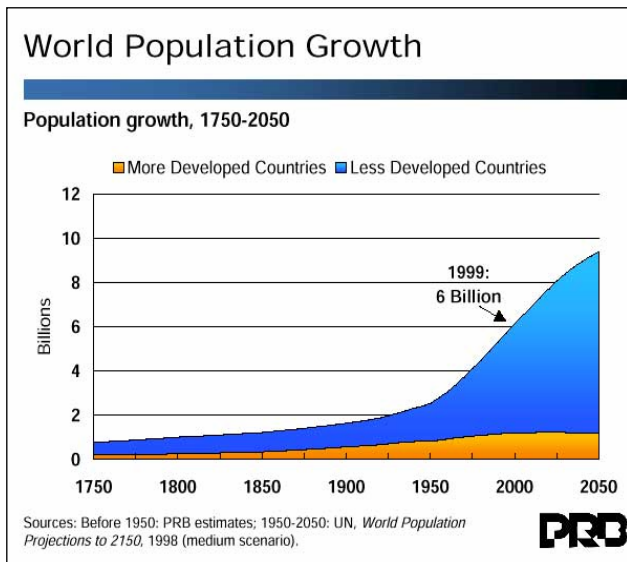


# VITAMIN SUPPLEMENTS STAND IN THE WAY OF COVERT POPULATION CONTROL

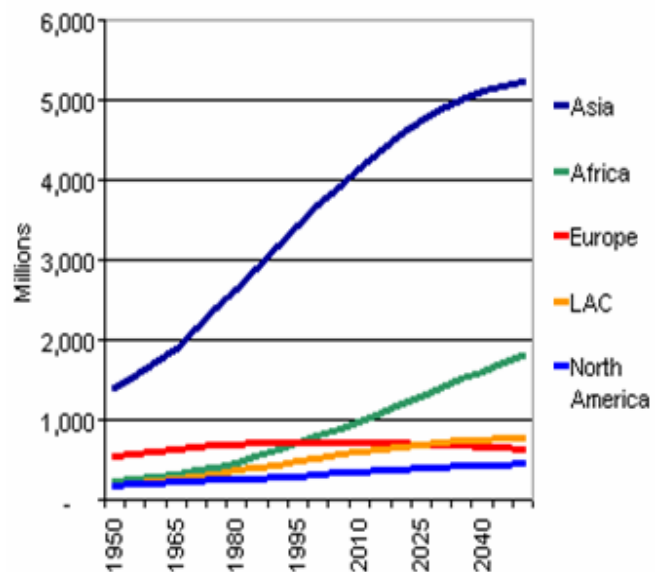
By Bill Sardi

Why are there so many that malign vitamin and mineral supplements? Why have dietary supplements become such a political battlefield? An understanding of the global population control agenda now underway may explain this public battle.

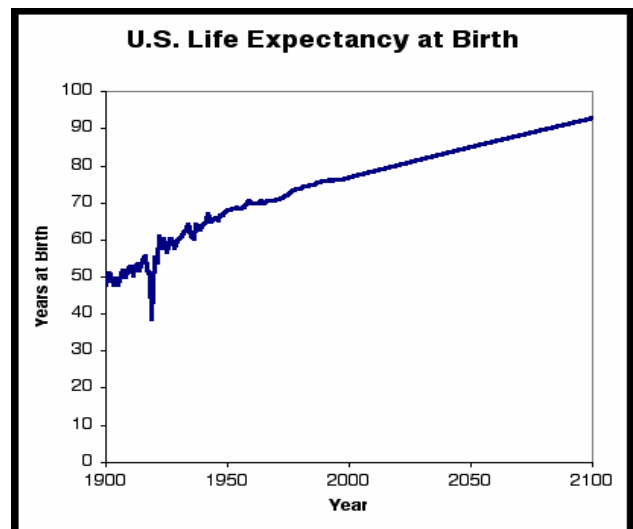


Three charts reveal a major agenda for the world --- immediately limit the growth in human populations globally. The first of three charts presented below show the human population will grow from 6 to 9 billion in the near four decades, mostly in undeveloped countries. The second chart show that most of this growth will occur in Asia and Africa. The third graph reveals a simultaneous and unprecedented increase in human lifespan will occur in developed lands --- a 90-plus year life span is predicted to be common in the not too-distant future.

World population Growth By Region - Medium Variant



Japan, with a total population of 127 million, now reports one million Japanese are over age 90 and 32,000 over age 100.



Visible population control efforts are marshaled by the World Health Organization, and include birth control, family planning, efforts to delay marriage, etc. But there is concern over covert efforts to control human populations. Are there efforts to limit population growth that are hidden from public view?

