

OHIO  
HEALTH FREEDOM  
ADVOCACY GUIDE



[www.ohiosunshinehealthfreedom.info](http://www.ohiosunshinehealthfreedom.info)

## Table of Contents

Foreword

Legislative Visits

Questions and Answers

Establishing Personal Relationships with Your Legislators

Appendices

## FOREWORD

The Ohio Sunshine Health Freedom Coalition (OSHFC) is dedicated to educating and informing the public about what health freedom is, what threatens it, and how we can work together to make sure the law in Ohio represents everyone.

OSHFC is a grassroots organization that was created in September of 2006. Its mission is to establish true health freedom in Ohio by passing "**A REAL HEALTH FREEDOM BILL**" without a mandatory registration requirement.

Why does an organization like Ohio Sunshine Health Freedom Coalition exist? The answer is straightforward. The results of the past legislative sessions clearly demonstrate the absolute necessity of greater numbers of people becoming more directly involved in advocating at the state legislature for health freedom issues. It is an indisputable fact we will be unable to accomplish our objectives simply by each individual sending a fax, E-mail, or making a single phone call. It requires people who are willing to establish personal relationships with their state legislators.

OSHFC supporters may feel ill prepared to contact legislators and therefore do not become more involved. A common question is "What do I say if . . .?" The 'if' covers a wide range of potential questions and issues that may surface during conversation with a legislator or staff member. This guide will address many common questions and issues that may surface during a visit to a legislator's office. The goal of this guide is to provide comprehensive guidance and information so that a health freedom advocate will feel comfortable, informed and empowered when paying a visit to a state legislators' office.

To effectively address this concern, The OSHFC group has put together this Advocacy Guide with the help of Peter McCarthy and the Texas Health Freedom Coalition. We thank him for his hard work in the health freedom movement and for his generosity shown by sharing much of the information found in this guide with us.

This is a work in progress. If you have suggestions for us, please let us know. If you come across a question from a legislator that is not covered in this Guide, please tell us.

Thank you for your support and welcome to the Ohio Sunshine Health Freedom Coalition!

Sincerely,

The Steering Committee Members of the Ohio Sunshine Health Freedom Coalition: Susan Gingerich, Linda Murray, Jennifer Cheeseman, Pat Cassidy, Bobbee DeGordon, Terry Kiko, Joe Bassett, Shelly Whitt, Dave and Linda Isner

## Legislative Visits: The Basics

A visit to a state legislator's office can be either a stressful experience, or an enjoyable, empowering one. The difference depends on *your* prior preparation. Regardless of which legislator's office you visit, there are several important actions you can take to make your visit productive and enjoyable.

**1. Preparation:** Begin by going to the Ohio Legislature Online website [www.legislature.state.oh.us](http://www.legislature.state.oh.us). Once there click entire your zip code + 4 numbers and that will give you your legislators' names. Click on one of the names and that takes you to their information page. Their web page will give you some basic information about the legislator, including all the ways to contact them. Copy and save their address and phone number. You will need them later.

Additionally, please *review the remainder of this guide*. You may wish to print out selected portions, especially the charts in the Appendix, and take them with you to refer to while there. Make sure you are familiar with the bill. For a copy of H.B. 580 go to [www.ohiosunshinehealthfreedom.info](http://www.ohiosunshinehealthfreedom.info) or call Linda Murray @ 440-647-3769.

**2. Making the Appointment:** When you call, simply say "Hello, my name is \_\_\_\_\_. I am a constituent of Representative/Senator \_\_\_\_\_ who votes in district \_\_\_\_\_. I'd like to make an appointment with Representative/Senator \_\_\_\_\_ or a member of his staff to talk about legislation for the upcoming session that is of interest to me." (See the section of this guide on establishing personal relationships with legislators for instructions on how to determine your district.) The receptionist will likely ask for your contact information, and should offer you one or more times and dates for your appointment. If they offer to check with the legislator and call you back, ask when you may expect the call. If you don't hear from them by then, call them back and remind them you asked for an appointment. Above all, BE POLITE. Remember, you are going there to ask for their help. Common courtesy will go a long way toward getting that help.

**3. Recommended Attire:** When visiting a legislator's district office, or their capitol office in-between legislative sessions, casual dress is acceptable. For men, this would include a sport shirt or dress shirt and slacks, or even a sport coat. For women, this would include a business dress or pant suit, as well as slacks and a blouse. You will find that the legislators and their staffs usually dress the same way also. However, *please* do not wear T-shirts and jeans or overalls! Remember, you are representing the Ohio Sunshine Health Freedom Coalition. Like it or not, your personal appearance *will* have a direct impact on how you and your message are received. When the legislature is in session, business dress is *definitely* the order of the day. For men, this includes business suits, or sport coats and slacks, with a shirt and tie. For women, this includes business dresses or pant suits.

**4. What to Take with You:** If you plan to talk about a specific legislative issue, be sure you take any support material (e.g., this guide), as well as a copy of the bill with you. If you plan to talk from your laptop/notebook computer, be sure it is fully charged. Perhaps most important, be sure you have a several business cards with you.

**5. The Introduction.** Before you walk into the office, take a deep breath and *relax!!!* Remember, these people represent *you*, and they are interested in what you have to say. When you walk in the door, SMILE and say hello to the receptionist. Introduce yourself, e.g., "Hi, I'm \_\_\_\_\_. I'm here for the 1PM appointment with Representative \_\_\_\_\_." Have a seat, if offered one. When the legislator or his/her staff member comes out to greet you, stand up, look them in the eye, shake their hand, say hello and introduce yourself. Also, *hand them your business card!* This establishes the reason you're here. Tell them in plain English why you're there, e.g., "I'm here as both a constituent and a representative of the Ohio Sunshine Health Freedom Coalition. I'd like to talk to you about supporting and co-authoring our health freedom bill in the 2008 legislative session."

If meeting with a legislator, use their title when addressing them, out of respect (i.e., Representative/Senator Smith). If they ask you to call them by their first name, do so. The same applies to their staff members. If they introduce themselves by their first name (they usually do), go ahead and use it.

**6. The Discussion:** After reviewing this Advocacy Guide, you should be well prepared to tell them what the bill is about, as well as answer any questions. However, it is possible that you may encounter a question that you don't have the answer for. If so, don't try to "wing it," or make up an answer. Simply tell them honestly, "I don't know, but I'll get the answer for you." Most legislators and their staff members will be very polite and listen supportively to what you have to say. However, there have been infrequent instances where legislative staff members have taken a somewhat confrontational stance toward an advocate.

Remember, *keep your cool!* You will likely have to deal with this person in the future, so it will do you no good to become angry and antagonize them. Everyone is entitled to their opinion, even if it disagrees with yours. The goal is to get them to help you and the Coalition, so be patient and stay calm. Even if you don't get their support, the visit has been valuable in identifying a legislator who either will oppose the bill, or simply needs more information. Either way, you will have done a good job.

**7. The Conclusion:** Plan on spending no more than 30 minutes in their office. They are all busy people, and have many other appointments to cover that day. At the end of the discussion, ask "Do you have any further questions?" If they do, either answer them, or tell them you'll get the answer for them shortly. If they don't, ask them "May I count on your (or the Representative's/Senator's) support for our bill?" If they answer yes, ask them to co-author or co-sponsor the bill. When you leave, shake hands once again, thank them for their time, and *ask for their business card.*

**8. The Follow Up:** When you get home, send the legislator or their staff member a quick thank you note or e-mail:

"Dear Representative Smith,

Thank you for taking the time to talk with me yesterday about our health freedom bill. I look forward to working with you in the future to ensure passage of this important piece of legislation. Please let me know if I can answer any further questions you have.

