

This is the Canada Health Alliance Weekly Report published on Saturday March 29, 2025

Executive Director's Message

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We had a CHA Board Meeting a couple of days ago and our President, Dr. Bill Code, was saying how there will be very little attention on anything else in Canada except the election for the next 30 days or so. I think he is absolutely right. Although I, for one, am already exhausted by it all: the political intrigue, the sniping, the accusations, the demonizing and, of course, the blatant censorship and bullying of anyone who just happens to have an independent thought – and heaven forbid if those 'independent thoughts' are coming from anyone in the Prairies!! :)

And yet, we've been through all this before. It's the same old story that we've been subjected to for the last five years. At least now we know what to expect, and we know that apart from their honed-skill of fear-mongering they have little else with which to manipulate us. We

have learnt that the only thing to fear is fear itself. If we can then unplug ourselves from the clutches of the media and our spying phones, to the point that we can know more-or-less what is going on without getting caught up in the drama, we will be truly independent and able to navigate through all this distraction.

I remember right at the start of the Covid Era someone telling me that this whole thing is likely just a test of faith, and I think they too were absolutely right.

Prior to 2020 I was not a particularly religious or spiritual person, and still can't claim to have any sort of special knowledge, pedigree or experience in that area. But having realized that this is all just our own little theatre in a great war between Good and evil, I have decided that I need to be on the side of good, and in so doing have tried to make my peace with God.

As a result I now have a much deeper sense of inner calm, a real sense of destiny and a complete understanding of what King David meant when he wrote in Psalm 23, *"Though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me."* So, whatever happens, with the Canadian election, the Trump Tariff's, the War in Europe, the next great pandemic, Digital ID, 15 minute cities or the imposition of the Mark of the Beast, it is all just a test of faith and our purpose is to stay calm, stay focused and stay close to God.

Everyone is full of predictions and there seems to be new 'prophets' popping up on social media every day. They are all talking about their revelations of what is going to happen tomorrow, next week and indeed next month, and they

seem to be repeating themselves with the same degree of conviction every month, much like how the prophets of Nesara and Gesara did all those years ago! It is all driving either fear or disempowerment.

I am sure there will be challenges, drama and intrigue for as long as humans walk the earth. However, we can each choose to carve out our own enclaves of peace, prosperity, love and happiness while we are here. We just need to be focused on being positive, honest and true, and help and uplift those around us with a true commitment to making the world a better place.

Then, not only will we actually make the

world a better place, but we will be *“healthy, wealthy, whole and free”* for, as it says in the Books of Romans, *“If God is for us, who can be against us?”*

For all the drama going on around us right now, we will get through this and a lot more to come. We will be strengthened by the experience and we will be victorious. The future is ours for the taking, and it will be great!

Now let's buckle up and enjoy the ride!

Alan Brough
CHA Executive Director



Wins of the Week

The big news this last week was the announcement of the Federal election in Canada which has been dominating the local media and since then everything else seems to have been drowned out by all the political coverage, poll analysis, slandering and campaign trail reporting going on across the country.

However below we do have some other Wins from the United States to show that slowly but surely things are still moving in the right direction...

- 1) Well after months of political paralysis, finally on Sunday, Mark Carney announced that Canada will be going to the polls on April 28th, 2025. If nothing else the waiting is now over and we at least know that we won't have to wait until October for a new government as some fear-mongers had suggested. This is going to be a very heated campaign and the mainstream media have already thrown their entire effort into preserving their subsidies by trying to guarantee a Carney victory. However, hopefully enough people across the

