

FOCUS ON HEALTH

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Cellular Nutrients Helped Me Overcome Skin Cancer

Michelle Andrews shares her Cellular Health success story with Barbara Keely

One spring day in 1996, Michelle Andrews noticed a flat discoloration on her abdomen. Busy keeping up with her demanding daily schedule, she didn't think too much of it because it looked harmless and wasn't at all painful. Fast-forward nine years: the discoloration had become a lesion the circumference of a pea. It was causing her increasing discomfort due to itching and bleeding, and Michelle realized she could no longer ignore it.

A vegetarian and staunch believer in the healing power of natural therapies, Michelle tried various homeopathic remedies in the hope that one of them would be successful in eliminating what she referred to as the "bump." To Michelle's dismay, none of the topical treatments she tried worked. Frustrated, she made an appointment to see a dermatologist. After a biopsy was performed, Michelle learned that her "bump" was actually a tumor. She was diagnosed with basal cell carcinoma, the most common type of skin cancer. "I was shocked and terrified all at the same time," Michelle recalled. "But my doctor was quick to reassure me that it was highly curable."

Skin cancer can appear anywhere on the body, but it is most commonly found on the face, neck, hands and arms. Rarely do tumors develop on non-exposed areas, such as

It is a non-malignant, non-fatal form of skin cancer that is easier to treat than melanoma, which is the malignant form of skin cancer that can kill. Left untreated,



"I was convinced by the research that Dr. Rath's natural approach was the way to go," says Michelle

the abdomen or thighs. According to the Skin Cancer Foundation, basal cell carcinoma affects approximately 800,000 Americans each year.

however, basal cell carcinoma can continue to grow and spread with the potential to mutate into a more deadly form of skin cancer.

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"As a fair-skinned person, I knew I was at a higher risk for skin cancer, but I have always taken great care to protect myself from the sun," Michelle said. "It never occurred to me that a bump on my abdomen could be cancer." Her doctor recommended that the tumor be excised, a common treatment for basal cell carcinoma. Using a scalpel, the doctor would remove the entire growth along with a surrounding border of normal skin. "I told her that I wanted some time to think about it and weigh my options," Michelle said.

Michelle went home and scoured the Internet, reading

as much as she could about basal cell carcinoma and proven natural alternatives for treating it. However there was so much conflicting information about what worked and what didn't that she decided to contact a good friend of hers who worked for Dr. Rath's natural health research company located in Silicon Valley, California. "She spent an hour explaining to me Dr. Rath's scientific breakthrough in the natural control of cancer," said Michelle. "I was very excited and intrigued by what she had to say, and I asked her to send me some of Dr. Rath's materials."

A few days later, a package arrived containing Cellular Health books and brochures, as well as a one-month supply of Dr. Rath's clinically proven cellular nutrients. "I read everything cover to cover and, by the time I was done, I was convinced by the research

that Dr. Rath's natural approach was the way to go," Michelle said. She began a regimen of cellular nutrients and within weeks began to notice a marked difference in the appearance of the tumor. "It began to heal," Michelle said. "It was no longer inflamed, itching, or bleeding. I could hardly believe my eyes!" She wasted no time in obtaining more cellular nutrients from her local independent health food store.

After six weeks of using Dr. Rath's cellular nutrients, Michelle returned to the dermatologist for a check-up. The doctor seemed less than impressed by the dramatic improvement in the tumor's appearance and recommended the remainder of the tumor be excised. Michelle politely refused to undergo the procedure, confident that her success with the cellular nutrients made it unnecessary. The

doctor then gave Michelle samples of a drug used to treat the herpes virus and advised her to use it on the tumor. "I took the medicine," Michelle admitted, "but I stuck it in the closet once I got home and forgot about it."

That was six months ago. Today, Michelle continues to use Dr. Rath's cellular nutrients and her tumor has all but disappeared. She is happy to share her Cellular Health success story whenever she encounters people seeking alternatives to conventional medical approaches, and recommends Dr. Rath's cellular nutrients to her family and friends without reservation. "I have experienced first-hand the benefits of cellular nutrients," Michelle said. "And it feels good to be able to help other people do the same." ■

THE WAR AGAINST VITAMINS

by Erik Espe

Annually, approximately \$16 billion is spent on vitamins in the United States, which clearly indicates that American consumers recognize and experience health benefits from taking vitamins and other micronutrients.

