

This is the Canada Health Alliance Weekly Report published on Saturday March 1, 2025

Executive Director's Message

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War is a hot topic at the moment.

We have all the drama and backroom deals going on with the war in Ukraine, and, to a very similar extent, with the war in the Middle East. There are rumblings of war across the Straits of Taiwan, North Korea is rattling its sabres again, and there seems to be a trade war going on everywhere, especially right here in Canada where we are leaderlessly bracing for the impact of the threatened tariffs.

Mark Carney says they are the biggest threat to Canada since World War Two. But is that really true, and can we trust anything he says given his WEF credentials? That's the thing, depending on your political perspective and the media you follow you can have a very different perspective and the rumours are flying thick and fast on both sides of the debate.

And this is what happens in times of war: There are always wild rumours speculating and

dramatizing everything. They are not just the product of boredom or the need for people to project themselves as somehow 'being in the know.' Often they are intentionally spread to demoralize people and to sow confusion, mistrust and division. This purposely erodes resolve and makes people easier to dominate and control.

We are in the midst of a global war, and have been since 2020. This is a monumental (and perpetual) war between Good and evil, and now, in our life-time, it has become the first 'fifth dimensional' world war that we have ever seen. In this new cyber realm, much of it too is designed to be demoralizing and confusing.

There is good news though. Having been at the frontline of this assault since those heady-days of early-2020 we are now almost through it and there is growing light at the end of the tunnel. Just consider our Wins of the Week and how over the last few months they have gotten bigger and bigger to the point that now even the most jaded within our ranks are sensing the final turning of the tide as the pendulum (and even the legacy media) starts to swing back towards a sounder and saner world.

We definitely feel this at Canada Health Alliance too, and have been taking these very positive 'winds of change' into account with our strategic planning discussions as we set our direction and priorities for the next few years as we go through this period of change. We will talk more about these strategic priorities in our next AGM in April which you are invited to attend (see the details below...)

Wins of the Week

While this is an exciting time, we must keep guarding against the rumours and intentional confusion that is being spread against us, and all freedom-minded people. We need to reconnect with our innate intuition and re-learn how to judge the real truth as everyday we have to wade through the rumours, lies and misinformation that is being spread about everything and everyone, especially those standing against the darkness.

I have heard shocking rumours about myself along with many of the people I truly trust having stood together with them in the trenches over these last five years. Yet I believe that the way we can most effectively dispel these rumours is to show (through our actions not our words), the purity of our intent and our true commitment to defend, protect and uplift those around us. This starts with defending the most basic and fundamental freedoms of everyone in our own communities (be it our local neighbours, or our greater 'world').

When considering this I am reminded of the Freedom Pledge that was written in Canada about three years ago now (by another fine person I know who has been discredited by vicious rumours!). It states;

"Before my Creator, my family and my community I declare:

I will rise up, speak up and disobey harmful and tyrannical orders, whether they come from a domestic or foreign entity. I will stand in my power and authority and reclaim my innate rights and what has been unlawfully and immorally taken from me, my family and my community.

I will resist any attempt, by government or otherwise to divide people or communities from each other, or to subjugate any people to discrimination or harassment based on ethnicity, faith, bodily autonomy or freedom of choice.

If the enemies of freedom come for anyone's children, my neighbours, my community or my nation, I will resist. I will not Surrender my rights, nor those of my children and community."

Amen!

Alan Brough
CHA Executive Director

Here is a spread of some of the provincial, national and international wins we had this last week which are helping to keep things going in the right direction...