- country have started to realize the real economic cost of his Liberal policies. But this election is about so much more than just the economy. We must never allow people to conveniently forget that it was Trudeau's Liberals who were behind all of our pain and suffering throughout the Covid Era and that eventually they must take responsibility for that and be judged accordingly. There is no doubt that a lot will happen between now and April 28th, but the Win is that we have been given the opportunity to have our say and vote accordingly, and, just like the Americans back in November, we must make the scale of our votes and our voices 'too big to rig!'
- 2) *"Operation Stork Speed"* was launched two weeks ago by Robert F. Kennedy Jr.'s department of Health and Human Services and the FDA (which falls under the HHS). This initiative will require increased testing for heavy metals and other contaminants in infant formula. The requirements of this new project also includes a nutrient review process and encourages manufacturers to improve product labeling and develop new products. Hopefully this will help improve the nutritional benefit and safety profile of all baby food products available in America, and hopefully Canada too.
 - 3) Last weekend, after a long and sustained public awareness and lobbying campaign led by the likes of Sebastian Lukomski, the United Nations was forced to strip key pro-abortion language from the final wording of their Commission on the Status of Women (CSW) Political Declaration—which is this years most high-level UN document that will shape global health policy. Commenting on this Lukomski said, *"I can't tell you how relieved and overjoyed I am. It's been an intense battle—two full months of strategy calls, delegation meetings, and late-night prep sessions, leading up to ten brutal days inside the UN. The abortion lobby pulled every trick in the book: sneaky edits, last-minute pressure, hidden footnotes, backdoor clauses... you name it. But we held the line and we stopped one of the biggest pro-abortion pushes we've ever faced at the UN! Abortion is NOT a universal right. And thanks to you, it will NEVER be!"*
 - 4) Last Friday a North Carolina Supreme Court decided that a family can sue over being forced to take an unwanted Covid-19 shot. This means that a Guilford County teenager and his mother can move forward with their lawsuit against the local school board and the Old North State Medical Society. This decision by the state Supreme Court reverses lower court rulings against the teen and mother with a 5-2 decision, and finally begins to break down the unquestionable overriding authority of the federal 'Public Readiness and Emergency Preparedness (PREP) Act. This Act has been used to give blanket protection to any organization, NGO or government health authority that have been imposing and, in many cases, forcing Covid mandate compliance and subservience. If the final case rules in favour of the plaintiffs, this will unravel the entire PREP Act and will lead to thousands of other well justified compensation claims.
 - 5) The movement to ban all Covid-19 vaccines got a massive boost in America this last week with Congresswoman Marjorie Taylor Greene demanding that the Food and Drug Administration pull approval of all coronavirus vaccines. She wrote on her X account that, *"FDA approval for Covid-19 vaccines needs to be pulled and they need to be taken off the childhood vaccine schedule ASAP. Covid-19 vaccines are causing permanent harm and deaths."* As calls to halt the distribution and use of these mRNA 'vaccines' grows, hopefully our next Canadian government, in the cause of true public health, will likewise ban them.

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





AirPods Are Just One Of The Ways EMF's Fry Your Brain and Disturb Your Immune System – And They're Twice As Bad For Your Kids!

For quite some time now, CHA have been warning about the dangers of electromagnetic frequencies, cellular radiation and dirty electricity and everyday more and more research is confirming and highlighting these risks.

One of the main 'high risk' devices in wide-spread use today is wireless AirPod earphones. According to Nathan Crane, President of Panacea Community, *"though AirPods operate at different levels of power, they use the exact same frequency (2.4 GHz) as microwave ovens. Yes—the same frequency used to heat up food is "buzzing" just centimetres away*

from countless brains worldwide... all day long. However all the 'usual agencies' keep insisting that they are perfectly safe, just like they once said about lead paint, asbestos, and even cigarettes."

Here's what they don't want you to know:

- Scientists have found alarming effects when living tissue is repeatedly exposed to 2.4 GHz radiation.

- In one study, researchers concluded that "repeated 2.45 GHz electromagnetic field exposure significantly increased oxidative stress markers in the hippocampus..." (Narayanan et al., 2018, p. 263).
- Meanwhile, billions of people (including children!) are wearing these devices daily.

This is just one example of how our collective exposure to EMF's is harming our health and our longevity. There will be many, many other examples discussed in this year's online EMF Hazards Summit, which will be held from April 10 to April 15, during which you'll hear from scientists, doctors, and researchers who will reveal:

- How to use AirPods, smartphones, and other everyday devices more safely.
- Real-world evidence as to how 5G towers trigger serious health effects in mere days.
- Why Wi-Fi in schools could be the biggest oversight of our generation—and how to raise concerns without sounding "out there."
- The latest findings showing that wireless radiation might be the new smoking—increasing cancer risks across all age groups.

