

# NATURAL MEDICINE NEWS

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## Bill C-6

By Barbara Diaz DNM®

AGAIN Health Canada wants to restrict your options. Does everyone remember Bill C-51 and Bill C-52?

Bill C-51 was successfully stopped by pressuring every Member of Parliament in their individual riding to oppose the bill! Bill C-6 is almost identical to Bill C-52

Bill C-6 is "An Act respecting the safety of consumer products, introduced into The House of Commons by The Minister of Health".

On January 29, 2009, Bill C-6 was first presented in the House of Commons, and on April 30, 2009, it was debated for the first time.

To explain why this is a huge concern I have copied a bit of information from this page:  
[http://nhppa.org/?page\\_id=70](http://nhppa.org/?page_id=70)

{Draft Discussion Paper on Bill C-6 the Canada Consumer Product Safety Act Prepared by Shawn Buckley, president of the Natural Health Products Protection Association on February 18, 2009.}

### 1. Bill C-6 could be made applicable to Natural Health Products by a simple regulatory amendment.

Regulatory amendments do not need the approval of Parliament. Section 36(1)(c) of the Bill allows the Government to amend Schedule 1 to make Bill C-6 apply to drugs (which includes Natural Health Products) by passing a regulation.

This puts Canadians in an awkward position. After successfully fighting Bill C-51 in 2008, they could

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find Natural Health Products threatened by the same provisions found in Bill C-51 applied through Bill C-6.

Bills such as Bill C-6 are carefully drafted and it is fair to assume that the power to expand the Bill to cover things such as drugs and Natural Health Products without Parliament's supervision is deliberate.

On this point it is important to note that the *Hazardous Products Act* which Bill C-6 will replace does not apply to drugs. The *Hazardous Products Act* was drafted to ensure that drugs could not be included without Parliament's approval;

### 2. If Bill C-6 passes, a precedent is set. It is completely unrealistic to assume that similar enforcement provisions and penalties would not be applied to drugs and Natural Health Products.

As discussed below, Bill C-6 provides Health Canada with dramatically expanded powers to:

- search private property without a warrant;
- seize private property without Court supervision;

Please see *Bill C-6* on page 4

## Upcoming Conference

The Board of Directors of EBNMP Canada would like to announce the upcoming **2009 International Conference on Integrative Medicine** to be held on **October 18, 2009** at the beautiful Kingbridge Centre in King City, Ontario. All-Day Break Station and Buffet Luncheon provided. Tickets are available on a first come first serve basis.

18 CEU Lecture Pass and Registration: **\$150.00\*** per participant (includes all lectures and lecture materials)

Important updates and developments on

Regulations and eligibility to practice will be discussed.

Make sure to plan on extra time to enjoy the gorgeous grounds and outdoor walks as well as the complimentary in-house rec. facilities.

***\*You must register by October 2, 2009 to guarantee your seat. Tickets will not be sold at the door.***



## Diabetes Prevention: DNM®'s to the Forefront!

By Rivkah Roth DO DNM® DAC

According to the American Diabetes Association one in three North-Americans and a frightening one in two ethnic minority individuals born in 2000 will develop in their lifetime.

Present pre-diabetes rates are triple those of individuals diagnosed with full-blown diabetes. On the timeline of 8 to 14 years from initial symptoms to the diagnosis of diabetes, a pre-diabetes diagnosis may be pronounced around years 6 to 12. That leaves at least half a decade for effective prevention.

Already the medical system is overtaxed caring for those already sick and suffering from serious complications. Yet, we know that the years leading up to pre-diabetes are when cell health or future cell destruction are decided by lifestyle and nutritional choices. As natural medicine professionals we are in the unique position to address this situation and emphasize prevention.

When we learn to recognize the over fifty health

conditions that research has pointed to as indicating a future risk of diabetes we can amalgamate biochemical understanding with genetic predisposition and nutrition or lifestyle impact. Diabetes prevention will be a hugely growing field for DNM®'s and other CAM professionals.

Rivkah has developed ten titles that assist you in your practice. Several of these books have just been reissued in their second edition and they all are available at discounted rates to our DNM®'s (see separate paragraph with contact details) for volume orders.

