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Cover photo by Lorna Hancock

The cover photo reminds us of the wonder, grandness and mystery of life and the child in all of us. Long time members of HANS may remember this photo. It was used as the front cover of Option in 1988. It is of Lorna's nephew, Colin, observing a butterfly, inches away.

It seemed the right image to express the transformation, rebirth and renaissance that HANS is experiencing. After a little while in the cocoon phase, HANS is reemerging with exciting news and leading edge initiatives. The time is now, the team is here and together we can make a world of difference.

Back page photos by Lorna Hancock, Jane Shaak, Graham Boyes.

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Welcome to the Spring Edition of the Health Action Magazine

This magazine is the collaborative effort of many individuals, who are committed to communicating with and to our members, associates and the public. It has been reborn however it is not at all perfect, yet it does have great potential. It is a creative beginning; a framework to build on. It is a newsletter and a magazine in one.

We would appreciate more advertisers, sponsorships, submissions, photos, cartoons and ideas. For advertising rates and deadlines, send an e-mail to production@hans.org with 'advertising' in the subject line. Send us your ideas at production@hans.org with 'magazine suggestions' in the subject line.

For our next edition, scheduled this summer, we will focus on the new updates on our initiatives and important issues, special features and articles including the new Okanagan Chapter of HANS,.

At the core of this project is Bayne Boyes, Lorna Hancock, Jane Shaak and Samarpan Faasse, who have taken the time and attention to work through the challenges of collecting information, images, stories and ideas and then publishing them. If you have any creative ideas on how we can improve this magazine, be sure and let us know.

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Production Collaborators
Jane Shaak, Lorna Hancock, Samarpan Faasse

Contributors
Bayne Boyes, Jane Shaak, Lorna Hancock, Milt Bowling, Pauline O'Sullivan, Samarpan Faasse, Warren Bell, MD

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Please recycle by passing to others.

HANS Health Action Network Society reserves the right to edit submitted work. Any opinions expressed herein are not necessarily those of the Health Action Network Society and are the express opinions of the author.

An update from Lorna Hancock

How did one year become twenty seven? In 1978, I was a young mother of two, thinking that there was great benefit for patients if they used modalities like acupuncture, herbs, chiropractic. I wondered why we (mankind) did not do that already – after all, the benefits were obvious. I didn't know what I was in for, nor did I understand the compelling nature of the fascinating people I would meet.

What I thought was going to be a one year volunteer activity, led me on a quest for 27 years, to unite the consumer and help to enable these changes. We've had our ups, and we've had our downs, as many of you know – a typical non-profit, charitable organization.

The Past Two Years

In the past two years, you may have wondered about HANS. It probably seemed quiet around here to you. Had it disappeared like so many other organizations that had served their purpose and lost momentum? We wrote to you from time to time and some responded, and we thank you for that.

I suppose you could call the last two years an internal time, a hiatus from our normal range of activities - a time to allow HANS to change to be its new and improved self - a time to let go and follow new roads, just to see where they would lead.

Thanks to some very committed, caring people, our roads have led us to community and government, a necessary and invited change. They've led us to renewed passion and vision, and solid plans for change.

This Year

This year, 2005, our vehicle (if you can call it that), has stopped spinning its wheels. It's starting to move forward again, as there's new tread on these tires and they are really holding the road.

There is nothing more exciting for me than to say that I feel the movement, and I see the destination. I now no longer hope, I KNOW that HANS has a permanent role in the community, representing the consumer in discussions about health care delivery, and how to save valuable lives and dollars using complementary medicine (CM) together with conventional medicine.

This is our time

In 1978, Pauline and I sat at her kitchen table having a discussion with a small group of women, one of which was a very traditional nurse. Someone asked me about my volunteer work with 'holistic medicine', and it took exactly one New York second to freeze out the topic.

Today, this very same nurse wants us to know of natural remedies that she may have heard of. The tide has turned. There are 2.6 million people in British Columbia alone, who are interested in CM (modest figures from Health Canada). HANS is on a quest to unite these people, and I hope you'll stand there beside as again.

Special thanks to Bayne & Graham Boyes

We have known Graham for many years now, watching him grow up through volunteering with his mother, Debby. How fortunate we were that with Debby's help, Graham created the software which the Library uses at the present time. In June of last year, through the unexpected passing of our dear Debby, we came to know Bayne. A very sad time for us all; one that we continue to feel through our work. I say thank you to Graham and Bayne because they have both been in this office volunteering many hours every day, assisting with solving one problem after another. And this is what gives me true hope - to be able to throw a ball, someone catches it and know that it will be thrown back again.

Thank you, Jane Shaak & Samarpan Faasse, for your work on Health Action

We would like the Health Action Magazine to be important to you, more than just a newsletter. We want it to be practical, meaningful, and a forum for our members. If you would like to participate, contact the office at (604) 435-0512 or e-mail production@hans.org.

So, you will notice features in the pages following about our new initiatives, which are outlined in the President's Report, by Bayne Boyes. Let us know what your thoughts are – what works and what can be improved. Pauline O'Sullivan, our long-time and much appreciated Membership Administrator, is happy to talk with HANS's members, all of whom are special.



Taking Ourselves Lightly

Lessons of the Geese

In the fall, when you see geese heading south for the winter, flying along in a “V” formation, you might be interested in knowing what science has discovered about why they fly that way.

It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a “V” formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. Quite similar to people who when part of a team and share a common direction, get where they are going quicker and easier, because they are traveling on the trust of one another and lift each other up along the way. Whenever a goose falls out of formation it suddenly feels the drag and resistance of trying to go through it alone and quickly gets back into formation to take advantage of the power of the flock.

If we have as much sense as a goose, we will stay in formation and share information with those that are headed in the same way we are going. When the lead goose gets tired, he rotates back in the wings and another goose takes over. It pays to share leadership and take turns doing hard jobs. The geese honk from behind to encourage those up front, to keep their speed. Words of support and inspiration help energize those on the front line, helping them to keep pace in spite of the day to day pressures and fatigue. It is important that our honking be encouraging, otherwise it is just well – honking!

When a goose gets sick or wounded, two geese fall out of the formation and follow the injured one down to help and protect him. They stay with him until he is either able to fly or until he is dead, then they launch out with another formation to catch up with their group.

When one of us is down, it’s up to the others to stand by us in our time of trouble. If we have the sense of the goose, we will stand by each other when things get rough. We will stay in formation with those headed where we are going.

The next time you see a formation of geese, remember the message that “IT IS INDEED A REWARD, A CHALLENGE AND A PRIVILEGE TO BE A CONTRIBUTING MEMBER OF A TEAM.”

Thanks to Milt Bowling for suggesting this story to us.

Go to <http://www.cedardalechurch.ca/geese.html> to enjoy the words and colour images.

People who work with HANS tend to be dedicated, hard working and passionate about doing everything possible to make a difference in the world. It is important not only for them, but for all of us to take time out, to reflect, enjoy life, smell the roses and “lighten up”.

Norman Cousins, famous for laughing himself well, studied the healing process in his own life. He discovered how important it is to laugh, be positive and enjoy life. Send us a favourite joke or cartoon and we might print it in upcoming editions.

In the meantime, let’s all lighten up together, breathe deeply and let go of anything serious, at least for a little while!

A MERRY HEART DOTHS GOOD LIKE MEDICINE

The following are actual announcements taken from church bulletins:

1. **This afternoon there will be a meeting in the south and north ends of the church. Children will be baptized at both ends.**
2. **Tuesday evening there will be an ice cream social. All ladies giving milk please come early.**
3. **Wednesday the ladies liturgy society will meet. Mrs Johnson will sing “Put me in My Little Bed”, accompanied by the Pastor.**
4. **Thursday at 5 p m there will be a meeting of the little mother’s club. All those wishing to become little mothers, please meet the minister in his study.**
5. **This being Easter Sunday, we will ask Mrs. Johnson to come forward and lay an egg on the altar.**
6. **The service will close with “Little Drops of Water.” One of the ladies will start quietly and the rest of the congregation will join in.**
7. **On Sunday a special collection will be taken to defray the expenses of the new carpet. All those wishing to do something on the new carpet, please come forward and get a piece of paper.**
8. **The ladies of the church have cast off clothing of every kind and they may be seen in the church basement on Friday afternoon.**
9. **A bean supper will be held Saturday evening in the church basement. Music will follow.**
10. **The rosebud on the altar is to announce the birth of David Alan Besler, the son of Rev. and Mrs. Julius Belser.**

These playful notices arrived by e-mail and were attributed to the Peace Lutheran Church newspaper.

Dear Members and Friends,

We are happy to provide you with a quarterly magazine once again.

If you are reading this publication for the first time, it may have been kindly provided by your practitioner or health food store. We hope you find the information of interest, and that you will be encouraged to join HANS. By doing this you will receive 4 issues per year along with other membership benefits, find them at www.hans.org. We are busy planning for the months ahead, watch for details in the next issue.

Longtime members may recall the 'People Helping People' testimonial meetings we held a number of years ago. They were a great success and helped and supported many. We would like to start collecting testimonials again. If you have a story you would like to share with other HANS members please send it along to the office Attention: Pauline in Membership. We look forward to hearing from you.

Spring is here. Enjoy...

Pauline

Membership Services & Promotion




2005 HANS' Board of Directors
Jane Shaak, Milt Bowling, Bob Henderson, Bayne Boyes, Cynthia McEwan, Dr Barry Davidson, DTCM, Lorna Hancock, Pauline O'Sullivan, Membership Services, Dr Harreson Caldwell, DTCM, Not present at time of photo ~ Dorothy Beach

The Health Action Network Society can assist you to create your legacy

We have had wonderful "guiding lights" and "helping HANS" over the years, that assist our progress. Today we are on the leading edge, the forefront of change, with dynamic, proactive and exciting plans for the future. We remember and acknowledge contributors, that have helped move us forward. With roots that reach back through our history, we can collectively expand well-being for ourselves, each other and the planet.

Another idea is to create a legacy monetarily that will help the next generations. Contact HANS' Gift and Estate Planning at 604-435-0512 , e-mail gift&estateplanning@hans.org or ask for a free information kit.

Rest assured that all contributions are treasured and always remembered. Acts of kindness inspire us to move forward, to work together and to create a world of difference one step at a time.

