

Micronutrients Help Improve Immune Deficiencies

- Support from
WHO/UNICEF and other
UN Organisations -

THE POSITION OF THE WORLD HEALTH ORGANISATION AND OTHER UN ORGANISATIONS ON MICRONUTRIENTS IN FIGHTING IMMUNE DEFICIENCIES AND AIDS

The SAMA functionaries and the TAC repeatedly refer to an alleged position of the World Health Organisation (WHO) purportedly discouraging the use of vitamins in the global fight against immune deficiencies and AIDS. Moreover, the SAMA functionaries and the TAC rowdies portray themselves as the implementers of WHO policies in South Africa when promoting toxic ARV drugs and when fighting the use of micronutrients in the battle against AIDS. This representation by SAMA and the TAC is false too.

The WHO was founded in 1948 with the goal to achieve the maximum level of health for people worldwide. One of the ways to achieve this goal engraved in the WHO constitution is “to promote the improvement of nutrition.” The commitment of the WHO to its constitution is documented by the following facts:

THE CONSTITUTION OF THE WORLD HEALTH ORGANISATION

“The health of all peoples is fundamental to the attainment of peace and security and is dependent upon the fullest co-operation of individuals and States. (...)

*To promote, in co-operation with other specialised agencies where necessary, the **improvement of nutrition**, housing, sanitation, recreation, economic or working conditions and other aspects of environmental hygiene.”*

The WHO Constitution was signed on July 22, 1946 by the representatives of 61 States and entered into force on April 7, 1948.

The WHO established a joint WHO / FAO “Expert committee on nutrition” that by 1962 had published no less than six comprehensive reports within the official “World Health Organisation Technical Report Series”. These reports marshalled by experts around the world specified everything from the improvement of general nutrition to the use of vitamins and other micronutrients.

*WORLD HEALTH ORGANIZATION
TECHNICAL REPORT SERIES*

No. 245

**JOINT FAO/WHO
EXPERT COMMITTEE ON
NUTRITION**

Sixth Report

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This table of contents of the 1962 FAO / WHO report leaves no doubt about the significance of nutrition in the global fight against malnutrition, “infections” and other diseases. One year later, in 1963, the pharmaceutical interests began their counter offensive: For almost half a century since, they have tried to abuse the UN organisations to suppress this life-saving information.

It also included recommendations for community gardening and other measures to raise vitamin rich nutrition.*

The WHO reports placed a special focus on the role of nutrition and micronutrients in the fight against immune deficiencies and to improve resistance against infectious diseases. For example the “World Health Organisation Technical Report No. 405” was entitled “Nutritional Anaemia.” This WHO report was specifically dedicated to the close connection between micronutrient deficiency and the impaired production and function of white blood cells, causing of immune deficiencies. The report highlighted the necessity of various micronutrients as being essential for optimum immune function, among others B vitamins, folic acid and iron. The report even included “therapeutic trials” from various countries, e.g. showing a significant decrease of anaemia with micronutrient therapy.*

It would go far beyond the scope of this affidavit to discuss the comprehensive list of publications by the WHO on the use of micronutrients on immune deficiencies. A complete list of these reports can be found in the WHO library.

Thus, while the WHO has acknowledged the important role of micronutrients in fighting anaemia and immune deficiencies decades ago, this basic knowledge of biology is still being questioned by SAMA functionaries and the TAC street pushers today. Considering these facts, the allegations made by these ARV promoters about the position of the WHO on micronutrients are highly deceptive.

Over the past decades, the pharmaceutical interests have infiltrated the World Health Organisation and have been continuously trying to abuse this world body for the promotion of patented drugs and for sidelining micronutrients as effective and safe – but non-patentable – alternatives to drug therapy. A case in point is the so-called, “Codex Alimentarius” commission, an effort by the pharmaceutical lobby to abuse the WHO to ban natural therapies worldwide, which will be described below in more detail.

WORLD HEALTH ORGANIZATION
TECHNICAL REPORT SERIES

No. 405

NUTRITIONAL ANAEMIAS

**Report of a
WHO Scientific Group**

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This WHO report about "Nutritional Anaemias," dating back to 1968, documents that already by then the connection between vitamin deficiencies and anaemias – including immune deficiencies – had been fully recognised. These facts were also the object of many studies around the world – from India to Venezuela. It is high time that health professionals and governments today finally incorporate this life-saving knowledge into public health policies around the world.

