

We Thank Our Generous 2013 Sponsors

GOLD SPONSORS



Sunshine
Health Freedom
Foundation

BANQUET SPONSORS



PROMOTING SPONSORS



SUPPORTING SPONSORS



ASSOCIATE SPONSORS

Bragg Live Foods, Inc. Larry Hanus, DDS

Additional Donors: [The Herb Works](#), [National Health Federation](#)
Printing services provided by: [Tangible Values Print Solutions](#)

2013 UNITED STATES HEALTH FREEDOM CONGRESS

National Health
Freedom Coalition
Presents



2013

UNITED STATES HEALTH FREEDOM CONGRESS

*A Gathering of State and National
Health Freedom Organizations and Leaders*

Rosemary Gladstar
Keynote Speaker

June 5 & 6, 2013

Renaissance Schaumburg Convention Center Hotel
1551 N. Thoreau Dr., Schaumburg, Illinois

National Health Freedom Coalition presents
**2013 United States
Health Freedom Congress**

*A Gathering of State and National
Health Freedom Organizations and Leaders*

June 5 & 6, 2013
Schaumburg Convention Center Hotel, Schaumburg, Illinois

SCHEDULE

WEDNESDAY, JUNE 5

3:00-4:30pm MEET AND GREET HEALTH FREEDOM ADVOCATES
Room: Innovation

6:30-9:30pm EVENING WORKING GROUP SESSION
Room: Euphoria

AFTERNOON PROGRAM

3:00-4:15pm
**MEET AND GREET HEALTH
FREEDOM ADVOCATES AND
REGISTRATION** Networking activi-
ty led by Anne Tenner, JD, Assistant
Attorney NHFC/NHFA. Registration
and receive conference materials.
(Coffee, Tea and Organic Snack Provided)

4:15-4:30pm
**CLOSING AND PREPARATION
BRIEFING FOR EVENING WORK-
ING SESSION** by Denise Lewis
Premschak.

4:30-6:30pm: Dinner (On Own)

EVENING PROGRAM

6:30-9:30pm
OPEN SPACE ACTIVITY
An energetic activity that honors rich
diversity, engages deep listening, and
encourages provocative dialogue.
Everyone contributes. Everyone
learns. Out of our rich diversity, pow-
erful new futures are “in-formed.”
Guest facilitator: Denise Lewis Prem-
schak, Voting Member for Voice for
HOPE - Healers Of Planet Earth.
(Coffee, Tea Provided)

CLOSING ANNOUNCEMENTS and
Invitation to the 2013 US Health
Freedom Congress by Moderators
Marianne Lonergan Curtis and Diane
Miller

SCHEDULE AT A GLANCE

WEDNESDAY, JUNE 5, 2013

3:00 pm - 4:30 pm	Meet and Greet and Registration	Room: Innovation
6:30 pm - 9:30 pm	Group Working Session	Room: Euphoria

THURSDAY, JUNE 6, 2013

8:00 am - 9:00 am	Registration	Room: Utopia AB
9:00 am - 5:30 pm	US Health Freedom Congress	Room: Utopia AB
6:00 pm - 9:30pm	Health Freedom Awards Banquet	Room: Euphoria

SWANSON
Health Products
swansonvitamins.com
1.800.437.4148

*bringing wellness to the
world since 1969*

We Carry

Thousands of Items and Hundreds of Your
Favorite Health Food Store Brands!

All the Top Categories

Antioxidants • Cardio Health • Energy Boosters
Joint Health • Weight Loss • & Much More!

America's Lowest Prices Guaranteed

Fast Reliable Service • 24 Hours a Day



Traditional Medicinals



Discover the Power of Plants

Full Color Printing at Your Fingertips

tangiblevalues
PRINT SOLUTIONS

Phone: (952) 746-7666 | production@tangiblevalues.com

ASSOCIATE SPONSORS

Bragg Live Foods, Inc
Larry Hanus DDS

Special Thanks to our Additional Donors:

The Herb Works
National Health Federation

LIVE.
THRIVE.
INSPIRE.

naturally
LIVE.
THRIVE.
INSPIRE. perfect

INSPIRE
THRIVE
LIVE perfect

www.supergoodstuff.com

For health, justice,
sustainability, and democracy.