- 1) In particular, there's good news for Alberta and Saskatchewan; On Monday President Donald Trump said he wants the Keystone XL pipeline, which would transport crude oil from Canada to the United States, built as soon as possible, years after Biden scrapped the project. *"The company building the Keystone XL Pipeline that was viciously jettisoned by the incompetent Biden Administration should come back to America, and get it built - NOW!"* Trump wrote in a post on Truth Social, on February 24. It is believed that higher volume and more cost-effective means of transporting Alberta's crude to the Texas refineries was part of Danielle Smith's recent discussions with Trump. This announcement is a positive sign that the US President is willing to work with Alberta's Premier on regional energy security which will of course be very good for the Albertan and Canadian economy as a whole.
- 2) The BC government will finally end a component of its so-called "safe supply" program after extensive reporting that showed hard drugs distributed by pharmacists were being diverted to the black market. BC NDP Health Minister Josie Osborne said the practice of allowing users to take their prescribed opioids home will be limited to a "witnessed model," meaning users will have to be watched by health professionals as they consume the drugs. Data released by the BC Emergency Health Services shows that calls for drug overdoses and poisoning have almost doubled in virtually every major municipality in the province since the "safe supply" program was originally introduced in 2020.

- 3) A formal notice, signed by 800 scientists and policymakers, has been delivered to the governments of 24 countries, including Prime Minister Trudeau and every federal MP in Canada. This notice demands that our federal government immediately halts the use of the Covid-19 'vaccines' and boosters and that they launch a thorough investigation into the approval and deployment of these very questionable 'treatments.'
- 4) Going over to the US now, The Florida Senate has passed a bill banning geo-engineering and weather modification, repealing existing licensing and reporting requirements, and prohibiting activities that alter temperature, weather, or the intensity of sunlight within the state's atmosphere. This is all specifically targeted at aircraft-dispersed chemtrails, which many Canadians still consider to be a conspiracy theory. However, you have to ask how it could possibly be a 'conspiracy theory' if there has been "existing licensing" for it in Florida (and likely every other state in the USA).
- 5) Utah lawmakers last week voted to pass the first US statewide ban on adding fluoride to public water systems. The Utah Senate voted 18-8 in favour of the measure after it passed in the House. Once passed into law this will end community water fluoridation in the entire state of Utah. Commenting on this, FAN Executive Director Stuart Cooper said, *"This is another significant victory for the public, who didn't sign up to have a developmental neurotoxin and endocrine disruptor added to their drinking water... We're watching water fluoridation unravel globally in real time."*
- 6) Seventy-four percent of elementary school personnel surveyed in California (yes, that's far-left California!!) do not believe their schools have the authority to deny medical exemptions, and over half opposed Covid-19 vaccine mandates for students, according to a study funded by the National Institutes of Health. Respondents expressed concerns about the safety of vaccines for children, with 42% *"concerned that children's immune systems could be weakened by too many shots."* Thirty-two percent thought immunizations do *"more harm than good"* and 28% said they did not believe vaccines strengthened the immune system. Over one-third of respondents (37%) said they opposed vaccine requirements *"because 'they go against freedom of choice' and because parents know what is best for their children."* To read the full story, click: <https://childrenshealthdefense.org/defender/nih-study-confirms-waning-support-vaccine-mandates>
- 7) Robert Kennedy Jr. has issued a 90-day stop-work order on the HHS contract with American biotech company Vaxart Inc., which is developing an oral Covid-19 vaccine. The pause comes just days before ten thousand participants were set to begin clinical trials on Monday. According to HHS pausing the trial was a necessary decision given its flawed study design, lack of a placebo group, and dangerous mechanism of action which could have seriously harmed the ten thousand participants. Instead of comparing the Vaxart product to a placebo group the original study design would have compared it to 'an approved mRNA injection.' Given the disastrous safety profile of mRNA injections, this study design would not reveal the true risks of this oral vaccine which is the main reason why it has been paused for more careful evaluation.
- 8) On the subject of RFK Jr., in a widely-viewed video shared on social media, the US Secretary of Health and Human Services, Robert Kennedy, Jr., asserted that the majority of vaccines – including those he sees as being mandated for infants – have been developed primarily to create profits for Big Pharma. *"Most of the vaccines after 1989 were added not for public health reasons but for pharmaceutical profit reasons,"* said Kennedy.