**Books for Patient Education** and Practitioner Reference – **Volume Discounts for DNM®s:** e-mail [nmcpublishing@ymail.com](mailto:nmcpublishing@ymail.com) with your EBNMP membership number to place discounted volume orders for any of ten titles authored by Rivkah Roth DO DNM® and published by *NMC-Publishing*. (Please continue reading for titles)

## Power Up Your Life Force with *The Life Force Diet*

By Michelle Schoffro Cook DNM® DAc RNCP ROHP

Did you know that there is a nutritional factor missing from almost everyone's diet? No, it's not protein, water, carbs, fats, vitamins or minerals. The missing factor is enzymes. Virtually every function in your body relies on enzymes to function properly. Without adequate amounts in your diet, you may be vulnerable to weight gain, bloating, fatigue, asthma, arthritis, high cholesterol, pain, and countless other health concerns. Research reveals that enzyme shortages are commonly seen in people suffering from chronic diseases, including allergies, premature aging, some forms of cancer, heart disease, skin conditions, and obesity. However, with plentiful amounts of enzymes, the body can repair damage, slow the rate of aging, and even overcome illness.

Enzymes are a special type of protein that is necessary for every chemical reaction in your body, including the normal functioning of cells, fluids, tissues, organs, and organ systems. **Enzymes are uniquely different from other protein molecules because they are biologically active.** In other words, they contain life force energy and are used in vast quantities in our bodies to quell inflammation, promote wound healing, and regenerate tissues, all of which are essential processes to prevent or handle most chronic illnesses.

*The Life Force Diet: 3 Weeks to Supercharge Your Health and Get Slim with Enzyme-Rich Foods* guides readers to make gradual dietary changes to benefit from the healing capacity of enzymes and the disease preventing power of phytonutrients. *The Life Force Diet* is all about obtaining a healthy weight while warding off or reversing illness.

There are about 3000 known phytonutrients and many others are being discovered all the time. They are found in life-force enhancing fruit, vegetables, herbs, spices, nuts, sprouts, and seeds. A single fruit or vegetable may contain more than 100 types of healing phytonutrients that basically make up the

immune system of the plant. Once eaten, they impart their incredible healing abilities inside your body. The thousands of phytonutrients are categorized into families, including carotenoids, catechins, flavonoids, lipoic acid, phytoestrogens, polyphenols, sulfurophane, and others. It's not important to remember their names or the foods in which they're found to benefit from *The Life Force Diet*. *The Life Force Diet* gradually walks you through the steps to eliminate the "3 Ps" as I call them (processed, prepared, and packaged foods), increase phytonutrient-rich foods, make half your diet enzyme-packed Life Force Gold Foods, and choose supplements that support your life force energy.

For enzymes to function properly in your body, it is imperative to have all of the B-Complex vitamins (which act as coenzymes to ensure enzyme processes work properly), and minerals like magnesium (involved in 500 enzyme processes), and zinc (involved in 300 enzyme processes). Other supplements that support healthy enzyme functions and life force energy include: a broad-spectrum digestive enzyme, coenzyme Q10, probiotics, Cellfood®, and greens.

Digestive enzymes alleviate the burden on your body's own systems to free up energy for other important tasks. Taken with meals, they help with the extraction of critical nutrients from food. Taken between meals, many enzymes help reduce inflammation, repair tissue damage, and assist with healing.

CoenzymeQ10 is an assistant to the thousands of enzymes in your body. Every cell in your body requires CoQ10, which is intricately linked to boosting energy, stamina, and heart health. It also

Please see *The Life Force Diet* on page 5

*Bill C-6* from page 1

- c. destroy private property without Court supervision;
- d. take control of businesses without Court supervision;
- e. in some circumstances to keep seized private property without a Court order;
- f. impose penalties that manufacturers, distributors and retailers in the natural health community could not survive.

If Bill C-6 becomes law, then Health Canada inspectors will have two sets of powers. One set for foods, drugs, medical devices and cosmetics, and another set for consumer products.

Their powers concerning consumer products will be dramatically more powerful than their tools for foods, drugs, medical devices and cosmetics. Since it is beyond question that drugs carry a much higher risk profile than consumer products, how long will it be before Health Canada will credibly argue that they need the same powers for “drugs”?

*Diabetes Prevention* from page 2

*At Risk? Avoid Diabetes by Recognizing Early Risk – A Natural Medicine View* (396 pages, ISBN 978-0981229706), *At Risk? Expanded Workbook* (132 pages, ISBN 978-0981229799), *Diabetes Prevention* (68 pages, ISBN 978-0981229713), and the 1-topic, point-form, easy-to-read, 48-page DIABETES-Series Little Books: *Risk of Diabetes – One in Two Are at Risk of Diabetes* (ISBN 978-0981229720), *Low-Carb for Diabetes: Results by Eating Low-Carb for Diabetes* (ISBN 978-0981229737), *Gluten-Free for*

From a public policy perspective, it would make no sense for Health Canada to have less power to protect public safety for drugs than they have for less risky consumer products.