HANS Membership Application

Type of membership ~ Individual (\$35) \$ _____
~ Family (\$50) \$ _____

Name/s _____

Address _____

Phone #1 _____ Phone #2 _____

Fax # _____ (To receive notices)

E-mail _____ (To receive notices)

Additional donations can be made by cheque, Visa /MC

Please provide card # _____

& expiry date ___/___

Membership applications and donations can be taken by phone at 604-435-0512.

Welcome Business Member Higher Source Wellness Centre



Teri Vail and Paul Gariepy

The path to our new careers!

I guess it probably began when I was 8 years old when my Mom ended up in hospital for an emergency major surgery that I was told saved her life. She apparently would have died had she not had the surgery because she had a complete blockage in a portion of her small intestine. At that time, in the late sixties in Winnipeg, there weren't many gastro-intestinal surgeons, and my Mom became one of the first in Manitoba to be diagnosed with a "new" condition known as "Crohn's Disease". She'd apparently been suffering with it for over ten years, but was told that she simply had the "flu" each time she'd go to her doctor.

From that time on, my three siblings and I have been very aware of "Crohn's Disease" because my Mom thought that, since she had this condition, maybe her offspring would be genetically pre-disposed to it as well. I don't personally believe this to be true, but for the whole time I was growing up, I thought this was a possibility.

When it came time to go to university, I considered going to Med. School, or nursing. I thought these choices made sense for my personality type as I have this overwhelming need to "help people". Yet, I didn't like the hospital environment, and even as a naïve teenager, I didn't think hospitals were a place where people necessarily got better.

So, for whatever reason I chose to get a degree in business. I viewed this commerce degree as a "ticket" that would help get me into a good company, and hopefully a fulfilling job. This never really happened. I was looking for work that would inspire me, and none of the positions I held gave me the feeling that I was really and truly "helping people".

In the summer of 2001, my husband Paul and I decided to make a major life change. We'd been planning it for about a year, but we quit our jobs, put all of our belongings into storage, and went travelling, with no timelines. After touring South-East Asia for a couple of months, we hooked up with some friends from Montreal. The intent of their trip was to visit different health spas, and get ideas for a spa they were planning to open in Quebec. They told us about this one spa

they were planning to visit that offered a weeklong, intensive intestinal cleanse that involved fasting and colonics. They said there was a 3-month waiting period. Paul & I were interested in trying this ourselves, so we booked it and planned to be back in Koh Samui, Thailand a few months down the road.

The experience at the spa was indescribable. We had to fast for an entire week, but in that time we read about the importance of a healthy digestive tract, and that cleanses like this one were a way to achieve this. We saw so many people in so many different stages of health, all there getting healthy. I thought, "This is great! I could see myself running a spa like this one. The people here are at a place in their lives where they're willing to do the work needed to get themselves back to health. I could act as their guide. Now it's not about focusing on sickness (like in a hospital), it's about focusing on health and healing!"

Actually, the irony of it is, I'm not really helping people - they're helping themselves.

This was all very exciting for me. I felt that if I was going to do this, I needed to glean a great deal of medical knowledge if I was actually going to be a resource for people.

When we returned from our trip in the fall of 2002, I signed up for a course to become a Certified Colon Hydrotherapist. In advance of the course, I did an intensive study of the anatomy and physiology of the digestive tract. Since the course finished in the spring of 2003, I've continued to study. It's on-going, and I don't envision that changing. Besides, I find it all fascinating. I'm finally inspired!

In the fall of 2003, my husband and I began "Higher Source Health & Wellness" - a business where we offer colonics (a.k.a. colon hydrotherapy), consultation on intestinal cleansing, intestinal cleansing kits (the exact same product we used at the spa in Thailand), as well as other complementary products (Colema Boards, herbal parasite cleanses and BioNutrition BioSuperfood).

We're happy with our lineup of products and services right now, but continue to research other products that might complement our current blend. It's just so gratifying now to think that I'm in a field where I'm able to "help people". Actually, the irony of it is, I'm not really helping people - they're helping themselves. They have to want to get better in order to get better. All I am is their tour guide, and that's just fine with me.

Submitted by Teri Vail

Higher Source Wellness Centre

#401-1110 W 10th Avenue. Van. BC

Phone 604-450-3751

The Hundredth Monkey Initiative!

“Off the shores of Japan, scientists had been studying monkey colonies on many separate islands for over 30 years. In order to keep track of the monkeys, they would drop sweet potatoes on the beach for them to eat. The monkeys would come out of the trees to get the sweet potatoes and would be in plain site to be observed. One day an 18 month old female monkey named Imo started to wash her sweet potato in the sea before eating it. We can imagine it tasted better without the grit and sand; maybe it was even slightly salty. Imo showed her playmates and her mother how to do it, and her friends showed their mothers, and gradually more and more monkeys began to wash their sweet potatoes instead of eating them grit and all. At first, only the adults who imitated their children learned, and gradually others did also. One day, the scientists saw that all the monkeys on that particular island were washing their sweet potatoes.

Although this was significant, what was even more fascinating to note was that when the shift happened, the behaviour of monkeys on all the other islands changed as well; they now all washed their sweet potatoes ~ despite the fact that monkey colonies on the different islands had no direct contact with each other.

Here was validation for the morphogenic field theory: it could account for what happened. The “hundredth monkey” was the hypothesized anonymous monkey that tipped the scales for the culture: the one whose change in behaviour signaled the critical number of changed monkeys, after which all the monkeys on all the islands washed their sweet potatoes.”

At HANS, we believe in this positive, critical mass. Imagine that the next member or next person we talk to, may in fact be the 100th monkey, which creates the pivotal event where we shift to a philosophy of wellness. When people of the future look back in time, they may realize that when ‘shift happened’, HANS was a significant team player!



*It's a Wonderful
Life~Style!*

Jane Shaak
Royal LePage Locations West
250-488-1776

Notice to Business Professionals in the South Okanagan:

We are going to have a special feature on the South Okanagan, in the next Health Action Magazine. We would like you to consider being in it. We are going to showcase professionals in this area that are focused on wellness and Complimentary Medicine.

Contact Jane Shaak of the South Okanagan Chapter for additional information at 250-488-1776.

On the Transformation of the Body An Excerpt From Chop Wood, Carry Water

In an interview in Yoga Journal, (Michael) Murphy sums up his vision. “Historically,” he says, “there’s always been this blind spot, I would argue, about the truly dynamic role of the body, and the future of the illumined form – the future of, let’s call it the ‘Evolutionary Body on Earth.’”

“I don’t like to say too much about what it might be. But yes, we can say it will be an illumined body, a body with new powers, a body that manifests the glories of the spirit more fully than our body does now. Eventually, I see us stimulating a direct attempt to achieve this transformed body – way down the road. Maybe that’s hundred’s of years down the road. But I think that the culture can wake up.”



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The President's Report

Submitted by President Boyes

First, I must begin this report by saying that it is an honor to work with the HANS people. The bonuses are many—compassionate, trustworthy, very talented, resolute, ethical and great team players. There are no hidden agendas. In fact, one of the great things about HANS is that there is no financial gain for individuals and therefore no conflicts, no politics.

You will probably conclude after reading the various initiatives that *we have a lot on our plate*; we do and we need a handful of talented, dedicated volunteers who can commit at least 3 hours per week. Reliability and consistency are very important; the volunteer will be trained to carry out a specific job well.

Initiatives in Progress:

1. An exciting new Health Insurance Benefits Package created for HANS members - people who use CM!:

At the time of writing this article, the HANS-On Wellness Insurance (HOW) benefits package has been finalized and preparation of marketing materials is in progress. The details of this package are in a separate section of this issue as well as our webpage www.hans.org. The webpage also includes a Q & A and application for those interested and eligible to subscribe.

We have 'field tested' this coverage with a number of our professional practitioner members and the response has been positive from all. This insurance policy is only available to business owners and their employees and families (through the respective business). A business owner is basically anyone filing a tax return for a business he/she owns and can be a one-person consulting business, professional practitioner or any business with a number of employees. We believe this coverage will be attractive to small businesses as it is unlikely

that this coverage would be available at all to them. All people covered under this policy (including employees of otherwise insureds) must first register their membership on the monthly payment option with HANS.

HANS Authorized Providers

In the CM area only, *insureds* must go to HANS authorized providers. These are HANS professional members who are registered with HANS as well as registered with their respective associations.

If you already have a policy

The insurance package is in two sections—basic and PHSP (private health services plan in accordance with Revenue Canada requirements). 'You can choose the basic policy which includes CM coverage or, if you have some CM coverage in your existing policy, you can "top it up" and customize your needs with a HOW PHSP.'

Businesses ONLY at this time

Our insurance provider could not extend coverage at this time to all HANS members. We had to start somewhere, and it is with our members who have a business. After at least six months of understanding this program, we'll be able to assess what is really working, and what needs support. The most important thing to do to ensure success is to spread the risk, ie sign up as many people as we can.

If all of our members realize how valuable this insurance is, and take it upon themselves to help US make this work, then they will pass the message along to anyone they know who has a business, or who may be interested in applying as an authorized provider. Pauline O'Sullivan in membership will be only too happy to discuss this with you. If we have a positive experience with this first Business phase then we can consider expanding the coverage to our regular members.

Our marketing plan is two fold:

- a) Our insurance provider will market this plan through their network of brokers throughout the Province, and
- b) HANS' plan is to meet with and present the HOW package to the various CM (complementary medicine) organizations to solicit their support such as notice in their newsletters, websites, including our pamphlet in their mail outs and arranging meetings with their respective members. This plan is very much in progress as we have already met with several organizations and arranged meetings with most of the remaining ones (included in the HOW package at this time.)
- c) E-Mail our professional members and meet with as many as possible.

At very attractive rates!

We believe this is a four-way win:

- a) For the business owner and his employees, this is flexible coverage including CM at very attractive

rates. This coverage can be customized to attract and maintain key staff.

- b) For the CM organizations, this should help them retain members in good standing and help their members build their practices.
- c) For the professional practitioners, it is likely any patient subscribing for HOW will use the practitioner's service more AND the practitioner's patient base should expand with exposure to his existing patients family and employees and their families. Even individual patients who are currently ineligible (ie. not business owners) may request their employer to consider HOW.
- d) For HANS, HOW will increase the value of a HANS membership.

