

[Music]

hey everybody i'm alexis baidenmaier i'm  
with the organic consumers association  
and today i have the pleasure of  
interviewing gretchen devoe with the  
alliance for natural health gretchen  
welcome

hi thank you so much for having me  
i'm so excited to talk about this issue  
and to reconnect with you it's been a  
long time since we've seen each other so  
this is really fun

um i was just looking at your bio  
and i always knew you were a lawyer but  
i didn't realize that you also had a  
degree in natural health can you tell us  
a little bit about that

oh that was a master's degree in applied  
healing arts so it was more of a  
philosophy degree that underlying sort  
of

philosophy behind different  
traditional approaches to natural health  
and healing it's more of a spiritual  
side and sort of some indigenous

cultures and things like that so it was  
very enriching and gave me a lovely  
perspective

um in terms of the work that i do  
yeah that's really cool did you do that  
after or before your law degree  
i did that after my law degree i was  
doing environmental work on capitol hill  
and then i wanted to do that in concert  
because i was really interested in  
natural health and healing and really  
combining the natural health with the  
environmental work that i was doing  
because they're so totally  
interconnected yeah definitely yeah very  
good so you've been at the alliance for  
natural health since  
2008 is that right yes a little while  
now very good  
and  
you're having fun  
that's right  
well you you all have fought this fight  
for a long time we're going to talk  
about vitamins and supplements and the

perennial attacks

from the fda from congress from big  
pharma um

where how has this issue changed since  
you first started at the alliance for  
natural health in 2008.

that's a really good question um i would  
say in a sense it hasn't changed at all  
because it's the same plan that's been  
in place since the early 1990s

um but things have really escalated um  
on both sides in terms of

i would say

the education and awareness of the  
masses and then also equally the  
pushback from pharma big pharma and  
you know government as well

um it might be

helpful if i gave a little bit of  
background kind of

the main issues we're working on  
where those

have their roots yeah yeah i would love  
to learn this history i don't know it  
so in the early 1990s

the eu  
and the united states came together  
and different powers that be working  
with big pharma and decided to put in  
place  
a framework that would essentially  
eliminate access not only to information  
about  
natural health and healing but access to  
most  
supplements and the different  
high dose and really  
good ingredient combinations that we use  
to stay healthy  
to manage chronic illness and just to  
maintain optimal health  
and um this happened in the early 1990s  
with interest the eu was successful  
the us was not what i mean by that is  
does shea passed in 1994 i think you're  
a dietary supplement health and  
education act that was the culmination  
of this when these issues arose  
the public got really involved in the us  
and pushed back and said no you can't

take our supplements and we had some champions on the hill senators hatch and harkin and it was a really big to do you even had mel gibson doing psas i mean everybody got involved and the result of that was that congress said dietary supplements are to be regulated as food and not drugs but that didn't really happen in the eu the eu the powers that be that are working on this sort of framework were successful and so you can see today what's happened in the eu and where we are in the u.s so the eu went along this trajectory and these things take a long time as you know policy takes decades um but where they are today you have many countries within the eu have eliminated access to high-dose supplements for example you really can't find more than a thousand ius of vitamin d anywhere they're limiting magnesium they limit magnesium in all forms because they look at

magnesium oxide which is one form that has a tendency to create side effects of loose stools so they look at the most um

i guess

uh

sensitive supplement version that can cause more side effects and individuals and use that to regulate all versions of that supplement um because of that they eliminate access to magnesium glycinate which we use to you know sleep and help maintain good magnesium levels all the time to really low levels

so and in addition they've also limited what you can say about supplements

there's incredible censorship over in in europe and this is a continuing process they're not done but we can see what's happening in many different countries within the eu so that's kind of that's that's the goal that's the end goal in the us

we did have duchet and that was a huge blow for big pharma and the powers that

be

so since the early 1990s they've been  
trying to kind of find a way to reverse  
this

and and that's where you come in with  
current

efforts from the fda and senator durbin  
that we're working on and have been  
working on since 2011.

so um i can continue if it's helpful to  
kind of but it's a lot of information um  
you know in terms of kind where things  
stand now

but it's just interesting because  
although supplements are definitely  
threatened and there are huge issues  
with censorship in the united states we  
do we do enjoy more access than it tells  
the entire world and people don't  
realize that it's

a gift it's not a given and it's it's  
not necessarily going to last forever if  
people don't wake up and get involved  
because the fda and durbin are both very  
close

to

putting in place

that same framework if they're

successful if durbin is successful and

if the fda is successful with actions

that they're trying to complete this

year then we're kind of in that 1990

stage that the eu was then putting in

place the framework for them to then

start doing the same thing

yeah that's a little disturbing um

so

you mentioned deshay tell us again what

that acronym stands for

um and when that happened and what was

good about that

and and what was not so good and there

weren't it wasn't perfect right it has

enabled us to have access to supplements

but

they're you know we

people can't say what supplements are

actually good for is that also part of

deshay

right so that's the dietary supplement



health and education act and i think the huge um win for us was that congress said supplements are to be regulated as food and not drugs and that's really important because drugs those are new to nature chemical entities that have a certain type of patent protection and they receive market exclusivity because of that um and then they also have you know some different hurdles they have to go through in terms of the approval process they spend hundreds of millions if not billions of dollars so congress said that that framework is not supposed to apply to supplements makes sense because these are natural dietary ingredients there is no market exclusivity they are not new to nature we have decades have got hundreds of years of use so we have historical data and know that they're safe