To register for the 2025 EMF Hazards Summit and listen to the numerous presentations by world-leading experts, visit the EMF Hazards Summit website at <https://emfhazards.com/reg-2025> or check the details in our 'Meetings & Events' section below...

At CHA we believe the best protection against EMF's is genuine Shungite.

Finding GENUINE Shungite can be tricky though and you need to know that your supplier is verified and can guarantee that their product is the real thing. We have partnered with the Anti-Aging Alliance who give our CHA members a 10% discount on all online Shungite sales.

The Anti Aging Alliance guarantees that their "Excellium Grade" Shungite is what is referred to as "Hospital Grade" in Russia. This guarantees that there is an adequate amount of the active Carbon-60 molecule in the Shungite.

For more information please email us at info@canadahealthalliance.org with 'Genuine Shungite Please' in the subject line.

Sources for this article include:

<https://greenmedinfo.com/content/10-reasons-your-kids-shouldn-t-use-airpods>

<https://greenmedinfo.com/blog/how-emfs-disturb-your-immune-system2>

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Quote of the Week

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

Herophilus of Alexandria (325 - 255 BC)
known as 'The father of anatomy'



What Is Really Going On With The Measles?

The whole Covid fiasco that was imposed upon us from the beginning of 2020 through to mid-2023 has left very deep physical and psychological scars on all of us. It is incredible to look back and wonder just how the authorities, based on nothing but their claim to absolute authority, were able to lockdown, and essentially destroy so much of the economy and so many lives in the process. As I have said so often, it can only be described as a moment of complete madness, and one which we really need to learn from.

One of those learnings, for both sides, was the incredible power of blind fear and panic. Once everyone appreciated that, to me it was obvious that there would be more pandemics coming up behind Covid. Based on the expectation of 'a Decade of Pandemics' which the WHO and the UN had been priming us for, I anticipated that the same playbook of lockdowns, forced vaccination and masking would become the norm for the 2020's.

But for this to work there needs to be the same level of terror and 'shock and awe' within the bulk of the population and although nothing has really 'stuck' since mid-2023 the mainstream

media has been very active in hyping whatever they can to keep everyone cowering.

Obviously Bird Flu has been the big one, but they've done the same with Monkeypox, Ebola and, over the last few months with measles. Since November 2024 there have been measles outbreaks in several states, and one or two recent deaths in Texas, that have fuelled media reports of an imminent public health crisis – one that could push more states to remove religious exemptions from vaccine mandates.

On March 9, Fox News interviewed Dr. Peter McCullough on the subject and they showed a montage of all the fear-mongering by the left-leaning media (CNN particularly) who were talking about as many as "10,000 deaths before Inauguration Day," and how it was absolutely critical that health authorities mandate the measles vaccine.

However, according to Dr. Peter McCullough, the real risk of death from measles is proven to be less than one person in every 5,000 infections. In his words, "*It is a mid illness. It's clearly being over hyped by the left-media and their commentators and it's not helpful.*" He then went on to say that, "*We are having an average*

year when it comes to measles and so far we have had 396 cases” which is what we would expect in a normal year.

So what exactly is measles and is it something we should be panicking about?

According to a 2018 publication by the American Academy of Pediatrics (AAP) measles is a respiratory disease characterized by a fever, a head cold, pink eye and a rash of small red and sometimes itchy bumps that can cover the body. Complications from measles such as an ear infection, diarrhea, croup, or bronchopneumonia, can occur — and bronchopneumonia can be quite serious — but they are rare in developed countries like the U.S, the AAP confirms.