If you have any personal, local or national wins that you think we should share and celebrate please email then to me at alan.brough@canadahealthalliance.org



MEMBER NOTIFICATION: You're Invited To Attend Our Next CHA Annual General Meeting That Will Be Held On April 26th.



CHA President Dr. Bill Code presenting at the 2024 AGM on Vancouver Island

As a member-run not-for-profit, Canada Health Alliance relies on the involvement, input and participation of our members, such as yourself, to help us review performance, set direction, make and approve plans and to ensure that we are meeting your expectations in these challenging times.

Our Annual General Meeting is held at the end of April every year and all paid members of CHA are invited to attend. The main purpose of the AGM is to review the past year, vote on

resolutions, approve our financials and confirm changes to our Board of Directors.

If you are a paid member of Canada Health Alliance we would like to firstly thank you very much for your support, and secondly give you notice that our next AGM will be held on Saturday April 26th, and we would like to invite you to attend, either in-person or online.

This year, for the first time ever our AGM will be held in Alberta, at the ReVitalife Wellness centre in Sherwood Park. We are very excited about this, especially as many of the members of ReVitalife are also members of Canada Health Alliance. However, the majority of CHA members will be joining the meeting online, and it will all be easily accessible via Zoom.

As we did last year, we are anticipating having a couple of guest presenters who will address the in-person and online delegates after the AGM formalities. This is in keeping with our commitment to provide as much medical information and healthcare education as possible to our members across Canada.

The final meeting times, agenda and details of the presenters are still being confirmed, but if you are a paid CHA member and would like to attend the AGM please email us at info@canadahealthalliance.org and we will send you the Zoom details, the agenda (which will include a member Q&A session) and your personal voting number.

We very much look forward to getting your RSVP and to seeing you either in-person or online on Saturday April 26th where we will be reviewing what we did in 2024 and, with our guest presenters, looking forward to everything that lies ahead...

If you are currently not a paid member of CHA but would like to attend this year's AGM please see the many other benefits of membership, and how to sign-up below...

Why RFK Jr. Is Targeting Glyphosate and Other Pesticides and What They Actually Do to YOUR health

In our 'Wins of the Week' last week we mentioned that in his first address to his Department of Health & Human Services (HHS) staff last week, Robert Kennedy Jr. named the industries and products that will face his scrutiny.

One of these 'areas of concern' that he will be focusing on is the widespread use of glyphosate (which goes by the brand name 'RoundUp') and other poisonous pesticides being used in North America and how manufacturer's such as Monsanto (owned by Bayer) have eroded public health over the last four decades.

Over the last twenty years numerous studies have shown the clear link between commercial pesticide use in high-yield agricultural operations and the increased risk for various types of cancer. However, because of the increased profits generated by pesticides there is an active (and wealthy) lobby-group that suppresses proper scientific research or media coverage of this. The unseen nature of pesticide residue on supermarket food also means that most people are oblivious to the danger of not sticking to a strict non-GMO organic diet.

And the danger is significant. A study published in June 2024 found that pesticides have the same risk of causing cancer that smoking does, especially in communities with heavy commercial agricultural production.

The study, done at the Rocky Vista University's College of Osteopathic Medicine in Colorado and published in *Frontiers in Cancer Control and Society*, analyzed national data across all US states and 3,143 counties to determine the effect of different patterns of pesticide use on cancer rates and compared it to smoking, a well-known risk factor for cancer.

The study identified the most commonly used pesticides in areas with usage patterns linked to the highest cancer rates. For instance, atrazine, widely used to kill weeds on row crops like corn, sugarcane, and sorghum, was linked to higher rates of colon cancer. Whereas glyphosate, which is used widely in Canada, was

associated with higher rates of colon cancer, pancreatic cancer, and all cancers in general.