and therefore it's just a different  
um a different procedural and um  
policy approach in terms of regulating  
them which is important because  
supplement companies can't afford to  
spend hundreds of millions of dollars or  
billions right so that that's really key  
um i think in terms of  
where we came up a little short and  
you're referring to what claims can be  
made  
desche did say that you can make a  
structural function claim  
so you should be allowed to say a  
supplement promotes cardiovascular  
health  
or  
protects the immunity you should be able  
to to say something related to the  
structure or function of  
the body and how the dietary ingredient  
impacts that  
however  
you can't  
talk about

the fact that there are hundreds of supplement of uh studies on vitamin d for example that show that it it does benefit immune system more than just generally right it prevents and treats the flu and covid and i mean you know there's all sorts of enormous amounts of data in terms of of what supplements actually do you know how magnesium really benefits the cardiovascular system with more specificity how um chromium can actually treat diabetes type 2 diabetes just as well if not better than metformin you can't say that it's illegal so that is um that's unfortunate we actually have separately been working on a free speech about science act which would allow companies to cite peer-reviewed science so you could tell people what the science says which seems like that's a no-brainer it's free speech well i just noticed that tim rhyme your

colleague is in the chat with us on  
facebook and he put a link to  
[savesupplements.com](http://savesupplements.com)

so that's where people can go and take  
action we haven't really talked about  
what's happening in congress yet and i  
do want to do a little bit more  
background with you but just wanted to  
say hi to tim there um so gretchen you  
were talking about

um how

okay what what triggered my thought was  
you i was just looking on your website  
lots of interesting news items there and  
you had a story about a new york times  
article

that was very misleading um about  
what supplements can do and what they  
can't do based on

this you know structure function versus  
actually being useful to treat health  
conditions

do you want to talk a little bit about  
that new york times article that was  
really fascinating

well i think it it's one article but it demonstrates what we see on a daily basis right that our i think it was a series of maybe 15 or 20 questions to to see you could test your knowledge about supplements and there were questions like um you know true or false you know vitamin d can can help to treat infection or true or false vitamin c can help treat the common cold and the new york times answer to both of those questions is no you the answer would be false right because you can't say that but there's so many studies an enormous amount of data showing that of course vitamin c helps treat the common cold the body can't make vitamin c and when the body has an infection the body needs enormous amounts of vitamin c to help to defend the body i mean there's just so much data on this and so many studies on the vitamin d2 and they had other

similar questions but the point is  
because of this law you can't say it but  
it's it's mislead it's lying it's  
absolutely fat it's it's false  
and so the public reading this says oh  
well vitamin d doesn't help vitamin c  
those things don't help it doesn't  
matter  
and um and that's just not that's just  
not the truth  
yeah that's that's really annoying i i  
wonder why the new york times  
is well they're helping out dick germans  
so there's a senator who has been the  
nemesis  
of  
the natural health movement  
for a long time this is not the first  
time i've seen an alliance for natural  
health alert that told us about  
something that senator dick durbin was  
up to so what's his  
maybe you should tell us a little bit of  
the history like why why is dick durbin  
like so obsessed

with vitamin c and vitamin d and  
and restricting people's access to these  
necessary dietary supplements  
well i can't say that i know  
definitively what his reasons are  
um i think that he would publicly say  
that a friend a close friend or maybe  
family member had a health related  
problem that he attributed to  
potentially taking a supplement  
i think that he's got some sort of story  
along those lines i don't know the  
veracity of that and i don't know if  
i don't know what the other reasons  
might be  
um but he has been absolutely on a  
crusade since 2011  
and that was the first year that he  
introduced his mandatory product  
labeling  
legislation  
that bill  
sounds innocuous because it would just  
require  
that all companies all supplement

companies provide  
certain data to the fda  
including a list of ingredients in their  
products  
and the original version of his  
legislation also required the institute  
of medicine which is now the national  
academies of sciences to evaluate every  
dietary ingredient submitted to the fda  
and determine whether or not those were  
dangerous if so to require a warning  
label  
now the institute of medicine around  
that same time for example came out with  
a report saying that vitamin d over 4  
000 units a day is dangerous  
which  
if you know anything about vitamin d  
many many many physicians  
every physician i know hundreds  
um would recommend oftentimes as much as  
5 000 units a day just to maintain  
health in the winter months and that  
should be pursuant to a blood test and  
it's on a personal you know basis but



but saying that anything above 4 000 units is dangerous and require warning label is ridiculous and that's of course only one step away from eliminating access altogether if you're talking about like black box warnings on vitamin d

so

this is 2011. now within a couple of months of him introducing this legislation the fda also introduced their new dietary ingredient guidance document and this is actually part of deshay congress did say fda needs to determine a process for supplements that come into the market after 1994 that year to shape past in terms of notifying the fda about the presence of these new dietary ingredients

so fda in 2011

same time as durbin's introduction introduced their version of the guidance document which actually essentially requires supplement