Sincerely,"

## Questions and Answers

### **Why is Health Freedom Important?**

An American citizen's single most important asset is their health. Consequently, their single most important right is the right to bodily integrity, the right to decide for themselves how their bodies are cared for, and what they will put into their bodies. For too long, our society has been literally hypnotized into believing that only one system of health care is effective, safe and even legal. The Ohio Sunshine Health Freedom Coalition fervently believes that health freedom of choice is an inalienable right in our country. It is a cornerstone of the foundation of our free society.

### **I'm not comfortable with unlicensed practitioners offering health advice to my fellow Ohioans. Given the risk to the public, why shouldn't ALL health care practitioners be licensed in Ohio?**

There are two important reasons why. First of all, the vast majority of unlicensed health care practitioners in Ohio offer advice, products and services which the federal Food and Drug Administration (FDA) classifies as "generally recognized as safe" (GRAS). Risk assessment studies conducted in other Western nations conclusively show that the use of natural therapies and nutritional supplements has an extremely low risk, less than that of a lightning strike and just above that of a meteorite strike (See Appendix pages on this). The reason why there haven't been similar studies conducted in the US is the institutional bias the FDA displays for drugs and against natural therapies. If natural therapies were allowed to be proven safer and more effective than drugs, the pharmaceutical industry would go bankrupt overnight. While there have been isolated instances of unlicensed practitioners who operate outside safe parameters, they are no different than their wayward counterparts in the licensed professions, and therefore the public is adequately protected from their actions by existing fraud, malpractice, and misrepresentation laws.

Additionally, since there are over 1,200 natural and alternative health care modalities practiced around the world, and several hundred of them practiced here in Ohio, licensing every modality would require each of them to have separate boards of examiners, licensing requirements, and state government inspectors.

### **It seems to me that the natural and alternative health community can already practice here in Ohio, that you already have health freedom. Why do you need a health freedom bill?**

Periodically, individual medical doctors with an axe to grind will highlight a particular natural or alternative practice they don't particularly like, declare it "unsafe," and file a complaint. Typically, they will single out a practitioner with limited financial resources and, therefore, limited ability to defend themselves. The subsequent legal/administrative action will send a strong deterrent signal to other practitioners, thus effectively restricting their ability to practice, and causing them to limit their public visibility. This has the practical effect of greatly diminishing health freedom of choice for all Ohioans.

Secondly, small special interest groups have attempted to eliminate their competition in the natural and alternative health community by filing licensure bills that seek to collect to themselves the right to practice and determine professional standards in Ohio. Dietitians, by law, are the only ones allowed to associate a relationship with what you eat and your health.

Naturopathy has always taught that certain people have reactions to certain foods, foods can be used to detoxify the body, and supplements and herbs can be introduced to help bring balance to the systems of the body. Because dietitians have an exclusionary right to give advice concerning food, there is an entire science being ignored and persecuted since the enactment of the Dietitian Licensure Law in 1986. Unlicensed practitioners in Ohio have found themselves investigated and prosecuted at a rate of approximately 30 per year, often for merely providing nutritional education. A health freedom bill would require harm or intention of harm before investigations could be initiated and would provide additional protection against such attempted encroachment.

**My medical doctor tells me you people are unsafe. How do you respond?**

The Ohio Sunshine Health Freedom Coalition holds the medical credentials of the state's physicians in the highest esteem. We recognize that there are many fine physicians in Ohio who, on their own initiative, have educated themselves on important complementary healthcare therapies. Many of them support our efforts to enact a health freedom bill. However, the typical physician has not done so. Many physicians are not adequately trained to make informed judgments about the safety and effectiveness of complementary care and nutrition. So when a physician makes such a statement, it is only fair to challenge them on the issue of their personal training in these areas. The statement "I'm a medical doctor" has been factually demonstrated to be insufficient proof of their expertise in natural and alternative health care.

Additionally, the insurance industry provides compelling evidence of the safety of natural and alternative health care practitioners. As opposed to the tens or hundreds of thousands of dollars licensed health care practitioners must spend annually for malpractice insurance, a part time natural or alternative health care practitioner, insured under the title of "Allied Health Practitioner – Nutritionist," can obtain a \$3 million lifetime policy, with coverage of \$1 million per occurrence, for about \$150 per year (See Appendix).

**Your bill doesn't look like anything I've ever seen. What is it supposed to accomplish?**

H.B. 580 empowers Ohio consumers by providing a standardized information framework to enable them to make informed judgments about the vast range of complementary and alternative health care options available to them. Through mandatory disclosure of provider training, experience and practice modalities, it fills an urgent, currently unmet need to clearly outline both the consumer's rights and the responsibilities of the practitioners who provide care.

H.B. 580 recognizes the safety of complementary and alternative modalities. This safety is convincingly demonstrated by the experience of other states with existing health freedom laws; by hard analytical data; and by the risk analysis already performed by the insurance industry - reflected in the significantly lower liability rates offered to complementary and alternative practitioners (as opposed to those offered to licensed practitioners like physicians).

H.B. 580 explicitly recognizes and respects the rights and privileges of licensed health care practitioners by delineating specifically prohibited acts unlicensed practitioners may not perform. In so doing, it places unlicensed complementary and alternative health care

practitioners on notice that violation of these prohibitions would subject them to the full range of existing legal penalties.

This bill helps preserve thousands of entrepreneurial natural and alternative health care businesses in Ohio. In many cases, it ensures thousands more Ohioans will enjoy unrestricted, informed access to their only readily available source of health care. This is especially true of the large Ohio Amish community.

*What impact has the licensure of dieticians and massage therapists had on availability of alternative and complementary choices?*

Licensure defines a scope of practice for a group of practitioners. When the dietician bill was passed in 1983, a group of people obtained the exclusive right to advise Ohioans on dietary issues. That means that no one else, including doctors, can legally talk about the relationship between a person's health and ingested nourishment. Their board polices licensed dieticians, but also looks for people advertising "Nutritional Counseling". On average, 30 people a year have been prosecuted since the bill was passed. There are many Ohioans who have completed a course of study in Naturopathy, or Herbalism who learn about food as it can be used in healing, who are prosecuted by this board. It is illegal to have a different opinion. H.B. 580 will relieve this turf battle by not allowing prosecution unless harm is shown, or intended. You may argue that this is difficult to show, but that's what courts are for, not for prosecuting people who have done no harm.

The passage of the Medical Massage Bill has created an ownership of "touch", disallowing any other style of touch, or body work, like Reiki, to be practiced. The Medical Massage Board has made statements that a Health Freedom Bill would make their education and license useless because anyone could open a massage business. Their license and credentials will still be valuable information for the consumer to consider as they make their choice of massage styles and practitioners.

In fact, if a licensed practitioner wants to practice an unlicensed methodology, H.B. 580 gives them the right to do so, as long as the unlicensed practice is not performed while a person is "holding himself out" as the licensed practitioner. For example, a registered Nurse can practice at the hospital, and then go home and consult with people on wellness programs built around supplements or herbs.

*Why do you oppose a Naturopathic Physician's Licensure bill?*

This type of bill represents an inappropriate, unnecessary and overreaching use of licensure to confer economic advantage upon a small group under the guise of improving health care.

The Ohio consumer's safety is NOT at risk (contrary to the contention of this select group of Naturopathic Physicians, the primary advocate of this bill). This is convincingly demonstrated by the experience of other states with existing health freedom laws, by hard analytical data (See Appendix), and by the risk analysis already performed by the insurance industry (reflected in the significantly lower liability rates offered to unlicensed complementary and



alternative practitioners, as opposed to those offered to licensed practitioners like physicians, see Appendix).

