



Don't Let the World Health Organization Control Our Health!

Whether It's the WTO or the WHO, Global Governance is Undemocratic.

"Free trade" turned the world into one big global sweatshop. In the U.S. alone, billionaires transferred \$47 trillion to themselves from working people by striking down laws that would have put limits on the exploitation of human labor and the plundering of natural resources.

The coup de grâce of the billionaire's "free trade" con was the consolidation of the power of multinational corporations in the World Trade Organization and the declaration that WTO "rules" were superior to democratically enacted national laws and regulations.

As Vandana Shiva points out, Monsanto wrote the intellectual property rules of the WTO that allow corporations to patent seeds and force farmers to pay licenses for their use.

Read more: <https://orgcns.org/3spK15g>

TAKE ACTION: <https://orgcns.org/45rbVfh>

Not Just Bees: Neonicotinoids Are Harming Newborn Children Along With Wild and Domestic Animals

Judy Hoy of GMO Science writes:

"Nearly all white-tailed deer tested recently in Minnesota had neonicotinoid pesticides in their spleens. Those are the same pesticides that are causing birds and bees to get lost or quickly die when exposed, especially the insecticide called imidacloprid.

The expanding use of neonicotinoid insecticides is contaminating the food and water ingested by all animals because it falls in rain and snow on foliage and into surface water everywhere."

Read more: <https://orgcns.org/45HMsP4>

The 18 Most Common Nutritional Deficiencies in the U.S

By Dr. Ronald Hoffman,

"Last week, I shared the first nine in my list of the most common nutritional deficiencies that plague Americans. Now I'm rounding up the last nine, in an effort to keep you informed and on the lookout for potential gaps in your own nutrition.

10) Choline: It's estimated that more than 90% of Americans are not meeting the recommended daily intake of choline.

11) Zinc: About 12 percent of the population in the United States is probably at risk for zinc deficiency, and perhaps as many as 40 percent of the elderly, due to inadequate dietary intake and impaired absorption of this essential nutrient, according to an Oregon State University survey.

12) Magnesium: Perhaps the best example of a pervasive under-recognized nutritional deficiency, estimates are that somewhere between 40-60% of Americans have inadequate magnesium levels. The imprecision is due to inconsistencies among tests; a low magnesium on a standard blood test (serum magnesium) is relatively uncommon, except in sick hospital patients."

Read more: <https://orgcns.org/3OUfVOX>

Exit the World Health Organization!

Congress is asleep at the wheel, letting the WHO subvert national sovereignty without so much as a debate.

The WHO is making changes to the International Health Regulations that could take away the power of the U.S., its states and localities, to decide democratically whether a pandemic is happening and how to deal with it.

This abrogation of national sovereignty could create a permanent income stream for pandemic profiteers peddling testing, pharmaceuticals and vaccines, so you can be sure that your Congressional representatives are hearing from the pharmaceutical companies about how great it would be if we just let the WHO make public health decisions for us.

TAKE ACTION: <https://orgcns.org/45rbVfh>

The Top Ten Medicinal Herbs for the Garden: How to Grow & Use Healing Plants

Written by Juliet Blankespoor with Meghan Gemma, Chestnut School of Herbal Medicine:

"In an ideal world, we would each have inherited the ability to conjure a personal list of essential garden herbs, tailored to our particular climate and health concerns. As it is, many of us are re-learning the traditional art of the apothecary garden—a place where beauty, medicine, and bees reign supreme.

My hope is that the information below inspires you, as a jumping board of sorts, to create your own unique dream herb garden. I chose each plant based on its ease of cultivation and medicinal usefulness and versatility. But bear in mind, there are many more herbs out there to choose from!"

Read more: <https://orgcns.org/47MXnZo>

Using Sleep as a Tool for Creativity

Analysis by Dr. Joseph Mercola:

"Overwhelming evidence shows adequate sleep is essential for optimal productiveness and creativity.

Dreaming, which occurs during the rapid eye movement (REM) sleep cycle, promotes creativity and creative problem-solving. At this time, new information is integrated into older data and novel connections between the old and the new are built, allowing new solutions to emerge.

Dreaming is also important for psychological well-being and can be likened to overnight therapy, as it eases the emotional sting of painful experiences.

When you upset your circadian rhythm, the results cascade through your system, raising blood pressure, dysregulating hunger hormones and blood sugar, increasing the expression of genes associated with inflammation, immune excitability, diabetes, cancer risk and stress, and much more."

Read more: <https://orgcns.org/45KBHvg>

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