Over time these pesticides also accumulate in the soil and consequently in the food we eat. According to a consumer report issued in April last year one in five foods sold in our 'big box' supermarket chains "have a 'significant' pesticide risk." So now we are all being exposed to these dangerous chemicals whether we live in agriculture areas or not. However, according to the study authors, in regions with heavy agricultural production pesticide exposure presented a greater risk of certain cancers—particularly non-Hodgkin's lymphoma, bladder cancer, and leukemia, and that this risk was greater than being a regular smoker.

"Agriculture chemicals that include pesticides and defoliants such as Roundup (glyphosate) and other such chemicals seem to, in general, have a pro-cancer effect. These chemicals can do this by interfering with the human body's immune system, which is the first line of defense for fighting cancer," holistic and integrative medicine physician Dr. Yusuf Saleeby said. *"The number one thing you should do is avoidance. Avoid exposure to these chemicals, like moving from a farm that uses agents, avoiding sprayed crops or foods, and eating as organic as possible."*

Last year's consumer report warned that some foods, like green peas, contain dangerous pesticides banned by authorities. *"Pesticides posed significant risks in 20 percent of the foods we examined, including popular choices such as bell peppers, blueberries, green beans, potatoes, and strawberries,"* the report said. *"One food, green beans, had residues of a pesticide that hasn't been allowed to be used on the vegetable in the US for over a decade."*

According to the *Epoch Times*, the dependency on pesticides in North American agriculture means that the presence of chemicals is now basically inevitable in foods. In a 2021



FDA report, the agency analyzed 1,367 human food samples finding that only 35 percent of domestic samples and 44.5 percent of import samples had no pesticide chemical residues.

Even more shocking was a recent report by the Washington-based Environmental Working Group (EWG) that found that three-quarters of non-organic foods sampled by US agencies had “potentially harmful pesticides.” Among the 46 fruits and vegetables sampled in the analysis, 12 were classified as the “Dirty Dozen.”

In the Dirty Dozen list, 95 percent of samples contained pesticides. The items included strawberries, spinach, leafy greens such as kale, collard, and mustard greens, grapes, peaches, pears, nectarines, apples, bell and hot peppers, cherries, blueberries, and green beans. Among the Dirty Dozen, 209 pesticides were found.

In an article by Dr. Mercola entitled ‘The Hidden Harvest: Unveiling the Truth About Grains in Our Food System’ which was published in July 2024 he said:

“‘Non-GMO’ labeling does not mean chemical-free farming. These crops may still be treated with pesticides and herbicides. Many nonorganic grains are heavily sprayed with toxic pesticides like glyphosate just before harvest, a practice called desiccation. A recent study found glyphosate in 44 out of 46 organic and nonorganic gluten-free products tested, with some at alarmingly high levels.

Glyphosate exposure can disrupt gut health by killing beneficial bacteria and promoting

the growth of harmful bacteria. Consuming organic food has been linked to reduced cancer risk, according to a study published in JAMA Internal Medicine. The EPA's acceptable daily intake for glyphosate is 7,000 times higher than European standards, raising concerns about regulatory oversight. Supporting organic and regenerative farming practices through consumer choices can help drive positive change in the food system”

With glyphosate being banned in Europe many North Americans supposedly suffering from ‘gluten-intolerance’ find they can eat as much bread as they like when holidaying in Europe. This points to the fact that they are likely not gluten-intolerant, but instead suffer from accumulated glyphosate poisoning.

Unfortunately the danger of pesticide poisoning is carried over from the farm grown foods and into processed food ingredients such as flour and ‘ready-to-eat’ breakfast cereals. Recent studies show that chlormequat, a pesticide linked to reproductive issues, has been found in popular breakfast cereals such as Quaker Oats and Cheerios, which are overtly targeted at children.

In a study published in the Journal of Exposure Science & Environmental Epidemiology on February 15, researchers revealed alarming findings regarding the prevalence of chlormequat that has been detected in the urine of four out of five people, or 80 percent, of North Americans. Additionally, 92 percent of oat-based foods now contain chlormequat.