But their right to buy supplements is under threat, and a public relations war against vitamins is being waged. Restrictive legislation is pending in Congress, and international guidelines have been drafted under the auspices of the United Nations to limit the sale of micronutrients. A common theme being hammered on in this new offensive against vitamins is the myth that supplements are "dangerous."

Dr. Matthias Rath – the protégé of two-time Nobel Laureate Linus Pauling – has been warning the world about both domestic and international threats to the Dietary Supplement Health and Education

Act (DSHEA) for more than a decade. The importance of DSHEA to the American people cannot be underestimated. Since 1994, DSHEA has protected the rights of Americans to use dietary supplements, which are perfectly safe and currently defined under DSHEA as a food category.

Domestically, action has been taken against DSHEA on several fronts:

- Illinois Democratic Sen. Dick Durbin, one of the most outspoken opponents of DSHEA, has joined a co-sponsor, Republican Sen. Orrin Hatch of Utah, to draft legislation that would require reports to be filed over "adverse" events experienced by dietary supplement users, regardless of the true causes of the events. S. 3546, the Dietary Supplement and Nonprescription Drug Consumer Protection Act, would obligate supplement manufacturers, packers and distributors



Illinois Democratic Sen. Dick Durbin, one of the most outspoken opponents of DSHEA, is reportedly touting S. 3546 as an important first step in rolling it back.

to notify the FDA of serious adverse events reports associated with the use of their products.

However, the bill's use of the words "associated with" rather than the words "caused by" could result in guilt by association, whereby any serious adverse event experienced by one of the 60 million Americans who consume dietary supplements could be attributed to their supplements rather than to other lifestyle factors. As such, this bill could potentially destroy the availability of effective dietary supplements in America by associating their usage with serious health events.

- In May, the National Institutes of Health (NIH) issued a draft statement at their annual State-of-the-Science Conference calling for greater government regulation over the sale of vitamins. "It is important that the FDA's purview over these products be authorized and implemented," the NIH wrote.
- Earlier this year, the Wall Street Journal published a cover story that alleged vitamins were harmful to Americans' health. But a careful read of the article revealed it was based on a handful of discredited studies and ignored the mountains of research studies being published that clearly show vitamins improve health and rarely cause harm. (See the recent NIH study about the benefits of vitamin C therapy in cancer and Dr. Rath's research results at <http://www.drathresearch.org>.) The timing of the article is no accident of course, given Sen. Durbin's latest crusade to restrict vitamins in the U.S.

The American Association for Health Freedom (AAHF), a nonprofit organization that advocates citizen access to a wide range of healthcare and prevention methods, recently expressed its opposition to S. 3546 in an article written by AAHF Executive Director Brenna Hill. According to Hill's article, S. 3546 "falls short of the public's best interests." AAHF has worked closely with the Dr. Rath Health Foundation

on several issues related to the health freedom movement.

Further efforts to limit access to dietary supplements are also taking place overseas. An international commission known as Codex Alimentarius has drafted international guidelines that will limit access to vitamin and mineral supplements around the world. Codex is the international body sponsored by the World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) to set global food standards that are enforceable through the World Trade Organization (WTO) – and its guidelines for dietary supplements are substantially more restrictive than DSHEA.

Why, when vitamins are known to have so many health benefits and to be harmless, are so many groups actively working to restrict access to them around the globe?

The most important reason involves the beneficial effects of dietary supplement use. Many researchers believe that the \$16 billion spent on vitamins last year ultimately cuts into the sale of pharmaceutical drugs because they serve as an effective form of preventive medicine that artificial drugs cannot compete with. The second reason is that natural approaches to health care address the very root causes of diseases, which can lead to their eradication. This affects the disease market for drugs.

Consequently, it shouldn't come as a big surprise to learn that drug companies have been lobbying the United Nations and U.S. Congress for the past decade to undo the protections that DSHEA gives both businesses and the public with regard to the availability of supplements.

Prior to 2006, these domestic attempts failed to pass Congress. Even with NIH recommendations, such as the one published in May, and nonstop lobbying of Congress by pharmaceutical giants for restrictions on vitamins, attempts to gut the landmark bill have thus far failed.