SAGE MOUNTAIN HERBAL RETREAT CENTER & BOTANICAL SANCTUARY

Supports Health Freedom for all and is a grateful
sponsor of the 2013 US Health Freedom Congress



Sage Mountain Herbal Retreat Center
P.O. Box 420, E. Barre, Vermont 05649 |
sage@sagemountain.com

www.sagemountain.com



SPRING FOREST QIGONG

BALANCE
ENERGY
MOVEMENT

Spring Forest Qigong (SFQ) is a simple, efficient and
effective method for helping you heal *physical and
emotional pain*, to enhance the quality of your life
and lives of others. Anyone and everyone ~ regard-
less of ability, age or beliefs can practice the tech-
niques of SFQ and become healthier and happier.

“a healer in every family
and a world without pain.”

Eden Prairie, MN | (952) 593-5555

www.springforestqigong.com

THURSDAY, JUNE 6

8:00am-5:30pm UNITED STATES HEALTH FREEDOM CONGRESS
Room: Utopia AB
Committee Breakout Rooms: Utopia AB, Innovation, and Connection

6:00-9:30pm HEALTH FREEDOM AWARDS BANQUET
Room: Euphoria

MORNING PROGRAM

8:00-9:00am
REGISTRATION AND SEATING
*(Coffee, Tea, Organic Oatmeal, Fruit, and
Yogurt provided at 8:30am)*

9:00-9:05am
WELCOME by Marianne Lonergan
Curtis, President, NHFC

9:05-9:10am
SPONSORSHIP APPRECIATION by
Jerri Johnson, Vice President, NHFC

9:10-9:20am
OPENING REMARKS AND
CALL TO ORDER by Diane Miller,
JD, Director of Law and Public Poli-
cy, NHFC/NHFA, “*All Together We
will Prevail in Freedom and Good
Health*”

9:20-9:30am
COMMITTEE INSTRUCTIONS AND
SELECTION Explanation of commit-
tee process, members self-select to
join one of four committee groups:

- 1—GMO LABELING
- 2—FORCED OR COERCED
VACCINATION OF CITIZENS
- 3—FREEDOM TO PRACTICE THE
HEALING ARTS
- 4—PROTECTION OF DSHEA

9:30-11:00am
COMMITTEE WORKING
SESSION: Committees meet in
groups, each group has a person who
will report back to the Health Free-
dom Congress circle and share the
group’s worksheet results.

11:00-11:15am: Break

11:15am-12:15pm
COMMITTEE PRESENTATIONS

AFTERNOON PROGRAM

12:15-1:30pm: Lunch (On Own)

1:30-2:15pm
MOVEMENT-WIDE
COMMUNICATION
PRESENTATIONS
Part 1: Maximizing Email Blasts
Part 2: Yahoo Group Communication
Part 3: Top Priorities for Social Me-
dia by Jason Haffley
Part 4: Successful Marketing
Campaign by Jeffrey Smith

2:15-4:00pm
CLAIMING THE GREATER
MOVEMENT IN WHICH WE
ARE ALL INVOLVED

4:00-5:25pm
VOTING MEMBER CIRCLE
Reflection led by Marianne Lonergan
Curtis, followed by Voting Member
speaking circle

5:25-5:30pm
CLOSING SUMMARY Including
Evaluation Forms and Invitation to
Awards Banquet by Moderators
Marianne Lonergan Curtis and Diane
Miller

EVENING PROGRAM

6:00-9:30pm
HEALTH FREEDOM AWARDS
BANQUET Including Awardee
presentations and special keynote
speech by Rosemary Gladstar:
“*Planting the Future: Protecting
Medicinal Plants and our Personal
Healing Rights*”
(Organic Dinner Provided)

ABOUT THE CONGRESS

The 2013 United States Health Freedom Congress is the 8th national health freedom gathering hosted by NHFC, including: three National Health Freedom Conferences (2003, 2004, and 2005); the World Health Freedom Assembly (2006); the United States Health Freedom Assembly and Leadership Training (2007); the Reconvening of the US Health Freedom Assembly (2008) and the United States Health Freedom Congress (2012). Similar to former Assemblies, the Congress will be facilitated by NHFC Moderators, Documentarians, and Parliamentarians. Voting Members will be seated at tables in the format of a large circle, each table with microphone, to facilitate productive discussions in a face-to-face manner.

