



**THE RIGHT TO
TREAT YOUR
HEALTH**



NATURALLY,

**IS UNDER
THREAT.**



GET INVOLVED WITH THESE 8 ACTION STEPS!

Join NHPPA's Health Freedom Movement & Participate In Current Action Campaigns

1. Write & Call Your MP

Write your own letter or log onto nhppa.org to find ideas and templates to guide you but we can't replace a constituent's voice! Make time to write one letter, make one call and send one email a month to your MP. Contact us any time for personal support!

2. Visit Your MP's Office

You don't have to be an expert. By letting your MP know you care about health freedom, you make an impact. Ask if your MP supports the Charter of Health Freedom. The Visiting Your MP Action Kit from nhppa.org will help you understand how to make the most of your visit. Contact us with any questions!

3. Subscribe To Our Action Network

Join our 338 Freedom Network from our website's subscribe page. Joining our cross-country initiatives to create consistent political pressure is critical.

4. Donate Monthly

We need the public to contribute monthly, even \$20 a month, to keep us working. 5000 engaged Canadians could sustain enough political pressure to amend the Food and Drugs Act and enact The Charter of Health Freedom to guarantee a reasonable legal environment for natural health products.

5. Activate Your Networks

Educate and inspire at least 5 people to get active. You know who would be most affected by losing access to natural remedies and practices. The general public are unaware that the government is removing their access through censorship, science and belief. Share action campaigns when launched!

6. Contact Your Local Media

Find the correspondent responsible for any health news or public affairs at your local TV and radio stations and print media. Put together a package from all of the material you find on NHPPA's website that means something to you and send!

7. Write/Call Health Canada Bureaucrats

When you connect with Health Canada, you are speaking directly to the people making your health decisions for you. Choose a bureaucrat a month and let them know they are accountable for their actions. Email us to help you identify the most important target employees and policy makers in Ottawa.

8. Collect Petition Signatures

Download and print The Charter of Health Freedom petition from nhppa.org. Collect 25 signatures on a petition page and then return to NHPPA by mail.

Thank You!

Since the NHPPA operates with minimum expenditures, our achievements, including the petition signatures collected, would not have been possible without concentrated public effort. Our successes represent *your* grass roots commitment to spreading the word and taking action.

Everything you do makes a difference.

Your voice has power. Together with tens of thousands of others it can restore our individual right to choose for ourselves. Like us on Facebook to be the first to know when we launch action campaigns.