Bill C-6 would represent a dramatic precedent of a move away from the rule of law, and towards unaccountability for bureaucratic incursion into privacy and property rights.

To continue reading this draft discussion paper please link to: [http://nhppa.org/?page\\_id=70](http://nhppa.org/?page_id=70)

I have studied this issue, and have compiled a large amount of information over the past **three months**, and have built up a web page of mine with as much as the information as possible.

<http://naturalmedicinepractitioners.googlepages.com/federalandprovincialgovernmentimportant>

Please forward this information on to everyone you know, as it is important.

Barbara Diaz  
DNM®

*Diabetes: Eating Gluten-Free to Avoid Diabetes* (ISBN 978-0981229744), *Minerals for Diabetes: Balance the Body Inside Out* (ISBN 978-0981229751), *Teas for Diabetes: Add to Health with Tea* (ISBN 978-0981229768), *Spices for Diabetes: Herbs and Spices for Diabetes* (ISBN 978-0981229775), *Visible Risks of Diabetes: Early Signs and Indicators* (ISBN 978-0981229782).

The author may be contacted through her website <http://www.avoiddiabetes.com>

*The Life Force Diet* from page 3

acts as a potent antioxidant against free radicals linked to cellular damage, reduces the effects of aging, promotes healthy blood pressure, and boosts your immune system. It even increases the longevity of other antioxidant nutrients. CoQ10 also helps ensure that your brain has sufficient cellular energy to perform its important and myriad tasks. And it helps to normalize weight!

Replenish your body's natural healthy bacteria levels by adding a broad-spectrum probiotic supplement to your diet. Ideally, choose one that contains *L. acidophilus*, *bifidus*, *bulgaris*, *plantarum*, *rhamnosus*, *salivarius*, *longum*, *lactis*, and *F-19*, as well as *B. subtilis* and *bifidum*.

Cellfood® is a unique cell-oxygenating liquid formula that delivers 78 trace minerals, 34 enzymes, 17 amino acids, and electrolytes. It is readily absorbed at the cellular level, making nutrients available to the cells for healing. Unlike many oxygen products, Cellfood® delivers the oxygen slowly, thereby preventing free radical damage.

Green food supplements like barley grass, wheat grass juice, chlorella, alfalfa, and spirulina are packed with vitamins, minerals, and phytonutrients that support enzyme functions and build life force energy.

*The Life Force Diet* is your ally in disease prevention, healing, and unlocking the immunity, energy, and vitality that you are destined to experience.

**SPECIAL INVITATION TO DNM®s:** You can obtain *The Life Force Diet* (ISBN: 978-0-470-15757-2) at the **wholesale discounted price** to sell to clients. It serves as "homework" for clients, offering them support for your nutritional advice, and includes recipes to guide them in making dietary changes. Order a minimum 10 copies of any combination of Michelle's books to obtain the wholesale discount, which is available from the publisher, John Wiley & Sons at 1-800-567-4797 ext. 54551 and mention that you'd like wholesale pricing.

The author may be contacted through her website <http://www.TheLifeForceDiet.com>

## New Guidelines from Insurance Providers

By EBNMP Editor

In the course of your working day, any number of patients with Private Insurance coverage may request receipts for reimbursement from their provider. While many claims are paid, some are rejected because for the following reasons:

- 1) Incorrect billing – Be sure to use EBNMP billing forms and provide receipts for patient payments.
- 2) Missing information – If it is a new patient or patient is making a claim for the first time, be prepared to provide the insurance

company with any information that they may request including but not limited to the following:

- Patient consultation in regards to treatment options and protocols discussed with patient prior to first treatment. Was patient given any printed or written materials regarding options and protocols?
- Was treatment provided by practitioner listed on billing form or other practitioner in

Please see *New Guidelines* on page 6

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*Recognition,  
Registration &  
Accreditation in  
Natural Medicine*

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*New Guidelines* from page 5

the clinic?

- What was the mode and frequency of payments (cash, cheque, credit card, payment per visit, prepaid for a block of visits, paid after a block of visits)?
- Patient files should include and initial assessment, prognosis, treatment plan and follow-up notes after every visit.

Insurance rejections should be directed to your Provincial Coordinator via email.

We are in the process of updating our billing forms and new ones will be made available at the Conference. If you are not attending, please email us to get the new forms after October 18, 2009.

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