CONGRESS PARTICIPANTS

Congress Voting Members NHFC has invited organizations promoting health freedom in the United States to be Congress Voting Members. These members will convene to sit "in the round" where they will share their strengths and campaigns with each other and strategize ways to work together, strengthening the health freedom movement through unity, solidarity, and strategic planning.

Congress Observers will be seated in a circle directly behind and surrounding the Congress to observe the congress proceedings. Observers will have full participation in the Meet and Greet networking event on Wednesday afternoon and will also have full participation in the group Working Session on Wednesday evening and small group discussions on Thursday.

National Health Freedom Coalition

PMB 218, 2136 Ford Parkway, St. Paul, MN 55116-1863
507.663.9018 Phone | 507.663.9013 Fax
www.nationalhealthfreedom.org

Mission Statement

To promote access to all health care information, services, treatments and products that the people deem beneficial for their own health and survival; to promote an understanding of the laws and factors impacting the right to access; and to promote the health of the people of this nation.

NHFC Board of Directors

MARIANNE LONERGAN CURTIS, CAMT,CFT	President of NHFC and President of Living Foods USA
LEO CASHMAN	NHFC Treasurer/Secretary and Ex. Dir. DAMS.Inc.
BARBARA FORD	Social Media Coordinator and Herbalist
JERRI JOHNSON	Vice President and Public Relations Coordinator
ROBERT D. IRONS, Ph.D.	V.E. Irons, Inc
DIANE MILLER, JD	Director of Law and Public Policy
STEPHANIE MADSEN	Renew Wellness

Advisors

PETER HALGASON
LINDA PETERSON
DR. NORM SHEALY
WILLIAM LEE RAND



TRINITY

School of Natural Health

Welcome to Trinity—where goals for healthier living are being set, new career opportunities are opening and lives are being changed.

We understand the importance of a quality education, but we also understand that your time is valuable. That is why Trinity School of Natural Health has created several self-study programs that allow you to gain a professional education at your own pace.

Contact Trinity today and learn how our programs can be used to begin a new career in natural health.



Trinity offers the following self-study programs:

- Doctor of Naturopathy
- Master Herbalist
- Master Iridologist
- Certified Health Specialist
- Certificate in Nutritional Counseling
- Associate Degree in Biblical Studies

TrinitySchool.org • 1-800-428-0408

Welcome to the June 2013 Health Freedom Congress

A Major Step Toward Health Freedom



CITIZENS FOR HEALTH
CONSUMER VOICE OF THE NATURAL HEALTH COMMUNITY

www.citizens.org

VOICE FOR
HOPE
HEALERS OF PLANET EARTH

Freedom to Choose Your Path to Wellness

www.voiceforhope.org



FarmaSea® Health, llc *We go to Great Depths for Your Health®*

Super Sea Veg.® containing the FarmaSea® Blend Sea Plants, is the only dietary FOOD supplement that contains twelve organic and edible sea plants, chosen from over 10,000 species imported from pristine ocean waters near France, Iceland and Ireland. Super Sea Veg.® contains every element and nutrient known to man and MORE, in concentrated and balanced amounts, in 100% vegetable capsules. Ingesting it every day moves our cells towards superior biological health and Homeostasis.



FarmaSea.com 866-SEA-VEGG

Feel Free

Get the Best in Health with a **FREE 6-Month**
Life Extension Foundation®
Membership

Join an elite club that enjoys

- ✦ FREE subscription to *Life Extension Magazine*®
- ✦ Member savings on supplements and blood tests
- ✦ Daily phone access to knowledgeable Health Advisors

Call 1-800-544-4440 now!

Mention code AVF324A • Offer expires August 19, 2013.

LifeExtension®
Foundation for Longer Life

605.25A 0613 MEMBOMP6M

Free your mind with

EMPowerplus™ Advanced

**Truehope EMPowerplus™ Advanced is the first
micronutrient supplement of its kind!**

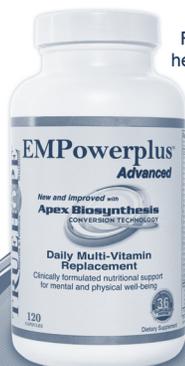
Truehope EMPowerplus™ Advanced is designed for the body to fully utilize, the way nature intended. The effect is astounding results in mental and physical well-being!

