

# THE IMPORTANCE OF CANADA

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Canada is one of the great countries of the World. Possessed of immense natural resources, a rich heritage of Anglo-Saxon common law yielding rule of law and not man, and a relatively free-market economy, Canada has grown fat and wealthy over the many years of its existence. But for its advantageous *and* disadvantageous geographical location right next door to the United States, Canada would be looked upon as a World Power instead of the quiet upstairs apartment neighbor of the United States, as British-born Craig Ferguson of late-night American television puts it. Upon becoming a naturalized U.S. citizen, Craig explained that he chose America over Canada simply because he would rather be part of the noisy downstairs apartment party than be the upstairs neighbor pounding on the floor for the partygoers to be quiet.

Yet, although one can chuckle at Craig's all-too-real humor, one cannot deny the utter importance of Canada upon the World stage. And for those of us in the business of protecting health freedom, when health freedom is threatened in Canada – one of the freest countries in the World when it comes to health and health products – it is vital that all of us act to protect those freedoms.

Fortunately, there are many staunch, freedom-fighting Canadians who will not sit still when their health freedoms are threatened. Whether it is Shawn Buckley or Anthony Stephan of Truehope, as well as many others, they will stand and fight, letting their opinions be well known, far and wide.

### Bill C-51

That is what happened recently with Canadian Bill C-51, which is discussed more fully elsewhere in this issue of *Health Freedom News*. Bill C-51 targeted dietary supplements and natural-health products with new and completely unnecessary legislation, which would give Health Canada and its dragoons of inspectors arbitrary powers over businesses and health products, all in the supposed name of “consumer protection.” Fortunately, Bill C-51 did not make it to a final Second Reading before the Summer recess of

Canadian Parliament. Vampire-like, though, it is certain to rise from the dead upon Parliament's return, so vigilance and persistent activism are still vital to prevent its passage.

### Bill C-52

The Shadow Twin of Bill C-51, Bill C-52, is considered by many health-freedom activists to be the stealth threat. Unlike C-51, which is concerned with health products, Bill C-52 covers *consumer* products such as toys and tools. It amends the Canada Consumer Product Safety Act. But as with C-51, Bill C-52 would place new and unnecessary powers in the hands of government agents. In fact, existing legislation – already enacted years ago by the name of the Hazardous Products Act – already protects Canadian consumers in this arena; so, any new legislation represents nothing more than a blatant grab for more power by the government.

As with Bill C-51, the real significance of C-52 is that it allows the Canadian government to control and destroy private property without judicial review or supervision, or any true accountability whatsoever, and for even the most trivial of violations. It would allow trespass upon private property by government agents, the arbitrary seizure of private property, increased powers of punishment for “offenders,” and more. Equally important, should Bill C-51 fail to be voted into law by a reconvened Canadian Parliament, then C-52 might still pass into law. With one simple regulatory amendment to Schedule I of Bill C-52, natural health products could be covered by this law as just another consumer product. So it is vital that this Bill be defeated as well, particularly since it has made it through its Second Reading and only requires a successful Third Reading to then be sent to the Canadian Senate. All freedom-loving Canadians and Canadian NHF members should immediately contact their parliamentary representatives to have them defeat these two Bills.

### The Canadian Link

In the same way that a free United States and other free countries help provide a bulwark for Canadian rights, Canadian freedom is linked to and a very important part of

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Hunzas of Tibet have very low cancer, due to the fact that their diet is very high in B-17. The Standard American Diet (SAD) is very low in B-17, which correlates to a high cancer rate (50%). The Hunzas are usually out working in the field up to age 110.

I stay away from pasteurized milk, red meat, pork, and tap water. Heart attacks were unheard of in this country before the introduction of chlorinated and fluoridated water along with pasteurized milk. If you would give a baby calf pasteurized milk, it would be dead in 6 months! I do recommend kefir though. I also recommend John Ellis water, which I use myself ([www.JohnEllis.com](http://www.JohnEllis.com)). This technology is able to take out all the "disease markers" in the water. This is important because "the water remembers." This is according to homeopathy (the true medicine).

I recently had the integrity of my cardiovascular system checked and the results were that I have the cardiovascular system of a 35-year-old man, even though I am presently 55. This is due in part to taking 5 grams of arginine (an amino acid) a day, which converts to nitric oxide. The good news is that I feel 25 years old and I have tons of energy. I have never taken a Tylenol in my life, due to the fact I have been getting adjusted three years before Tylenol was even invented (1975). I have been getting adjusted for 36 years now, and I also get massaged twice per month.

I believe people should avoid soft drinks, especially NutraSweet, which is a "nerve toxin" that converts in the body to formaldehyde (embalming fluid). Also, soft drinks are high in carbonic acid and phosphoric acid, which negates and depletes your calcium. I also avoid coffee (caffeine) and black tea (more caffeine) and I instead drink herbal tea. I don't smoke, drink, or take drugs (over-the-counter or Rx.). I haven't had an aspirin since 1993, as every time you take an aspirin you lose


a teaspoon of blood. I also avoid Motrin and Tylenol. Tylenol destroys the liver, and Motrin destroys the kidneys. I also never eat fast food at all, ever. The body wants to be alkaline, not acid. So, eat plenty of fruits and vegetables to keep your body alkaline and healthy. Healthy people don't get sick. First you get sick, then you get everything. I stay away from hospitals, Medical Doctors, and drugs. The Number 1 cause of death in the U.S. is now Medical Doctors and their drugs. Every drug has a side effect. That's the definition of drugs. If it didn't have a side effect, it wouldn't be a drug. When someone gets chiropractic treatment, nutrition, and wholistic care there are no side effects. The only side effect they notice is they get well – which isn't really a side effect but a side-benefit. It's been documented that when the MDs go on strike, the death rate goes down (in Israel, California, Texas, New York, and West Virginia). Nutrition is what heals you, because drugs are what kill you.

Recently, I have been doing Far-Infra-Red saunas twice per week and I feel great from it. This is due to the fact that I'm releasing all the petro-chemicals we are exposed to in the environment as well as some, if not all, of the 80,000 chemicals found these days in the food, air, and water. I also stay away from table salt and instead use Celtic salt or Himalayan salt. Someone gave me a fortune cookie not too long ago that said: "A healthy way of living is to be good to your health." Be good to your health, because your body has to last you as long as you live. Think of your body as a house and you have to live in that house for a long time. When Mickey Mantle was 55, he was asked how he felt, to which he replied "If I'd have known I was going to live this long, I would have taken better care of myself."

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other countries' freedoms, including – and especially – that of the United States. This is true not only for geographic reasons but also for reasons of shared blood, culture, political origins, and battlefield struggles. Already the European Union (EU) has revealed its strong antipathy, even hatred, for natural health products, and should Canada follow the same path as the EU, then the United States would be even more besieged and isolated by the forces of intolerance and control. Such global pressure would be hard for the Americans to resist.

Canada has many health-freedom rights not possessed by citizens in most other countries of the World. If Canada should become yet another cog in the global machinery of health-freedom suppression, then the rest of us will soon follow. The fight for health freedom in Canada is *everyone's* fight for health freedom. We cannot let either of these Bills pass. And this is a battle that can be won. 

Tolerance and apathy are the first signs of a dying society.

– Aristotle