companies that either entered the market after 1994 or even if it's a new formulation so we had vitamin d before 1994 but not liposomal vitamin d or you know even just new manufacturing processes really simple changes can trigger this fda says that these companies essentially have to follow a new drug approval process which i spoke to you know just a little bit ago how that's inappropriate impractical and really almost impossible for many supplement companies so it's really a way to eliminate these supplements so this is a way of contravening congressional intent what fda is doing now congress didn't give the fda this authority so it's sort of coupled with durbin's bill and the current version that's pending in the senate which gives fda additional authority to then look at

ndis companies that have products that would be considered an ndi that haven't complied with this process and pull them from the marketplace so the two work together

yeah that makes sense

all right so so what's happening now it there there is a bill that you all oppose but but that may not be what actually happens they might want to sneak in language into another piece of legislation

that they know has to pass on a certain date so

it's crazy that you've been fighting this this same fight for a decade like specifically these these same things

um all right so it but i've been reading your alerts and it seems that that this time it really seems like it's

it's very very close like they're the power that they have to pass this seems imminent

it's very scary and um yes we've beat durbin back four times um he's known for

sneaking things in at the last minute  
and by amendment um  
we've stopped an amendment 48 hours  
before passage several years ago  
um so  
but this time is very scary because  
you have senator patty murphy who is the  
chair of the health committee in the  
senate that's the committee of  
jurisdiction  
she wants it too so she put a version of  
durbin's legislation into  
the prescription drug user fee bill  
this is the bill that um it's  
reauthorized every five years it must  
pass there's no way it won't pass it  
needs to pass by the end of september  
because this is  
the the bill that basically gives fda  
authority to receive user fees for drug  
companies drug companies provide fda  
between 40 and 60 of their operating  
budget  
so what people don't realize is that fda  
is basically working for the

pharmaceutical companies that's they're beholden to them we've had whistleblowers historically have attested to this fact so i'd always already i had always heard that figure but i didn't understand where it came from so it came from this legislation that's getting reauthorized wow that's really interesting yes and so you have a drug bill a drug user fee bill that she's put language regarding supplements in supplements should not be lumped in with drugs they're different i mean you cannot legislate them the same way so but patty murray did put this language into her um drug user fee bill it passed her committee jurisdiction so this is innocent bill now particularly it has to be passed on the florida senate as well and you have to have matching bills in the house and the senate the house did not include this language in their bill which has

passed completely out of the house

so

what we have now is a bill that is very controversial there's an enormous amount of pushback because of this provision so the senate will decide

what bill they're going to pass on the floor they have to also pass a user fee bill and then

if it still includes this mandatory product listing language there'll be a group of individuals from the committees of jurisdiction from both the house and the senate they'll come to a conference and they'll come up with language that may or may not have this language in it and then both have to pass it bills have to match so

it's

down to the wire this bill has to pass by the end of september

one way or another it's either going to have this language or not right now the language is the one version that has passed out of the major committee so

part of the individuals  
yeah a lot of times these things come  
down to the conference committees which  
are not a non-transparent process  
the members of the committee are  
selected by leadership to serve on the  
committee and  
i would hate for it to get to that point  
but we're not there yet right so  
so we still have a really good  
opportunity to weigh in with our  
legislators  
that's right absolutely it's it's so  
important  
this is how to shape past in the early  
90s this is why we're not where the eu  
is today because enough people got  
involved and realized that the threat  
was severe and that's what we need again  
we need millions of americans emailing  
their legislators calling their  
legislators and really making a big  
stink about this sharing the alert with  
their friends and family and getting  
involved because people don't realize

what's at stake again it's a gift not a given and people take it for granted everyone i know has something that they require some dietary ingredient that supports them and helps them and it's very safe and we don't realize that these things could all disappear

so um

you you did talk about patty murray how she's become

uh you know she's taking this on and she put it into this legislation that's a must pass piece of legislation a reauthorization

do you

has she always been with senator durbin on this or is her involvement

new

to my knowledge this is new this is several months old this is new but we also had um biden put in a request for funding this year he wanted to fund this effort you also have fda speaking out you have a major coordinated effort speaking out and seeking



funding for this passage of this they're treating it as though it's a night like a national crisis

like we've we've got to have this information about supplements as and what's interesting is there are no dead bodies

there are no people getting sick or dying or having major problems from taking dietary ingredients so you don't there's no poster child like people are dying children are dying we have to do something about this now there's no crisis there's nothing wrong there are so many crises going on in the world today this is not one of them there should be no effort on this but it's very peculiar that all of these very very powerful individuals are lining up and saying this is our agenda why you have to ask yourself why and i've been at this long enough every time it's big pharma standing behind you know you mentioned the new york times covering this story who do you think their major

advertising dollars come from  
you know i mean that's the thing is big  
pharma has enormous  
power through their campaign  
contributions their advertising dollars  
they essentially rule  
um in many realms and it's up to us to  
stop them to take control over our  
health freedom  
yeah definitely this is urgent so what  
is the website again that we can go to  
save supplements.com  
save supplements.com okay  
all right well don't wait you can do  
this and listen at the same time you can  
you know fill out the form and send your  
email real quick and then after a  
conversation you can call up the offices  
i've noticed that the you know since  
the  
the shutdowns essentially um  
members of congress and their staff they  
don't answer the phone as much as they  
used to  
and you have to leave messages on an