At 20 medical journal publications and growing, the Truehope formula is the most researched micronutrient formula in history. Plus it's **sold in over 100 countries!**

Take your mental and physical health to a new level with Truehope EMPowerplus™.

Just feel better!

For more information, contact us at **1-888-878-3467** or help@truehope.com or visit our website at truehope.com



TRUEHOPE®
MENTAL & PHYSICAL WELLBEING



Welcome to the
2013 United States Health Freedom Congress:
*A Gathering of United States Health Freedom
Organizations and Leaders.*

This Congress is **dedicated** to the goal of
greater **Unity and Solidarity** in the
Health Freedom Movement.

CONGRESS PURPOSE

*To bring together key organizations and leaders in the
United States Health Freedom movement;*

*To experience an egalitarian gathering of autonomous
and diverse leaders, where leaders communicate face to
face in a large round (Congress-style format);*

*To increase collaboration and inspire each other to
unity and solidarity;*

*To identify top health freedom issues and topics that are
impacting health freedom;*

To find areas of common ground and pass resolutions;

*To work together to identify strategies for enhanced
health freedom; and*

*To celebrate the health freedom movement and give
awards honoring successful leaders.*

WEDNESDAY EVENING INSPIRATIONAL QUOTE

"... a form of free dialogue may well be one of the most effective ways of investigating the crisis which faces society, and indeed the whole of human nature and consciousness today. Moreover, it may turn out that such a form of free exchange of ideas and information is of fundamental relevance for transforming culture and freeing it of destructive misinformation, so that creativity can be liberated."

- David Bohm & David Peat, *Science, Order, and Creativity*

Voting Members

Canary Party, The
Citizens for Health
Clinton Miller Health Freedom Advocates
Colorado Sunshine Health Freedom Foundation
CoMeD, Inc.
Electromagnetic Health.org
Emord and Associates
Farm and Ranch Freedom Alliance
Farm-to-Consumer Legal Defense Fund
Health Keepers Alliance, The
Illinois Citizens for Health Freedom
Independent Health Food Stores of America
Institute for Responsible Technology
Life Extension Foundation
National Health Federation (NHF)
National Health Freedom Action
National Health Freedom Coalition
North American Society of Homeopaths (NASH)
Nutritional Magnesium Association
Ohio Sunshine Health Freedom Coalition
Organic Consumers Association
ParentalRights.org
Rick Jaffe, Esq.
Robert Scott Bell Show, The
NMA Media Press
Sunshine Health Freedom Foundation
Truehope Institute
United Plant Savers
Virginians for Health Freedom
Voice for HOPE - Healers Of Planet Earth
Weston A. Price Foundation

Congress Staff

CONGRESS MODERATORS	Diane Miller, JD Marianne Longergan Curtis, Pres. NHFC
DOCUMENTARIAN	Angela Wethor, JD
PARLEMENTARIAN	Anne Tenner, JD
OPEN SPACE MODERATOR	Denise Lewis-Premeschak, ExDir, Voice for HOPE
SPONSORSHIP	Jerri Johnson, Vice Pres. NHFC
CONGRESS PROJECT MANAGER	Theresa Jones
REGISTRAR	Judy Buroker
CONGRESS ASSISTANTS	Johanna Jones, Deborah Tenner

Sunshine Health Freedom Foundation



**"We are blazing a trail for
generations to come
that will allow our children to have
health freedom"**

www.sunshinehealthfreedom.com

*Discover the Alkalarian Approach
to Optimal Health™*

PHMIRACLE®



www.phmiracle.com

Dr. Robert O. Young & Shelley Redford Young,
Best-Selling Authors of "THE pH MIRACLE" books.



Join thousands in experiencing the
alkaline lifestyle that creates
miracles—looking younger, feeling
better, and living longer!



Diet • Exercise • Retreats • Diagnostics
Education • Health Products • Treatments



16390 Dia Del Sol, Valley Center, CA 9208
760.751.8321 • www.phmiracle.com

Mission Statement:

Our mission is to do all we can
to change lives and save lives
with an alkaline lifestyle and diet.

www.phmiracleliving.com

Keynote



Keynote Speech with Rosemary Gladstar

“Planting the Future”

*Protecting Medicinal Plants and Our
Personal Healing Rights*

Rosemary Gladstar

Keynote Speaker

& Health Freedom Awardee

Rosemary Gladstar, “Godmother of American Herbalism” and founder of United Plant Savers, comes to us as a world leader in herbs and indigenous plants and protector of the natural habitat.