2. Health Action Magazine

This new magazine will be published quarterly, with the seasons. The first edition is planned for distribution in April. This will be a 32 page magazine with columns from various contributors including environmentalist and physician Dr Warren Bell, occasional pieces by Cathrine Gabriel, and a favourite Croft Woodruff ; a report from Lorna Hancock; the President's report; an editorial; a 'relaxed' section in good taste; articles from the bi-weekly E-Newsletter (below) and advertising. We also encourage our members to send in their articles for consideration in the magazine – ask for guidelines if you are interested. We have to be most thankful to our fellow director, Jane Shaak, and her close associate Samarpan, who have contributed their time and effort in layout and printing.

3. E-News

With a lot of help from talented writers associated with HANS, the E-Newsletter will cover the following areas:

- a) A short to medium sized feature on a current topic
- b) Blurbs on current hot issues and a 'call to action'
- c) Longer blurb keeping readers informed on on-going issues.
- d) Calendar of events.
- e) Interesting health links
- f) Contact info

Again, we are grateful for this huge voluntary commitment and we look forward to communicating with our members in this way, on a regular basis. If you have not given the office your email address yet, please DO. We don't want you to miss important information. The number to call is (604) 435-0512.

4. Library

The library hours are still constrained to three half days per week; competent, reliable volunteers are needed (for training by Graham) in order to extend the library hours—indeed to keep it open! Sandra Tonn has recently started to help in the library, to help track down important information.

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The Boyes Boys



The arrival of Bayne and Graham Boyes is pretty well perfect timing for the Health Action Network Society. HANS was ready for an injection of renewed enthusiasm, energy and expertise. This father and son have chosen to be on the HANS' Team and we are very appreciative.

How did Bayne & Graham discover HANS?

When HANS' member, Debby Boyes offered to help organize HANS' Wellness Library, our prayers were answered. She took on that daunting task along with the help of her son, Graham. Debby's expertise created the foundation that has developed a life of its own, and which can be expanded and built on. Debby, sadly and unexpectedly passed away in June 2004. How blessed we are to have her spirit live on through the library, her family and people fortunate enough to have known her. The Debby Boyes Library is part of her legacy.

Graham worked alongside his mother to organize the collection of books, tapes, magazines and articles. Graham's computer expertise complimented the process. He has since developed the new HANS website, that will allow us to expand and connect with members and the public. Graham is an amazingly versatile and bright young man with a wonderful story.

Bayne's integrity, humanity and extensive background in business, with a Certified Management Accountant designation, provides much needed structure and expertise. Reading Bayne's resume would open your eyes to the calibre and quality of the man that he is. We are very fortunate to have Bayne at the helm. We hope that you get to meet him and discover more about how special he really is!



Something Big is Happening Is it Codex, or what?

by Lorna Hancock

It's the 11th hour, and *Health Action* will be going to print in a few days – we've asked our publisher to hold off, hoping that we could say something clear and correct about Codex Alimentarius, namely is it a threat or isn't it? and prove it.

What we'd like to report is that of the 20 or so emails a day that we get on the topic, half of them are saying that Codex is a huge threat, and the other half of them are saying that Codex isn't a threat at all, it's the individual governments themselves that are implementing these recommended food standards, *as if* they are regulations, but they're not.

And THEN, there are the international laws, possible trade sanctions, and legalise, and concepts so complicated that the average citizen just doesn't know what to make of it. I'd give up myself if it wasn't so important.

HANS has asked Health Canada if Codex is a threat to the Canadian citizens who want their vitamins exactly as they have been, with no changes to dosages or availability. The answer we've gotten, essentially, is that Canadian vitamins fall under the Natural Health Products protection and are neither food nor drugs, so don't fit with recommendations being proposed by CODEX.

Dear Ms Hancock;

The primary mandate of the Codex Alimentarius Commission (CAC), established by the World Health Organization and the Food and Agriculture Organization of the United Nations, is to develop food standards for the protection of the health of consumers and to ensure safe practices in food trade. The CAC currently consists of 171 member countries including Canada. The standards, guidelines and related texts developed by the CAC are intended for voluntary use by governments and there is no categoric obligation for governments to adopt the standards.

The Guidelines are for vitamin and mineral supplements that are intended for use in supplementing the daily diet and will only apply in countries that regulate such

products as foods. As vitamin and mineral supplements are classified and regulated as natural health products in Canada, the Guidelines have no bearing on these products.

The Guidelines are also intended to provide guidance on the composition, including levels of vitamins and minerals and sources of these, etc...

At previous Codex Committee sessions, Canada objected to the development of the Guidelines as it was considered that, given the differences in diets, food supplies, attitudes, and consumption patterns around the world, such guidelines were best left to national governments. Most consumers believe it is their right to consume supplements irrespective of the quality of their diet. Provided the amounts of nutrients in these supplements do not pose a risk to health, it is Health Canada's position that they be freely available.

Sincerely, Jonathan Moser

Policy Advisor – BC & West

Office of the Minister of Health

See www.hc-sc.gc.ca/hpfb-dgpsa/nhpd-dpsn

So, on the one hand, I'm reassured by what sounds like we, the citizen, are being protected, but on the other hand, countries around the world are losing their ability to obtain vitamins at all, or in the amounts and at the lower prices they are used to.

There are over thirty experts that we know of in Canada, and every single one of them agrees and disagrees. They admit that there's something BIG HAPPENING, but what exactly is that?

So, here's my suggestion. Let's do what we've done before – let's have a forum. But instead of requiring the thousands of volunteer hours to put this forum on in a large facility, which costs a fortune, let's put it on our website. By the time you get this, we hope that it will be available for you to participate, but before you go and tell us what you think, we thought we'd share the rules.

We want the objective facts. We can handle positions, as long as they are supported by traceable references, because we intend to track them down, and we'll tell you if they're a fact or not. No off-colour comments, slander, or offensive remarks. We reserve the right to post or not post emails, so don't be disappointed if yours doesn't get posted.

We realize that the clock is ticking, but no-one has been kind enough to create a manual for how to deal with a possible or perceived threat to our ability to obtain vitamins and minerals in the dosages and availability that we're used to. This internet forum will be about us learning together, a pretty neat idea, really. We can all become excellent trackers, and share information. For this issue of *Health Action*, there are several things that we can share, as in the following.

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. Margaret Mead

Big victory at the European Union–March 5, 2005
ALLIANCE FOR NATURAL HEALTH SET TO
WIN ITS LANDMARK CHALLENGE TO THE
EU FOOD SUPPLEMENTS DIRECTIVE

There was tremendous news today for the millions of people in Europe who choose to use food supplements. Following a landmark challenge in the European Courts of Justice (ECJ) brought by the Alliance for Natural Health and Nutri-Link Ltd to the contentious Food Supplements Directive, which effectively proposed to ban 75% of vitamin and mineral forms, **Advocate General Geelhoed**, the senior adviser to the ECJ, gave his Opinion in favour of the Alliance's case.

What does this mean? That the chances of consumers being able to continue using the natural food supplements they believe are beneficial to their health are now greatly increased. There has been uproar about the proposed EU ban, and maybe, against the odds, the consumer is going to come out on top in what is a remarkable modern day case of David and Goliath.

In a statement released in Luxembourg today at 0830 GMT, the Advocate General concluded that:

- The Food Supplements Directive infringes the principle of proportionality because basic principles of Community law, such as the requirements of legal protection, of legal certainty and of sound administration have not properly been taken into account.
- It is therefore invalid under EU law.

It should be stressed that the Advocate General's pronouncement is not a ruling. That will come from the ECJ judges, later - probably around June. But typically, in the vast majority of cases, the Court Judgment follows the recommendations of the Advocate General.

If the Advocate General's recommendations are adopted, in effect, the ban on vitamin and mineral forms not included on the EU's 'Positive list,' due to come into effect on 1 August 2005, will be declared illegal. In essence, the positive list of allowable nutrient forms will be deemed to be too narrow, too restrictive, and based on flawed science.

This would avoid the totally irrational situations that the Food Supplements Directive would otherwise create. For example, synthetically produced selenium would have been allowed on the positive list, while the natural source found in Brazil nuts would not; synthetic forms of Vitamin E (often used in 'adverse' vitamin studies reported in the media) would be allowed, but the natural, most beneficial food forms would not.

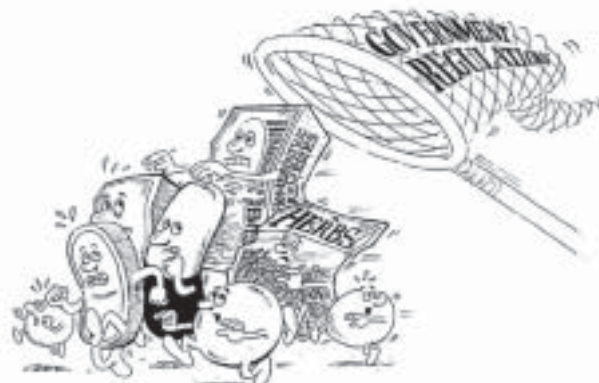
Also Hot off the Press:

The Report from the House of Commons Health Committee, London ~ April 5, 2005:

The Influence of the Pharmaceutical Industry

This 128 page report, including 48 recommendations, is a shockingly revealing look at the way the pharmaceutical

industry positions itself to achieve the highest gain, to the detriment of people in the United Kingdom. This report just may be the catalyst to change the structure of health care in the UK.



Conclusions and Recommendations

The commercial success of the industry is not in doubt, nor is its ability to produce excellent science and important drugs, however, its ability to put the health of the national consistently before the needs and expectations of the shareholders may be questioned. The evidence of this inquiry indicated that, in recent years, large pharmaceutical companies have become ever more focused on a market-based approach. In our view, this is the source of many of the problems we have identified. However, these problems are global and we received no evidence that the situation in the UK was worse than in other countries. (pg97)

A major and recurring issue raised during the inquiry is the increased 'medicalisation' of our society – a pill for every problem. ... This trend has not been created by the pharmaceutical industry but it has been encouraged by it. The industry has acted, in the words of some witnesses, as a "disease-monger", with the aim of categorizing an increasing number of individuals as 'abnormal' and thereby requiring (drug) treatment. This process has led to an unhealthy over-reliance on, and an over-use of, medicines. It also diverts resources and priorities from more significant disease and health problems. (Pg 101)

Okanagan School Of The Arts  
... where creativity flowers

45th Summer Session July 11-31 - *Awakening & Refining The Artist's Process* ~ Visual, Performing, Music and Literary Arts

Creativity Camp - *Honouring Individuality & The Creative Process* ~ teen training April/May, children's Classes July/Aug

Urban Renaissance - *Celebrating Creativity In The Heart Of The City, Together* ~ June 21 - Sept 21 in UpTown Penticton

Box 22037, 6-220 Manor Park Ave., Penticton, BC V2A 8L1
T. 250-493-0390 ~ www.osarts.com

SPRING INTO ACTION

Introducing the Okanagan Chapter of HANS
Submitted by Jane Shaak

Living in the South Okanagan is something that I appreciate every day, since returning to my roots a few years ago. My sister Lorna and I were brought up in the village of Naramata, just outside of Penticton. As a child, I took the environment, climate and life style for granted, not realizing how special it really was. I appreciate it very much now!

