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## Will food, vitamins and supplements be considered illegal under the Codex Alimentarius?

By Ma'at Seba  
SUN COLUMNIST



Will food, vitamins and supplements be considered illegal under the Codex Alimentarius?

On December 31, 2009, the United States joined in on one of the most dangerous ventures against the health and welfare of

the American people and that venture is the Codex Alimentarius. The Codex is a joint venture regulated by the Food and Agricultural Organization (FAO) and the World Health Organization (WHO) under the guise of protecting the health of the consumers and ensuring fair trade practices in the food trade industry. The Codex will soon be mandatory to all the countries who are members of the World Trade Organization (WTO) and those who do not comply will be hit with outrageous trade sanctions. This will cripple the smaller and poor countries as well as causing massive death and starvation worldwide.

According to the Codex virtually everything that you eat, *except for pharmaceuticals*, will be covered under the Codex from your meats, vegetables, fruits to your water. Vitamins, minerals and supplements are include as well in that *All* nutrients (vitamins and minerals) are to be considered toxins/poisons and are to be removed from *all* food because Codex prohibits the use of nutrients to "prevent, treat or cure any condition or disease". What if that comment is not only limited to nutrients but to anything that will "prevent, treat or cure any condition or disease" which might extend to exercise equipment, alternative healing therapy equipment (hot rocks, massage oils or foot detox patches)?

Even worse it will be illegal to give any advice be it written or oral (including to family and friends), some of the most dangerous banned pesticides will be used again on crops, growth hormones (Monsanto company/Roundup pesticides by Scott's, and Monsanto now own WHOLE FOODS!) and antibiotics will be mandatorily used on all animals used for human consumption (beef, pork, poultry and fish), and genetically modified foods (GMO), animals fish etc. will not have to indicate their GMO sources on the labeling.

The partial list gives a very basic breakdown of the foods, but does not

cover the vitamins, minerals and supplements covered under the Codex:

Vegetables - (fresh, frozen, cooked fried, etc.)

Fruit - (fresh, frozen, cooked, dried, canned, candied, etc.)

Meats - (poultry and game-fresh, frozen, cured, processed, canned, cut or whole including lunch meat, sausages, bacon, ham etc.)

Fish - (fresh, frozen, cooked, dried, smoked, fermented, salted etc.)

Waters - (bottled, sodas, natural, mineral source)

Dairy - (cheeses, milks, cream, creamers, powdered, yogurt, sorbets, ice cream, ice cream, yogurt, eggnog, whey etc.)

Sugars - (white, brown, cane, raw, honey, powered, sweeteners, agave etc.)

Cereals, Nuts and Seeds

Salts and salt substitutes

Condiments - (ketchup, mustard, gravies, sauces, mayonnaise, spreads etc.)

Fats and oils - (vegetable, butter, spreads, margarine, ghee, fish lard, animal fats etc.)

Flours, starches and grains - (breads, buns, muffins, crackers, rolls, pastas, noodles, rice's, oats, yeast, etc.)

Baby formulas and cereals

All snack foods and ready to eat foods

Confections - (cakes, cookies, pies, puddings, candy, baking decorations, toppings, etc.)

Alcoholic beverages - (liquor, beers, wines, coolers etc.)

Non-alcoholic beverages - (sodas, pops, fruit juices, vegetable juices, coffee, teas etc.)

Once this information began to be more widely publicized the USDA has since taken down the food list from their website, however several other websites still have some pertinent information about it. Beware of the at least 50 front organizations such as *Alliance to Feed the Future* that (allegedly) disseminate false information to the consumers to believe that the Codex is beneficial to the health and well-being of everyone on the planet, please do your own research on this subject and inform your politicians on the impending global impact.

For further information and to make your concerns known, log onto these sites: Websites: Naturalnews.com - Mercola.com - drrimatruthreports.com - Healthfreedomusa.org, Youtube videos: "77 - Codex Alimentarius"

For additional information, visit Loving Life Health Store at 15224 W. 7 Mile, Detroit, MI. 48235 Mon-Fri. 10-7 pm & Sat. 10 - 6 pm. Call (313)861-1118.

## For Veggie Sake

By Melody Thompson  
SUN COLUMNIST



Over the weekend my son went swimming with my daughter, she while there she sent me this picture of him in the pool.

