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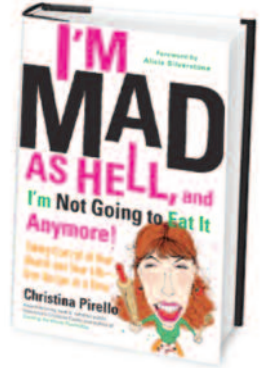
## Leadership



# Heroes of the Month

Christina Pirello and Jonathan W. Emord are my heroes of the month.

Christina, the Emmy award-winning star of *Christina Cooks*, just released *I'm Mad as Hell, and I'm Not Going to Eat It Anymore*—one of the best books I've read on taking control of your health and your life. Christina wants us to cook at home more often with a higher proportion



of plant-based and organically grown and raised foods in order for us to combat our growing obesity problem. She notes, "A 2003 study done by Harvard economists revealed that the rise of food preparation outside the home could easily explain the accelerated rise in obesity in this country." And she gives her readers great tips on how to declutter their lives and kitchens to help make these lifestyle changes.

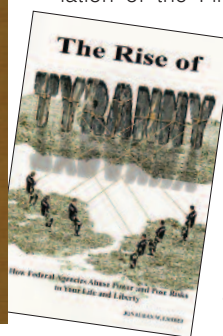
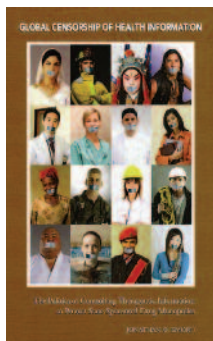
One of the points Christina makes is that foods are, in a sense, natural medicines—which brings us to my second hero of the month, Jonathan Emord.

I love Emord's books, *Global Censorship of Health Information* and *The Rise of Tyranny*. Emord, a constitutional lawyer, took on the Food and Drug Administration (FDA) in 1994. Representing scientists and authors, Durk Pearson and Sandy Shaw, he sued the FDA for censoring health information that explained how dietary supplements can help prevent, and aid in treatment of, disease. The principal result of that battle was a landmark 1999 Court of Appeals decision (*Pearson v. Shalala*) that held the FDA in violation of the First Amendment and relinquished the FDA's

power to censor health claims.

Yet, after winning, an attorney in the FDA Chief Counsel's office told Emord, "Jonathan, the FDA will never abide by the *Pearson* decision."

As Emord writes, "His words pierced to the very core of my being. Here was an agency's legal officer telling me that the agency was, intentionally, lawless."



Even today, as I have reported in this column, the FDA, together with the Federal Trade Commission, continues to attack the natural health and nutrition fields, censoring important information on the link between nutrients and disease prevention. Most recently, the federal agencies have attacked Maxam Labs of Hood River, Oregon, using SWAT teams and questionably unconstitutional tactics to intimidate them into silence. Other companies have also faced such intimidating tactics even when speaking the truth. These agencies are in league with Big Pharma and their unbalanced approach to regulation is obscene.

Emord continues the good fight on behalf of clients across the nation. It is also up to you to read magazines like *Healthy Living* that bring you this information—despite the lawless attacks on our First Amendment rights.

I strongly recommend these books. They are both taking on the establishment in ways that are absolutely critical. Remember, your health and medical freedoms are as important as your right to free speech. It is all one, and right now, too many well-intentioned companies are being censored from speaking the truth.

*David Steinman*

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→ Jonathan Emord will be speaking along with other defenders of health and medical freedom March 2-4 at the Health Freedom Expo in Long Beach, California. For more information, visit [www.healthfreedomexpo.com](http://www.healthfreedomexpo.com).

→ For more information on Christina Pirello's new book, her exciting vegan cruise in March, and Emmy award-winning television series, visit [www.christinacooks.com](http://www.christinacooks.com).

→ David Steinman is a candidate for congress in the 33rd District in California. Visit [www.steinman2012.com](http://www.steinman2012.com) for more information and to contribute to his campaign which will defend our health and medical freedoms.