In the real estate industry, I have discovered that lots of people are moving to this area, either right away or in the future, when they retire. It is considered one of the most beautiful areas to live in all of Canada.

President Bayne Boyes came out for a field trip in February, 2005. He had not been here for many years, so was able to rediscover the area and reappraise its beauty and opportunity. He agrees that it is the perfect setting for a chapter of the Health Action Network Society.

Samarpan and I met with Bayne at the Okanagan School of the Arts' office, where we were able to discuss ideas for the publication, the need for creativity in our lives and principles of wellness and optimum health.

During his visit, we invited a few wellness practitioners and enthusiasts to join us for a pot luck meal at our home. Bayne, a raw food expert, brought his equipment, his organic foods, and his enthusiasm to the table. His contribution to our delicious meal was a Living Caesar Salad, a Curried, Carrot Salad with Almond Mayonnaise; and a Mock Tuna Salad. Everyone enjoyed the meal and the update on the exciting work that HANS is doing was a bonus! (Try the following recipe for his Living Caesar Salad, it's delicious!)

At our dinner, Yvonne Plewis listened to many of the initiatives and projects that HANS is working on. Since then, she has not only signed up but has also been introducing others. In recognition of that, we have declared Yvonne the 1st official member of the Okanagan Chapter. Thank you Yvonne!

During his trip, Bayne shared many wonderful ideas regarding care and attention to the body. I really appreciated learning a few tips about what he does to be such a fine example of Health in Action. We have included a few of his many innovative wellness tips in this magazine, on page 23.

As part of his field trip, Bayne was also introduced to a couple who operate Sunny Slope Farms in Naramata. We were able to learn about how they came to Canada and how they learned about growing beautiful, organic peaches over the years on their farm. We listened to the pampering and care that goes into every big, luscious peach that is delivered tree ripened to their clients in Vancouver, where there is a standing order for every peach they can supply. I am looking forward to not only being able to taste them in August, but also to photograph them, to illustrate their beauty to others in our Autumn Health Action Magazine.



The great end
of life is not
knowledge but

ACTION

T. Huxley

If you live in the South Okanagan or would like to support this initiative, please let us know. We are setting up a small office location, but in the meantime you can call HANS at 604-435-0512 or locally at 1-250-488-1776.

In our next edition of the Health Action Magazine, we are doing a special feature on the South Okanagan, its wellness practitioners and individuals linked to HANS.

Living Caesar Salad (all organic ingredients preferred)

Salad: lettuce (romaine preferred but green does well)
green onions (several to taste)
one large cucumber (peeled)
15 or so black or kalamata olives
one or two large avocados

Dressing: garlic to taste (2-4 cloves)
4-5Tsp flax oil
2T lemon juice
1tsp mustard
½ sheet seaweed (eg. raw nori, dulse)
or seasalt
15 soaked almonds
2-3 medium dates
dash cayenne
water, for desired consistency

Mix your salad ingredients first, then mix in dressing.

HANS' New Website

Go to www.hans.org and view the new website created by Graham Boyes. Here are a few ideas that we are developing:

With Us in Spirit ~ we are collecting images and stories about some of the wonderful individuals and organizations that have been a part of HANS' evolution over the years. Please consider sending suggestions, clippings, photos, and stories about people that should be acknowledged.

Audio Library ~ Thanks go to Al Roy, Sandra Tonn and Graham Boyes for their work on this project. Some of the most popular editions of Croft Woodruff and Catherine Gabriel's Healthy Living Show are now available online at healthylivingshow.com.

On-Line Library ~ You can go to the website for listings of books by subject, author, title, series, call number or publisher.

Business Membership Directory ~ Catalogued under a wide range of categories, we would appreciate you supporting these members whenever possible.

Biorhythms Chart ~ Out of curiosity, and to see whether there really is something to the 'Biorhythm Theory,' enter your birthdate and compute your 23-day physical, 28-day emotional and 33-day intellectual cycle.

HANS on Wellness Insurance ~ Featured on the HANS website, there are additional answers to your questions.

Keep informed with e-News at www.hans.org. The e-News feature on the website provides an up to date service for members. You can keep abreast of current initiatives, worldly and local views. If you are not already receiving the e-News, call the office today!

News Briefs ~ Up to date health-related articles and brief news items sourced from world-wide publications, updated weekly. Our thanks to HANS member and volunteer Sandra Tonn, RHN, who is a natural health journalist, speaker, and educator, and registered holistic nutritionist.

Visit www.sandratonn.com for more information about Sandra or to read her published articles.

"We're very excited about some new features we'll be launching on HANS.ORG over the next couple of weeks. Among the items on our to-do list are archives of radio interviews, back issues of newsletters, and some new articles written by our staff and members about current issues that you may be interested in. And, for those who haven't taken a look at our website over the past couple of months, our library catalogue is online as well. We're always looking for suggestions on how to improve, so if there's a feature you'd like to see, send an email to webmaster@hans.org." *Graham Boyes*



Graham is very adept at networking our office equipment! Thank you Graham for Helping HANS!



Thank you Sandra for Helping HANS!



HANS introduces HANS ON Wellness Insurance

By Lorna Hancock

I'm going to tell you about an exciting new Wellness Insurance, *inspired* by Health Action Network Society who wanted to offer a practical benefit to its members, and *partnered* by Pacific First and Standard Life. It's probably the best coverage for complementary medicine in BC, let alone Canada, at maybe the best price.

It's for BC members of HANS, as long as they're a business (self-employed, consultant, small business, large business), and unfortunately, not available to anyone over 70 years of age. The plan is called HANS ON Wellness Insurance. (HOW)

Do you pay out of your own pocket for visits to, for example a Doctor of Traditional Chinese Medicine. Or, if you don't go to a doctor of traditional Chinese medicine, and you'd really like to, is it because of the cost? Are you self-employed, a consultant, a small business who cannot get the group packages available to other larger businesses?

In a nutshell, \$3,200 worth of annual coverage for eight modalities (\$400 each) would cost you \$48.77 a month (basic HOW coverage + \$3 HANS membership). That's the Basic HOW plan, for HANS members who are either self-employed, have a small business, large business, want to save money, want to get well and want to attract and retain key employees.

This is HOW to get well, and we hope you appreciate the pun.

What are the eight modalities? You must go to a HANS authorized provider of traditional Chinese medicine (acupuncture), registered massage therapy, naturopathic medicine, chiropractic, physiotherapy, osteopathy, speech therapy, and visits to a psychologist. (If you want to apply to be a HANS authorized provider, see the HANS website at www.hans.org or call the HANS office at (604) 435-0512))

We know that there are other treatments that are worthy of consideration, and we will be considering those in future negotiating meetings with Pacific First and Standard Life. The job before all of us now – you, me, others we know - is to sign up if it's a fit for us, and share with others. You may have a neighbour who's a barber (self-employed), or a friend who's a realtor, or a brother-in-law who's a truck driver. They're all people who have not been able to access this kind of coverage before – please tell them about it.

It could benefit a friend, of a friend of a friend. You may be the catalyst to help someone get the treatment that they need. Wouldn't that feel great to know that you had been the one to bring this information to a needy friend?

This is a membership benefit, a long-negotiated and sweetly obtained practical benefit for our members. But, that's not all. Think, if you will, of the benefit to society, as well. This program provides financial fuel for the work of Health Action Network Society. It helps us, as the HANS team, visit our regulators, participate in meetings, hold events, help thousands of people and it is consistent with our *vision* to facilitate integrated health care delivery.

So, I've told you a few details about the Basic plan, but please realize that there's a lot more than just coverage for complementary medicine in that plan. There's AD&D, Life, and all details are on www.hans.org

And there's even more!

Let's say that the Basic isn't enough, and you've got some serious dental work to consider, or other medical expenses that just have to be done, and will need to be paid out of your own pocket. Wouldn't you rather write them off through your business with Before Tax Dollars?

Yes, it can be done, and it can be done through an option available through HOW Insurance. It's called the PHSP option. Once you determine your plan, and your additional costs, you can pay a one-time amount of \$100 to register with Pacific First, and pay them to pay your medical expenses. They then supply you with a receipt, and you write it off through your business, all in

accordance with Canada Revenue Agency rules.
Simple.

Yes, this can be used to supplement what you already have. No problem.

Would you like to increase your business with referrals in the HANS Directory?

Just upgrade your \$3 monthly membership to a \$15 monthly membership, and you're IN.

Would you like to be a HANS authorized Provider? There are several requirements to be a HANS authorized provider. The first one is that you

must be a registered member in good standing, of your BC association (the Associations list is on the HANS website). In the case of Chinese medicine, a TCM practitioner must be a member of the Traditional Chinese Medicine association of BC (TCMABC).

Any questions?

Go to www.hans.org or call us at (604) 435-0512

We appreciate your interest and support in developing this important step in insurance history!-

Basic HOW Rules:

Must be a monthly member of HANS

Must be a BC business

Must offer benefits to all employees

Must take the basic plan; the PHSP is optional



Finally an affordable extended medical plan for the small business owner. I am very excited for three reasons:

Firstly as an employer, I am pleased I can now offer an affordable extended medical plan to my full time reception. This should make the position more attractive and hopefully prevent turnover which can add unnecessary cost and time to train a new person.

Secondly as a HANS provider, this plan will help continue to build my acupuncture practice. I will have an advantage over other acupuncturists who are not providers of HANS on Wellness as my clients will be able to have \$400 of their acupuncture and herb fees reimbursed plus any additional fees above \$400 can be written off

through their business.