To this end, the WHO also recruited staff from around the world who had previously been active in protecting pharmaceutical interests in their countries. One case in point is Precious Matsoso, the former head of the Medicines Control Council (“MCC”) of



Precious Matsoso

South Africa, an organisation that until recently had essentially operated beyond any democratic control with even its member list not being publicly accessible. In late 2004, after having tried to push through legislation for a ban on natural health information in South Africa, she left her job at the “MCC” and became a “coordinator” at the WHO in Geneva. The role of Matsoso and the “MCC” under her leadership will be discussed in greater detail below.

Both the SAMA functionaries and the TAC street pushers had closely cooperated with Matsoso and the previous “MCC”. With Matsoso’s departure to assume a staff position at the WHO in Geneva they now had a “direct line” to the staff level at this and other UN bodies. In this context, it is noteworthy that all the statements submitted by SAMA and TAC as “official statements” by the WHO in an effort to discredit me, were essentially press releases or statements worked out by WHO staffers. The deceptive nature of these “prepared statements” is immediately obvious to everyone who compares them with the position of the governing bodies of the WHO.

The highest authoritative and decision taking body of the WHO is the annual World Health Assembly (WHA). The last WHA took place in Geneva in May 2006 with government representatives from 190 countries, among them presidents and ministers of health. The topic of AIDS was a top priority. In stark contrast to the representations made by SAMA and TAC figure heads about the “official” position of the WHO, this highest authoritative world body of the WHO did not “condemn” micronutrients. To the contrary, the WHA made specific recommendations for the integration of nutritional interventions and micronutrients in the global fight against AIDS.*

It is also noteworthy that Prince Charles, had been invited to give the key note lecture to the very same World Health Assembly in Geneva. On May 20, 2006, Prince Charles told the government officials and health representatives of the entire world about the necessity for global political support for the advances in science-based natural health. Prince Charles urged the world’s health leaders to incorporate the use of nutritional and natural health approaches in fighting today’s global diseases, including AIDS.*

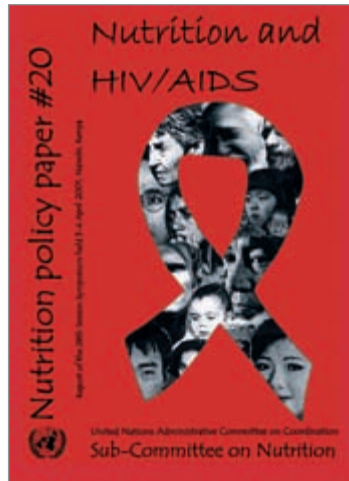
WHO-Reports on Vitamins and Immune Deficiencies

The World Health Organisation in a comprehensive review entitled "Nutrient Requirements for People Living with HIV / AIDS" recommends for the people of the world affected by HIV and AIDS:*

- "HIV infected 6-59 month-old children living in resource-limited settings should receive periodic vitamin A supplements."
- "To prevent anaemia, WHO recommends daily iron-folate supplementation during six months of pregnancy."
- "Adequate micronutrient intake is best achieved through an adequate diet. However, in settings where these intakes and status cannot be achieved, multiple micronutrient supplements may be needed in pregnancy and lactation."

In April 2001, the United Nations held a special symposium in Nairobi, Kenya, entitled "Nutrition and HIV / AIDS." The recommendations of this expert meeting specifically included food fortification as well as nutritional supplementation with vitamins.*

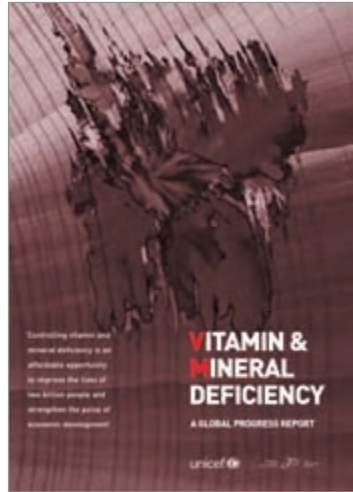
The deceptive and misleading statements presented by the "TAC" and SAMA were not confined to the WHO but included also other international bodies that allegedly spoke out against micronutrients in the global fight against AIDS and other diseases.