This type of bill would result in the loss of THOUSANDS of entrepreneurial Ohio health care businesses, depriving thousands more Ohioans of, in some cases, their only accessible and affordable source of health care.

*The select group of naturopathic physicians claim that they are protecting the safety of the public with their bill. How do you respond? As the risk assessment studies of the use of natural and alternative therapies conducted in other Western countries clearly demonstrate (See Appendix), there is minimal risk associated with them. While there are certainly isolated instances of people who have had adverse reactions to such therapies, their small numbers certainly don't justify the marginalizing of an entire segment of the health care system under a group whose education in this area is, in most instances, inferior to that of the practitioners they wish to put out of business.*

### **Establishing Personal Relationships with Your State Legislators**

The Texas Health Freedom Coalition is privileged to be assisted by James Jonas, a leading attorney with Holland & Knight, LLP of Washington, DC, nationally recognized as one of the nation's top lobbyists at both the state capitol in Austin and in Washington, DC.

*On the subject of political advocacy, James writes: "Relationships will continue to be the most pervasive factor in political advocacy. What follows is a path for individuals to establish themselves as a part of the fabric of the political community. Those who are not interested in becoming part of this political community should carefully consider whether they can have any realistic expectations of meaningful impact in the political/policy decisions in the State....."*

Your goals in this process are to develop comprehensive relationships with your State Representative and State Senator. If you so choose, you may also participate in the party political process with a focus on the platform and the state convention

Here are some questions that you need to answer in order to effectively participate in this process. Although this is a comprehensive list of questions, you do NOT need to do all of these things! Please decide for yourself what you are willing to do. We recommend, as a minimum, that you be willing to register to vote, actually vote, and write letters and participate in meetings in both your hometown and at the State Capitol.

- Are you registered to vote?
- Are you willing to vote?
- Are you willing to write letters and participate in meetings both in your hometown and at the State Capitol?
- Are you willing to be a volunteer for a political campaign?
- Are you willing to make financial contributions to political campaigns and political action committees?

- Are you willing to participate in the party political process by attending precinct conventions, senatorial conventions, and the state convention of the Republican or Democratic Party for the State of Ohio?

**Citizen Advocacy Checklist**  
**Establishing Personal Relationships with State Legislators**

□ **Identify your State Representative and State Senator.**

Go to [www.legislature.state.oh.us](http://www.legislature.state.oh.us) fill out the information on the bottom right under "Locating Legislators".

□ **Copy district and state capitol contact information for your state representative and state senator.**

□ **Review your State Representative and State Senator's professional and personal information for policy, political, business, and civic connections and priorities.** After you locate your personal senator and representative, click on their name to review all the information listed. Along with their committee assignments, this will give you some insight about their legislative and personal priorities. You may even know someone who is involved in the same business or civic causes, who will be able to help you establish a relationship with this official.

□ **Communicate interest by sending a letter that introduces yourself. Sign-up for your representative's mailings/email newsletters.** See the sample letter in the Appendix.

□ **Begin relationship building.** In addition to the policy reasons for contact (hearings, press statements, regulatory actions), the birthdays of the staff and member, upcoming holidays, and special local sporting or civic events are good reasons for contact.

The goal of your relationship building is meaningful grassroots participation. Some important activities can include:

- *Establish a personal paper trail with the Capitol and the District Office.* For their personal convenience, the official's staff will encourage E-mail. Every form of communication has meaning. However, handwritten letters that are hand delivered have the greatest impact. Be sure each communication to your State Representative and State Senator has your name, address, and district and precinct numbers
- *Engage in the business and civic causes of your State Representative and State Senator.* This may involve volunteer activity, or making a donation to the organization on behalf of the elected official. If you do this be sure you let the official know you have done so!
- *Make political contributions* to your State Representative and State Senator. You may obtain the campaign mailing address from the administrative assistant at either the district or capitol office. Even a \$25 contribution will be meaningful for establishing a personal relationship with that official. Line 52 of your Ohio State Income tax form allows you to designate a \$50 for single or \$100 for joint contribution to the legislator of your choice as a tax deduction.

**Have established points of contact to reach your State Representative and State Senator.** You should contact the district office, the capitol office and the campaign office via phone. Identify yourself as a constituent of the official. Ask the person answering the phone what their position in the office is. Tell them you are interested in legislation to be introduced in the 2008 legislative session and that you would like to contact them again about this issue. Copy down the contact information.

Key contacts to establish:

- State Representative: Capitol Office Contact, District Office Contact, Campaign Office Contact, Business and Civic Contact
- State Senator: Capitol Office Contact, District Office Contact, Campaign Office Contact, Business Civic Contact
- Political Party, County Party Chair, Pct Chair