Thirdly, joining the Hans on Wellness plan means my family (myself, wife and son) can access chiropractic care, massage, naturopathic care and acupuncture more often since we have \$400 coverage in each modality plus any additional amount can be written off through my practice. I am hoping the tax savings will translate into more treatments which will mean better health.

Thank you HANS,
Lorne Brown, Registered TCM practitioner and acupuncturist

NOTE: You can visit Lorne's website at www.acubalance.ca

After one year of negotiations and dozens of meetings, with endless delays, Health Action Network Society is now offering HANS business members an exceptional blended insurance plan at a great rate. The HANS executive would like to say thank you to the development team, which includes at least a dozen of our own dedicated volunteers as well as the visionary enthusiasm of PacificFirst and Standard Life.



*Positively brilliant idea.
Right on!*

Dr Warren Bell, MD
Salmon Arm

ANNOUNCEMENT!

We are pleased that long time HANS' member, we will be hearing more from long time HANS' member, Warren Bell, MD. We can enjoy his new column named "Global Health" which will make its debut in the Summer edition of Health Action Magazine. And secondly, he is ready and willing and able to co-host a Radio Program, as soon as we find a station, that is! If you have any suggestions to find our radio station, call President Bayne Boyes at HANS , 604-435-0512.

*Imagine the possibilities when we
focus on Wellness, Together!*



Members of the HOW Inception Team ~ Pauline O'Sullivan, Bayne Boyes, Doug Anderson and Lorna Hancock



Finally, a competitively priced extended health plan that re-imburses patients 100% of coverage to NDs, DCs, TCM practitioners and other complementary medical providers — and allows patients to add or exclude dental coverage.

Glenn Cassie, Executive Director
BC Naturopathic Association

A special thank you to Lorne Brown (TCM) www.acubalance.ca whose unique background as a CA provided invaluable help, and enthusiasm for the project, and contributed more than we can express.

Thank you so much, Lorne!



HANS AUTHORIZED PROVIDERS

Chiropractors

Anderson, Gregg	White Rock
Deslauriers, Kim	White Rock
Deslauriers, Pierre	White Rock
Fadden, Helen	Abbotsford
James, Barbara	Kelowna
Jewell, Gail	Aldergrove
Klassen, Alvin	Richmond
Lepp, Jay	Port Moody
Little, Donna	Vancouver
Loh, John	Port Coquitlam
Mattern, Karin	Naniamo
McCallum, Dorothea	Surrey
Nixdorf, Don	Richmond
Ohuri, Robert	Delta
Scott, Stacey	Nanaimo
Shong, Kevin	Burnaby
Zindler, Raymond	Vancouver



Naturopathic Doctors

Brown, Hal	Vancouver
Brown, Tim	Surrey
Carlson-Rink, Cathy	Langley
Chan, Jim	Vancouver
Chapell, Sheree	Victoria
Fairley, Dorothy	Vancouver
Glew, Tom	Vancouver
Karim, Shyrose	W Vancouver
Lemmo, Walter	Vancouver
Levendusky, Paul	White Rock
Lurie, Vince	Vancouver
Matsen, Jonn	N Vancouver
Pincott, Ingrid	Campbell River
Rochon, Denise	Sechelt
Tonskamper, Gudrun	Surrey
Ure, Sherry	Penticton
Vandekerkhove, Alison	Langley

Registered Massage Therapists

Behr, Peter	Powell River
Johnson, Pauline	Victoria
deVooght, Joyce	Kamloops
Bentz, Mark	Vancouver
Russell, John	Burnaby
Schwabe, Murray	Langley
Smith, Kent	Burnaby
Smith, Leslie	Penticton



Traditional Chinese Medicine

Brown, Lorne	Vancouver
Ward, Linda	Sechelt

Apply to be a HANS Authorized Provider today!

See www.hans.org for the list of the applicable professional associations as well as details for how to apply.

Any questions? Call HANS at (604) 435-0512

We already know the merits of massage therapy, and this insurance will help spread the benefits of massage to other people in the province.

**John Russell, RMT
Burnaby Neuromuscular
Massage**



The HANS wellness insurance is a valuable membership benefit which supports the great work of HANS, and the important concepts it stands for.

**Don Nixdorf, DC
Executive Director
BC Chiropractic
Association**

"The idea of a Wellness Insurance is commendable and I congratulate HANS for meeting this very essential need".

**John Nuraney, MLA
Burnaby-Willingdon**



HEALTHY PRO-ACTION

Europe's PROGNOS-IDT comes to Canada Submitted by Lorna Hancock



Dr Eric van Schijndel's great grandmother, the first female internist in Holland, must have been an exceptional woman. When he was the age of 7 years, Dr van Schindjel remembers looking up at an old book on her shelf in her office, a book named Nei Ching. The book referenced early concepts of traditional chinese medicine, concepts which while 3,000 years old, still have value

today.

Young Eric van Schindjel recalls a story that she told him, a story which impacted his life and can be heard in his lectures as he discusses his great passion, PROGNOS-IDT.

Eric's great grandmother, then 79 yrs of age showed Eric an empty vase. She had 12 golf balls and filled the vase right to the top with golf balls. She said to Eric 'Is this full?'

Eric said 'Yes, it's full'.

Then the great grandmother put a bunch of stones, which were sitting nearby, into the same vase, filling up some holes.

And she said 'Eric, is THIS full?' And Eric said 'Yes, this is full'.

Nearby was a container of sand, and she took this sand and poured it into the vase, filling up even more space. She said to Eric 'Is THIS full?' And Eric said, 'Yes, yes, this is full'.

And the great grandmother took two beer which were sitting nearby, and poured them into the vase.

Once again '...is THIS full?' And, Eric said 'YES, this is full.' (Finally)

So what is this all about?

This story is about principles of nature, disease, the body, priorities in life. The golf balls represent things that are important in our lives – like humour, paying attention to your body (make a list). The stones are things in life that you have to do, like day to day things to keep our

lives in order. The sand represents activities you don't particularly like to do at all, but have to, like housework.

If you put these items into your vase in this order (balls, stones, sand, beer) then you can get everything in. If you put these elements into your vase in the reverse order, then you can't. So, put your priorities into your life first.

"And why the two beer?" says smiling Dr van Schindjel. "No matter what, there's always room for two beers."

What is the meaning of life?

Eric was having dinner with his great grandmother and he decided to ask her what the meaning of life was. She looked at him, and said 'Eat your dinner'. Years later, he realized that what she was really saying was 'live in the moment'. Live now. You are having your dinner, enjoy your dinner.

His great grandmother passed away from complications to a broken hip at the age of 97.



Recent Prognos Workshop in Vancouver

In a second meeting March 11-13, 2005, Dr van Schijndel spoke to individuals from many health professions – naturopathic & conventional medicine, traditional chinese medicine, nutritionist, NLP practitioner, dentistry, massage therapy, and lay members of HANS. He introduced PROGNOS-IDT, which is becoming very popular amongst patients and practitioners alike in Europe and around the world.

What is PROGNOS?

According to the literature, Prognos is a computer analysis system for health care. In case of complaints it determines which meridians were disturbed and how this disturbance may be neutralized. It is in fact a unique

combination of 5,000 years old Chinese wisdom based on the flow of energy through the meridians, and western logic, where people are eager to find facts by measuring, using modern computer technology and microchips. It aims to trace and treat the causes of diseases instead of treating symptoms only, causing the complaints to disappear effectively.

During the Russian MIR flight (in space), taking 438 days, the PROGNOS system was used to control the astronauts' health. The astronauts were able to diagnose, and treat, themselves, and returned healthy.

Consider how unique you really are

One of the important concepts that all of us understand, but don't always apply, is the concept of individuality.

One patient can have 18 mercury amalgams and not show any adverse effects from the fillings – another person can have one small amalgam, and show that it is a major cause of disease in their body. So, mankind is learning that before you go and have those amalgams removed, and replace them with something that is worse for *you*, check to see if they're really a problem in the first place. This Prognos system, using Russian, German, and Dutch science, and the collective data from 8 million patients, can determine this answer.

According to the Prognos system, there are pathological fungi, bacteria, viruses, parasites, toxins, matrix (cell communication), geopathic stress, Miasma, Brain Nuclei, Dental problems, scar tissue, and electro-smog. Everyone is exposed to these basic problems, but when they become pathological, or out of balance, then the body shows the symptoms, ie becomes ill. For example, bacteria are good for the body, but only if they are not so high as to cause illness. What's needed is intervention to remove the cause of illness, and then restore the balance.

Electro-smog

People in BC have no doubt seen the article in the Vancouver Sun (March 2005) featuring Milt Bowling, Director of HANS and Canadian expert on health hazards of what they now call Dirty Electricity, or electro-smog. This is of growing concern to citizens globally.

Dr Van Schijndel also talks of this invisible, ever-present, and unable to define without instruments to do so, electricity. Electro-smog.

This too, is individualistic. Some people react very strongly to electro-smog, while another exposed to the same degree of electricity might not.

Dr van Schijndel spoke of a patient he had in Holland. It was a young boy who started having epileptic seizures and the parents couldn't figure out why. Dr van Schijndel tested the boy, and it showed that the boy was having high electro-smog problems. He enquired about his home life. Apparently, while people sleep, they have 400 times the susceptibility to electricity. What was happening where the boy was sleeping? Had anything changed in the boy's sleeping environment?

Yes, months before, a new kitchen was put in, on the other side of the wall from where his head was. A lot of power runs through a kitchen, especially a new kitchen, the cook stove and oven. The parents moved the boy to the opposite side of the house, and that was the end of his bouts of epilepsy and illness related to electricity. Prognos-IDT tests detected high exposure to electro-smog and/or geopathic stress. With IDT vital frequency remedies, restoration of the disturbed cellular communication is possible.

Further, Milt Bowling is a consultant for people concerned about possible negative impacts from electricity, and recommends using the Stelzer Filter to reduce electrical pollution from household wiring. He can be contacted at (604) 436-2152 for more information.

PROGNOS-IDT Remedies

One thing that we intuitively know, is that healing remedies have an energy of their own, a vibration if you will. For example, snake venom is used in some instances for the treatment of viruses.

Researchers placed a heart cell into a liquid continuum and the heart cell still beat, as if still in the heart. Then they added snake venom and the heart beat faster – a normal, natural occurrence. Now, what happens if you qualify and quantify the vibration of the snake venom in the form of acoustic signals, reproduce it using technology, and once again, add it to the continuum with the beating heart cell.

