

How Can We Best Be Safe?

"We have accepted the idea that it is the function of government to protect us ... that people are not really responsible for themselves. It's the government's role to take care of us. We're like little children and we look to the government to tell us ..."¹

Safety. Has this become our main motivation for change? Have we allowed fear to keep us from stepping out to welcome life with its challenges and uncertainties? The human spirit shrivels in the presence of fear. And, the human spirit soars when we're willing to live life ... with all its risks.

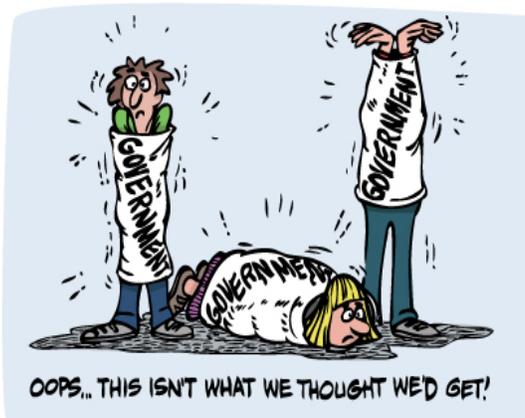
When we expect government to protect us, are we not stifling the human spirit? As we scramble for protection, government responds with regulations. Regulations limit our choices. Regulations foster burgeoning government. Regulations increase taxes. Regulations create intolerance. And yes, regulations protect some.

Today we live with the reality in many countries that our federal governments limit our health care choices. Our choices are constantly threatened because of a bias that favors a medical system based on the use of drugs and surgery and a bias against the natural health system using more gentle therapies and products that work to boost the body's ability to heal. Some of us are quite content with the medical system because we feel protected. Some of us, though, want the freedom to choose natural health therapies. If we do not conform when seriously ill by using drugs and surgery, the health practitioners we consult are often portrayed and treated as quacks, or as criminals who mislead or prey on the sick. Some parents have experienced the frightening threat of having a child taken from them if they choose a natural rather than an allopathic therapy to treat their child's disease.

Does Government Protect Us?

Even those who think regulations make them safe can be harmed. We still have good medical doctors and bad medical doctors. We still have approved therapies that harm as well as help. If regulations are not protecting us from harm, then who is protected? Medical doctors, their associations and pharmaceutical companies have all been protected from having to prove themselves in a free and open market ... where all therapies would be given equal opportunity.

When we allow government to regulate to protect us, we assume that all parties participating in this regulation process are acting honorably and for the greater good. Is that what happens? Or are the interests of corporations, foundations, unions, associations and other special interest groups reflected in the regulations?



Let's look at how our present medical system was established. It started in 1910 when the Carnegie Foundation for the Advancement of Teaching published "Medical Education in the United States and Canada" by Abraham Flexner—better known as the Flexner report. The Rockefeller General Education Board was also behind the report. At the time there were a variety of schools offering medical degrees for a variety of approaches to healing—allopathic, homeopathic, osteopathic and others. If one was ill or wanting to improve their health, there was considerable choice. Of course, as today, some of the choices were effective for some people and not for others. And, as today, some health providers were dedicated and honest while others were only motivated by money. When the Flexner report was made public, it was concealed that it was developed in collaboration with the American Medical Association. It was also not well known that the Rockefellers and other financiers were investing heavily in the fledgling pharmaceutical industry.²

The Flexner report established allopathic medicine as the curriculum in medical schools. Huge donations went to universities that cooperated and educated only allopathic doctors. Over time, government regulations supporting allopathic physicians and treatments grew to the point that our only approved choice for disease is the use of surgery, radiation and drugs.

***All of this is to protect us, or so we are told.
Are we being protected? Are we safer?***

Do Regulations Make Us Safer?

Government regulators allow drugs to be approved based on studies conducted by the drug companies themselves. Scientists are paid huge sums of money to put their names to research. These scientists often do not see the raw data, as they are only given specific data to reach a conclusion.³ If the scientists studied the raw data they might come to a different conclusion. In addition, government committees are often composed of former

pharmaceutical executives or individuals that have invested in the companies they are regulating.⁴

Deaths related to the use of prescription drugs are climbing. More than 100,000 people die every year in US hospitals from the side effects of properly prescribed pharmaceutical drugs. Those 100,000 deaths represent only deaths reported as drug-related. And how many deaths are there from properly prescribed drugs other than in hospitals?^{5,6} In addition, the Institute of Medicine in the US estimates that 1.5 million patients suffer every year from mistakes with medications.⁷

Individuals who enforce government regulations sincerely believe they are protecting us. Should government or anyone have the right to force their beliefs on all of us? Government regulation means one group gets the right to enforce their belief on others. Usually, the group with the most money wins. The pharmaceutical industry is known to have the biggest budget and the biggest army of lobbyists to influence government decision makers. A report in the US, titled "Drug Lobby Second to None," states: "Medicine makers hired about 3,000 lobbyists, more than a third of them former federal officials, to advance their interests before the House, the Senate, the FDA, the Department of Health and Human Services, and other executive branch offices."⁸

“*A government that is big enough to give you all you want, is big enough to take it all away.*”

Barry Goldwater
Former US Senator

Do government regulations make us safer?