It is also a “self-limiting” disease, meaning that it goes away on its own. By 1962 — prior to the introduction of the first measles vaccine a year later — the CDC described measles as a disease with low mortality. By that time, the death rate had declined 98% since the beginning of the century due to improvements in public health. It carried a hospitalization rate of 11.5 per 1,000 cases and a mortality rate of 0.2 per 1,000 cases. Parents and medical practitioners considered measles “an inevitable stage of a child’s development,” so clearly not something to be too worried about.

According to Dell Bigtree, host of the Highwire, “...prior to the measles vaccine’s introduction in 1963, the death rate had already plummeted from around 14 per 100,000 to 1 in 500,000 — all without any vaccine intervention.” He emphasized that this decline happened naturally, not because of the vaccine, yet the vaccine often claims credit for the reduction.

However the fact that an innocent young girl has apparently recently died of measles in Texas has made parents across North America fearful that likely any minute their children might die too. Of course the media has piled into this like a pack of rabid dogs.

Yet, the young girl’s medical records don’t seem to corroborate the media claims. After analyzing the documents, Dr. Pierre Kory came to the conclusion that this child, unequivocally, “did not die of measles.” His expert assessment on this death is that it resulted from a “grievous” medical error, not purely a breathing condition or viral illness as the media would like us to believe.

As detailed in Dr. Kory’s testimony after reviewing the girl’s medical records, she was recovering from the measles when admitted to the hospital, but also had a secondary community acquired mycoplasma pneumonia infection. This was not RSV (respiratory syncytial virus). She was then inappropriately treated with antibiotics that are ineffective against the mycoplasma bacteria. Steve Kirsch agrees, stating on his podcast, “The child died from medical malpractice, not the measles.”

“The Cult of Vaccines is still definitely alive and well,” according to the media and, of course, the healthcare authorities, as, once again, we are being brainwashed into believing that the only option is for every single child to be vaccinated against measles as quickly as possible and that no other treatment is even worth discussing.

Earlier this month, a Texas doctor, Dr. Ben Edwards, who has successfully treated measles patients with cod liver oil — a food-based source of vitamin A — and budesonide, asked state health officials to share the information with local and regional clinics and hospitals and doctors’ offices to save kids. They refused and told him that the state could only recommend the MMR vaccine for prevention.

This is the same MMR vaccine that has been linked to autism and a whole slew of other nasty, and unnecessary side-effects. And that is definitely part of the consideration given that measles is not — and has never been — a leading cause of death for children. According to Dr. Kory, Dr. Edwards, Dr. McCullough and literally hundreds of other doctors, all the media-hype right now is just about getting more vaccines into the arms of as many children as possible to keep driving up the corporate profits of Merck and GlaxoSmithKline Biologicals who manufacture the vaccines.

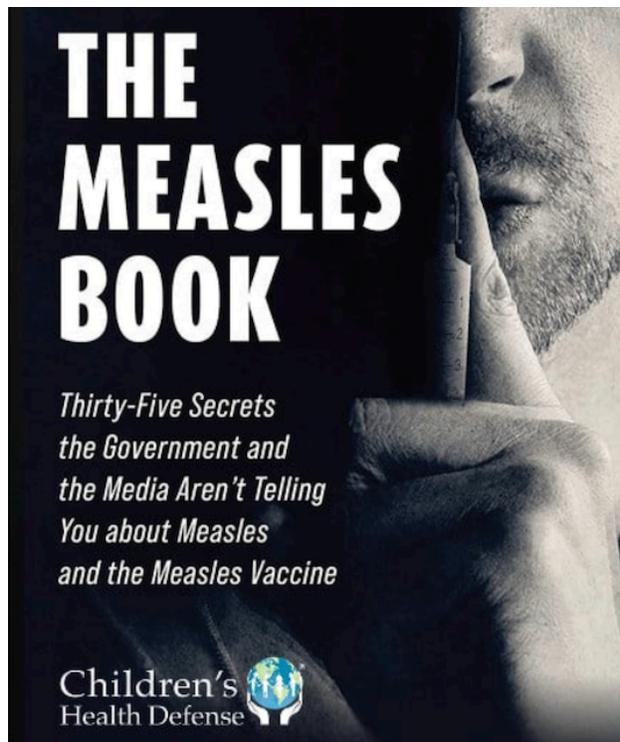
Once again our advice to parents is to think very carefully about the pros and cons of any vaccine and to do as much research as they can into the real risk versus benefit ratio, and not just believe whatever they read about this supposed “deadly measles outbreak” in the media.