A careful read of the Wall Street Journal's article reveals it was based on a handful of discredited studies, and that it ignored numerous positive research studies. Relying on the Wall Street Journal for health advice is therefore the equivalent of asking your doctor for investment advice!

But according to National Public Radio, Sen. Durbin is touting the new legislation he is co-sponsoring with Sen. Hatch as an important first step to roll back DSHEA. However, even if Sen. Durbin's legislation fails to pass, Codex could still bring about European-style restrictions on vitamin and mineral supplements in the U.S. As a member of the WTO, the U.S. is obligated to follow Codex's guidelines on dietary supplements. The WTO requires the U.S. to "harmonize" its trade policies with other countries. Free access to supplements in the U.S. could be labeled an unfair trade advantage by the WTO, leading to the elimination of DSHEA's protections and restricting the sale of supplements here.

"True, Codex cannot directly impose a finalized standard on the USA because harmonization works indirectly," warns John Hammell of the International Advocates for Health Freedom. "The U.S. could refuse har-

monization...but then we would be hit with trade sanctions. In theory, Congress could accept the sanctions and refuse to harmonize, but the sanctions can be imposed across a broad spectrum of industries unrelated to supplements, so the reality is that no country can afford to accept this penalty. This threat would put immense lobbying pressures on Congress to change our laws." The new anti-vitamin legislation

being pushed in the U.S. Senate is not emerging out of a vacuum, but is a direct result of lobbying by pharmaceutical giants. Despite a decade of efforts by natural health advocates like Matthias Rath, M.D., who led a struggle in Europe for many years that helped delay Codex anti-vitamin guidelines, the pharmaceutical giants have been gaining ground. Following the final adoption of the Codex guidelines as the new international standard for vitamin and min-

eral supplements last year, only the U.S. remains to be conquered to complete the full domination of pharmaceutical interests over human health.

Today the threat of losing vitamin freedom is more real than ever. If the dietary supplement industry doesn't take the threat seriously, it may see its entire industry disappear with the stroke of a presidential pen sometime in the near future. ■

New Study Shows the Dangers of Pharmaceutical Drugs

Imagine this scenario: You are hospitalized due to having an illness or surgical procedure. The attending physician, a seasoned medical professional, orders several medications to assist you in your recovery. But instead of helping you heal, the drugs make you sicker and have a dangerous impact on your health. Unfortunately for more than one million Americans each year, the aforementioned occurrence is all too real.

According to the Institute of Medicine (IOM), 1.5 million American patients are harmed as a result of medication mistakes. And as if that news wasn't bad enough, 25 percent, or 375,000, of these drug errors are preventable! What is going wrong in America's hospitals, clinics, and nursing homes? The IOM, a part of the National Academy of Sciences and a nonprofit, non-governmental American organization, conducted a study in order to get to root of the issue. The results indicate that the way medications are dispensed is in need of a major overhaul. "The numbers are big. The injuries are big. This is a problem, it's serious and it continues," said report co-author Michael Cohen, president of the

Institute for Safe Medication Practices. In its report brief, the IOM wrote: "In hospitals, errors are common in every step of the medication process...but they occur most frequently during the prescribing and administering stage. When all types of errors are taken into account, a hospital patient on average can expect to be subject to more than one medication error each day." Among the reasons cited for these life-threatening mistakes were different drugs that have names that look or sound similar; illegible handwriting on prescription forms; lack of familiarity of drugs prescribed by doctors and other providers; and poor

instructions to patients about how to properly take the medicines they are prescribed.

The IOM study results, while published on most major Internet news sites including CNN and MSNBC, went largely unnoticed in light of the current media blitz focused on the current crisis in the Middle East.

Meanwhile, the health and lives of millions around the country are being put at risk as a result of preventable drug errors. Even more frightening is that the report was unable to quantify the number of deaths occurring from adverse drug events (ADEs).



While synthetic drugs wreak havoc on the patients who take them, the assault on vitamins and other natural therapies continues unabated in America. A number of bills pending in Congress threaten to erode the free access to safe and effective dietary supplements ensured by the Dietary Supplement Health and Education Act (DSHEA) of 1994. Legislators seem, for the most part, unmoved by the fact that the side effects of prescription drugs are a leading cause of death in the US and result in 2.2 million hospitalizations per year, as reported by the Journal of the American Medical Association in 1996.