She informed me that the discoloration of his neck was an early sign of diabetes and that I

should immediately take him to the doctor to have this

checked. I was terrified and started a plan to first make a doctor's appointment, then to change his diet as well as incorporate more activity into his schedule. After that, I wanted to learn all that I could about this disease. This month we want to share some information about childhood diabetes. First thing is that it's common. There are more than 200,000 US cases per year, diabetes can't be cured, however treatment may help. It requires a medical diagnosis and is chronic. It can last for years or be lifelong and typically appears in adolescence.

Symptoms include

- Increased thirst and frequent urination. As excess sugar builds up in your child's bloodstream, fluid is pulled from the tissues. This may leave your child thirsty. As a result, your child may drink — and urinate — more than usual.



- Extreme hunger. Without enough insulin to move sugar into your child's cells, your child's muscles and organs become energy-depleted. This triggers intense hunger.
- Weight loss. Despite eating more than usual to relieve hunger, your child may lose weight — sometimes rapidly. Without the energy sugar supplies, muscle tissues and fat stores simply shrink. Unexplained weight loss is often the first sign to be noticed.
- Fatigue. If your child's cells are deprived of sugar, he or she may become tired and lethargic.
- Irritability or unusual behavior. Children with undiagnosed type 1 diabetes may suddenly seem moody or irritable.
- Blurred vision. If your child's blood sugar is too high, fluid may be pulled from the lenses of your child's eyes. This may affect your child's ability to focus clearly.
- Yeast infection. Girls with type 1 diabetes may have a genital yeast infection, and babies can develop diaper rash caused by yeast.

Type 1 diabetes in children is a condition in which your child's pancreas no longer produces the insulin your child needs to survive, and you'll need to replace the missing insulin. Other

Treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet, and exercise.

We here at "For Veggies Sake" encourage you to stay alert to your child's diet and encourage activity that will increase daily exercise.

For more information, ideas or questions contact us at forveggiesake@yahoo.com.

## Celebrities lead movement to battle breast cancer, raise awareness

PRNewswire/ -- The American Cancer Society (ACS) is teaming up with celebrity ambassadors this month to encourage their families, friends, fans and followers alike to "Get #YOUUnited" in the fight against breast cancer by purchasing celebrity designed merchandise and giving donations. With this new campaign, ACS has engaged notable pop culture figures to become ambassadors in championing this fight, such as mega producer DJ Khaled, multi-platinum artist, global philanthropist French Montana, three-time Grammy nominated artist Jhené Aiko, and singer and actress, Kristin Chenoweth.

While hundreds of thousands of ACS' "Making Strides Against Breast Cancer" participants will be rallying in their local communities throughout the month of October, these key influencers will leverage their celebrity platform to promote the "YOUUnited" theme on social media - joining ACS' collective national movement to raise awareness and funds for breast cancer, and coming together to help save lives from this disease.

To support the campaign's mission, each celebrity ambassador and pairing took part in a "Get #YOUUnited" compelling PSA and designed an exclusive team T-shirt in support of breast cancer patients, survivors, and those affected by the disease. The core goal of the talent involved is to engage people to buy one or more of the four limited edition shirts or make a donation, creating a sense of unity and real movement that brings hope on a local and national scale. Net proceeds from shirt sales and all donations benefit ACS to fund its mission to support breast cancer patients everywhere. People are encouraged to wear their team shirts to one of more than 200 ACS Making Strides Against Breast Can-

cer walk events near them to further support the cause.

Khaled, Montana, Aiko and Chenoweth have all been affected by cancer. Leading this national movement is a priority for them to use their influence and platform to activate fans to team up and get #YOUUnited to help eradicate breast cancer.

"Someone near and dear to me was recently affected by breast cancer. I had to step up and do my part to help those fighting this disease," said Khaled. "We are all in this together. Let's make a difference."

"I met my friend, Nalie, several years ago when she was battling cancer and did the dance challenge to UNFORGETTABLE. She's an inspiration to me, always positive and always smiling," said Montana. "That's why 'Thriver' best describes her. This is my gift to her and the others out there living with breast cancer."

"It's an honor to work with the ACS again. I wanted to create something personal for my 'Team Yagi-san' in memory of my brother and those affected by this disease," said Aiko. "I partnered with my good friend Kerby Jean-Raymond to design something special."

"I've been very open about the important people in my life that have been affected by breast cancer. My mom has survived it several times, my aunt is a survivor and several close friends of mine went through their cancer journey," said Chenoweth. "Anytime I can support those in this fight I will. This is something very important to me."

The "Get #YOUUnited" campaign officially launches today marking the kickoff of Breast Cancer Awareness Month. To learn more about Making Strides Against Breast Cancer, visit makingstrideswalk.org.

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