## Appendices/Supporting Documents

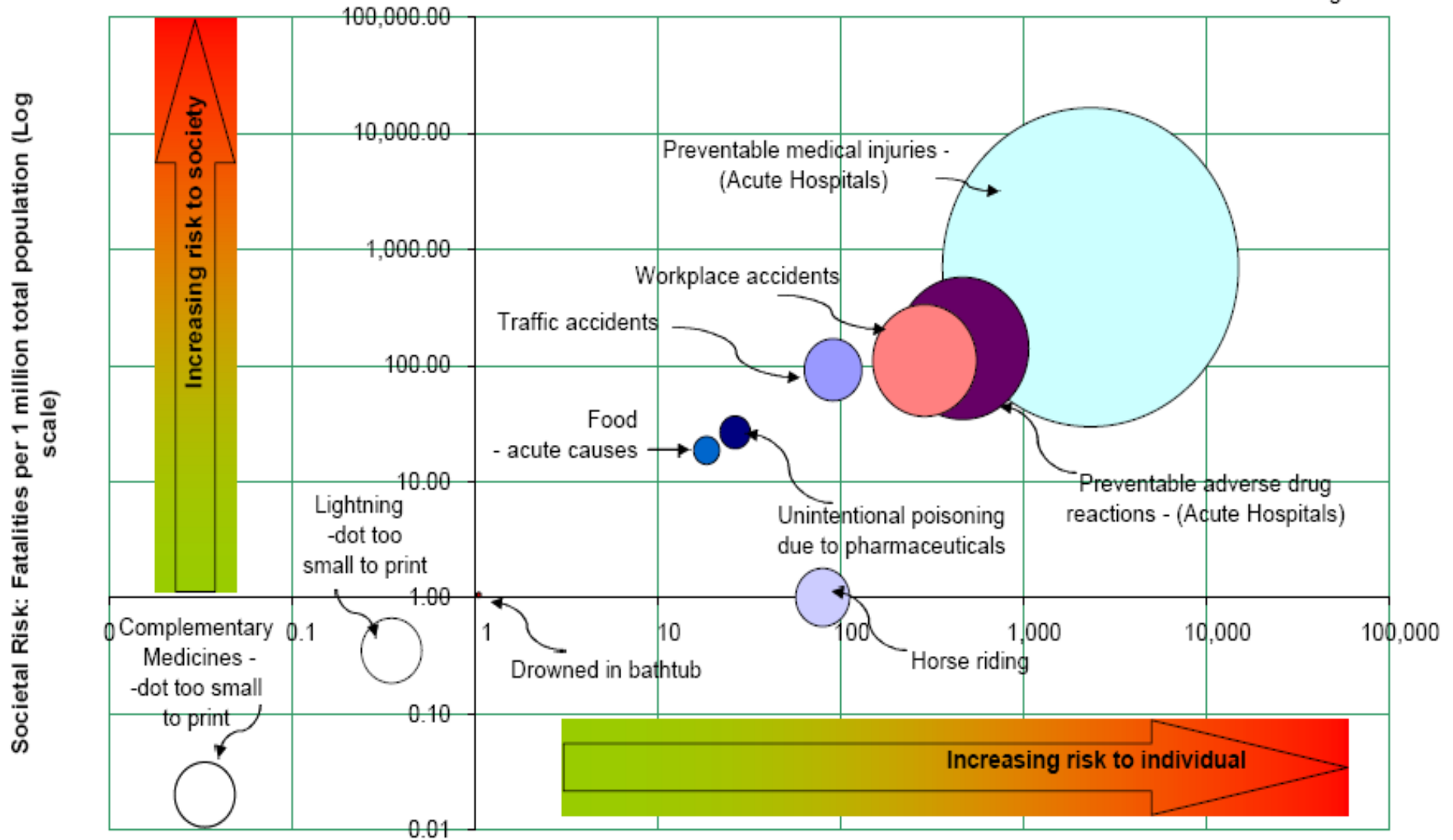
### Table of Contents

Societal vs. Individual Risk in Australia.....	12
Risk of Dying in Canada compared to Being Killed on a Boeing 747 Flight.....	13
"	16
References for above charts	14-15
Risk relative to legal dietary Supplements - Canada.....	17
Report shows top US medical schools offer doctors little mandatory training in complementary and alternative care.....	18
Insurance Policy Declarations Page .....	19
Corporate Sponsors of the American Dietetic Assoc. and its State Chapters.....	20-22
Sample Letter of Introduction to a State Senator or Representative.....	23

# Societal vs Individual Risk in Australia

Bubble size represents risk relative to 1: million individual risk or equivalent to the risk of a single flight on a Boeing 747 anywhere in the world.

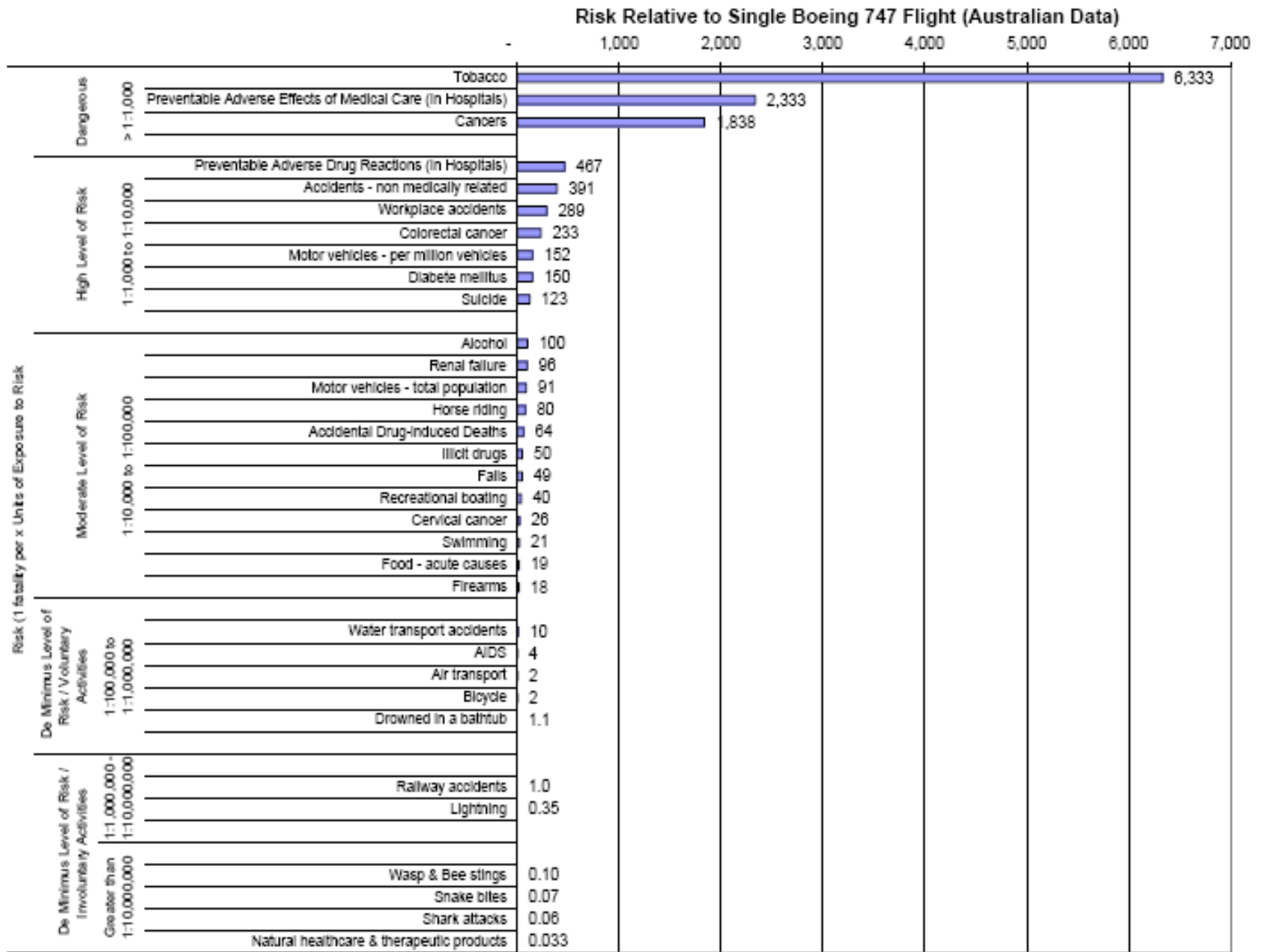
Note: Log scales



Sources: Variety of Australian Government and NGO databases and reports.

Individual Risk: Fatalities per million people at risk (Log scale)

© 2004, Juderon Associates



Sources: Variety of Australian Government and NGO databases and reports.