UNICEF

A particularly important statement was issued as a “global alarm” by the United Nations Children’s Fund (UNICEF). This 2002 UNICEF report entitled “Vitamin and Mineral Deficiency – A Global Damage Assessment” highlights that two billion people – i.e. every third man, woman and child on our planet – suffer from vitamin and mineral deficiency.*

Following are just a few quotes from this UNICEF “Vitamin and Mineral Deficiency” document that challenge the very basis of this Application:



- The summary on the cover page of this UNICEF report reads: “Vitamin and mineral deficiencies affect a third of the world’s people – debilitating minds, bodies, energies, and the economic prospects of nations. But for once the world is confronted by a problem which could be brought under control in a relatively short time and at a relatively low cost.”
- This UNICEF report reads further: “In May 2002, the General Assembly of the United Nations agreed that the elimination or reduction of vitamin and mineral deficiencies should be one of the principal development goals to be achieved in the early years of the new millennium.”
- Despite the achievements, the fact remains that few nations have moved decisively against vitamin and mineral deficiency by deploying the full range of known solutions on a systematic, nationwide scale. If the goals set by the United

Nations are to be achieved, action against vitamin and mineral deficiency will therefore have to move onto a new level.

- At the end, this UNICEF report makes specific recommendations for immediate global action. Major challenges listed in the report are, among others: Building a New Awareness; Forming National Alliances; Monitoring Progress.“ All of these steps encourage the implementation of this knowledge into national health care policies.
- The addressees of this important UNICEF report are clearly defined: “This summary is being submitted to political leaders and major media in the belief that controlling vitamin and mineral deficiency is an affordable opportunity to improve the lives of two billion people and to strengthen the pulse of economic development.”

These facts from official reports and public policies of leading international bodies challenge not only the validity of the allegations made by SAMA and TAC functionaries, but the very scientific, moral and ethical basis of their accusations.

Beside the WHO and UNESCO, other UN organisations also acknowledge the importance of vitamins and other micronutrients in the global fight against AIDS. One of them is the Food And Agricultural Organisation (FAO). The opposite page documents excerpts of a comprehensive list of “Important vitamins and minerals for people living with HIV/AIDS”.

The full list is documented on the FAO at www.fao.org/DOCREP/005/Y4168E/y4168e13.htm#P856_10049.

Annex 3

Important vitamins and minerals for people living with HIV/AIDS

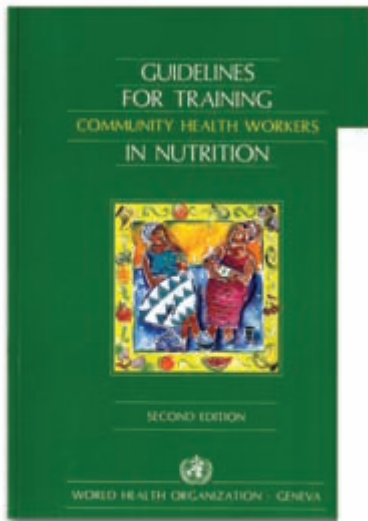
Micronutrient	Role	Source
Vitamin A	Makes white blood cells – essential for vision, healthy skin and mucosa, teeth and bone development. Protects against infection associated with accelerated HIV progression, increased adult mortality, increased mother to child transmission, higher infant mortality and child growth failure	All yellow and orange fruit and vegetables, dark green leafy vegetables, alfalfa, liver, oily fish, dairy products and egg yolks
Thiamine Vitamin B ₁	Important for energy metabolism, supports appetite and nervous system functions	Whole-grain cereals, beans, meat and poultry and fish
Riboflavin Vitamin B ₂	Important for energy metabolism, supports normal vision, health and integrity of skin	Milk, yoghurt, meat, green leaves and whole-grain cereals
Niacin Vitamin B ₃	Essential for energy metabolism, supports health and integrity of skin, nervous and digestive systems	Milk, fish, eggs, meat, poultry, peanuts, whole-grain cereals
Vitamin B ₆	Facilitates metabolism and absorption of fats and proteins, helps to make red blood cells	Sweet potatoes, white beans, maize, avocados, cabbage, whole-grain cereals, seeds, Brazil nuts, walnuts, eggs, leafy green vegetables, alfalfa, bananas, legumes, meat and fish
Folate	Required for building new cells, especially red blood cells and gastrointestinal cells	Liver, red meat, green leafy vegetables, fish, oysters, legumes, groundnuts, oilseeds, whole-grain cereals, egg yolks and avocados
Vitamin B ₁₂	Important for new cell development and maintenance of the nerve cells	Red meat, fish, poultry, seafood, sardines, cheese, eggs, milk, whole-grain cereals and seaweed
Vitamin C	Helps the body to use calcium and other nutrients to build bones and blood vessel walls. Increases non-haem iron absorption. Increases resistance to infection and acts as an antioxidant. Important for protein metabolism	Citrus fruits (such as baobab, guava, oranges and lemons), cabbage, green leaves, tomatoes, sweet peppers, potatoes, yams and cooking plantains. Vitamin C is lost when food is cut up, reheated or left standing after cooking
Vitamin E	Protects cell structures and facilitates resistance to disease	Leafy vegetables, vegetable oils, peanuts, egg yolks, dark green vegetables, nuts and seeds, whole-grain cereals