Sources include:

<https://lumennews14.substack.com/p/as-the-media-fearmongers-hhs-secretary>

<https://kirschsubstack.com/p/breaking-the-mainstream-press-is>

<https://childrenshealthdefense.org/defender/texas-health-officials-measles-budesonide-treatment/>
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MEASLES VACCINE: BIOWEAPON OF LIVE DISEASE AND GENE MODIFICATION: <https://rumble.com/v6poder-measles-vaccine-bioweapon-of-live-disease-and-gene-modification.html> (and thanks to Dr. Barb for sharing this with us).



Now Download Your FREE Copy Of THE MEASLES BOOK

To learn more about the truth behind measles you can now download a copy of “The Measles Book: Thirty-Five Secrets the Government and the Media Aren’t Telling You about Measles and the Measles Vaccine” which has been produced by Children’s Health Defense.

This excellent and informative book will help you determine whether this is just another example of media, government, and industry misinformation or whether we really have something to worry about.

“The Measles Book” presents reliable medical information from credible sources. Within the book’s pages, the reader will discover 35 secrets being kept from the general public about childhood vaccines, especially the measles (MMR) vaccine, including:

- Vaccines are not safe for every child, and the government and pharmaceutical companies have known this for years.
- Some children will be injured or die from vaccines, and the government and pharmaceutical companies know this, too.
- Pharmaceutical companies have developed an incredible way to make money from vaccines and not be held accountable.
- When a child is injured or killed by a vaccine, the pharmaceutical company does not pay for the damage it caused – we do!

To download your FREE copy of this book, packed with ‘Need To Know’ information about what this supposed epidemic is all about and who is behind it, click: <https://childrenshealthdefense.org/ebook-sign-up/the-measles-book/>

'CONNECT: Health' Info of the Week: **The Alarming Rise in Chronic Conditions in** **North America Between 1990 and 2015**

These health issues have skyrocketed since 1990, so the question we must ask is, what has changed in our environment, in our food or in our vaccines since 1990 when these comparative studies began?

- ADHD has increased by 139%
- Asthma has increased by 142%
- Autism has increased by 2,094%
- Autoimmune Disease has increased by 221%
- Bipolar Disorder (in youth) has increased by a shocking 10,833%
- Chronic Fatigue has increased by 11,027% (and this rate has more than doubled again in the last 5 years)
- Depression has increased by 280%
- Inflammatory Bowel (IBD) has increased by 120%
- Leukemia has increased by 588% (and again this rate has more than doubled again in the last 5 years)
- Obesity has increased by 260%
- Panic Disorder has increased by 263%
- Insomnia has increased by 177%
- Thyroid Dysfunction has increased by 233%

Is the shocking surge in these chronic conditions, some of them life-threatening, just coincidence or are they being triggered by something bigger, darker and hidden? Perhaps vaccines, perhaps

electro magnetic radiation, or perhaps environmental pollution such as glyphosate in our food or chemtrails in the air...? The breadth and scale of this degradation of our health confirms that there is a major root-cause and we need to find out what it is and remove it for the sake and longevity of ourselves, our kids, and essentially the future of mankind.

And remember, the above statistic showing this skyrocketing increase in all these terrible chronic conditions is only up to 2015! Yet the exponential surge has only gotten bigger and grown faster (especially since the start of the 'Covid Era'), so the percentage increases over the last ten years is likely to be a significant order of magnitude higher now.

Time is running out and we need to get to the bottom of this as quickly as we can. All I can say is thank God for Robert F. Kennedy Jr. who has vowed to take on this challenge and make us healthy again. He is the real hero of the current US Administration and I believe he needs as much open public support (even here in Canada) as he can get.