Food	<a href="http://www.abc.net.au/science/news/stories/s785664.htm">http://www.abc.net.au/science/news/stories/s785664.htm</a>
Population data	<a href="http://www.abs.gov.au/Ausstats/abs%40.nsf/0d06660592430724fca2568b5007b8619/797f66dbd192b8f8ca2566a9001393cd!OpenDocument">http://www.abs.gov.au/Ausstats/abs%40.nsf/0d06660592430724fca2568b5007b8619/797f66dbd192b8f8ca2566a9001393cd!OpenDocument</a>
Perinatal deaths	<a href="http://www.abs.gov.au/Ausstats/abs@.nsf/0/2093da6935db138fca2568a9001393c9?OpenDocument">http://www.abs.gov.au/Ausstats/abs@.nsf/0/2093da6935db138fca2568a9001393c9?OpenDocument</a>
bathub drownings	<a href="http://www.abs.gov.au/Ausstats/abs@.nsf/0/910ae60799736a86ca256a7100188a5c?OpenDocument">http://www.abs.gov.au/Ausstats/abs@.nsf/0/910ae60799736a86ca256a7100188a5c?OpenDocument</a>
Airlines	<a href="http://www.abs.gov.au/Ausstats/abs@.nsf/0/e4e3096c63d5bf4fca256dea00053a3c?OpenDocument">http://www.abs.gov.au/Ausstats/abs@.nsf/0/e4e3096c63d5bf4fca256dea00053a3c?OpenDocument</a>
Causes of Death, Australia	<a href="http://www.abs.gov.au/Ausstats/abs@.nsf/lookup/0731537C62865846CA256DEF007CBD89">http://www.abs.gov.au/Ausstats/abs@.nsf/lookup/0731537C62865846CA256DEF007CBD89</a>
Injuries and deaths due to external causes	<a href="http://www.abs.gov.au/Ausstats/abs@.nsf/lookup/DAA81AFAFCBB1F8ECA256C0F00038E96">http://www.abs.gov.au/Ausstats/abs@.nsf/lookup/DAA81AFAFCBB1F8ECA256C0F00038E96</a>
80,000 admissions due to adverse effects of pharmaceuticals	<a href="http://www.abs.gov.au/Ausstats/abs@.nsf/lookup/2093DA6935DB138FCA2568A9001393C9">http://www.abs.gov.au/Ausstats/abs@.nsf/lookup/2093DA6935DB138FCA2568A9001393C9</a>
Injuries & poisoning	<a href="http://www.abs.gov.au/Ausstats/abs@.nsf/lookup/41B9FAEFC2EF32E5CA256B35001586CF">http://www.abs.gov.au/Ausstats/abs@.nsf/lookup/41B9FAEFC2EF32E5CA256B35001586CF</a>
33030_2002.pdf	<a href="http://www.abs.gov.au/Ausstats/subscriber.nsf/log?openagent&amp;33030%5F2002%2Epdf&amp;3303%2E0&amp;Publication&amp;632327CB179DB59BCA256DEF0075E998&amp;27&amp;2002&amp;02%2E12%2E2003&amp;Latest">http://www.abs.gov.au/Ausstats/subscriber.nsf/log?openagent&amp;33030%5F2002%2Epdf&amp;3303%2E0&amp;Publication&amp;632327CB179DB59BCA256DEF0075E998&amp;27&amp;2002&amp;02%2E12%2E2003&amp;Latest</a>
Complementary medicines	<a href="http://www.acnem.org/journal/pdf_files/22-2_august_2003/22-2_complementary_medicine.pdf">http://www.acnem.org/journal/pdf_files/22-2_august_2003/22-2_complementary_medicine.pdf</a>
Falls	<a href="http://www.ageing.health.gov.au/foia/documents/pdf/pa5214b.pdf">http://www.ageing.health.gov.au/foia/documents/pdf/pa5214b.pdf</a>
Illicit drugs	<a href="http://www.aic.gov.au/publications/facts/2003/fig101102.html">http://www.aic.gov.au/publications/facts/2003/fig101102.html</a>
Drugs	<a href="http://www.aic.gov.au/research/drugs/deaths/">http://www.aic.gov.au/research/drugs/deaths/</a>
Alcohol	<a href="http://www.aic.gov.au/research/drugs/stats/consumption/alcohol-country-2000.html">http://www.aic.gov.au/research/drugs/stats/consumption/alcohol-country-2000.html</a>
Illicit drug use - recent use	<a href="http://www.aic.gov.au/research/drugs/stats/recent/recentuse-any01.html">http://www.aic.gov.au/research/drugs/stats/recent/recentuse-any01.html</a>
Colorectal cancer	<a href="http://www.aihw.gov.au/mortality/data/current_data.html">http://www.aihw.gov.au/mortality/data/current_data.html</a>
Cervical cancer	<a href="http://www.aihw.gov.au/publications/can/csa99-01/csa99-01.pdf">http://www.aihw.gov.au/publications/can/csa99-01/csa99-01.pdf</a>
Cervical cancer	<a href="http://www.aihw.gov.au/publications/can/csa99-01/csa99-01pt1-c03.pdf">http://www.aihw.gov.au/publications/can/csa99-01/csa99-01pt1-c03.pdf</a>
Injury admissions	<a href="http://www.aihw.gov.au/publications/hse/ahs01-02/ahs01-02.pdf">http://www.aihw.gov.au/publications/hse/ahs01-02/ahs01-02.pdf</a>
Iatrogenic Injury in Australia Report	<a href="http://www.apsf.net.au/Iatrogenic%20Injury.pdf">http://www.apsf.net.au/Iatrogenic%20Injury.pdf</a>
80,000 admissions due to adverse effects of pharmaceuticals	<a href="http://www.archi.net.au/content/index.phtml/itemid/120309">http://www.archi.net.au/content/index.phtml/itemid/120309</a>
Traffic	<a href="http://www.atsb.gov.au/public/discuss/cross_modal.cfm">http://www.atsb.gov.au/public/discuss/cross_modal.cfm</a>
Unlicensed driver fatalities	<a href="http://www.atsb.gov.au/road/stats/pdf/nevlicen.pdf">http://www.atsb.gov.au/road/stats/pdf/nevlicen.pdf</a>
Traffic deaths - decline over 60 years	<a href="http://www.btre.gov.au/docs/r104.htm/chapter3.htm">http://www.btre.gov.au/docs/r104.htm/chapter3.htm</a>
Food	<a href="http://www.odc.gov/inclodod/EID/vol5no5.pdf/mead.pdf">http://www.odc.gov/inclodod/EID/vol5no5.pdf/mead.pdf</a>
Supplement use - military	<a href="http://www.defence.gov.au/dpe/dhs/infocentre/publications/directives/HD271.pdf">http://www.defence.gov.au/dpe/dhs/infocentre/publications/directives/HD271.pdf</a>
Injury prevention	<a href="http://www.dhs.vic.gov.au/nphp/publications/sjpp/imp_plan.pdf">http://www.dhs.vic.gov.au/nphp/publications/sjpp/imp_plan.pdf</a>
Natural disasters	<a href="http://www.ema.gov.au/ema/hwpattach.nsf/viewasattachmentPersonal/143D190B91B5EDB3CA256CDA0081778D/\$file/Planning%20Safer%20Communities.pdf">http://www.ema.gov.au/ema/hwpattach.nsf/viewasattachmentPersonal/143D190B91B5EDB3CA256CDA0081778D/\$file/Planning%20Safer%20Communities.pdf</a>
Food	<a href="http://www.foodstandards.gov.au/mediareleasespublications/speeches/speeches1999/foodregulationInaust338.cfm">http://www.foodstandards.gov.au/mediareleasespublications/speeches/speeches1999/foodregulationInaust338.cfm</a>