John Stossel, an investigative reporter for ABC News, confesses, "One thing I noticed that started me toward seeing the folly of regulation was that it didn't even punish the obvious crooks. ... But regulations did punish legitimate business."⁹

Let's look at the foods we eat every day ... Soy products are being promoted as one of the greatest boons to our health in modern times. Farmers have swung to grow soybeans. We're told that eating soy has been a major factor in the health of the Chinese. The soy industry employs an army of lobbyists to push through government regulations ensuring us that soy protein and soy baby formula is nutritious and safe. Is it? Despite evidence of soy's toxicity resulting in thyroid disease, digestive disorders, brain aging and infertility, the FDA in the US has granted the industry the right to make health claims. This is especially dangerous with regards to infant formula. "New Zealand toxicologist Mike Fitzpatrick estimates that an infant exclusively fed soy formula receives the estrogenic equivalent (based on body weight) of at least five birth control pills per day."¹⁰ Soy is not consumed in Asia the way it is promoted in the west. In Asia soybeans are fermented before being used as food. Fermentation is a lengthy process that changes the chemical structure to make soy more beneficial to the body. These soy products are used as condiments in Asia and are not promoted as a health food or as a meat or protein replacement.¹¹

If regulations are meant to protect us, why is this happening? Who is being protected?

Artificial sweeteners are found in almost every category of processed foods. Are we protected? The FDA steadfastly refused to approve aspartame for several years because of the seizures and brain tumors that were produced in lab animals. In 1981, however, FDA regulators bowed to corporate interests and approved aspartame. "What if someone were to tell you that a chemical added to food could cause brain damage in your children, and that this chemical could effect how your children's nervous systems formed during development so that in later years they may have learning or emotional difficulties?" asks Dr. Russell Blaylock. Studies are mounting showing the process by which aspartame or NutraSweet® and other artificial sweeteners damages the nervous system and particularly the brain.^{12,13}

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And, are food-labeling regulations protecting us? We assume that if we read the label on our purchases, it will provide us with all the facts we need to make an informed decision. Foods are often saturated with pesticides and may have been treated with new procedures such as irradiation—using x-rays or gamma rays from nuclear

Food for Thought

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This brings us to the real issue. A few months ago the Washington Post published an article about a study suggesting that couples who sleep with their infants put their infants at risk for smothering. The Founding Fathers either in the Federalist Papers, the Constitution, or in other writings, never envisioned our country to have a government that would attempt to create a risk free society in which no untoward events ever occurred. Yet, that is exactly what the paternalistic government bureaucracies attempt to do; insinuate themselves into our daily lives by creating regulations that stifle, choke, and restrain all in the interest of protecting people from themselves. ...

When the FDA decided it was time to take acupuncture needles out of the investigational new device category I remember thinking, 'what unmitigated hubris.' The Chinese have been using acupuncture successfully for thousands of years and do not require its acceptance by the FDA or anyone else for that matter. ... Moreover, they have done so without a regulatory body's approval. As for safety and efficacy, we know there are billions of Chinese on the planet. They are not dropping like flies from ingesting herbs. They must indeed be doing something right.

All of this suggests one simple fact. The public really does not need the FDA; not for drug or ,, dietary supplement approval, period.

Andrew M. Baer, M.D., FDA
Public Meeting, April 4, 2000
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material—without any indication on the label. In addition, cows are injected with Bovine Growth Hormone (BGH), a genetically engineered hormone that causes cows to produce up to 25% more milk. The label on dairy products won't alert you. And foods are now grown from seeds that have been genetically modified—again with no warning on the labels. There is evidence that consuming foods from these sources increases our risk of developing serious diseases such as cancer, diabetes and hypertension, yet they continue to be stocked on store shelves and purchased by the unwary consumer.