To maintain the influx of campaign contributions, Congress and the current administration passes protectionist laws that support the pharmaceutical industry's "business with disease".

Meanwhile the Food and Drug Administration (FDA) turns a blind eye to the dangers posed by the drugs it approves for public consumption – often at the behest of the very companies it is charged with regulating. Cellular Medicine research, as well as tens of thousands of independent studies, confirms the therapeutic value of vitamins, minerals, and other natural substances. Unlike their chemical counterparts, dietary supplements are recognized and well-utilized by the body. In several clinical studies sponsored by the Dr. Rath Research Institute, cellular nutrients were shown to have a beneficial health effect in the management of heart disease, cancer, irregular heartbeat, high blood pressure, arthritis and other serious health conditions – without side effects!

The use of vitamins and other natural nutrients can also go a long way in preventing the onset of such health problems in the first place. In addition to their demonstrated health benefits, vitamins are far less expensive than pharmaceutical drugs, making them accessible even to people without health insurance. Use of nutrient-based formulations would tremendously reduce the incidence of injuries caused by drugs. The IOM report recommends that the federal government and regulatory agencies make a concerted effort to lower the number of medication errors; ironically however, the negligent policies of these groups are what make drug mistakes an acceptable part of mainstream medicine. ■

The Trilateral Cooperation Charter: Gateway to the Enacting of Codex Vitamin Restrictions in the US?



On February 27, 2004, unbeknownst to millions of Americans, the so-called "Trilateral Cooperation Charter" was signed into existence by representatives from seven food, drug, health, and trade regulatory agencies in the U.S., Canada, and Mexico.

The website of the US Food and Drug Administration (FDA), a Charter member, cites the mission of the Charter as being to "protect and promote public

health through a trilateral forum that shares information and works collaboratively on issues of mutual interest." However, this statement hardly inspires confidence in the federal agency charged with protecting the health of American citizens. Does the FDA really require assistance from neighboring countries to adequately do its job - to the degree that it felt obliged to join this largely unpublicized Charter - one wonders?

The FDA claims that the Trilateral Cooperation Charter provides the three participating countries with a formal mechanism to work closely together to better protect, promote and advance human health in North America, including in the area of nutrition. On the surface, this appears to be a worthy goal, as we too share an interest in nutrition, as well as in protecting, promoting, and advancing human health. However, a decipher-

ing of the bureaucratic-speak of the Charter's operating guidelines reveals that its ultimate aim is to develop a "harmonized" set of food and drug regulations for all three nations. To date, therefore, the Charter has already initiated some 730 compliance actions against companies that supposedly promote "bogus weight-loss products that mislead the public, endanger public health, and provide false hope and defraud citizens of billions of dollars."

It would therefore seem that the Trilateral Cooperation Charter is yet another push by the FDA to have dietary supplements regulated as drugs in America. The 1994 Dietary Supplement Health and Education Act rightly categorized dietary supplements as "food." However, any attempt to harmonize US dietary supplement laws with Canada and Mexico would result in DSHEA being revoked.

In Canada, vitamin and mineral supplements are classified as natural health products, not foods. This means all herbal remedies, homeopathic medicines, vitamins, minerals, traditional medicines, probiotics, amino acids and essential fatty acids are subjected to the same regulations as synthetic and toxic pharmaceutical drugs. In Mexico, vitamin products share similar import and sales regulations to drug products. Preventing this sort of heavy-handed, overregulation of dietary supplements is the very reason DSHEA was enacted in the first place.

Moreover, by taking part in the Trilateral Cooperation Charter, the FDA is in clear violation of the Administration Procedures Act (APA) and the Federal Advisory Committees Act (FACA). APA requires all U.S. regulatory agencies (such as the FDA and the FTC) to follow certain set procedures in notifying the public and Congress in a timely manner before laws may be implemented and enforced by these agencies. FACA makes mandatory the access of the public to the minutes of the meetings

and actions of government agencies. In the case of the Charter's activities, neither of these laws has been followed and, what is worse, the Charter itself came into existence without the input of American citizens or Congress!