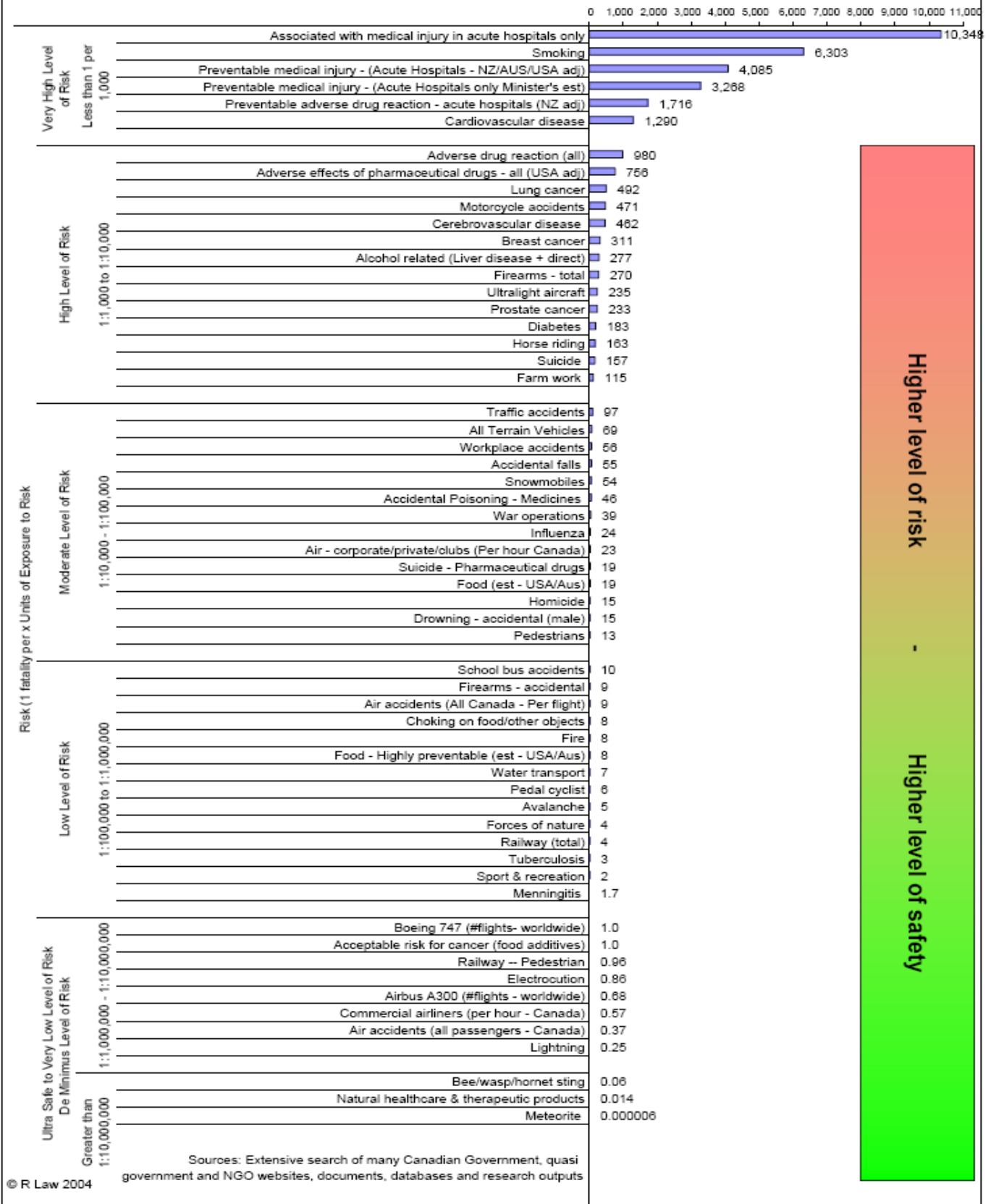
80,000 admissions due to adverse effects of pharmaceuticals	<a href="http://www.health.gov.au/mediare/1yr2000/gbgt20017.htm">http://www.health.gov.au/mediare/1yr2000/gbgt20017.htm</a>
Injury prevention workforce	<a href="http://www.health.gov.au/pubhith/strateg/injury/pdf/discussion_feb02.pdf">http://www.health.gov.au/pubhith/strateg/injury/pdf/discussion_feb02.pdf</a>
Causes of death	<a href="http://www.health.gov.au/pubs/cmo/cmo2001/cmo2001_7.pdf">http://www.health.gov.au/pubs/cmo/cmo2001/cmo2001_7.pdf</a>
140,000 hospital admissions due to adverse effects of pharmaceuticals	<a href="http://www.medicconnect.gov.au/what.htm">http://www.medicconnect.gov.au/what.htm</a>
Snorkeling	<a href="http://www.mja.com.au/public/issues/171_11_061299/edmonds/edmonds.html">http://www.mja.com.au/public/issues/171_11_061299/edmonds/edmonds.html</a>
Medical misadventure -- Official using ICD codes	<a href="http://www.nisu.flinders.edu.au/data/phonebook/phbkanswer.php">http://www.nisu.flinders.edu.au/data/phonebook/phbkanswer.php</a>
ICD Coded Injury data for Australia - Searchable	<a href="http://www.nisu.flinders.edu.au/data/phonebook/phbkquery.php?datagroup=3">http://www.nisu.flinders.edu.au/data/phonebook/phbkquery.php?datagroup=3</a>
Bicycle	<a href="http://www.nisu.flinders.edu.au/data/phonebook/phbkquery.php?datagroup=4">http://www.nisu.flinders.edu.au/data/phonebook/phbkquery.php?datagroup=4</a>
Firearms	<a href="http://www.nisu.flinders.edu.au/data/phonebook/queries/guns.php">http://www.nisu.flinders.edu.au/data/phonebook/queries/guns.php</a>
Horse	<a href="http://www.nisu.flinders.edu.au/pubs/bulletin24/bulletin24.pdf">http://www.nisu.flinders.edu.au/pubs/bulletin24/bulletin24.pdf</a>
Horse riding	<a href="http://www.nisu.flinders.edu.au/pubs/bulletin24/bulletin24-Mortalit.html">http://www.nisu.flinders.edu.au/pubs/bulletin24/bulletin24-Mortalit.html</a>
Injury data	<a href="http://www.nisu.flinders.edu.au/pubs/reports/2002/injcat45.pdf">http://www.nisu.flinders.edu.au/pubs/reports/2002/injcat45.pdf</a>
Injury admissions 1998-1999	<a href="http://www.nisu.flinders.edu.au/pubs/reports/2002/injcat46.pdf">http://www.nisu.flinders.edu.au/pubs/reports/2002/injcat46.pdf</a>
Dog Injuries and deaths	<a href="http://www.nisu.flinders.edu.au/pubs/shortreps/canines.html">http://www.nisu.flinders.edu.au/pubs/shortreps/canines.html</a>
Airplanes	<a href="http://www.safe-skies.com/safety_by_the_numbers.htm">http://www.safe-skies.com/safety_by_the_numbers.htm</a>
Medicines Safety Report	<a href="http://www.safetyandquality.org/articles/Publications/med_saf_rept.pdf">http://www.safetyandquality.org/articles/Publications/med_saf_rept.pdf</a>
Is your medication just money down the drain?	<a href="http://www.uq.edu.au/news/index.phtml?article=4137">http://www.uq.edu.au/news/index.phtml?article=4137</a>
Sharks	<a href="http://www.zoo.nsw.gov.au/content/view.asp?id=235">http://www.zoo.nsw.gov.au/content/view.asp?id=235</a>