The pharmaceutical investment business has gained a devastating influence on the WHO, UNICEF and other UN organisations and uses them as political instruments to protect its multi-billion Dollar global markets with patented drugs.

Despite this pressure from the drug business, independent scientists and government representatives – especially from the developing world – have fought for UN policies that include the use of science-based natural health, especially micronutrients.

Over recent years, various UN organisations have published a series of studies and reports that leave no doubt about the significance of vitamins and other micronutrients in the global fight against AIDS. These reports were complemented by training manuals, e.g. for "Home Gardens" and "School Gardens."

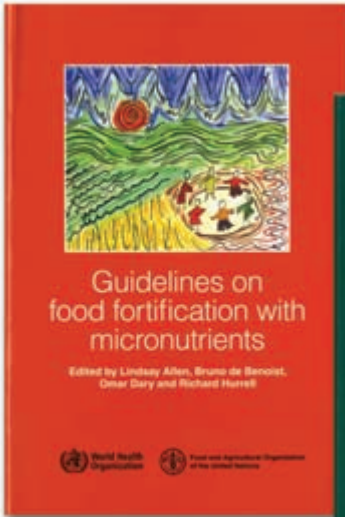
Following are just a few of these publications. Most of them can be accessed online through the web sites of the different UN organisations.



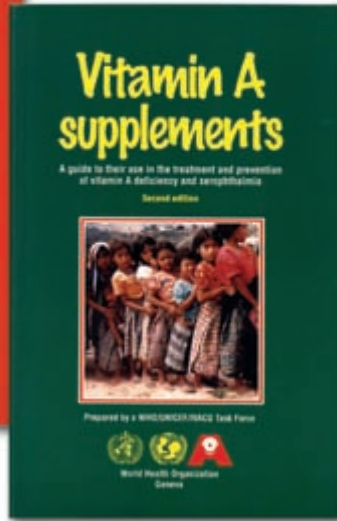
◀ WHO
Guidelines for Training
Community Health Workers



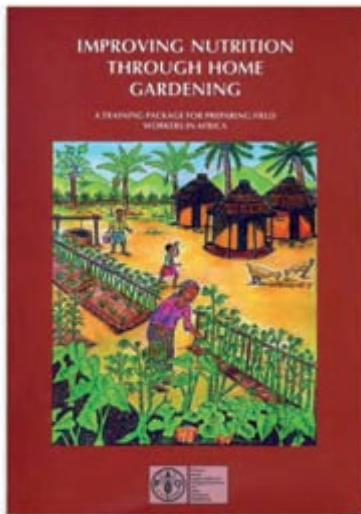
WHO/FAO ▶
Manual on Nutritional Care and
Support for People With AIDS



◀ WHO/FAO
Guidelines on Food Fortification
With Micronutrients



WHO/UNICEF ▶
Vitamin A Supplements
A Guide to Their Use



◀ FAO
Improving Nutrition
Through Home Gardening



FAO ▶
Setting Up and Running
A School Garden



This picture shows a community garden project in Tanzania where young community members grow nutritious, vitamin-rich vegetables.

During the 1970s, UN organisations used such pictures to promote community and school gardening as effective strategies to fight malnutrition, strengthen the immune system and fight infectious diseases for millions of people.

For more than a quarter of a century, these life-saving strategies were neglected and suppressed in the interest of drug multinationals – because vitamin-rich food competed with their patented drugs.

Starting a home or community garden is the most practical and the most effective way for any reader to immediately implement the message of this book to improve family and community health.