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Ms. Nancy Crane:

Re: Codex Proposed Draft Guidelines for Vitamin and Mineral Supplements

I am VERY concerned about the proposal of the Codex committee and when they state that "Most people who have access to a balanced diet can usually obtain all the nutrients they require from their normal diet".....To this I say read Senate Document #264 written by Rex Beach at the 74th Congress, 2nd. Session back in 1936 which states that "The soil is so nutritionally deficient of minerals that it will NOT supply the necessary nutrition for good health." At that time Congress was not about to spend the dollars necessary to repair our nation's farm and soil ranges.....so, here we are today in 2002 with sicker soil than ever due to the greed of some and the lack of knowledge of others.

At this point in time, myself and many other Americans are managing to stay quite healthy due to our access of vitamins, minerals and herbal supplements that our bodies require daily. As we cannot get these necessary nutrients from food (as stated in Senate Document #264 back in 1936) we must get them in supplement form. The soil is so lacking in mineral content that what little vitamins we get from the food we eat does NO GOOD, as they need the minerals which work as a catalyst.

As I read the Codex Proposal article 3.2 CONTENTS OF VITAMINS AND MINERALS it looks as if their proposal is to keep the level of vitamins and minerals at such a low level that one CANNOT STAY HEALTHY and will have to rely on the pharmaceuticals as our only choice. It is a known fact that drugs, as a rule, cannot cure anything but often times just sustain a quality of life that no one desires to have. An to make matters worse, greed has caused the cost of these drugs to skyrocket to the point where those who do not have good insurance cannot afford them.

I am not against Doctors or Hospitals, as we need them when a child enters this life and in times of accident or trauma. I prefer to use vitamins, minerals and herbs as a preventative therapy. I believe I know my body better than anyone and if I listen to my body and observe how my body reacts to anything I choose to put into it, I can take charge of my own health care.

Whether you are a believer in preventative or alternative therapy, I, on behalf of myself and all of America ask you to..... PLEASE DO NOT ALLOW CODEX ALIMENTARIUS COMMISSION TO TAKE THIS RIGHT AWAY FROM US! WE BELIEVE THIS FREEDOM OF CHOICE SHOULD BE OURS TO KEEP AS IS, AND THAT VITAMINS, MINERALS AND HERBAL SUPPLEMENTS SHOULD NOT BE REGULATED BY ANY AGENCY.

Thank you for you time,

God bless!

Pat I. Watkins
Patw@cei.net