answering machine like that's brand new  
in terms of my experience  
with um  
you know advocating  
for issues with members of congress  
um yeah it's kind of tough times  
reaching out to folks but you still get  
the emails back so um one of our our  
facebook participate participants here  
jennifer she says durbin is one of my  
senators unfortunately i wrote to him he  
doesn't care what the constituents want  
he's in big pharma's pocket he says  
thank you for contacting me about the  
dietary supplement listing act of 2022 i  
appreciate hearing from you in 1994  
congress passed the dietary supplement  
health education to shay act which  
provided the food and drug  
administration the authority and so you  
get you get like a form letter so it you  
know emails are really good and you can  
send a very quick email from  
savesupplements.com but it's more impact  
impactful

to

you know

call up and leave a message on their  
answering machine if you don't get um  
okay i'm saying hearing a seeing another  
note here there is no website at this  
link

save supplements.com

i just

checked it myself well somebody put in  
the wrong link okay so you all must  
misheard me it's s a

v

e

save

supplements dot com and um somebody must  
have misheard me and  
thought it was safe

supplements.com it's s-a-v-e

save supplements

so so don't wait do that while we're  
talking and then after this conversation  
call up if you don't get a real live  
human being to speak to leave a message  
on the answering machine and and make

sure

that your congress people hear from you  
directly so

so you know it it's hard

i mean i understand this issue now

because i've been following the alliance

for natural health for a very long time

uh but honestly gretchen when i first

heard about this it was kind of hard for  
me to get

exercised about it i mean i didn't

we've we've had some situations very

recently where it looked like some

supplements might be taken off the

shelves and it was like kind of at that  
point that

it it just hit me like oh yeah like they  
actually really could do these things

and they are setting up a framework that  
seems innocuous like well they just want  
to

register everything right they just the  
fda just wants to know what's out there  
and and supposedly

they're doing it you know like you said

senator durbin says that he had a friend who was harmed by supplements and he can pull out situations you know apparently he's been talking about

illegal supplements

supplements that the fda currently considers illegal and he's saying that's why the traffic in these illegal supplements is why we need this new registry for supplement producers as if the people trafficking in the illegal supplements would say oh yeah over here i've i'm selling the illegal supplements so

so how does you know gretchen what do you say to this and how does he get away with making such silly claims

people don't ask enough questions it's it's a common sense test right i mean exac yes yes exactly what you said these supplements are already illegal a bad act i'm going to say i better comply with the law because if i don't my supplement is going to be mispended even though it's already misplanted but i

don't want that to happen  
it doesn't make any sense it's  
completely illogical but people don't  
push back and i think you know this is  
what's unfortunate is  
it's all sound bites these days you know  
it's all  
fear-based and in sound bites and people  
don't delve a little bit deeper  
i i do want to you know respond to  
something you said that you hear oh  
supplements are going to disappear but  
then they don't and so you kind of like  
lose interest like well maybe that's not  
really a thing maybe that's not really a  
problem and i've got other things to  
worry about  
well i want to say  
that  
i personally i'm always very cognizant  
like are we does it sound like the sky  
is falling again but but it really it  
the threats keep happening and then we  
push back  
so cbd for example the fda came out a

couple of years ago and said cbd oil is illegal it's an illegal drug being sold as a supplement and that relates to this whole

notification fda

process that i um went over because the company selling cbd oil did not comply with this draft notification process which hasn't been completed it's it's supposed to completed this year right ada and durbin are trying to complete everything this year

um but the companies didn't necessarily complete all of the notification requirements because it's there are a lot of reasons why

um

but and this speaks to the problem the notification process itself but because of that a drug company came out with a drug that was approved and because there's now a drug version of cbd oil fda said a couple of years ago cbd is illegal you can't sell it as a supplement however they didn't enforce



so it is illegal it's but it's still being sold so people don't well what it's not really at risk right because i just bought it at my health food store well that's because fda needs the additional list that durbin's creating of everybody selling it as well as the additional authorization that this drug user fee bill would give them see congress they first saw this they this this is not supposed to be happening so they need this additional authority and this durbin piece to then sweep the market of cbd oil had this bill passed two years ago when fda said cbd was illegal it would have disappeared now the fact that it's still in the market has given a lot of people and different groups the ability to get together and create an enormous pushback and there's a lot happening politically they may be able to save it i'm saying maybe because it's it's not a done deal

by any means

um but that's an example i can give you

others but

yes it sounds like there's always

something at risk but it's still

available but that's because these other

pieces are still missing and they've

been trying to do it for 10 years

gretchen i want to take everybody to the

action website um i'm going to share my

screen

so um keep talking for a moment and i

want to show everybody where they can

take action

sure

i'll mention

nac n-acetyl cysteine is another

supplement that is tremendously

beneficial for many things it helps the

body make glutathione which is the

body's main antioxidant

it's what we all need to survive and

thrive in today's environment which is

laden with toxic chemicals and

pesticides and exposures and dirty air

and dirty water we need glutathione to stay healthy and nac actually was recommended by many many medical doctors to take as part of your personal protective kit when covid was really um you know when the numbers were really really high though n.a is very beneficial however durkovit went after had a lot of other you know fish to cry they came out and said well we're going to pull nac we're going to say nac is again and it's an illegal supplement it's an illegal drug being sold as a supplement so procedurally it's the rationale is a little bit different but um fda decided to go after nac again you can still buy it because they haven't pulled the trigger um and that's because of the enormous pushback and that you know because we're we're pushing back really hard not only on the congressional level policy level but