# Risk of Dying in Canada Compared to Being Killed on a Boeing 747 Flight

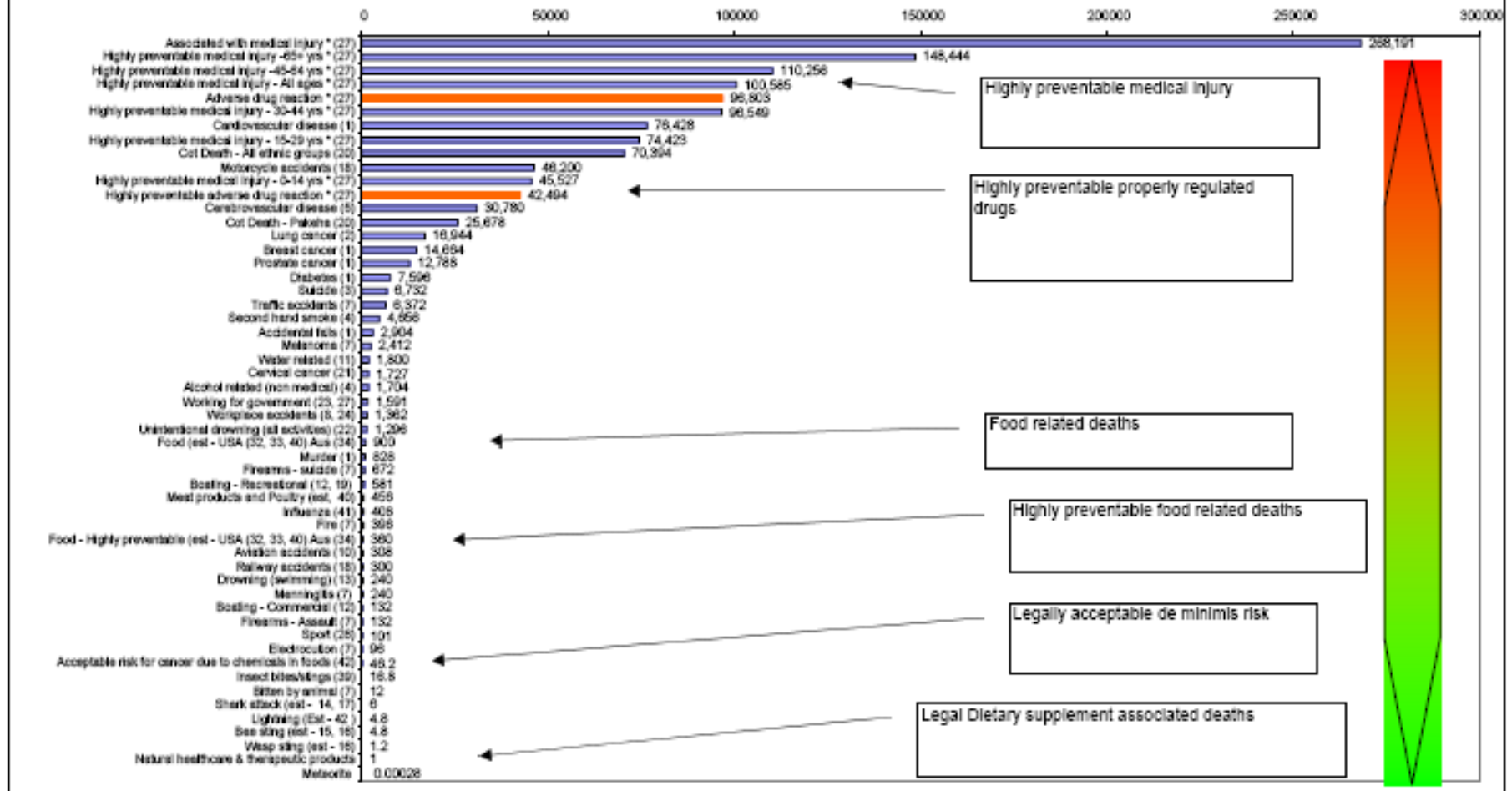
(See separate table for units of risk used)

Relative risk



# Risk relative to legal dietary supplements

(c) RLaw 2002



MANDATORY NUTRITION AND CAM TRAINING AT TOP US MEDICAL SCHOOLS

MEDICAL SCHOOL	NUTRITION TRAINING*	CAM TRAINING*
1. Harvard University (MA)	2 Semester Hours	None Listed
2. Johns Hopkins University (MD)	None Listed	None Listed
3. University of Pennsylvania	One four week combined course	None Listed
4. University of California–San Francisco	One combined course	One combined course
4. Washington University in St. Louis (MO)	One week combined course	None Listed
6. Duke University (NC)	None Listed	None Listed
7. Stanford University (CA)	None Listed	None Listed
7. University of Washington	One two week course	None Listed
9. Yale University (CT)	None Listed	None Listed
10. Baylor College of Medicine (TX)	One six week combined course	None Listed
11. Columbia U. College of Physicians and Surgeons (NY)	Award winning 4 year program	None Listed
11. University of California–Los Angeles (Geffen)	One combined course	None Listed
11. University of Michigan–Ann Arbor	None Listed	None Listed
14. University of California–San Diego	One combined course	None Listed
15. Cornell University (Weill) (NY)	5 clock hours	3 clock hours
16. University of Pittsburgh	8 clock hours	2 clock hours
17. University of Chicago (Pritzker)	20 clock hours	None Listed
17. Vanderbilt University (TN)	None Listed	None Listed
19. U. of Texas Southwestern Medical Center–Dallas	None Listed	None Listed
20. Northwestern University (Feinberg) (IL)	One combined course	8 clock hours (est.)
20. University of North Carolina–Chapel Hill	One combined course	None Listed
22. Case Western Reserve University (OH)	12 week course	None Listed
22. Mayo Medical School (MN)	None Listed	None Listed
22. University of Alabama–Birmingham	50 clock hour course	None Listed
25. University of Virginia	None Listed	None Listed
UT Health Sciences Center – San Antonio	One conference	None Listed
UT Health Sciences Center - Houston	None Listed	None Listed

\* The term “combined course” indicates that the nutrition and/or complementary care training was combined with another subject area, e.g., nutrition with gastroenterology. No subject-specific breakout of the course content was offered in the curricula.

**MEDICAL PROFESSIONAL LIABILITY OCCURRENCE INSURANCE POLICY**

Region	Producer	Issued	Prior Certificate Number	Purchasing Group Policy Number
23	0001614	11/10/06	AHL-2806579	44-2010129

Offered through **Allied Health Purchasing Group Association**

**SECTION I**

**DECLARATIONS**

Item **CERTIFICATE NUMBER: AHL 2806579**

1. Named Insured:

---

2. Mailing Address: C/O

---

3. Policy Period: From: 11/06/2006 To: 11/06/2007  
12:01 A.M. Standard Time At Location of Designated Premises

---

4. Business or Profession: Affiliation: **ALLIED HEALTH PROFESSION  
NUTRITIONIST  
S/E 20 HOURS OR LESS A WEEK**

---

5. The Named Insured is a(n):  Partnership  Corporation  Individual  
 Sole Proprietor (with employees)  Other:

This policy is made and accepted subject to the printed conditions of this policy together with the provisions, stipulations and agreements contained in the following forms(s) or endorsements(s):  
PLE-2087(04/00), PLJ-2037(05/98), PON-2003, POE-2151(10/98)

**SECTION II**

Item	COVERAGE	Premium
A.	Professional Liability <input checked="" type="checkbox"/>	\$132.00
B.	General Liability <input type="checkbox"/>	
	Endorsements <input type="checkbox"/>	
<b>TOTAL:</b>		<b>\$132.00</b>

**LIMITS OF LIABILITY**

**\$ 1,000,000** each Incident and  
each Occurrence **\$ 3,000,000** Aggregate

**SECTION III**

**SUPPLEMENTARY PAYMENTS**

- A. First Party Assault
- B. Licensing Board Reimbursement
- C. Wage Loss and Expense
- D. Deposition Expense
- E. First Aid Reimbursement

Representative Agent or Broker

BROKER: 0531

MARSH Affinity Group Services  
a service of SEABURY & SMITH  
1440 RENAISSANCE DRIVE  
PARK RIDGE, IL 60068

WENDELL WHITMAN CO.  
401 KINGS HIGHWAY  
WINONA LAKES, IN 46590

PLP-2037 (05/98) 1-800-503-9230  
PLP-2337 (PRINT)

**INSURED COPY**

Corporate Sponsors of the American Dietetic Association and its State Chapters

Current as of March 2008. Web link:

[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home\\_10575\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_10575_ENU_HTML.htm)

**Corporate Sponsors**

The American Dietetic Association would like to recognize and thank our Corporate Sponsors for their generous support of ADA events and programs. Click on a logo to be connected to a sponsor's Web site.