Chlormequat is sprayed onto grain crops to reduce stem height to make the harvesting process more efficient. Because it improves crop yield and profitability chlormequat is now the world's most common plant growth regulator according to a 2020 study published in Toxicology.

In the United States, chlormequat is permitted exclusively for use on ornamental plants and is prohibited for application on food crops grown within the country. Therefore, the presence of chlormequat in Cheerios and other oat-based foods sold in the United States raises questions regarding its introduction into the food supply chain. No doubt this will be one of the specific questions that RFK Jr. will be wanting to get answered, as clearly a lot of commercial operations are using it without permission.

Or is it that the FDA are knowingly turning a blind eye to its widespread use? In April 2023, the EPA proposed allowing the first-ever use of chlormequat on barley, oats, wheat, and triticale grown in the United States. If the FDA were to agree to this, exposure levels would dramatically increase raising further concerns about its impact on public health and food safety.

In conclusion, Dr. Mercola's advice to us all is to *"remember, knowledge is power! And in this case, it's the power to make better choices about what you put in your body. This will not be a "top-down" effort, as the government does not put public health first. Instead, change will be from the "bottom-up" through consumer demand. Since public health is secondary to corporate interests, it is on us as consumers to educate ourselves about these issues, ask questions, and make informed choices about the foods we consume.*

Organic is the better option relative to non-GMO for grains. However, the ideal solution would be sourcing from regenerative farms, although these can be harder to find.

Supporting organic and regenerative farming practices and demanding transparency in food production from farmers, cooperatives, and food companies are crucial steps towards a healthier food system. It really is on us!

You can make a difference by supporting organic and regenerative farmers. Think of it as voting with your fork (or spoon). Every time you choose an organic grain product, you're essentially voting against the chemical-based conventional farming system."

Although Dr. Mercola wrote this prior to Donald Trump's election victory or the confirmation of RFK Jr. as Secretary of HHS, he is still correct in that historically the government does not put public health first, and neither do the Big Agriculture corporations who only care about profits.

Our health is, and always has been, up to us. Although at least now we have RFK Jr. on our side as well, and that I think could be the tipping point to start the massive clear-up of our ravaged North American food chain and finally start improving our health.

To watch the short (5 minute) documentary 'Farm to Fuel' on Vimeo click: <https://childrenshealthdefense.org/defender/farm-to-fuel-documentary-neonicotinoid-pesticides-destroyed-small-town/>

"Farm to Fuel," exposes how a local ethanol plant in Nebraska poisoned the land, water and air through their reckless disposal of pesticide-laced waste creating a massive – yet largely unreported – environmental disaster. At the heart of this crisis were neonicotinoid pesticides, which are still widely used across Canada and the U.S. despite mounting evidence of their harm.

Sources for this article include:

<https://www.frontiersin.org/journals/cancer-control-and-society/articles/10.3389/ncacs.2024.1368086/full>

<https://www.theepochtimes.com/health/pesticides-potentially-as-bad-as-smoking-for-increased-risk-of-certain-cancers-5692056>

<https://www.consumerreports.org/health/food-contaminants/produce-without-pesticides-a5260230325/>

<https://www.theepochtimes.com/health/1-in-5-foods-have-significant-pesticide-risk-consumer-reports-5633103/>

<https://articles.mercola.com/sites/articles/archive/2024/07/30/truth-about-grains-in-our-food-system.aspx>

<https://www.nature.com/articles/s41370-024-00643-4>

<https://www.theepochtimes.com/health/pesticide-linked-to-reproductive-issues-found-in-popular-breakfast-cereals-5629058/>

CHA National Assembly Call: Debunking Common Dental Misconceptions



CHA Vice President Dr. Jennifer Hibberd presenting during the CHA call last week.

Last Tuesday we hosted a Canada Health Alliance National Assembly call in conjunction with our friends at Vaccine Choice Canada and our special guest was CHA Vice President Dr. Jennifer Hibberd. Jennifer is a Doctor of Dental Surgery and we discussed the real facts about oral health and the common misconceptions of the dental industry.