in the courts i mean there's just  
different things are happening

um

and i hope that we can save nic but it's  
another example that

this durbin piece would give them what  
they need to completely pull nac and it  
would have they would have taken it  
immediately during coven when everybody  
was especially needing it

so again i can give you other examples  
but key supplements that we need we  
actually had an economic analysis done  
when this first came out and showed that  
we'd lose access to over 33 000

supplements

if the fda completed its notification  
process and then durbin of course is  
giving the

he's like the enabler

like completing the package with the  
authority piece

um all right so i've got my screen now

okay so when you go to

save

s-a-v-e supplements dot com it redirects  
to the action center for the alliance  
for natural health and you'll find  
you'll you'll come right here so we've  
got our alert  
and it's about opposing the so-called  
mandatory filing for supplements  
a well-organized coordinated campaign  
from the fda and big pharma is  
threatening access to supplements you  
depend on using the false premise that  
supplements are unsafe the fda is  
working to gain more power over the  
regulation of supplements in order to  
further solidify big pharma's monopoly  
over medicine these efforts must be  
opposed write to congress and tell them  
to oppose the efforts to establish a  
mandatory filing for supplements and  
then you can see  
that your message will go to president  
biden your two u.s senators and your u.s  
representative and you can edit this but  
there's a letter that's pre-written  
in the box here and then when you put in

your information it gets sent  
to your congress critters and usually  
you'll get a a note back you'll get a  
letter in the mail or you'll get an  
email back from your member of congress  
and they can let you know so so gretchen  
do we have champions who are trying to  
stop what durbin and murray are are  
putting forward now

you know senators hatch and harkin who  
are neither of whom are in the senate  
any longer we're really our strongest  
champions and um and they're the reason  
that they and others as well but they're  
the reason that deshay passed  
and the reason that we've enjoyed so  
much access for so long

you know there are  
others that want to be helpful  
chaffetz was in the house for a bit and  
he wanted to champion supplements but  
he's no longer in the house

mike lee

um

he is

he is really really helpful with  
supplements and he's kind of stepped  
into that place  
of the uh senator russian harvan and is  
doing his best

um

but he doesn't have as much power at  
this point

we don't have a lot of other really  
strong champions you have those in  
congress who get it

um

but they're not willing to go out there  
on the floor

and and really really

when the rubber hits the road

um be change makers so we're we're still  
cultivating

that support in congress and i think  
that's one of the reasons it's been so  
challenging

[Music]

yeah and that's

even more reason for us to make those  
calls send the emails

you know members of congress are running for office now every single member of the house of representatives has to run every two years on the same schedule that's

that's a lot of you know it's like they're trying to get media attention they're trying to get in the newspaper they're you know sending people to your house to talk to you now's the time they this is

you know they're they're doing this in an election year obviously they're doing it for campaign contributions from big pharma but they need our votes and this is when your member of congress is most likely to be making in-person appearances

in the home district this is the time when they really have to pay attention to you so in that sense we have the upper hand

yes and um

i would say i think another challenge really relates to this issue of



censorship especially through the last  
 several years with kovid you've had  
 again hundreds and hundreds if not  
 thousands of medical doctors who have  
 come out and said we're on the front  
 lines we're seeing that different  
 dietary ingredients are helpful  
 in treating and helping people stay  
 healthy during this time  
 and there was a huge pushback there was  
 enormous amount of censorship and you  
 had  
 the cdc and others coming forward and  
 saying you know this is misinformation  
 it's misinformation because of course  
 these are not drugs proven to treat  
 covid and this again all relates back to  
 this process of whether or not it's a  
 supplement or drug and the claims that  
 you can make  
 and so i think the  
 the enormity of the censorship and this  
 sort of stigma attached to  
 access to supplements and information  
 and it's like we need to protect people

from these supplements and kind of you  
know i think that that's kind of  
impacted this as well there's all of the  
sudden this like negative connotation  
with supplements it's like  
people are talking about them and  
they're going to the store and just  
buying this vitamin c and god knows what  
they're going to do with it  
it's so ridiculous but um but and when  
you have enough media outlets and  
different um authority  
figures and you know organizations that  
have this type of authority parroting  
the same message  
then  
that then creates the groundwork for  
these kinds of things to gain  
steam  
yeah unfortunately yeah and  
like we were talking about before the  
dick durbins of the world aren't going  
to come and say we're coming after your  
high dose vitamin d  
we're coming after your high dose

vitamin c or or even mention something  
like vitamin c or vitamin d when they do  
this they'll take an exotic  
illegal  
supplement and and claim that that's  
what they're trying to regulate but but  
gretchen the fda already has ways to  
regulate  
the the supplements that actually are  
dangerous and actually are illegal so  
can you explain that too because i think  
usually my reaction is like oh  
regulation  
of industry that's got to be good you  
know it's like gosh i'm so glad that  
congress is doing something and then i  
it doesn't really occur to me that oh  
yeah they should be going after  
big pharma and regulating the truly  
dangerous drugs but even in this field  
like fda has the power to regulate  
bad supplements and yet they're not  
doing it and they're trying to get this  
power to have more control over good  
supplements so how does that all work