Could it be that the Trilateral Cooperation Charter is part of a plan to eradicate the borders separating the U.S., Canada, and Mexico to form a North American Union? And if so, would this be built upon the same non-democratic forms of governance and restricted freedoms that the European Union is increasingly subject to?

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Significantly perhaps, in May 2005, the Council on Foreign Relations (CFR) published a white paper entitled "Building a North American Community," in which it espoused:

"The three governments should commit themselves to the long-term goal of dramatically diminishing the need for the current intensity of the governments' physical control of cross-border traffic, travel, and trade within North America. A long-term goal for a North American border action plan should be joint screening of travelers from third countries at their first point of entry into North America and the elimination of most controls over the temporary movement of these travelers within North America."

In its white paper, the CFR proposed the creation, by 2010, of a North American Community to "enhance security, prosperity, and opportunity." What would this mean for Americans? Some experts predict that it would mean Americans would be subjected to several super-regional governing bodies that would have jurisdiction over Congress and the Supreme Court. In other words, the U.S. would no

longer exist as self-regulating sovereignty – a rather confounding notion, given this country's storied battle for independence in the American Revolutionary War.

Meanwhile, the "North American Cooperative Security Act" (S.853 and H.R.2672), thought by some political observers to be an attempt to begin the unification process of the U.S., Canada, and Mexico into a North American Union, was introduced in both the Senate and the House of Representatives almost simultaneously with the publication of the CFR's report. Under the guise of protecting the U.S. economy and citizens from terrorist activity, this legislation, if passed, would essentially make America "borderless." Astonishingly, therefore, with the exception of a group of natural health organizations that includes the ever-vigilant Dr. Rath Health Foundation, there has been little public outcry regarding these bills.

Given therefore that in March 2005 the leaders of the U.S., Canada, and Mexico had signed the "Security and Prosperity Partnership of North America" (SPP), describing it as "a trilateral effort to increase security and enhance prosperity among the United States, Canada and Mexico through greater cooperation and information sharing", it would thus seem quite possible that a North American Union could already be on its way to becoming a reality. As such we must alert our Congressional representatives that we, as freedom-loving American citizens, are against the harmonization of standards that threaten the continued existence of DSHEA.

Quite clearly, the existence of the Trilateral Cooperation Charter has implications that extend far beyond the issue of vitamin freedom. The road to harmonization, if actualized by this Charter and later by the creation of a North American Union, threatens not only to lead to the termination of our health freedom, but also of numerous other deeply cherished civil liberties as well. ■

A CLOSER LOOK AT SENATE BILL 3546

In June, Senators Orrin Hatch (R-Utah), Tom Harkin (D-Iowa), Richard Durbin (D-Ill.), Mike Enzi (R-Wy) and Edward Kennedy (D-Ma) introduced Senate Bill 3546, the "Dietary Supplement and Nonprescription Drug Consumer Act," a bill that will require manufacturers to notify the FDA of all serious adverse event reports (AERs) for dietary supplements and over-the-counter (OTC) drugs reported to them. It will also require supplement labels to include a telephone number for consumers to call to report serious adverse events, and would obligate supplement companies to pass on these reports to the FDA within 15 days. Serious adverse events, accord-



Senate Bill 3546 could easily result in guilt by association, in that a dietary supplement could be wrongly implicated in a serious adverse event where other factors, such as cigarette use, alcohol intake, prescription or non-prescription drug use, illicit drug use, poor dietary habits or other factors, might actually be the culprit

ing to S. 3546, are defined as health-related events resulting in "death, a life-threatening experience, inpatient hospitalization, persistent or significant disability or congenital abnormality or birth defect." In addition however, any event that requires, "based upon reasonable medical judgment", a medical or surgical intervention to prevent such an outcome would also be defined as a serious adverse event under the bill.

Surprisingly, several natural health trade associations and consumer groups have come out in support of

this bill, citing it as a protection to both consumers and the dietary supplement industry. However, a closer review of the actual language of the bill reveals that S. 3546 could potentially severely restrict access to dietary supplements, and prevent millions of Americans from benefiting their health by supplementing with essential nutrients that are safe and effective. Section 761 of the bill, for example, which would amend the Federal Food, Drug and Cosmetic Act with respect to dietary supplements, is worded to read:

"The manufacturer, packer, or distributor of a dietary supplement whose name appears on the label of a dietary supplement marketed in the United States shall submit to the Secretary any report of a serious adverse event associated with the such dietary supplement when used in the United States."