In addition to her leading role in the world’s herbal community, Rosemary is an avid freedom advocate who has experienced freedom issues in multiple forms. From her freedom work with Herbal Voices protesting the concept of US regulation of a third category of therapeutic substances similar to Canada and Australia, to her support of safe harbor laws for herbalists and other natural health practitioners on the state levels, as well as her work to protect natural habitats, and her experience as owner of an herbal product company and as an author and teacher, she understands deeply the importance of health freedom.

Rosemary is eager to meet and join us all and share her story and perspectives.

www.sagemountain.com



2013 HEALTH FREEDOM AWARDEES



Jeffrey Smith
The Institute for
Responsible Technology

AWARDED "For his years of game changing work alerting the people of the world regarding the dangers of genetically modified organisms, and for his work as a citizen mobilizer, organizer and advocate to help bring about the change that is giving the people the information they need to make life saving decisions about the food that eat and the seeds that they grow."

BIOGRAPHY Jeffrey M. Smith is considered by many to be the leading expert on Genetically Modified Organisms (GMOs). He's educated audiences worldwide and transformed millions of lives. His travels have taken him to over 30 countries on 6 continents where he's counseled leaders to end the use of genetically engineered bovine growth hormone (rbGH or rbST) and GMOs. Jeffrey Smith has been quoted by world leaders and the media, such as: *The New York Times*, *Washington Post*, *BBC World Service*, *Nature*, *The Independent*, *Daily Telegraph*, *New Scientist*, *The Times (London)*, *Associated Press*, *Reuters News Service*, *LA Times*, *Time Magazine*, and *Genetic Engineering News*.



**The Colorado Sunshine
Health Freedom Foundation
and Jan Kerschner**

AWARDED "For their launching in 2009 of the non-profit CSHFF, specifically to promote and protect access to natural health care in Colorado, and for their over 10-year vigilance in protecting health freedoms in Colorado, and for their work in passage of the 2013 Natural Health Consumer Protection Act."

BIOGRAPHY Colorado Sunshine Health Freedom Foundation's President, Jan Kerschner, represents a group of people that believe in maintaining and expanding health freedom for all Coloradoans. Recognizing that CSHFF alone cannot safeguard those freedoms, they call on like-minded concerned citizens. Their support comes from people who are determined to be beacons of light on the path to health freedom and who work to protect and preserve the right to make ones own health choices. This includes but is not limited to access to herbs, supplements, homeopathic and nutritional medicine and the right to choose natural treatments for diseases and prevention of diseases.

In Recognition for Outstanding Leadership FOR HEALTH FREEDOM



Scott Tips
National Health Federation

AWARDED "For his tireless effort at voicing the concerns of members of the human family regarding safe and healthful food supplies in International Codex meetings, especially his voicing the need for removal of human toxins from foods, and the protection of foods that are beneficial to health and wellness. And for being selected to speak on behalf of consumers world-wide at the 50th Anniversary of Codex Alimentarius celebration in Moscow on April 10, 2013."

BIOGRAPHY Scott Tips is the President and General Counsel for the National Health Federation (NHF), the world's oldest health-freedom organization for consumers, as well as the Editor In Chief of its magazine, *Health Freedom News*. NHF is unique in that it is the only consumer health freedom organization with NGO (Non-Governmental Organization) status having a seat at international Codex meetings. As general counsel for NHF, Scott Tips has participated in more Codex meetings than any other health-freedom activist. Mr. Tips is a California-licensed attorney, and for more than 30 years has specialized in food-and-drug law and trademark law, and also engages in business litigation, general business law, and nonprofit organizations, with an international clientele. He is a frequent speaker for the organization and for health freedom on several continents. He compiled, edited, and published a book on Codex Alimentarius - Global Food Imperialism. He also writes a monthly column for *Whole Foods Magazine* called "Legal Tips".



Rosemary Gladstar
Sage Mountain Herbal Retreat Center
and Botanical Sanctuary

AWARDED "For her expansive work promoting an understanding and protection of the plants of the earth including especially her knowledge and celebration of herbs and their ecological and medicinal qualities, and her support of practitioners and manufacturers who provide herbs to the world community."

BIOGRAPHY Keynote speaker (see biography on previous page.)