well and that is a really good point  
we constantly hear well supplements are  
unregulated it's the wild wide web the  
wild wild west right they're unregulated  
unregulated unregulated is the the sound  
bite that you keep hearing well  
that's that's not true  
um supplement companies are required to  
comply with good manufacturing processes  
those are created they have very high  
standards the fda on a regular basis is  
supposed to inspect  
dietary supplement company manufacturing  
plans  
they are  
required to comply with the rules  
regarding what they can and can't say  
they can make the structure function  
claims they can't make other claims  
unless  
they have a qualified health claim or  
you know they achieve through the proper  
procedural process  
if they can acquire a health claim  
then they can make that statement so

there are all of these different rules i  
mean fda absolutely  
regulates  
um supplement companies but i think that  
the  
people would say well the fda doesn't  
test them fda doesn't test supplements  
fda doesn't test drugs either fda  
doesn't test anything or foods like gmos  
i mean yeah no  
no no don't get me started on gmos  
um  
no fda doesn't test anything um but  
people think oh well it's this up  
because that's not testing them and  
regulate them it's absolutely not true  
um companies are required to have  
various studies on file that support any  
structure function claims that they do  
make just as drug companies they do  
their own data they do their own testing  
and they cherry pick and give the fda  
whatever data they want  
and then they pay the fda to to approve  
their drugs and then there's no

aftermarket after-market monitoring if  
anything i think it's a while west of  
drugs  
because of the way that they're used so  
um ubiquitously in our country  
yeah and what about these the examples  
that durbin has trotted out like these  
the illegal drugs like shouldn't the fda  
be going after them and and why why do  
you have things that aren't fda allowed  
supplements on the market still or even  
being sold and start in stores why isn't  
fda cracking down on that  
yeah that's a really good question why  
they aren't cracking down more  
and you know for a long time after the  
shay passed  
it was rumored and there was a lot of  
facts to back it up that certain  
individuals  
within the fda weren't  
enforcing because they wanted to see bad  
examples because that gives them then  
the data that they need to say we need  
to go after supplements

um so

that may be part of it they're they're  
looking you know they there is no poster  
child they need the poster child

um but yes you do have there are bad  
actors in every industry and the  
supplement industry is no different  
i mean we alliance for natural health we  
represent the entire natural health  
community but a majority are  
their patients and individuals and you  
know folks in the medical field like we  
are not a trade group we are not

um

we don't we don't represent supplement  
companies we represent the people that  
need access to these products so i'm not  
um a talking head for for some company  
by any means um and i'm the first one to  
say that there are bad actors out there  
and you've seen these infomercials like  
late at night or i guess 24 hours a day  
now on certain channels it's like call  
this number get our special supplement  
and you'll lose 30 pounds in 30 days i

mean

supplements don't do that they've it's  
spiked that's spiked with some sort of  
drug that's illegal

and um and and people need to be  
discerning

in that regard fda should be enforcing  
and they're not but the other thing i'll  
say is people need to be more discerning

we actually have a list of recommended  
supplement companies and products

um there's an article that we've updated  
every couple of years there are very  
very reputable companies out there i  
mean basically i would say any

supplement that you could buy at a  
health food store like at whole foods or  
sprouts or natural grocers for the most  
part is going to be a good product and  
these are these are good people these  
are good companies a lot of them are  
family owned they've been doing it for a  
long time

many started the product line because  
they had a wife that had this disease or



you know a husband that had that disease  
and so they really get into the research  
these are passionate individuals they're  
good products so you can't throw the  
baby out with the bath water

yeah that's so important i it hadn't  
occurred to me that fda was deliberately  
not enforcing this so that they would  
have bad actors that they could use as a  
pretense for going after a good industry  
that competes with big pharma but  
i'm afraid to say that sounds extremely  
logical

and

yeah that probably

that's probably what's up

well okay so there have been a couple of  
questions and i think it's it might be  
useful for for people to to have these  
questions answered

so

one was

well we're talking about cbd oil

but but what about hemp oil and why is  
cbd oil treated differently from hemp

oil so we're talking hemp seed oil  
versus  
a hemp flour extract that's that's as  
much as i know but how are they  
regulated differently  
um  
so that's a really good question um  
because cbd is a constituent of hemp and  
i can't speak to a seed versus a flower  
versus you know different parts of the  
hemp plant what i do know is that there  
um have been attempts since fda said  
that cbd oil is illegal  
other entities have filed um  
notifications with the fda regarding  
hemp and fda declined  
and indicated that cbd is illegal  
basically  
the fda has indicated that hemp is also  
illegal because it contains cbd  
so  
playing out but  
initially we didn't know we had no idea  
how will this impact hemp  
but it fda has indicated that it relates

to hemp too and in what forms if it's just the hemp oil or i mean obviously there's hemp hearts and you know i think that that's different that's a food that doesn't have to you know if it doesn't have cbd oil in it but this is all a very gray area it's unclear  
yeah

yeah this is a big slippery slope and it's very interesting i really honestly i just didn't understand this before talking to you and now the pieces are coming

together and i guess you've probably learned gradually

how the

how

they planned to roll this out it probably didn't all make sense 10 years ago but now you see the pattern do you want to speak to that at all about how you've had an evolving understanding of  
of