The source of this information is the research paper 'The Root Cause in the Dramatic Rise of Chronic Conditions' by Richard Lear from Brown University which you can read at: https://www.researchgate.net/publication/303673576_The_Root_Cause_in_the_dramatic_rise_of_Chronic_Disease

For more health information like this join our CONNECT: Health group on Telegram at <https://t.me/CTHealth>



Book of the Week

GOOD ENERGY:

The Surprising Connection Between Metabolism and Limitless Health

by Casey Means MD and Calley Means

One thing is for sure, in these challenging, dark times we all need as much Good Energy as we can get, and now you can get it on Amazon!

This book was an instant #1 New York Times bestseller and will give you a bold new vision for optimizing your health now and in the future.

What if depression, anxiety, infertility, insomnia, heart disease, diabetes, Alzheimer's, dementia, cancer and many other health conditions that torture and shorten our lives actually have the same root cause?

Our ability to prevent and reverse these conditions - and feel incredible today - is under our control and simpler than we think. The key is our metabolic function - the most important and least understood factor in our overall health. As Dr. Casey Means explains in this groundbreaking book, nearly every health problem we face can be explained by how well the cells in our body create and use energy. To live free from frustrating symptoms and life-threatening disease, we need our cells to be optimally powered so that they can create "good energy," the essential fuel that impacts every aspect of our physical and mental wellbeing.

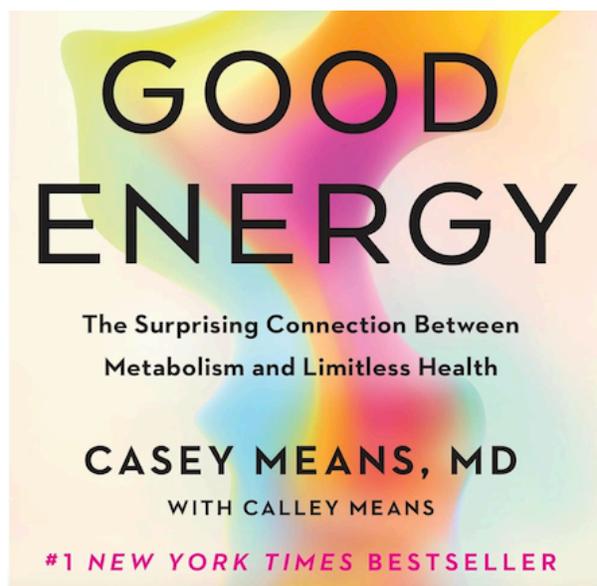
If you are battling minor signals of "bad energy" inside your body, it is often a warning sign that more life-threatening illness may emerge later in life. But here's the good news: for the first time ever, we can monitor our metabolic health in great detail and learn how to improve it ourselves. Weaving together cutting-edge research and personal stories, as well as groundbreaking data from the health technology company Dr. Means founded, Good Energy offers an essential four-week plan and explains:

- The five biomarkers that determine your risk for a deadly disease.
- How to use inexpensive tools and technology to "see inside your body" and take action.

- Why dietary philosophies are designed to confuse us, and six lifelong food principles you can implement whether you're carnivore or vegan.
- The crucial links between sleep, circadian rhythm, and metabolism
- A new framework for exercise focused on building simple movement into everyday activities
- How cold and heat exposure helps build our body's resilience
- Steps to navigate the medical system to get what you need for optimal health

Good Energy offers a new, cutting-edge understanding of the true cause of illness that until now has remained hidden. It will help you optimize your ability to live well and stay well at every age.

To order your copy click: https://www.amazon.ca/Good-Energy-Surprising-Connection-Metabolism/dp/0593712641/ref=sr_1_1





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.
- Access to a private and CHA verified supplier of **genuine Shungite, PLUS A 10% DISCOUNT** on all your Shungite purchases.
- **THE NEXT 52 EDITIONS** of this highly informative weekly newsletter, and
- And **YOU WILL GET 15% off** your Energy Enhancement System scalar energy sessions at the 13 participating Canadian EES centres.

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<https://canadahealthalliance.org/join/>

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