Jennifer is a founder of the Canadian Covid Care Alliance (CCCA) and cofounder of the World Council for Health (WCH). She is vice-president of Canada Health Alliance and the World Freedom Alliance and she is the Canadian Ambassador for People's Health Alliance. In addition to which she is on the scientific committees for the Medicos Pela Vida (MPV-Doctors for Life) and the South African Vaccine Injured Medico-legal Study group (SAVIMS). Plus, Dr. Hibberd is also a Senior Fellow of the IMA (renamed from the FLCCC). This gives her an extremely broad perspective of not just her core field of dentistry, but of the entire international health and medical freedom movement.

In her presentation she went into detail about the valid concerns that people have with both fluoride and amalgam as well as the risks of hydroxyapatite that is used as a replacement for fluoride in toothpaste. While this may look good in theory, like most things it has not been fully tested for safety and efficacy.

However in 2016 the European Commission Scientific Committee on Consumer

Safety compiled a series of animal studies on the impact of hydroxyapatite and found that it killed liver & kidney cells and negatively affected red blood cells and platelets. While a more recent in vitro study found it DAMAGED HUMAN DNA. However its use is completely unregulated in the United States where it is currently used in toothpaste – as well as in several over-the-counter baby formulas!

Jennifer's analysis of amalgam was equally shocking considering that it is made up of 45% to 55% liquid mercury, which according to Norway's Minister of Environment, "Is among the most dangerous environmental toxins." Even in Canada our official position is that, "Exposure to mercury is known to cause negative health effects to those who are most vulnerable, particularly fetuses, infants, and young children."

Jennifer then tackled the emotive topic of graphene oxide and the concern that many people have that it is being used in dentistry and dental products such as anesthetics and we encourage you all to watch the full recording of Dr. Hibberd's presentation via the links below.

She discussed how graphene oxide is currently restricted for use in the field of medicine "until more safety studies are done." However because of its "biocompatibility" dental applications are being studied. This is concerning, but the good news is that, despite the scary rumours, none of the local anesthetics approved for use in Canadian dental practices contain graphene oxide, and the use of graphene oxide in local anesthetics currently remains hypothetical.

To watch this full Nation Assembly call including Dr. Hibberd's very informative slide presentation click any of the following links:

Vimeo: <https://vimeo.com/1058644966/5cdf713eba/>

Librti: <https://librti.com/view-video/debunking-common-dental-misconceptions>

Rumble: <https://rumble.com/v6n5jec-debunking-common-dental-misconceptions-and-connection-to-your-health-dr.-je.html>



Longevity Update: What is 'Fo-Ti-Tieng'?

A few weeks ago we ran a feature article on longevity, how long our bodies are designed to last and what the best lifestyle changes are to extend both the length and quality of our life. In the story we talked about the Chinese Professor Li Chung Yun who lived for over two hundred and fifty years. He said that his secret for longevity included “two powerful rejuvenating herbs, Fo-Ti-Tieng and ginseng.

Quite a few of you wrote in after reading the article asking specifically as to what Fo-Ti-Tieng really is.

According to drugs.com, Fo-ti is also known as ‘He Shou Wu,’ or in English, any one of the following: a flowery knotweed, climbing knotweed, Chinese cornbind, or tuber fleece-flower. In some areas it is also called Asiatic pennywort, spade leaf or coin-wort.

it is native to central and southern China and is distributed in Japan and Taiwan where it has a reputation as being the ‘Elixir of Life’ plant.

It is a perennial climbing herb, which can grow to 30 feet in height. The plant has red stems, heart-shaped leaves and white or pink flowers. The roots of 3- to 4-year-old plants are dried in autumn and prepared either raw, steamed or cured with the stems, seeds and leaves to make this traditional Chinese tonic which apparently has been used and documented since 713 AD.