how

how the government plans to

destroy the supplement industry

well what i would say is it's you know

it's much broader than just the

supplement industry we work on pretty

much every different area of natural

health in terms of not only modalities

but access like to information it's

everything under the natural health

umbrella we want people empowered and

have to have access

um so

it's it's everything and what i would

say is when i joined in 2008 fda was

going after bioidentical hormones these

are compounded individualized hormones

you know oftentimes used for women going

through menopause they want the

bioidentical the more natural estrogen

instead of the synthetic

pharmaceutical versions that have been

linked to cancer for example so this is

a health freedom issue you know can you

access what it is that you want to put

in your body yes with working on that in

2008 and you know issues like this and

there's the homeopathy there's all these different things you know it's sort of like whack-a-mole it's like boy you know they're going after this that this that that competes with drug companies right because if women are using compounded estriol instead of lining the pockets of big pharma i mean think about how many women use drugs during menopause it's the nut is millions and millions the number is huge um you know or homeopathy all of these different things that people use including supplements and so it's very much whack-a-mole and it kind of has to be in a certain sense because they're different mechanisms right it's procedurally through the fda your ftc is going after specific claims um you know it's within compounding pharmacies there's this whole other process you know in that regard that we

can talk about another time but you know  
sort of seeing all these different  
things happening and then you know you  
put it you put it together and i mean  
i'm i'm not a conspiracy theorist i  
never have been

and that part of the doubt you know i  
believe the reasonableness and honesty  
individuals and you want to believe in  
us

but after so many different  
times and examples whether it's  
supplements or you know other modalities  
that compete with big pharma that enable  
us to stay healthy naturally you see the  
same players involved and these are  
logical things right durbin's talking  
about something that doesn't make any  
sense it's an illegal drug

why would you have to do something to  
the entire supplement and just when you  
really dig in and you see this over and  
over again you put it together and it's  
like wow

you know and you look at all the money

right and that's true with everything  
um so yeah you know i mean we put it  
together pretty early on but i still  
wanted to believe  
that i was wrong because it's honestly  
it's it's scary it's um  
i mean you're talking about the ability  
of  
you know my friends and family i mean  
all of us to stay healthy not to succumb  
to  
you know illness and disease and all of  
these awful things and then end up  
popping all these pills that then cause  
other side effects and we can talk about  
that too whether drugs even work i mean  
those are issues but they're trying to  
eliminate  
access to options and bottom line is  
health freedom it's just it's a freedom  
issue so yeah kind of put it all  
together and i guess yeah early on you  
see that every it's all connected it's  
part of a bigger a bigger push  
yeah clearly

um one of the things you mentioned uh  
related to another comment in the chat  
about

uh synthetics so not all dietary  
supplements and vitamins are synthetic  
you just mentioned the situation where  
you have various forms of estral  
estrogen type product products

um so

that's another reason why people might  
think oh well you know i can just eat  
healthy

i don't need supplements maybe i don't  
even want supplements because  
supplements are probably synthetic and i  
just want to get everything

naturally through the food i eat but  
we're we're not just talking i mean you  
you explained how the cbd issue could  
end up impacting who knows it could  
impact hemp oil it could have impact  
even hemp hearts

if they enforced it a certain way um  
yeah what is your you know you you've  
explained that you don't represent the



industry so from a consumer perspective  
uh what do you say to to this  
misconception about what supplements are  
well i say that i wouldn't take any  
supplements if i could get it all  
through food either i i think that food  
is best that is ideal  
um and you know maybe a hundred years  
ago and if we didn't have all the  
chemical exposures and toxicants  
bombarding us all of the time and if the  
soil was still rich in biodiversity  
and nutrient dense with minerals  
then our food would be healthier um  
that's not the case you'd have to eat  
eight oranges today to get the same  
amount of vitamin c that you would get  
from one orange that my grandma would  
eat  
so and i can't get my blood sugar  
couldn't handle eight oranges  
i'd be like whoa  
um and there's all the other vitamins  
and nutrients we need too right  
so i think it's just

it's an impossibility to get  
the nutrients that we need from our food  
alone

and then again because you have these  
different assaults that we encounter and  
it's not just environmental it's also  
the environments we create with high  
stress and that can cause cardiac  
related issues that you would benefit  
from really high doses of magnesium i  
think a majority of the population is  
deficient in magnesium and it's one of  
the most critical nutrients out there

um so

i think

i think bottom line also again i'm gonna  
say health freedom so

if even if one could get all the  
nutrients they need from the food and  
i'm gonna say that they can't  
um because i've tried really hard not  
even track it with a chronometer and  
it's like no matter what i do i'm not  
even hitting all like i can't get enough  
vitamin e and i you know it's like no

matter what i do  
um you know i can't seem to get enough  
but also bio individuality people need  
different amounts and different forms  
and different life situations  
but also  
not everybody can afford to buy  
all of that organic produce and eat 10  
or 12 servings of fruits and vegetables  
a day  
um and organic  
grass-fed  
high-quality meats and eggs and and not  
everybody has the education or the time  
to track that  
i think again health freedom people  
should have just the right we're just  
we're not talking about asking anybody  
to do anything they don't want to do  
we're just trying to make things  
available for those that want to opt for  
a multivitamin and have high enough  
doses of magnesium and vitamin d so they  
can sleep well and stay healthy during  
the flu season

yeah definitely

um

looking now at comments that are coming over the rockfin channel

richard says this sickens me like you i am now a victim the ftc is now hunting me for selling a nutraceutical product that has been deemed safe for over 20 years and it is safe

