

THE NATURAL HEALTH PRODUCTS PROTECTION ASSOCIATION PRESENTS

FREEDOM IN CRISIS LECTURE TOUR

4 ACTION STEPS

1 WRITE

WRITE, CALL AND FAX YOUR MP, HEALTH CANADA AND THE MINISTER OF HEALTH.

Write your own letter or log onto www.nhppa.org to find pre-written template letters. Or email us to have them sent to you. Ask for the NHPPA Health Freedom Action Kit that will help you. **Make time to write one letter a month.** Schedule personal monthly activist days.

GOOGLE 'Find your MP using your Postal Code,' click on the first hit.

EMAIL US to give you a complete list of key Health Canada decision makers, media, MPs and Senators.

Your voice counts as part of the movement!

3 COMMUNICATE

ACTIVATE YOUR NETWORKS.

Inform at least 5 people you know who would be affected by losing our access to more NHPs.

Ask us for our Action Kit to help spread the word. We have material for retailers, manufacturers and consumers. We can help tailor your plans and offer support. **You are the hub of a network of voices.** Mobilize them by Email, Facebook and Twitter! Talk, share the facts.

Have friends follow the Action Steps!

2 DONATE

GIVE TO NHPPA'S 'HUNDRED BUCKS FOR HEALTH FREEDOM' CHALLENGE.

DONATE \$100 (as an individual or a group) to the Natural Health Product Protection Association (NHPPA) for their class action lawsuit against Health Canada. It will take a full legal team to go up against Health Canada's system. Donate at participating health store locations. Download a patron pledge form from our website and mail in a cheque. Log onto www.nhppa.org and donate online. Call the office to contribute with credit card.

*Everybody chips in something!
Every donation makes a difference!*

4 SUBSCRIBE

**ADD YOUR NAME TO NHPPA'S EMAIL LIST
'LIKE' US ON FACEBOOK!**

Receive up-to-date information on everything that will affect you, our regular campaigns and how to join them by Facebook or Twitter. **Join our email list for news direct to your inbox.**

*Participate in our accountability campaigns!
Defend your right to choose!*

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CANADIANS HAVE LOST OVER HALF OF THEIR TRUSTED NATURAL HEALTH PRODUCTS

NOT BECAUSE OF SAFETY... OR QUALITY... OR LABELING... but because they lack the human trials required by their classification as DRUGS.

Yet Health Canada has always known that such trials are NOT FEASIBLE because NHPs are NOT PATENTABLE; and until 2004, many were classified as FOODS, so human trials were not performed. Forcing NHPs into the drug category ensured thousands would be unable to comply.

Health Canada told public and industry that the Natural Health Product Regulations would increase our access to NHPs. Fast forward to today, since 2004 the NHP Regulations have driven over 37,000 natural health products off Canadian shelves.

Scores of Canadians **rely on the products** being removed for their health, pain relief, and in some cases, their very survival.

ABOUT THE NHPPA

The Natural Health Products Protection Association (NHPPA) is a federally incorporated, non-profit organization devoted to protecting access to Canadians' natural health products. We lobby government, publish information and advise the public.

In 2010 the NHPPA launched its 3 Part Action Plan to focus attention on Canadians' constitutional rights. This plan includes the Charter of Health Freedom. The NHPPA is solely supported by concerned natural health products manufacturers, retailers and public advocates; individuals who believe we should not have to compromise freedom for safety.

URGENT CALL TO ACTION

IF YOU WANT TO MAINTAIN YOUR ACCESS TO EVEN A FRACTION OF THE EFFECTIVE NATURAL HEALTH PRODUCTS THAT REMAIN ON OUR SHELVES, (SUCH AS OREGANO OIL, SERRAPEPTASE), IT IS IMPERATIVE THAT YOU CONTACT MEMBERS OF PARLIAMENT AND LET THEM KNOW THAT:

1. YOU WANT THE NHP REGULATIONS SUSPENDED AND REVIEWED BY THE STANDING COMMITTEE ON HEALTH WITH NHPPA AT THE TABLE.

The loss of products must stop. Compromise, by amending or 'tweaking' inappropriate regulations can never be a realistic solution, especially given that even Parliament's own NHP recommendations were ignored. As long as natural remedies are assumed, without proof, to be illegal and dangerous, they will be restricted.

2. YOU WANT NATURAL HEALTH PRODUCTS REMOVED FROM UNDER THE DRUG CATEGORY AND GIVEN THEIR OWN ACT.

We believe the NHP Regulations are unconstitutional. NHPs are not, never have been, and never will be drugs. We don't believe that NHPs, which are safer than peanut butter, carry enough of a risk to be considered potentially criminal. We are mindful that government only backed down in the 1990s on the eve of the lawsuit.

3. YOU WANT THE CHARTER OF HEALTH FREEDOM PASSED.

The petition for the Charter is already one of the most subscribed to in Canadian history! It creates an appropriate legal framework to regulate NHPs that does not ignore the rights our courts say we have. The Charter creates a positive legal basis, which will enable the Government to protect us from actual risks, while at the same time protecting our right to make personal and informed health choices.

As the Regulations are written, there is nothing to stop Health Canada from continuing to "tighten the screws" until our shelves are bare and health food stores are forced out of business.

How important is it that we maintain our ability to care for ourselves? How important is it that we stay personally empowered to be vital and free?