

Editor-in-Chief

January, 1998

Townsend Letter for Doctors and Patients

Dear Dr. Collin:

I just finished reading some of the articles in the January issue of TLDP. The contrast between the commemoration of Dr. Hoffer's work on his 80th birthday and Dr. Douglass' description of the nutrition agenda of the FDA and CODEX commission is really impressive and instructive. Dr. Hoffer's curiosity, intellectual honesty and integrity, compassion and courage are clearly evident, whereas the FDA and CODEX activities send chills up my spine as if I have just been touched by something very sinister and evil. I cannot imagine any kind of valid scientific or clinical basis for what they are up to. Dr. Douglass' article on CODEX prompted me to write the following letter to John Hammell:

"I've just re-read Dr. Douglass' article on CODEX that appeared in the January, '98 Townsend Letter. As I follow the discussions of the German role in CODEX, I am more and more disturbed and alarmed. To me, it feels like an extension of NAZI-like secret plotting and manipulation for domination, power, and control over other people's lives and well-being. I am appalled that Congress has, in effect, abdicated control over such critical issues as health and nutrition that I consider vital to my own health and well-being as well as that of my children, grandchildren, and everyone else. Next to air and water, food and nutrition are absolutely vital for a person's health and well-being in terms of supporting a strong immune system. Air, water, food and good nutrition are essential to support life. Given the sad state of our food supply today, vitamins, minerals, amino acids, herbs, and other food supplements are no longer supplement luxuries. I firmly believe that these supplements are really an essential extension of our basic food supply. As such, a very convincing case can be made that in order to maintain optimal health, energy, and a strong immune system today, almost everyone needs some nutritional supplements added to their diet. Therefore, these food supplements should not in any way be controlled and regulated as are artificial medicinal drugs and medications that are invented by pharmaceutical company chemists for monopolistic control and profit.

Would Congress allow any other countries to have domination, power, and control over our vital supply of air and water? Of course not! Then, why should Congress allow other countries and the UN through drug company interests to have such enormous power and control over these other vital resources which support our health and well-being? If we think we have a health care crisis today when we still have convenient access to inexpensive nutritional supplements, I can only imagine what kind of a health care crisis we will have if these essential food supplements are inflated in price and made dependent on a physician's prescription.

Nearly 20 years ago, when I was personally in a seriously burned-out state from years of stress, it was the availability of good nutritional information and consultation as well as the easy availability of the vitamin and mineral supplements (especially magnesium) I needed to nourish my energy and vitality that restored my health. I do not believe that I could have made a healthy recovery over these past 20 years without the freedom to choose my own path to restoring my health and vitality using vitamins and minerals. Were these supplements therapeutic under a medical model? Or, were they the application of good sound nutritional principles that I chose to apply? I completely trusted the people who counseled me and guided me on my recovery path. In contrast, I don't trust the FDA and I certainly don't trust the CODEX commission standards "to enhance consumer protection."

There is a blatant conflict-of-interest when CODEX is so dominated by pharmaceutical company interests. This is ominously reminiscent of NAZI ploys to manipulate and gain control and domination by using empty words to delude and to deceive. We have only to remember that the NAZIs greeted their victims at Auschwitz with the words "Work Will Make You Free". It sends chills up my spine to think that German pharmaceutical companies with roots to IG Farben have such a dominant influence on the CODEX commission to determine worldwide nutrition standards!

I commend you for your efforts to thwart the FDA and CODEX in this evil venture of theirs.”

I would like to suggest a relatively new psychological concept that may help your readers to better understand what they are really up against when trying to deal with the “quack-busters” and CODEX. In our recently published book, my wife and I introduced a psychological concept we call the Judge. This is the controlling critical judgmental part of everyone’s personality and it is inherent to human nature – the manner in which we are “wired” neurologically to produce the stress response. It also operates concretely from a cognitive perspective only capable of dealing with absolutes – right or wrong, good or bad, black or white, legitimate or quack, etc. The Judge is found within each of our own personalities, but also within the various institutions operating around us including the healthcare system. I believe that the Judge is the driving psychological force behind the efforts of the “quack-busters” and also of CODEX.

Attached is a section from our book that explains the relationship between the Judge and the quack-busters.

Sincerely,

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Clinical Psychologist

Nutrition Counselor