i am only a very small business not the factory and the legal fees are breaking me i don't know what i will do when they find me so is this

is this typical in the space right now for people working with supplements absolutely and

we saw this really is especially prominent so this has always been the case this has always been the case um but it was especially prominent and more obvious during covet because you had medical doctors wanting to share their protocols for staying healthy on their websites or in other public realms and you have ft's coming and

saying

censoring the medical doctors you can't  
talk about these things

um so i don't know richard's story i  
don't know what he's selling and i don't  
know whether or not he made you know a  
claim so

immunity promotes promotes immunity as a  
structure function claim

obviously right it talks about the  
structure and function of the body  
immunity well during covet fda said  
anything that talks about immunity was  
an implied disease claim that it  
actually treats a province covid so  
they're going against congress and  
they're reinterpreting what congress  
meant by structure function claims so  
that that could have been something that  
impacted richard i don't know what his  
story is again but but we're seeing this  
left and right and it's just eliminating  
all access to truth to good information  
that can actually help sick people or  
people at risk for chronic disease and

illness

yeah it's terrible

well we have five more minutes um i'm  
not seeing any uh questions that we  
haven't answered from the chat but corey

let me know if i missed anything

gretchen what what are your final

thoughts on this what's your

how here's your last chance to make a

pitch for people to take action

i would just say that we're all busy me

included everybody's busy we've all got

kids and their schedules and our jobs

and we've all got to make dinner at the

end of the day life is busy and it's

easy to just

think that somebody else is going to

step in and take care of this

um but that these problems will go away

or that it can't be real because it just

doesn't seem logical this couldn't

happen because this is the united states

you know the land of the free and home

of the brave like i think it's easier

just to ignore this and other similar

you know political issues that impact  
our freedom  
but um you know unless we actually pay  
attention  
get involved  
we lose the freedom it's happening it's  
happened in the rest of the world it's  
happened in europe um and and it is  
they are trying to make it happen here  
too and um it's not us being  
sensationalist sky is falling i mean  
we're being legitimately honest when we  
say  
it's an urgent alert there's  
again  
um because they're still trying they may  
never go away and we have to always hold  
them at bay if we want to continue to  
have access to these freedoms i mean i  
think that it's up to every individual  
to be accountable to take care of  
ourselves and our families we have to be  
educated  
and we have to be able to access that  
information we need we have to be able

to access the products that we need in order to stay healthy so no one's going to do it for us

so i i encourage everyone to go to save [save supplements.com](http://save-supplements.com)

and take action and then yeah call their members of congress as well and we'll do another alert that will provide phone numbers and access to do that avenue as well

um but and to continue to send alerts and to continue to stay involved and our new sir follow what's going on and be educated and bring in your friends and family and others educate to and get them involved as well it starts with the community

yeah definitely yeah of all the controversies um that have bubbled up over the last two years this this really isn't controversial at all i i want to read one last comment from the chat because i think it sums it all up dale says i am very sensitive to so many many pharmaceuticals and in order



to save my life i had to rely on  
supplements herbs and homeopathic  
remedies and  
this is also i think this is an easy way  
to to talk to friends and loved ones  
about  
these  
the the health challenges that we've  
faced over the last two years you know  
whether you're you know somebody who has  
taken a a pharmaceutical product and is  
now  
having trouble related to that you know  
i don't want to get into any thorny  
issues but  
but you know things like nac vitamin d  
vitamin c like we can we can talk to our  
friends and families about  
good health and  
in in a non  
controversial way it's like  
everybody wants a healthy immune system  
everybody wants good health  
and we're all in this together and i  
think this is something that everybody

can agree on no matter

w how you responded to the events of the  
last few years

i think that's true and i would also add  
to you know ask questions delve deeper  
don't believe necessarily everything you  
read you i mean does it pass the common  
sense test

one other thing i'll just mention

you noted nac

you know fda did come out and attempt to  
start the process of banning nac and  
that was because there are 17 different  
random controlled trials underway  
majority of them looking at using nac to  
treat covid

so

we've got the government telling us you  
can't tell people that nactreats covid  
we've also got them during kova trying  
to ban what people are using to stay  
healthy so that drug companies can study  
and potentially turn it into a coveted  
drug so

you have to dig deeper and ask questions

why

if it doesn't pass the common sense test  
you have to ask why and and who are the  
who are the entities that would benefit  
from this you have to dig deeper look at  
the special interests so in my world  
that's generally big pharma big food you  
know big chemical companies too but  
today we're talking about

big pharma

yeah definitely well i want to encourage  
everyone to go to the alliance for  
natural health

and sign up for their free e-newsletter  
and check out the latest news i i you  
know i just was searching for stuff  
about this issue i was like oh whoa  
statins related to diabetes like you  
have so much good stuff on your website  
and

everybody needs to check it out and make  
sure they're connected to the alliance  
for natural health to stay informed  
yes and i'll just it's it's a hyphen usa  
dot org please come to our website check

out it's a wealth of information and  
hopefully we can help educate and  
provide just what you need  
awesome well thank you so much gretchen  
it has been such a pleasure and so  
informative thank you i finally feel  
like i get it now  
thanks so much for for explaining all  
these issues thank you for having me  
it's lovely to see you  
great to see you too take care thank you  
[Music]  
you