Used in Traditional Chinese Medicine and Ayurvedic medicine, amongst the long list of symptoms it is used to treat, there is an interesting reference to longevity; “Regarded as a rejuvenating plant, fo-ti has been thought to prevent aging and to promote longevity. According to folklore, the older and larger roots have the most power, potentially offering immortality.”

However, there is some confusion between ‘fo-ti’ and ‘fo-ti-tieng.’ drugs.com specifically warns that ‘fo-ti’ is the unprocessed plant and it “should not be confused with the

commercial product Fo-ti Tieng, which does not contain fo-ti.” This seems odd, given that Li Chung Yun was talking about fo-ti-tieng as being the reason for his longevity back in the seventeen hundreds, long, long before there was any commercially produced ‘fo-ti-tieng’.

I suspect this separation of fo-ti and fo-ti-tieng is the result of modern branding and trademarking, plus the likelihood that over time the traditional ingredients may have been changed from the traditional formulae in some of the industrially manufactured commercial brands (much like how today many of our once reputable brands of vitamins and supplements have been bought out by Big Pharma and now have very little of their core natural ingredients).

To help better understand what fo-ti-tieng is that Li Chung was talking about, in his book *Regeneration*, Kevin Garner confirms that Li Ching’s ‘fo-ti-tieng’ is actually hydrocotyle asiatica minor. This is known as Centella or Gotu Kola in homeopathy. The stated benefits of ‘fo-ti’ / hydrocotyle asiatica include a rejuvenating effect on the whole body, increased hormone production along with a beneficial influence on the whole endocrine system. It also acts as a digestant, improves metabolism and has a profound effect on the brain and nerve cells.

‘Fo-ti’ is available as a supplement from certain manufacturers such as NOW (which is currently a good quality brand) and Piping Rock (who market the Fo-Ti root extract as ‘He Shou Wu’).

There is clearly a grey-area between ‘fo-ti’ and ‘fo-ti-tieng,’ particularly with regard to Li Chung’s ‘secret of longevity’ and sadly there is very little information available to clarify the difference. Hence I would like to invite any Chinese herbalists or practitioners of Traditional Chinese Medicine to email me their views on this along with anything further they can add to the above discussion and we will run a follow-up article to further our collective knowledge.

Alan Brough
alan.brough@canadahealthalliance.org

Sources for this article include:

The book ‘Regeneration, Live Longer, Live Better’ by Kevan Garner C.Ph.T., M.H.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3116297/>
<https://www.drugs.com/npc/fo-ti.html>

<https://weclinic.in/blog/hydrocotyle-asiatica-uses#:~:text=Hydrocotyle%20Asiatica%20is%20commonly%20known,the%20flowering%20plant%20family%20Apiaceae.>