The heart cell beats faster, as if the snake venom is a hormone.

So, this is conceptually and in practical terms, what the PROGNOS-IDT remedies do, as well.

continued on page 20

continued from page 19.

This technology creates the frequency of the remedy, and the body treats it the same way.

Always remember the Healing Crisis

A healing crisis, where the body may experience symptoms worse than the illness itself, is a normal, natural thing when healing. It's when it becomes too much for any particular individual, that it creates a problem.

Two BC Naturopaths first to use Prognos in Canada

While the PROGNOS –IDT technology fits for many health practitioners, there are two practitioners at the current time using the PROGNOS-IDT system, both naturopathic physicians. Dr Tim Brown of Langley, and Dr Tom Glew of Vancouver.

Dr Brown says *“It’s about time. Finally, here is instrumentation that supports not only my training but how I already interact with my patients. It’s the Mercedes or Cadillac of diagnostic and treatment systems.”*

This system makes it easier for him as a practitioner because it gives him reliable, reproducible data to guide him through the steps, in a relatively short period of time, with which he can come up with a treatment plan for the patient that their bodies can accept. This makes it less expensive, and everybody’s happier with that little bit of news. The people who are the sickest usually have the least amount of money to put into helping them get well.

It’s a treatment plan that’s no longer a stab in the dark – it’s a direct hit. Dr Tom Glew agrees, and adds that the data is *reliable, reproducible, and not operator dependant*. In other words, *the bias of the operator is not an issue – two people testing one person would come up with the same results.*



Both Tim Brown and Tom Glew can be found in the HANS website directory at www.hans.org. For more info go to: www.prognosystems.com. Note: HANS ON Wellness Insurance covers diagnosis & treatment.



How reliable is PROGNOS?

An interview with Dr Colbert

Anyone who knows Traditional Chinese Medicine knows that acupuncture works. We also know that 5,000 years of use supports this position. What the scientific community is now trying to discover, is how and why it works. Dr Agatha Colbert and her fellow researchers at the Helfgott Institute of the National College of Naturopathic Medicine and Portland State University are studying the electrical properties of acupuncture points and meridians to try to answer these questions. We asked Dr Colbert about her research, and the answers follow:

HANS: *Dr Colbert, I wonder if you could tell us a little bit about your background?*

Dr COLBERT: *As a physician I practiced Physical Medicine and Rehabilitation for some 20 years. While treating patients with chronic pain disorders I came to the realization that conventional medicine has very little to offer these patients and so I sought alternative approaches. In the process I learned how to perform acupuncture. As I treated my patients with acupuncture I became aware of how beneficial it could be. At the same time it piqued my curiosity to find out why inserting a needle into certain points on the body could totally change someone’s clinical condition. A great deal of research has already been done to study the biochemical effects of acupuncture but no where near enough has been done to study the electromagnetic effects of acupuncture.*

HANS: *What was the purpose of your research?*

Dr COLBERT: *In order to study the electrical and magnetic effects of acupuncture we first needed a device that could reliably measure electrical resistance at acupuncture points. The Prognos device has been available for several years but*

only one previous group of researchers (Dr. Treugut's team) evaluated whether it was a reliable instrument. We decided to first repeat the Treugut study to assure ourselves of Prognos' reliability and then proceed to the next step of determining whether the measurements of skin resistance at acupuncture points have any clinical relevance. About two years ago we conducted a study similar to Dr. Treugut's and found that the Prognos does take accurate recordings when tested on known resistors and that it reliably measures electrical resistance at specific acupuncture points.

Skin measurements however are quite variable among people, so we next needed to study this in much greater depth and we are currently proceeding along this line."

HANS: Where can someone learn more about your work?

Dr COLBERT: You can read the the Journal of Alternative and Complementary Medicine; Vol 10, Number 4, 2004, pp. 610-616 for more details of our study.

HANS: Thank you Dr Colbert – this is indeed fascinating, and we'll look forward to hearing more about future results.

Dr COLBERT: You're welcome.

Acupuncture

Photo: Dr. Brian Thompson Photography

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About Vitamin E

By Vera Shute, RNCP

A number of our members have asked the HANS' office about a recent study reported in March, 2005 JAMA discrediting the use of Vitamin E for cancer and heart conditions. We asked Vera Shute, who is highly knowledgeable on the topic, for his comments:

1. The Lancet rejected the study a year ago because of questionable statistical significance because almost the same number of patients taking placebo developed heart failure. JAMA and the American Medical Association felt the report had merit.

2. All these patients were very sick to begin with. All were ill with either diabetes or advanced heart disease. All were chosen for their deep cardiac involvement. Half had already suffered heart attacks. A quarter already had undergone heart surgery. All were taking several cardiac medications and these were definitely not controlled by the researchers. Subjects in the study were taking up to five different medications in addition to vitamin E including: i) beta blockers, ii) statin drugs, iii) diuretics, iv) ACE inhibitors and v) calcium blockers... yet the increase in heart failure was attributed exclusively to vitamin E with no accounting for this other pharmacy.

3. During this same week, the New England Journal of Medicine published three studies confirming the iatrogenic effects of common popular Cox-2 inhibitors (Vioxx and Celebrex). These are the very same medications taken by patients in this study and are proven to raise the chances of having a heart attack and cause death in those who take them.

4. The findings in the study do not apply to healthy people. Dr Barbara Levine, Associate Professor of Nutrition and Director of the Centre for Nutrition at Cornell University said this chronically ill population is distinctly different from the general population. People need vitamin E, which is an important antioxidant and it is perfectly safe.

The message in this is that it is better to prevent cancer, heart disease and diabetes by applying what we know every day than it is to struggle against a serious disease. Diabetes, cancer and heart disease develop over a lifetime. Seven years of supplementation with 400 units of vitamin E, without changes in diet and style of living, was bound to fail. The dosage was not sufficient to rescue these very ill people. Vitamin E is not holy water.

Over all, I can see the shadow of CODEX in this report, which also cautioned readers about carotenes and vitamin C. CODEX will demand that people take only Recommended Nutrient Intake (RNI's). People should get a list of the RNI's from their MP's office to see what this means to all of us. As of August 1st, 2005, all supplements must show maximum and minimum doses before they can be sold. This is only the beginning.

Vera Shute, RNCP, is a nutritional consultant in Nanaimo, BC.

HEALTH EDUCATION IS KEY TO SHIFTING TO PREVENTION by Bayne Boyes

Recently, there were several pages in the Vancouver Sun dedicated to the new \$90 million cancer research facility in Vancouver. Can you imagine how people in this province would benefit from improved health and quality of life if 15 floors of a building were dedicated to health education? Seminars, courses and workshops to teach about nutritious eating, healthy life styles and the effects of toxicity on health would create a healthier population, save lives and improve our quality of life.

Dr. Lorraine Day, M.D. (www.drday.com) was chief of two hospitals in California and traveled around the world giving workshops to other doctors. When she was diagnosed with breast cancer, she decided not to use conventional treatment because she had seen thousands of people die from radiation and chemo. Dr. Day changed her lifestyle dramatically with her own 10 point program based on a nutritious diet, exercise, sun, meditation etc.

Some of the greatest physicians and medical researchers of the past century believe that illness is caused by toxins. In Canada, between 1994-96, 1.4 billion pounds of toxic chemicals were released into our environment and included 280 million pounds of known carcinogens!

Internationally renowned Dr. Samuel Epstein says that we now carry 500 different compounds in our cells, none of which existed before 1920, and there is no safe dose for any of them. 30 years ago, the World Health Organization declared that at least 89% of all cancers were caused by pesticides, radiation, and other toxic chemicals in our environment. I believe that illness is caused by an immune system weakened by our daily exposure—starting at child birth—to chemicals and toxins in the air, water, food, clothes, toiletries *and* the significant reduction in nutrients that we consume. We do not consume enough nutrients to give our immune system a chance to fight the increased toxicity. In the past 20 years alone, the minerals and nutrients in the soil have declined on average about 50% (eg. iron is down 70% and magnesium 30%). Between 1920 and 1968, the essential minerals in grain dropped by a factor of 10; 500 bushels were required in 1968 to produce the same amount of minerals in 50 bushels in 1920. The double whammy is the significant increase in processed foods—all the food enzymes in processed foods are destroyed and the level of absorbable nutrients is about 80% less.

What does all this mean? The return to full and complete health requires a change in what caused the illness—quite simply, a life style change. Eat organic to increase your consumption of nutrients and minerals and reduce your exposure to toxins. Establish a regular exercise routine and get involved with a group like HANS; collective action is needed to reduce the toxins in our food and environment and to protect our individual rights to be accountable for our own health. Many lives would be saved and the quality of life significantly improved if people were aware of the consequence of toxins and reduction of nutrients and minerals in their diets—health education is the key to prevention.

Talk About Initiatives

We want to hear from you, our members, about initiatives and ideas that you feel are important. There is much collective wisdom to share and together we can make all the difference in the world.

Butterfly Wings Fluttering for Proactive, Positive Health!

The inspiration to create the Health Action Network Society (HANS), happened over 20 years ago, with a small handful of dedicated people that believed in “butterfly power”. It has since developed into one of Canada’s most important consumer and professional networks.

An ancient Chinese proverb talks about the power of a butterfly’s wings that can be felt on the other side of the world. This concept of subtle influences was discussed at length in Lesson Two of the “Seven Life Lessons of Chaos”, a book by Peat and Briggs. Our new quantum physics, with topics like chaos theory and fractals explains how little, almost imperceptible things can have amazing results. An example of butterfly power in action is Rosa Parks, who refused to give up her seat on that bus in the deep-south, creating the catalyst that changed civil rights in America.

Small “butterfly” changes in our behaviours make a big difference in our own lives, too. Natural and fresh foods that are super charged with nutrients; pure, clean water to be abundantly enjoyed; fresh, clean air to breathe fully; quiet, inspired moments of calm and joy; wonderful, complete relaxation in rejuvenating sleep and balanced energizing, and exercise are just a handful of affordable strategies to strengthen the body. One recent discovery of mine is Celtic Sea Salt, that is cultivated by hand with a process that is thousands of years old. Available at most health food stores, the coarse variety is delightful. These moist, delicious crystals have almost 60 minerals and are a wonderful addition to your favourite dishes.

