

# NEW LEGISLATION THREATENS TO STRIP AWAY OUR FREEDOM TO CHOOSE NATURAL FOOD, VITAMINS & HERBAL MEDICINE

**CODEX ALIMENTARIUS** are planned international regulations. Only a tiny percentage of the world know about them, but they may lead to the premature death of thousands if not millions. CODEX guidelines will:

- ***Flood the market with GM, pesticides, additives, hormones and other heavily contaminated foods.***
- ***Make the general sale of therapeutic vitamins ILLEGAL (a woman has already been arrested in France for selling Vitamin C!)***
- ***Lead to the disappearance of many effective natural herbal remedies.***

The stated aim of CODEX is 'protecting the health of consumers and ensuring fair trade practices in the food trade'. Sounds good, but the truth of CODEX is very different. CODEX has been hijacked by big business for:

- **MONEY** - by taking away your food & health choices so that the large food and drug companies can profit.
- **DEPENDENCE** - by ensuring that we all become reliant on pharmaceutical prescription medication.

**PROTECT YOUR FREEDOM TO CHOOSE WHAT FOOD AND MEDICINE YOU TAKE AND SAFEGUARD THE HEALTH OF FUTURE GENERATIONS.  
TURN OVER TO FIND OUT MORE**

## WHAT IS CODEX ALIMENTARIUS?

CODEX is a WHO (World Health Organisation) international commission to control food standards. Despite its seemingly honorable aims, it is heavily influenced by big business & pharmaceutical companies. Most of Codex relates to food supply and **heavily favours mass food production techniques like the use of growth hormones, GM foods, additives, pesticides and radiation.**

CODEX also intends to **control all natural medicines, vitamins and nutritional supplements** so that either they are sold in non-effective doses or they are sold by companies who can afford expensive clinical trials. Only the pharmaceutical industry can afford these trials. CODEX will mean that the **big drug companies decide which natural medicines & supplements you can take and which ones will simply disappear** because they compete with their patented pharmaceutical medication. With more and more people turning to complementary healthcare, the pharmaceutical industry have found a way to stop this trend, destroy complementary medicine clinics and safeguard their profits.

Properly prescribed pharmaceutical drugs kill up to 1 million per year and yet CODEX uses **the excuse of public safety to take away your freedom** to choose natural medicine which has an exemplary safety record. Does that sound like it is in the interests of public safety?

## WHEN IS IT HAPPENING?

Codex has already been ratified by the EU and has led to the Food Supplements Directive which comes into force on the **31st December 2009**. Future guidelines will be in force in 2012-2013. If the public does not scream and shout about this NOW then in a few years time, all effective vitamins, nutritional supplements and herbal medicines will disappear from the shops and **we will be totally reliant on drug companies to decide what's best for us.**

## WHAT CAN I DO?

### 1. FIND OUT MORE

This flyer only gives you a brief idea of codex. Go and search CODEX ALIMENTARIUS on the internet. Here are some useful links:

[www.anhcampaign.org/campaigns/codex](http://www.anhcampaign.org/campaigns/codex)

[www.consumersforhealthchoice.com](http://www.consumersforhealthchoice.com)

[www.herballure.com/Special/WeBecomeSilent/QuickTime.html](http://www.herballure.com/Special/WeBecomeSilent/QuickTime.html)

### 2. SIGN THE PETITION

Stop the EU vitamin directive which is coming into law on the 31st December 2009 by signing the Prime Ministers petition. It takes 2 minutes, just visit:

<http://petitions.number10.gov.uk/Vitamins/>

### 3. WRITE TO THE POLITICIANS

Go to [www.writetothem.com](http://www.writetothem.com) and type in your postcode to send an email to your MP and MEP's.

You can also send one of our postcards, download at [www.acumedic.com/codex.pdf](http://www.acumedic.com/codex.pdf)

### 4. SPREAD THE WORD

Tell absolutely everyone. The only way to fight this is by building a public movement. Use email, phone, social networking sites and any other ways to raise awareness. Go to [www.acumedic.com/codex.pdf](http://www.acumedic.com/codex.pdf) to download, print and email this flyer.

Dear MP,  
As one of your constituents, I write to ask you to protect public health by safeguarding **our right to buy therapeutic vitamins, nutritional supplements and natural herbal medicines without prescription.**

The international **CODEX ALIMENTARIUS** commission claims that their primary aims are 'protecting the health of consumers and ensuring fair trade practices in the food trade'. However, these seem like very empty words on closer inspection of some of their guidelines. Codex guidelines have led to the **European Food Supplements Directive** which requires maximum dosage levels to be set for all vitamins and minerals. Pharmaceutical lobby groups are pressing for very low, non-therapeutic levels to be set under the guise of public health concerns. It is clear from the rise in public consumption of these supplements and their immaculate safety record, that justifying this legislation on the grounds of public safety is pure folly. One can only assume that the true agenda of the pharmaceutical companies is to remove thousands of safe and popular food supplements which have been used for decades, in order to safeguard demand for their patented drugs.

Furthermore, Codex guidelines also aim to make all nutritional supplements and herbal medicine available only from companies that can prove clinical effectiveness through expensive clinical trials. Once again, the pharmaceutical companies are the only industry that are able to afford these trials and so natural remedies will fall under their control to either sell or allow to disappear in favour of their synthetic drugs.

Whilst any medicine, natural or synthetic can be dangerous if taken incorrectly, it is clear from all evidence that herbal medicine, vitamins and nutritional supplements are incredibly safe, especially when compared with the atrocious safety record of pharmaceutical drugs. The European Directive and many of the CODEX guidelines will negatively impact the health of millions, place even more demands on our health service and erode public freedom, all under the ludicrous banner of public safety.

I implore you to look further into the Codex Alimentarius guidelines and do everything in your power to **stop the European Food Supplements Directive.**

Sincerely,

**My Name:** \_\_\_\_\_

**My Address:** \_\_\_\_\_

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**To:** \_\_\_\_\_

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to find out the name of your MP go to  
[www.theyworkforyou.com](http://www.theyworkforyou.com)  
or call 020 7219 4272

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