***If regulations are meant to protect us, why is this happening?
Who is being protected, if not us?***

While a genetic engineering spokesman declares, "No foods in history have been subjected to as much scrutiny," the research of Rampton and Stauber reported in *Trust Us, We're Experts!* reveals the opposite. They found instead that, "The biotech industry excels in the fine art of cultivating Washington politicians." The media is used to show us that genetic engineering is beneficial.¹⁴

Fluoride is linked to major illnesses. Yet we allow regulations that allow fluoride to be added to our water supplies. The Vice President of the Union of Scientists at the Environmental Protection Agency in the US, stated in a report, "In summary, we hold that fluoridation is an unreasonable risk. That is, the toxicity of fluoride is so great and purported benefits associated with it are so small—if there are any at all—that requiring every man, woman and child in America to ingest it borders on criminal behavior on the part of governments."¹⁵

Genetically Modified Foods (GMOs)

Independent scientists at Caen University in France conducted a carefully controlled study using GMO corn to feed rats. The researchers had to procure the seeds secretly as Monsanto, the company who owns the GMO seeds, does not allow independent researchers to use their seeds. The French scientists conducted the research on rats over a 2-year period—the span of their lifetimes. The damaging health effects started to show after 4 months. Monsanto has limited their research studies to only 3 months. The research shows the debilitating health effects from both the seed and the herbicide that is sold with the seeds.

The health of the rats suffered in the following ways:

- A higher incidence than normal of breast tumors. The breast tumors were also notable as they grew rapidly and were unusually large.*
- Liver and kidney damage—crucial body organs which affect every body process.*
- Lifespans were significantly shorter. The death rate was 5 times higher than the control rats on a non-GMO corn diet in males and 6 times higher in females.*

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Using government to regulate may seem to work towards creating a healthier and safer society. Unfortunately it often has the opposite effect ... it protects special interest groups and allows them to enforce their beliefs on us. The bigger the corporation, the bigger the foundation, the bigger the union or the bigger the association the more easily the group can influence government regulations.

In allowing government the right to regulate, we assume they act in an honorable manner. We are slow to accept there is corruption in government just as there is corruption in business. This world is made up of people having experiences on all different levels ... from cheating and lying to honesty and serving. To believe that all the people experiencing cheating and lying are in business and all the people experiencing honesty are serving in government is unrealistic. In every walk of life, in every occupation, in every association, in every neighborhood there are those who have lessons with taking and those who have lessons with giving. Often those learning about taking are well-respected, decent people who simply believe they have the right to enforce what they believe on others.

Regulation allowing Freedom

Regulation in and of itself is not necessarily a bad thing—enforced regulations are what set the stage for the corruption that is happening today. Both consumer organizations and/or government bodies could play a role by establishing voluntary regulations whereby those that choose to conform are allowed to use a specific recognizable label stating approval while those that choose not to conform must also use a specific recognizable label stating nonconformity. For example, when a natural health company develops a new health

Genetically Modified Foods (GMOs)

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The documentary, Genetic Roulette, reveals the threat to our health from GMO foods ... and how prevalent GMO products already are in our food system. Based on a wealth of research this video links increases in allergies, birth defects, and infertility, to name a few, to GMO contamination of our foods. The video includes parents who have discovered that GMOs are hidden in foods they have been feeding their children. Moms are recognizing that the allergies—sometimes debilitating allergies—of their children can be traced to foods containing hidden GMO products. Allergies are a sign of inflammation which leads to other health issues if not addressed. The full documentary can be viewed for a small fee, or purchased, from this site.

[View Website](#)

For a preview, the trailer for the documentary has been expanded to 11 minutes.

[Watch Video](#)

product, instead of having to conform to medical regulations, the label on the product can let consumers know government regulators have not approved it. This system, while under threat, is presently used in the US. The label on most Natural Health Products state: "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat or cure any disease." This way freedom is upheld for both business and consumers. As intelligent individuals we can make our own decisions. Those wanting government protection are free to purchase products labeled as accepted by government.

Investigative reporter, John Stossel continues, "My point is that government and lawyers don't make us safer. Freedom makes us safer. It allows us to protect ourselves. ... Freedom protects the ignorant too."⁹

If we truly want to create freedom, we must be willing to accept responsibility for our choices. We must be willing to realize and accept that each experience that comes our way—good or bad—teaches us something. When we learn what an experience has come to teach us, we grow as a person, as a community, as a society and as a world. Sometimes we learn best with the hard experiences that cause us pain. Why are we trying to create a pain-free, risk-free world? Perhaps a quicker way to create this pain-free world would be through embracing the painful experiences and learning from them. Right now, when someone has a painful experience they want to help someone else avoid that experience so they look to government to regulate. In doing this, they may help some but they do so by taking away the freedom of others, thus setting the stage to limit our choices, fostering burgeoning government, increasing taxes and creating intolerance.

So, there are benefits to regulations and there are costs. Do the benefits outweigh the costs? Investigative reporter John Stossel, sums up, "When I started 30 years ago as a consumer reporter ... my attitude was that capitalism is essentially cruel and unfair, and that the job of government, with the help of lawyers and the press, is to protect people from it. ... I and other consumer activists said, 'We've got to have regulation.' ... And I'm embarrassed at how long it took me to realize that these regulations make things worse, not better, for ordinary people."⁹

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