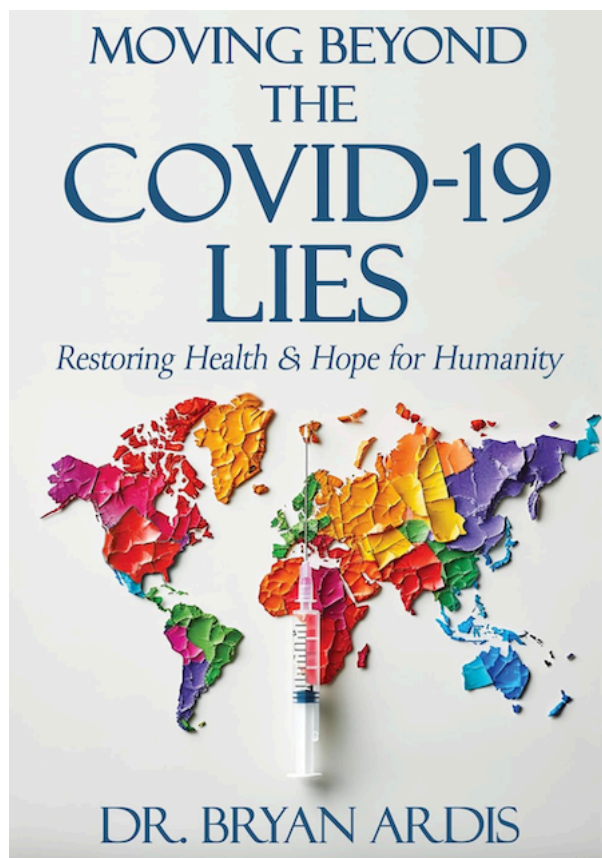


Quote of the Week

“There is a principle which is a bar to all information, which is a proof against all arguments, and which cannot fail to keep a man in everlasting ignorance.

That principle is ‘condemnation without Investigation.’

Herbert Spencer



Book of the Week

Moving Beyond the Covid-19 Lies: Restoring Health & Hope for Humanity

by Dr. Bryan Ardis

Published in October 2024 this book by the now-famous Dr. Brian Ardis was the number one Bestseller in Amazon's Alternative & Holistic Healing category. Dr. Ardis was propelled to fame with the 2022 documentary 'What's In the Water' which was followed up with the equally jaw-dropping interview with Jason Shurka called 'The Antidote.'

This acclaimed book details all of his research findings and the collective lessons we have learnt through the Covid era, and how we can resort our health and hope for a brighter, healthier future for us all.

In the book Dr. Ardis shows us how to turn the page and end the chapter called Covid-19 once and for all. He rightly says that we have all suffered enough in our own personal ways. In this book, he exposes the truth about Covid-19, the vaccines, and other dangerous drugs, providing many solutions to help everyone heal and become healthy again.

In this book, you will discover:

- Where COVID really came from and what it really is
- Why many still suffer with symptoms now called "Long Covid"
- What makes the vaccines and boosters such ticking-time bombs for many
- Why no one should ever take the drug Remdesivir (aka 'run-death-is-near!')
- Why some lost their taste and smell and how to get them back
- What caused blood clots, heart problems, and diabetes after Covid and the vaccines
- All Long COVID symptoms and vaccine injuries explained
- Medical tests to perform and solutions to begin your healing journey

In his review of this book Dr. Paul Alexander, Former Senior Pandemic Advisor to President Trump said, "Dr. Ardis' work has already saved so many lives around the world and this book will do the same!". Christiane Northrup, M.D., Three-Time N.Y.T. Bestselling Author said, "This book reveals the shocking truth about Covid-19 and the Vaccines. Read it. It will set you free." While, Ben Marble, M.D., Nobel Prize Nominee said, "Dr. Ardis got to the truth and helped thousands get well. I'd give him a Gold Medal, a Nobel Prize, and a Congressional Medal of Honor if I could."

To order your copy on Amazon click:

https://www.amazon.ca/Moving-Beyond-Covid-19-Lies-Restoring/dp/1961641224/ref=pd_rhf_se_s_pd_crtd_d_sccl_2_1/145-80324_27-6624661





Free Stuff and Great Discounts Are All Part of CHA Membership!

And you don't have to be a healthcare practitioner to be a member of CHA!

50% of our members are healthcare practitioners, but the other 50% are just ordinary people who aren't health professionals. But they all care about improving the quality of our healthcare and helping CHA establish a parallel system for the benefit of all Canadians. YOU would be very welcome!

When you become a paid member of Canada Health Alliance you also get plenty of great benefits including:

- **A FREE** copy of Dr. Code's book 'Solving the Brain Puzzle' NOW AVAILABLE in either ENGLISH or FRENCH!
- **A FREE** copy of Michel Chossudovsky's new book 'The Worldwide Corona Crisis. The Global Coup d'état Against Humanity.'

- **PARTICIPATION IN** CHA's Verification Program.
- **FULL VOTING RIGHTS** at our CHA Annual General Meeting.
- **MORE than 20% off** the cost of any CHA New Health Series educational workshops and seminars.
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- **THE NEXT 52 EDITIONS** of this highly informative weekly newsletter, and
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