**ADA Partners**



Unilever, one of the world's largest consumer products companies, aims to add vitality to life by meeting everyday needs for nutrition, hygiene and personal care. Each day, around the world, consumers make 150 million decisions to purchase Unilever products. The company has a portfolio of brands that make people feel good, look good and get more out of life. Unilever in the United States employs approximately 15,000 people in 66 offices and manufacturing sites in 24 states and Puerto Rico — generating more than \$9 billion in sales in 2005. For more information, visit [www.unileverusa.com](http://www.unileverusa.com).



**NATIONAL DAIRY COUNCIL**

National Dairy Council® (NDC) is a non-profit organization dedicated to dairy nutrition research, innovation and education since 1915. NDC is committed to providing scientifically sound nutrition information to physicians, dietitians, nurses, educators, consumers and the media concerned about fostering a healthier society. The 3-a-Day™ of Dairy campaign, a nutrition-based education and marketing program launched by the National Dairy Council®, promotes the USDA's Dietary Guidelines that Americans include at least three servings of low fat and fat free dairy in their diet each day to ensure adequate consumption of important nutrients. For more information, visit [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org).



As one of the world's largest over-the-counter consumer healthcare products companies, employing approximately 14,000 associates in North America alone, GlaxoSmithKline (GSK) Consumer Healthcare's mission is to improve the quality of human life by enabling people to do more, feel better and live longer. GSK Consumer Healthcare's portfolio of more than 30 well-known over-the-counter brands generated \$5.46 billion in worldwide sales in 2005. Every day, more than 200 million people around the world use GSK brand toothpaste and more than six million people have quit smoking successfully using GSK products. For more information, visit [www.gsk.com](http://www.gsk.com).





Dedicated to helping consumers make healthy dining decisions away from home, ARAMARK offers innovative nutrition education and healthier dining programs to more than 15 million consumers worldwide. As one of America's largest employers of dietitians, ARAMARK has enjoyed a long history with the American Dietetic Association. ARAMARK provides award-winning food services, facilities management, and uniform and career apparel to healthcare institutions, universities and school districts, stadiums and arenas, and businesses. In FORTUNE magazine's list of "America's Most Admired Companies," ARAMARK has consistently ranked since 1998 as one of the top three most admired companies in its industry. Headquartered in Philadelphia, ARAMARK has approximately 240,000 employees serving clients in 18 countries. For more information, visit [www.aramark.com](http://www.aramark.com).



PepsiCo is one of the world's largest food and beverage companies, with 2006 annual revenues of more than \$35 billion. The company operates in nearly 200 countries, and employs more than 168,000 people worldwide. PepsiCo's commitment to sustainable growth, defined as Performance with Purpose, is focused on generating healthy financial returns while giving back to communities the company serves. This includes meeting consumer needs for a spectrum of convenient foods and beverages, replenishing the environment through water, energy and packaging initiatives, and supporting its employees through a diverse and inclusive environment that recruits and retains world-class talent. For more information, visit [www.pepsico.com](http://www.pepsico.com).



The Coca-Cola Company, the world's largest beverage company, markets more than 400 brands in 200 countries, including sparkling and diet beverages, juices and juice drinks, waters, teas, coffees, energy and sports drinks. Our commitments to beverage innovation and sustainable growth include our Beverage Institute for Health & Wellness and global initiatives that improve lives in the communities we serve, conserve water, reduce energy use, and turn packaging waste into a reusable resource. Nutrition experts with our Beverage Institute lead our Company's clinical research programs and serve as a resource for health professionals and others interested in the science of beverages and their role in living well. To learn more about The Beverage Institute, visit [www.thebeverageinstitute.org](http://www.thebeverageinstitute.org).

#### Premier Sponsors



Kellogg Company was founded by W.K. Kellogg in 1906 with a focus on health and wellness that remains a cornerstone of the company's mission today. Through our products, packaging, community efforts, sponsorships and nutrition education initiatives, we're committed to helping consumers maintain a healthy diet and an active lifestyle. With 2005 sales in excess of \$10 billion, Kellogg Company (NYSE: K) is the world's leading producer of cereal and a leading producer of convenience foods. Kellogg products are manufactured in 17 countries and marketed in more than 180 countries around the world. For more information, visit the Kellogg Nutrition Web site at [www.kelloggnutrition.com](http://www.kelloggnutrition.com).

General Mills is committed to nourishing lives through health and wellness. As the world's sixth largest food company, we market foods in more than 100 countries around the world, with annual net sales of \$12.5 billion worldwide. The General Mills Bell Institute of Health and Nutrition and its staff of doctorate- and master-level scientists and registered dietitians reflect General Mills' ongoing commitment to nourishing lives. The role of the Bell Institute is to provide



nutrition expertise and guidance to General Mills as well as serve as a resource for health professionals. Explore our health professional Web site for free science-based patient education materials and continuing education programs at [www.bellinstitute.com](http://www.bellinstitute.com)



To address heart health through cholesterol reduction, Cargill manufactures and markets the CoroWise™ brand of plant sterols, which is a naturally sourced ingredient now available in a variety of foods including skim milk, orange juice, granola bars, bread and cheese. Plant sterols have been clinically shown to lower LDL (bad) cholesterol when consumed twice daily with meals as part of diet low in saturated fat and cholesterol. They are also recognized by a Food and Drug Administration health claim as a dietary approach for reduced risk of heart disease. Cargill is committed to nourishing people and their potential in communities where our 153,000 employees in 66 countries live and work. For more information, visit [www.corowise.com](http://www.corowise.com).

Mars, Incorporated is a privately-held company that produces some of the world's leading snackfood, food, petcare, beverage and health and nutrition products, and operates in more than 65 countries. Headquartered in McLean, Virginia, Mars, Incorporated employs more than 9,000 associates in the United States and 40,000 associates worldwide with 52 manufacturing facilities nationally and well over 100 manufacturing facilities globally. The company's global sales exceed \$21 billion annually. For more information, visit [www.mars.com](http://www.mars.com).



After nearly 100 years as one of the world's most respected names for nutritional products, Ross is changing its name to Abbott Nutrition. As a division of Abbott, Abbott Nutrition remains committed to the highest standards of quality, excellence and innovation. The company develops a wide range of science-based infant formulas, medical nutritional, nutrition and energy bars, and related products to support the growth, health and wellness of infants, children and adults in more than 130 countries worldwide. Abbott Nutrition's cutting-edge science is behind some of the world's most trusted names in the nutritional market. For more information, visit [www.abbottnutrition.com](http://www.abbottnutrition.com).

SAMPLE LETTER OF INTRODUCTION TO A LEGISLATOR

(Your name)  
(Your address)  
(Your city, state, zip)  
State Rep. District (number), Voting Precinct (number)

The Honorable Representative (Name)  
(Address)  
(City,State Zip)

Dear Representative (last name):

I am writing to request that I be added to your mailing list, either by direct mail or E-mail ([your E-mail address here](#)). Also, please send me notification of your upcoming town hall meetings, so that (spouse name) and I can make arrangements to attend.

I am also a supporter of the Ohio Sunshine Health Freedom Coalition ([www.ohiosunshinehealthfreedom.info](http://www.ohiosunshinehealthfreedom.info)), which advocates for natural and alternative health solutions for the people of Ohio. Our Coalition is sponsoring a bill to protect access to natural and alternative health care during the 2008 legislative session, and I will be contacting your staff shortly to discuss with them and you the possibility of your co-authorship or co-sponsorship of our bill.

I am looking forward to hearing from you.

Sincerely,

(Your name)