Anyone who has a healing story to share; anyone interested in wellness information; anyone wanting to protect and enhance the individual’s rights to quality, complementary health care services and products or anyone wanting more public awareness on current issues that affect the health of the individual and the planet, is a welcome addition to this team. So, power up those butterfly wings of yours and join the Health Action Network Society Team. This team that is making a world of difference one “flutter by” at a time.

HANS receives inquiries and requests for professionals that believe in proactive, informed, wellness therapies and modalities. We are expanding our Professional / Business Directory to service these requests. Contact HANS at 1-604-435-0512 or visit the web site at www.hans.org. We invite you to encourage the positive work of HANS.



Safer use of a cell phone

- 1: If you have a choice, use a landline [wired, not cordless].
- 2: Limit the length of your calls. As little as a two-minute call results in an altered electrical brain pattern up to an hour later. It also causes the blood brain barrier to leak, allowing toxins from your blood into your brain.
- 3: Use an ear bud. Make sure that the wire isn't near the antenna, and have at least one coil in the wire.
- 4: If the antenna extends, always pull it out. Radiation decreases exponentially with distance [twice as far away is four times less].
- 5: Cell phone radiation has an affinity to metal and water, so metal framed glasses, earrings and piercings as well as wet hair will attract it.
- 6: When your phone is on, it automatically transmits at high power to check in to the network every minute or two. So, don't wear it on your belt or carry it in a breast pocket over your heart or in pants pockets, for obvious reasons.
- 7: When you place a call, don't put the phone to your head right away. It makes a connection at high power, so count to five before putting it to your ear, and don't press it against your head. You can still use the phone if it's a little way away.
- 8: Try to use your phone where the reception is good. The power gets cranked up to compensate for a weak signal.
- 9: Don't talk on a cell phone while driving. It disrupts the electrical pattern of your brain and makes you the equivalent of a drunk driver. This applies to hand held or hands free.
- 10: Be considerate of others around you. Your conversation should be private and not annoy the public.

HANS Director Milt Bowling is President of Clean Energy International Foundation, which markets filters to reduce harmful electrical pollution in the wiring of homes and offices. Improvement of symptoms has been experienced by some people with diabetes, multiple sclerosis, chronic fatigue, insomnia, asthma and attention deficit. Call 604-436-2152 for consultation and installation information.

Well-Being

Wellness Tips & Suggestions

We invite members to share some of the special things that they like to do to lead natural and healthy lives. Here are a few examples:

Brushing Teeth ~ Bayne Boyes recommends using Food Grade Hydrogen Peroxide that can be purchased at Shopper's or Choices. It is **VERY important** to dilute it to 3% with water. He soaks the tooth brush in the solution for a couple of minutes to disinfect any bacteria in the brush. The solution does not need to be refrigerated. Bonus is that there is no fluorides or other "horribles" in it. "No one has fallen over yet when I am talking to them, so it must work!" says Bayne.

Body Cleanse and Shaving Lotion ~ It was originally Debby Boyes' creation and it is now used by the Noutenko family and recommended at their workshops. You take a ½ cup of organic brown or golden flax seeds and mix that with 1.5 litres of water, then mix in a blender until it is creamy. Bayne throws in a whole lemon with peel and everything. This mixture keeps for 3-4 days or so. It does have to be refrigerated. You can pour off a small amount into a container for immediate use. "Just dip your fingers in, pile it on, everywhere, scrub down vigorously, rinse off and click your heels." Says Bayne.

HANS' Volunteer Brings You More News

Sandra Tonn has made it her business to share her passion about natural health and nutrition. She has 10 years of experience in the Canadian Natural Health industry, as a health journalist, teacher and speaker, and as a registered holistic nutritionist. Her continued goal is to educate others so they may lead more healthful lives through taking steps and making decisions that add up to the holistic balance needed for true personal health.

"My philosophies are well aligned with those of HANS, where information and action are the focus for healthy people and places. Their efforts on individual, community, provincial, and national levels are nothing short of inspiring, unique—and absolutely necessary," Tonn says. In addition to her volunteer duties in the HANS reference library, Tonn is sourcing health-related news articles each week to post on the web site. The articles are selected from various publications and chosen with HANS members in mind. There is so much exciting change happening in the world of health these days and this is just one more of the many ways HANS makes it easier its members to access information. Just click on the news headline that interests you and have a read. Don't worry if you miss a week or two of news, the archive is available on the website as well. Thanks to Sandra for helping HANS' members stay in the know. "I am grateful to be a part of the HANS family as both a member and volunteer," Tonn says. Visit the new "News" section of the website at www.hans.org. Learn more about Sandra at www.sandratonn.com.

Lunney's Natural Health Product Initiative Goes to Committee

OTTAWA—Dr. James Lunney, MP for Nanaimo-Alberni, congratulated all Members in the House of Commons for passing the second reading of Private Member's Bill C-420, which he originally introduced in the last session of Parliament. "The election interrupted progress on this bill, and I'm delighted to see it move forward this time around. Greater freedom of choice in personal health care is one step closer to becoming a reality," said Lunney.

Bill C-420, reintroduced in this Parliament by Lunney's colleague Dr. Colin Carrie, MP for Oshawa, would amend the definition of food in the Food and Drugs Act to include Natural Health Products, and amend the definition of drug to exclude food. "Most Canadians are shocked to learn that vitamins, minerals and other food products are drugs under Canadian law, and that any product can be reclassified as a drug just by making a claim that it has health benefits," said Lunney. "That is out of touch with modern science, and out of touch with the needs of Canadians."

The bill would also repeal antiquated clauses in the Act that prohibit claims of any kind on a list of diseases that include diabetes, heart disease and cancer. The move was originally recommended in 2000 by a team of seventeen experts appointed by the government to bring in new rules for Natural Health Products.

"These clauses have been used for years to take effective products, even those with the most scientific evidence behind them, off the market without evidence of harm," said Lunney. "The government has refused to listen to its own experts, who say these clauses do not reflect the prevailing science. It is time that our law caught up with science."

The bill will now go to the Standing Committee on Health, where it will be examined and possibly modified before coming back to the House. Lunney said the bill is a major step in the right direction for health care reform.

"Bill C-420 is about releasing the tremendous amount of information that supports the judicious use of natural health products, and it's about greater freedom of choice in personal health care. With a minority government, we have the opportunity to advance effectiveness and cost-effectiveness in health care," concluded Lunney.

For further information please contact:

Dr. James Lunney (613) 992-5243 or (250) 390-7550



**Thank you, Past President,
Ron Gale for helping HANS!**

During the spring of 2004, Ron Gale stepped down as President of Health Action Network. Ron had served in this position for close to 3 years and had also served as a Board member for several years before that.

We recently had an opportunity to speak with Ron and discovered that the past year and a half has been one of the busiest periods in his life.

In late 2003, Ron married his sweetheart, Maggie, and has recently retired after close to 40 years in the policing community. Many of you may have met and heard Maggie speak at a number of HANS functions. Ron and Maggie recently moved into their dream home at Hazelmere Golf Course in South Surrey and have just incorporated their 'Healthy Business Consulting Group' home based business.

Many of you who have met Ron know about his passion for health and fitness, over the past 25 years. Ron was one of the first 100 Canadians to compete in the grueling Hawaii Ironman, and participated in the World Amateur Archery Championships. He also served as the Vancouver Police Fitness Coordinator and has spoken across Canada on health and fitness issues. More recently, Ron co-hosted the Healthy Living Radio Show, representing HANS, when Croft Woodruff was on holidays.

When Ron was asked what he was doing in his retirement, he stated, "Working harder than ever, I'm actually helping people set up their own home-based business." The business venture has, in a short period of time, replaced Ron's income prior to retirement.

In the summer of 2005, Ron and Maggie will be spending time in Europe, exploring Maggie's roots in Austria and Greece.

Ron and Maggie will continue as HANS Business Members and want to thank everyone for their support over the years.



Directors Milt Bowling, Dr Barry Davidson, DTCM, and Lorna Hancock meet with Joyce Murray, MLA

MLA Joyce Murray Advocating CM

In the March issue of the BCNA bulletin, Dr Garrett Swetlikoff wrote of the encouraging position of the current BC government. He said that MLA for New Westminster, Joyce Murray, was quoted as “receiving ND services for 30 years; she stated that recognizing the advantages of CM provide a long-term cost-savings plan”.

In fact, at Management Services on March 1, Joyce Murray rose in the Legislature to take her place in the Budget Debate. During her speech she made the following comments about naturopathic medicine:

One of the things that I’m most proud of is that in our throne speech and our budget, we are really putting a focus on prevention. I’m going to read two sentences from the throne speech that I think are a real watershed in terms of commitment to looking into the future, to

prevention and to really thinking out of the box with health care. They are these two:
 “As your government continues to improve patient care, it will devote new energy and new resources to prevention. It will explore new ways to integrate alternative health care options into our mainstream health system.

That is incredibly important because we have naturopaths, we have chiropractors, we have Chinese doctors, and we have acupuncturists who at this point are somewhat marginalized in our mainstream health care system. There is duplication, Naturopaths can’t refer someone to a specialist and can’t access laboratories in hospitals. What we are committing to do is find ways to integrate those practitioners into the mainstream health care system.

To me, that’s enormously important, as someone who has utilized naturopathic, chiropractic, acupuncture care, and so on, for myself and my family members for 25 years. I know how well that works. It’s preventative; it keeps people healthy. It will be giving more choice to people in British Columbia. It will help with prevention and wellness, and it will save money. It’s time we did this.

We have the privilege as MLAs to work for the things that are specifically being asked of us by our constituents, and we also have the privilege to work for things that we care passionately about. As you can hear, alternative medical choices is one of those things I feel passionately about. It’s been my privilege to work with my colleagues in caucus and cabinet, and with the Premier, to bring forward the importance of having those choices and having that focus on prevention.”



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President's Report

continued from page 9

A vibrant library is an important component in providing health education information to the public. The Library function extends well beyond the provision of publications (and videos) to fielding enquiries and directing enquiries to appropriate sources and by organizing educational events such as workshops and seminars. We feel very fortunate that one of our founding members who is well known throughout the province for his expansive and accurate knowledge in health issues—Croft Woodruff—has agreed to field questions.

It is also our plan to explore the possibility, with other CM organizations, of expanding the library to, 'The Integrated Health Library of BC.' We have received a positive response from some CM organizations and plan to meet with others in pursuit of this goal. We believe the HANS library is the largest health education library in the province and the HANS on-line library system is one of the best in the province. We encourage you to go into our website and click on 'library'.

