

### Clean Drinking Water

Mysterious and unique, water is vital for life. Our Clean Drinking Water campaign plots a course through the conflicting reports on chlorination and fluoridation of our water supplies, and gives a clear, consistent voice to those who believe in our right to get unmedicated, uncontaminated water from our taps.

### Food4Health

Simplified diets containing processed foods that are devoid or lacking in phytonutrients and enzymes are a major culprit in the current chronic disease epidemic. Want to know how to take control of your health through properly prepared, nutritious food and positive lifestyle choices – all backed up by the latest science? Then Food4Health is for you!

### Electro-Magnetic Radiation (EMR)

We swim every day through a soup of EMR, emanating from everything from wi-fi to cordless and mobile phones and power cables. Our EMR campaign is all about creating awareness of the invisible waves that the World Health Organization recently classified as a 'possible carcinogen', and finding ways to reduce our exposure!

### Good Science

Science should be objective. But it is being twisted and misused by regulators and their corporate friends in order to publicly justify a clampdown on natural healthcare. Get on board with our Good Science campaign, and see why we need to re-shape scientific evaluation of the effectiveness of different healthcare approaches and the safety and benefits of products.



### How to get involved

There are many ways in which you can make a difference. You'll find more information on the Get Involved link from our homepage. Here are four of the most important ways:

- Donate – we are entirely dependent on donations for our funding. Without your help, we can't continue our work. You can donate easily via our website, [www.anh-europe.org](http://www.anh-europe.org)
- Stay up to date with what's happening – sign up to eAlerts and respond to our Calls to Action
- Share and educate – interact with ANH-Intl social media. Check us out at [www.anh-europe.org](http://www.anh-europe.org), [www.facebook.com/ANHInternational](https://www.facebook.com/ANHInternational) and [www.twitter.com/anhcampaign](https://www.twitter.com/anhcampaign)
- Use your democratic voice – engage with the political process and communicate about these issues with your elected representatives

## Alliance for Natural Health

"At the heart of natural health"



If you answer 'yes' to any or all of these questions, get involved with ANH International – the organisation at the forefront of protecting and reclaiming our rights to natural healthcare!



Feel that modern medicine has forgotten who we are and where we came from?

Concerned that mainstream treatments ignore or subdue the role of nature in healing?

Use natural health approaches to help stimulate self-healing within your body?

Worried about ever-tightening regulation affecting natural health?

Think you should be free to choose how you manage your own health?

Want to play an active part in changing things for the better?

Naturally, we'd love to have you on board!



[anhinternational.org](http://anhinternational.org)

[anh-europe.org](http://anh-europe.org)

[anh-usa.org](http://anh-usa.org)



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**We are most successful when we work with nature, rather than against it**

Human beings are a product of natural evolution. That's where we've come from and that's why we respond better to natural things than we do to anything humans have produced since the industrial revolution. We are most successful when we work with nature, rather than against it.

Nowhere is this clearer than in the field of healthcare. As a result of inappropriate diets, lifestyles and excessive stress – all endemic problems associated with life in the 21st century – we are seeing an emerging epidemic of largely preventable chronic diseases like heart disease, cancer, obesity and type 2 diabetes. While recognizing the causes, modern medicine fails to recognise the role of nature in resolving these epidemics. Instead, it continues to rely largely on drugs, surgery and radiation, with little success.

At the same time, unelected government agencies, national and regional governments, such as the European Union, and inter-governmental bodies like the Codex Alimentarius Commission, are clamping down on our rights to choose natural healthcare. The regulatory noose is tightening slowly – deliberately so, to give manufacturers time to adapt and to reduce the likelihood of a public uproar. But in most parts of the world, there are clear long-term plans that aim to dramatically reduce consumer access to natural healthcare products and different forms of complementary and alternative medicine (CAM). In addition, there are parallel moves to restrict free communication about natural products and healthcare services.

With your support and involvement in campaign efforts, we can really make a difference. Support us at ANH International (ANH-Intl) and play your part in the international campaign to maintain your right to manage your health naturally. You can choose to become part of the feedback system that is helping to restore some equilibrium among the matrix of interacting living systems on planet Earth – of which we are an integral part.

At ANH-Intl, we believe that healthcare should respect our evolutionary heritage. That it's about working with nature, rather than against it. We work to promote and protect natural health, and help inspire personal empowerment and freedom of choice in healthcare.

You can find us on:



[www.facebook.com/ANHInternational](http://www.facebook.com/ANHInternational)

and

[www.twitter.com/anhcampaign](http://www.twitter.com/anhcampaign)



**Herbal medicine is relied upon by**

**80%**  
**of the world's population**



**Our current campaigns**

**Health Choice**

Governments, international bodies and transnational corporations are working together to restrict your access to natural healthcare. They're doing it slowly, so that you won't notice until it's too late. Our Health Choice campaign reveals their secrets – and provides you with some powerful tools to help reclaim your right to manage your health naturally.

**Codex**

Assuming they've heard of it, many people are confused about the Codex Alimentarius. With no exaggeration and no hysteria, our campaign gives you the low-down about this shadowy, international standard-setting body that oversees the global food trade. And although it's deliberately inaccessible, we show you how to influence the goings-on at Codex.

**Nurture Traditional Medicinal Cultures**

Herbal medicine is as old as humankind. It's still relied upon by 80% of the world's population and is increasingly popular in the West as a gentle and effective method of healthcare. But a raft of EU legislation presently coming into force is incrementally making most of the products used by ancient traditions, such as Ayurveda and traditional Chinese medicine, illegal. Join us at the forefront of the movement to protect herbal products and natural medicines.

**Sustainable Healthcare**

Mainstream medicine is not sustainable. It's too expensive, and it appears, overall, to cause more problems than it solves – especially for chronic diseases such as heart disease, cancer, type 2 diabetes and obesity. A huge burden can be lifted from healthcare systems by incorporating natural and integrated healthcare approaches – and stimulating personal empowerment in healthcare decision-making. Help us to stimulate a much-needed paradigm shift in healthcare!

**Say NO to GM**

Genetic modification (GM) is the largest uncontrolled experiment ever conducted on the human race: an experiment with enormous potential for health and environmental calamity. Public opposition to GM crops and foods is the best weapon against the continuing invasion of GM. Only together, armed with the right information, can we prevent the continued spread of GM technology around the world. Future generations are relying on our actions.

**Vaccine Choice**

For us, it's simple: everyone should be able to choose whether to vaccinate themselves or their children. Unfortunately, not only is it difficult to find unbiased information on the topic of vaccination, but governments and mainstream medicine are also becoming bolder in calling for mandatory vaccination. Get informed – today!