As such, the bill's use of the term "associated with" could easily result in guilt by association, in that a dietary supplement could be wrongly implicated in a serious adverse event where other factors, such as cigarette use, alcohol intake, prescription or non-prescription drug use, illicit drug use, poor dietary habits or other factors, might actually be the culprit. In other words, because a consumer merely thought a dietary supplement might have caused harm would be enough to warrant a serious adverse event report being filed against the product, which could result in it being pulled from the shelves. Some food and drug legal experts therefore believe the new legislation would put the burden of proof on supplement manufacturers to establish the safety of their products whenever a complaint was filed, regardless of whether said claim was substantiated by a medical doctor.

The fact of the matter is that dietary supplements have a safety record



Opponents of vitamin freedom want to see the 'Dietary Supplement and Nonprescription Drug Consumer Act' on President Bush's desk by the end of the year for his signature

pharmaceutical drugs simply cannot match. Over the past 25 years, dietary supplements have averaged less than five deaths per year. In startling contrast, 1.5 million Americans are injured every year by medicines administered by health care professionals.

Support of this legislation by the NPA (formerly NNFA) and other organizations, who see no conflict in representing the interests of pharmaceutical manufacturers as well as the natural products industry and its consumers, has put S. 3546 on the fast track to passage in Congress. The bill was favorably reported by the Senate Health, Education, Labor, and Pensions (HELP) Committee, and will now go before the full Senate. The goal is to have the bill on President Bush's desk by the end of the year for his signature.

The Dr. Rath Health Foundation is therefore mobilizing a major grassroots campaign in opposition of S. 3546, and several other natural health organizations have joined forces with the Foundation in revealing the true agenda of this bill. S. 3546 is a serious threat to health freedom, and it is incumbent upon natural health advocates around the country to contact their elected representatives in Congress immediately to voice their opposition! ■

Support Your Local Independent Health Food Store

Each year, \$16 billion is spent by American consumers on vitamins, evidence of their perceived value in promoting good health in those who use them. In an era of mass merchandisers, supermarket and pharmacy chains, and the Internet, there are countless options for the consumer when it comes time to purchase vitamins and other dietary supplements. But does it really matter whether you shop at the brand new chain store that occupies 3,500 square feet of space or at the small, independent health food store that has served its community on the same corner for as long as you can remember? Yes, it does!



Small natural health retailers have been a critical part of the battle to enact and, now, defend DSHEA and vitamin freedom in America. They have stood together to fight for their health freedom, with the backing of Dr. Rath and his nonprofit Dr. Rath Health Foundation.

Independent health food store owners are usually more committed to providing quality products and education for their customers than are the mass market stores, which are generally more concerned with pushing the “product of the week” in order to meet their bottom line than they are in satisfying the individual needs of the customer. As an independently run store, the shop owner can work with just those supplement manufacturers that he or she trusts to provide only the highest quality products.

Often you will find that your independent health food store sells products not offered by the larger

franchises. Staff members at these stores are highly trained and educated sales professionals who are very knowledgeable about the plethora of nutritional supplements available to customers. Independent health food stores have shown themselves to be committed to providing courteous service in an effort to help customers achieve their health goals through supplementation with safe and effective dietary supplements.

It is for this reason that Dr. Rath chose to promote his clinically proven cellular nutrient formulas only through independent health food stores. He recognizes the important role local independent health food stores play in empowering and educating the community about natural health products and in the legislative issues surrounding the attack on natural



health in this country. Small natural health retailers have been a critical part of the battle to enact and, now, defend DSHEA and vitamin freedom in America. They have stood together to fight for their

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By purchasing cellular nutrients at your local independent health food store, you are helping to keep their doors open. With so many retail commercial conglomerates crushing the “Mom and Pop” business model out of existence, it is important to support those who have supported your pursuit of natural health long before it became trendy to shop at such stores. Dr. Rath and his organizations are committed to providing their independent retail partners with the best natural health research and educational materials, the best products, and the best tools for keeping DSHEA safe.

Support your local independent health food store. It’s good for your health and it’s good for the natural health industry! ■