5. Website

The new website is now 'live'—take a gander! It is a wonderful start and already it has stimulated a whole host of ideas for adding to it, such as: a members discussion area, HANS Ambassadors (people like Milt Bowling (EMF radiation); Len Greenall (Fluoridation), Thelma MacAdam (chemicals and pesticides) and many more; a With Us in Spirit section to remember those members no longer with us who have made wonderful contributions; a Loyal Supporters section to recognize the sponsors and donors who continue to support our mission to facilitate individual wellness.

Again, we are very grateful to Graham W. Boyes for developing the website, staffing the library and for his on-going commitment to develop to a new member based software package.

6. Collaborations

In addition to seeking collaboration with CM organizations with regard to the HOW insurance coverage, we also plan to discuss cooperating in other areas such as: co-hosting joint events, integrated health library, space in other newsletters and links to our respective webpages.

7. Member Discounts

Discounts on the purchases of goods and services is important to our membership and we plan to begin implementing this initiative over the next few months. Our plan is to achieve discounts with HANS professional members (eg. chiropractors, traditional Chinese medicine providers, naturopaths etc.) and with retailers such as: organic food, clothing retailers and health oriented book stores.

8. Radio Program

It is now a high priority to establish a radio program with a mainstream station. This health education program would be a standard interview with Q & A format. We have an exceptional line-up of co-hosts: Croft Woodruff; Warren Bell, MD; Lorne Brown, RMT, CA; Milt Bowling; Sandra Tonn to draw from. The Board has approved a sponsorship package which, if successful, will allow us to secure an acceptable time slot at commercial rates. Our next step is to secure a time slot and then complete the funding process. Radio would be the best medium for this; however, we have not ruled out television. Due to its independent status and provision of a diversity of health information, we believe HANS is the ideal organization to establish a health education program on radio or television.

9. Cost Comparative Research Study

The purpose of this two year study is to quantify the costs of delivering health care to two groups: a) those who only use conventional health care, and b) those who use only CM or a combination of CM (in traumatic circumstances). We believe that in many cases, preventive health and alternative modalities are effective at a much lower cost. We also believe that such a study is required to move the government from saying they are in favour of preventive health care to actually supporting CM with the ultimate goal of achieving our vision of moving the government to an integrated health care model with full financial support.

10. Membership Chapters

We believe that chapters are the 'grassroots' of an organization such as HANS. We plan to establish our first chapter in Penticton. Jane Shaak (Director of HANS) and her colleague in Penticton (Samarpan) are leading this initiative. We are planning a follow-up in May to move this along. This Chapter will then serve as a model for establishing other chapters.

11. Codex

We believe this will be the biggest health issue this year in North America. We have had many discussions, meetings and communications with a diverse group of people to clarify a very complex and muddled state of affairs and to establish some action plans. It is very evident that the mainstream media and politicians are not aware of this issue. In this vein, our current thinking is as follows:

We are in the process of preparing a simple one page message. The purpose of the message is to get the attention of the mainstream media, politicians and general public. The key component of the message is that millions of Canadians are going to be very angry when they can no longer get the nutrients and supplements by choice from their long-term suppliers. The message will be distributed by E-M; hard copy

to health retail locations and by interviews with media by a selected high profile communicator.

12. Funding

The key to HANS meeting its mission and vision and continuing to make a real difference in the health world is sustainability. We must grow our membership base to sustain a reasonable infrastructure without 'hoping' for contributions from government.

All of the above activities are geared towards increasing value to our members and achieving sustainability based on membership.

13. Volunteers

We have terrific support from a number of very talented and passionate volunteers as mentioned earlier—BUT WE WOULD APPRECIATE MORE SUPPORT to achieve our goals. Administrative support in our Memberships dept is needed to allow Pauline to focus on contacting and meeting with professional members. Support is critically needed in the library to extend the hours, advance the cataloging process and facilitate training by Graham. If you want an exciting volunteer experience and you have certain skill, we encourage you to consider joining the HANS family. Team spirit, reliability and a speck of competence are the main attributes.

Submitted by Bayne Boyes, President, Health Action Network Society

HANS' Classifieds ~ Members to Members

Do you have something to sell or give away or would you like to buy something? Send your request to production@hans.org with 'classified ad' in the subject line.

I am looking for a used Vitamix. If you have one to sell, please call Jane at 1-888-484-7253.

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Thank you to
Jacqueline Schuler,
for her original poem!



Mountain of Life

If you could melt away the times you fell apart
Watch them slowly lose shape and dissolve to nothing
Where would you stand?
Life throws us many obstacles
It's the getting through and gaining the strength to
continue that's difficult
For our fuel lies within these challenges
And if not for them, we would be forever looking up
Dreaming of the view from the top
And When they tell you
You learn from your mistakes
You can know that there are none
But you do learn
And you do grow
Life is a climb up a mountain
Never give up
Never look down
For it is only until you reach the peak
You can gaze down at the glorious view
-Your life
It is then you realize in your heart
You wouldn't change a thing

At the core we are all connected.



A Post Card from Cathrine Gabriel

It's hard to believe that it's been two years since I sat at my desk at the Health Action office. It's also hard to believe that I'm writing this note from my new home in Alberta. How did I get here?

Sometimes a tiny voice inside speaks to you and, if you listen to it, your life can take a surprising turn in direction. I had been at HANS for 15 years and felt that a little sabbatical might be in order. It was hard to leave the satisfying and important work to which I had dedicated myself at HANS, but I knew, also, that I had to heed this insistent call to travel.

In the spring of 2003 I had set out in a campervan to travel solo for six months in the US and across Canada, visiting family and friends, connecting with nature, taking time to smell the roses, discovering many of the wonders of Canada and in myself.

As the order of the Universe would have it, in the golden prairie grasslands of southern Saskatchewan I was to meet a retired cowboy, turned wildlife photographer and have since, serendipitously, found myself taking up residence in northern Alberta with a new companion.

Living in the serene rurals of a vast prairie province represents a complete lifestyle change for me after living in bustling Vancouver. I have embraced my new life fully, with wonder and enthusiasm but still reserve a special place in my heart for the unique work of Health Action Network, and will continue to play a role from a distance.

Cathrine is currently taking time to write her eventful story of a big-city, single woman traveling alone across Canada and how her adventure leads to an entirely unexpected outcome.

“There are stories to be told and moments in time to be captured.” HANS provides the ideal vehicle to collect these positive stories, highlighting the individual and group process. The website, the e-news and the magazine provide us with the framework to communicate with each other to assist HANS to be a ‘Wellness Community’.

Although we may be miles apart or on different stages of our journey, we can still connect with each other and remind ourselves of the deeper, authentic meaning in our own lives.

We are enthusiastic about the model that HANS represents, as an organization that has integrity, positive intentions, synergy and creative spirit. Please submit your ideas, testimonials, stories and images to production@hans.org.

I THINK CONTINUALLY OF THOSE WHO WERE TRULY GREAT

I think continually of those who were truly great
Who from their womb, remembered the soul's history
Through corridors of light where the hours are suns
Endless and singing. Whose lovely ambition
Was that their lips, still touched by fire,
Should tell of the spirit clothed from head to foot in song.
And who hoarded from the spring branches
The desires falling across their bodies like blossoms.
What is precious is never to forget
The delight of the blood drawn from ageless springs
Breaking through rocks in worlds before our earth;
Never to deny its pleasure in the simple morning light,
Nor its grave evening demand for love;
Never to allow gradually the traffic to smother
With noise and fog, the flowering of the Spirit.
Near the snow, near the sun, in the highest field
See how the names are feted by the wavering grass,
And by the streamers of white cloud,
And whispers of wind in the listening sky;
The names of those who in their lives fought for life,
Who wore at their hearts the fire's centre.
Born of the sun they traveled a short while towards the sun,
And left the vivid air signed with their honor.

By poet Sir Stephen Spender

With Us In Spirit



Appreciating Hugh Tanner

Written by
Lorna Hancock

When I think about Hugh, I am reminded of my Dad. They both had a peaceful, quiet energy about them, like the world was OK when they were in the room. A calming effect. Maybe that was because they had such genuine smiles, that you just had to smile back.

Oh, it's not that they thought everything was positively OK with the world. They really felt bad when something awful happened, and wrapped their support around you like they were suffering, too. I always appreciated that. We all did.

I think Hugh's priorities were clean air, water, food, and soil. The first day Pauline and I met him was in 1984, when he was involved in the Pure Food Guild, as Treasurer, I believe. The Pure Food Guild was disbanding, and their membership was added to the HANS membership, with our combined pledge that we would collectively work on global health and environmental solutions. As we have.

During the next two decades, Hugh volunteered in many capacities, except for the time in his life when he was in Texas. Pauline and Hugh wrote back and forth during this time, and on his return, he called right away, like family and friends would do. Within no time, he was helping in membership, doing filing and other tasks that some might find actually boring. He always did these with a smile on his face. Come to think of it, he did everything with a smile on his face.

The other thing Cynthia Lanyon, in the HANS Library, wanted to remember about gentle Hugh

is how he walked his talk. He'd come into the office to volunteer with Cynthia, (as he did for so many years we've forgotten how long it was), and he'd put his carefully prepared lunch into the fridge. Come lunch time, he'd quietly put his greens together, with his special Hugh dressing, and join everyone else in conversation about this and that.

Hugh really surprised you. "He liked books on advanced thinking, and would read voraciously anything that was alternative. I think he was in the Kabilarians, too. Many different subjects, but was never in your face about it. I could talk to him just about anything, and he was there, with awareness, and background. Very bright, welcoming, free & thinker, someone I miss very much." Says Cynthia.

Hugh passed away on January 9th, 2005, at 89 years of age. We want to keep Hugh's sweet and warm spirit with us always, as we continue this work. Hugh will be on the HANS website www.hans.org in a new feature called "With Us in Spirit".

With Us In Spirit celebrates individuals who have been, and will always be, a part of the fabric that has helped to create HANS. If you have images, stories, nominations and ideas to submit, we would appreciate hearing from you. We are installing this feature at www.hans.org to accommodate the information in an inclusive and expansive way. You can send your information and images to production@hans.org with "With Us in Spirit" in the subject line. You can ask for additional information by calling HANS at 604-435-0512.