good to care about justice, or the lack of it. The prophet Micah wrote a short book that is worth reading. We sense his frustration as he tries to get people's attention, from his opening "Listen, all you people. Pay attention, earth and all who are in it." His message was not politically correct, and not well-received: "Don't prophesy! Don't prophesy such things! Disgrace will never overtake us." His passionate warnings are given because he foresees the results of despising justice, exchanging it for bribes, and perverting everything that is right. His is not an easy message: there is hope but it is centuries from fulfillment. The hope is in God's mercy: "Who is a God like you? You forgive sin and overlook the rebellion of your faithful people. You will not be angry forever, because you would rather show mercy. You will again have compassion on us." That's God's part. And what is our responsibility? "The Lord has told you what is good. This is what the Lord requires of you: to do justly, to love mercy, and to live humbly with your God." [An opportunity to be an activist is available to people who care about being able to purchase supplements: see other side.]

If my passion is not your passion right now, read this issue anyway. Life is about seasons, and your season may be different from ours. If I have raised your consciousness about sweatshops or other injustices, that's enough for now. Perhaps **your** passion is fulfilling a different scripture: e.g., Job 29:15-17, Psa 41:1-3, Prov 31:10, Isa 1:16, Isa 58:5-7, Luke 3:10-11, Luke 14:11-14, or James 1:27. God's heart is toward the needy. If you haven't thought about orphans and widows lately, a new year is a good time to consider having a mission for one's life, and for establishing goals to make something happen that hasn't happened before. Assess your abilities; then do *something*. Working in a local soup kitchen might not match your gifts, but have you thought about adopting a widow and seeing that she can get to the mailbox or to the store when it's icy?

One of the reasons we are excited about hosting Jim and Carolyn Kling in Minnesota is they are both people of passion. The Klings are careful to acknowledge that any talents they have are gifts from God. But even if we do not have their particular gifts, we can be inspired by and learn from those who radiate enthusiasm for the work God has called them to do. And WORK they do, even though they are in their 70s. Given their financially-secure circumstances, as members of the Chairman's Club of AIM International, they would not have to speak extensively all over North America. It is because of their passion to see people well and to inspire them to plan for success that they continue to travel, and to serve those who come for counsel to their Green Barley Nutrition Center in Nampa ID. **You** will be blessed if you are able to join us on April 30.

Promotions:

We are pleased to recognize the following who have promoted: To *Preferred Member*: **Sandy Kalisch**, Lakeville MN; **Ray Kopatich**, Farmington MN; **Wendy Primeau**, Mondavi WI; **Jan Roundy**, Crossville TN; **Frances Slade**, Malta MT; **Michelle Smith**, Malta MT; **Connie Tzenis**, Lakeville MN; to *Product Consultant*: **Norma Wilson**, Malta MT. Congratulations to all of you!

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CODEX ALIMENTARIUS: a global challenge to our freedoms that may take away our supplements

What is it?

On 3 November 2004, the Codex Committee meeting in Bonn, Germany, completed preliminary agreement on global guidelines to regulate dietary supplements. Final ratification is expected in Rome in July 2005. The committee agreed that RDAs would no longer be used to set the maximum levels of vitamins/minerals that can be sold as supplements. Rather, so-called "scientific risk assessment" would be used. From now until July 2005 an Australian working group will be determining the "scientifically safe" levels for each vitamin and mineral. Australia has some of the most restrictive supplement regulations in the world. Many nutrients are not allowed for sale in Australia at any potency.

Please read an article by Alan Gaby MD, "Safe Upper Limits for Nutritional Supplements: One Giant Step Backward," available online at www.iahf.com/20040127.html Dr Gaby discusses what a panel of experts decided would be safe upper limits in England. For example, the panel determined that 10 mg of vitamin B6 would be the SUL, even though millions of consumers have taken 50-200 mg of B6 daily for years without harm.

The European Union Food Supplements Directive is scheduled to go into effect in August 2005. This EU law will control food supplement sales and manufacturing in 25 EU countries. It will allow only certain supplements to be sold, typically in potencies only 1-3 times the RDA. Approximately 350 supplements are missing from the Directive's list. If they are not added by June 2005, they will be deemed illegal throughout the European Union. Supplement manufacturers may submit "technical dossiers" to support applications for inclusion on the so-called "positive list," but the EU has made this process so expensive and time-consuming that many manufacturers cannot afford the costs involved. Under a related Traditional Medicines Directive herbs may be reclassified as drugs and stringently regulated. During the summer of 2003, Canada harmonized its supplement regulations to those of Australia. Implementation will occur gradually, perhaps to avoid waking up Canadian supplement users until it is too late.

What could this mean to me?

Your right to choose your supplements may end in 2005. After July, US supplements will be defined and controlled by the World Trade Organization [WTO] and the World Health Organization [WHO]. Their supplement standards will be enforced and will override US laws. Violators will be punished by trade sanctions. Our President and Congress agreed to this take-over when the WTO Treaty was signed. When CODEX was implemented in Norway, e.g., the price of echinacea rose from \$14 to \$152 per bottle and became available by prescription only. Virtually nothing about it has been in the media. James South, writing in *Vitamin Research News* says, "There is obviously a concerted campaign now to do away with supplements in [North] America. It's probably just a coincidence that some of the most frequent ads on TV, radio, and in the newspaper are for over-the-counter and prescription drugs. That couldn't influence their editorial policy, could it?"

The administration has also been working hard to complete a Western hemisphere agreement, comprising 34 countries, called the Free Trade Association of the Americas. "With regard to international standards, the draft text of FTAA 17.1 (a) a.1 states, 'parties shall apply to trade among them the international standards recommended by the relevant international bodies and their subsidiaries.'" **The FTAA agreement also names the same international organization referenced by the WTO: the Codex Alimentarius Commission in Rome.**

What can I do?

You must call, write, fax, e-mail your congressional representatives/senators to voice your strong opposition **now**. Urge senators to oppose **S. 722, the Dietary Supplement Act**, and members of congress to oppose **H.R. 3377, the Dietary Supplement Access and Awareness Act**. These two bills put the wheels in motion for restrictions similar to those in the EU Directive to become US law, allowing the FDA to take back what little health freedom we regained with the 1994 DSHEA law, when 4 million Americans told Congress to protect their freedom of choice. Also tell them you want no part of FTAA. The European Union started out as a trade group, and now it has its own Parliament and Court of Justice that dictate the laws of all 25 member nations. See www.alliance-natural-health.org to send \$10, if you wish, to the Alliance for Natural Health, which has filed a lawsuit in the European Court of Justice to overturn the Food Supplement Directive. It is being litigated by a law firm that has already succeeded in overturning other EU directives. The clock is ticking!

Jonathan Wright MD says the most important action is to tell your senators and members of congress to support US Rep. Ron Paul's **H. R. 1146, the American Sovereignty Restoration Act**. This legislation would make the Constitution of the United States the supreme law of the land again, and restore law-making and judging power to our elected representatives and American courts, respectively. Please don't leave this off your list. Volume of contact is key. It doesn't matter how you write: fax, longhand, email, or the e-mail form on individual websites: www.congress.org/congressorg/home and www.senate.gov/general/contact_information/senators_cfm.cfm People with passion are needed—now. +++