### Population growth stagnates. Is it xenoestrogens?

Population growth has stagnated in North America, Western Europe and Japan. This is believed to be due to women in developed countries who self limit the number of children they produce. But there is more to consider.

Some health authorities have called attention to the problem of xenoestrogens, estrogen-like molecules that have the potential to disrupt the endocrine system and alter birth rates. Xenoestrogens are found in products such as sunscreen lotion, plastic bottles and shampoo. [Toxicology, July 1, 2005] But attention to chemical hormone disruptors in the environment may distract from more veiled efforts to limit population size.

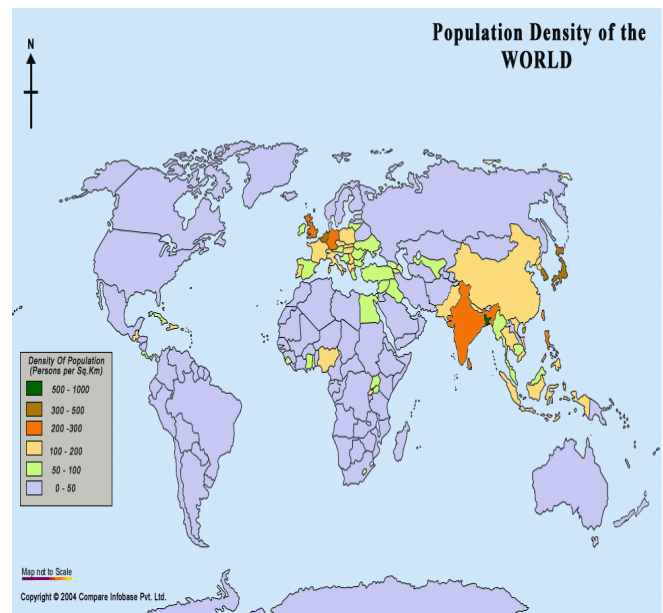
### Has the size of humanity reached its limit?



Before I go any further, there is a great impetus to buy into efforts to limit population growth. Someone might ask, "So what? More babies results in more famine, poverty and war. What could be wrong with anything that reduces family size?" One has to examine the evidence before acting upon assumptions.

Efforts have been made to estimate the limits of population growth. Over one hundred years ago Thomas Malthus erred in his prediction of a population over-explosion because he could not foresee an agricultural revolution. Though Malthus was wrong, there are still devotees of Malthus, called the International Society of Malthus. Nor could Malthus ever fathom that population growth would stagnate in developed countries as they have today.

Then there is the density argument. A look at the following map reveals most of the planet is not densely inhabited. Greece has a population of about 10 million, with nearly half living in one city, Athens.



There is another twist to population control, that there are limited resources, and that resources are not evenly distributed.

The current effort to drum up a popular effort to reduce the world's human population is exemplified in recent statements by John Seager, president of Population Connection (formerly Zero Population Growth), the largest grass-roots group in the country mobilizing Americans to meet the global population challenge. Seager says: "Human activity is putting such strain on the natural functions of Earth that the ability of the planet's ecosystems to sustain future

*generations can no longer be taken for granted.*" [Pasadena Star-News, Sunday, July 10, 2005] Seager says there are limited resources and the planet must be saved before it is totally contaminated with humans.

Fortunately, when a search is launched to find studies that estimate how many people the planet can sustain, a compilation of studies is readily available for review. Joel E. Cohen, in his book *How Many People Can The Earth Support?* (Norton, 1995), reviewed studies that estimate the Earth can sustain anywhere from 39 to 100 billion people. The sustainability argument begins to wither.

### **What numbers are they talking about?**

Dismiss these facts. The population control agenda is proceeding with haste. There is discussion of rapidly eliminating a few billion people from the planet, not slowly through attrition by death and lower birth rates, but via undisclosed methods. To be specific, here are the numbers suggested from some population reduction advocates.

- The Los Angeles Times of April 5, 1994 quoted Cornell University Professor David Pimentel, speaking before the American Association for the Advancement of Science, as saying that, *"The total world population should be no more than 2 billion rather than the current 5.6 billion."*
- In the UNESCO Courier of November 1991, Jacques Cousteau wrote: *"This is a terrible thing to say. In order to stabilize world population, we must eliminate 350,000 people per day. It is a horrible thing to say, but it's just as bad not to say it."*
- Negative Population Growth Inc. of Teaneck, New Jersey recently circulated a letter stating their long-range goal. *"We believe that our goal for the United States should be no more than 150 million, our size in 1950 (current US*

*population 280 million 2005). For the world, we believe our goal should be a population of not more than two billion, its size shortly after the turn of the century."*

- Speaking at Gorbachev's State of the World Forum in San Francisco in 1996, New Age writer and philosopher Dr. Sam Keen said: *"We must... cut the population by 90% and there aren't enough people left to do a great deal of ecological damage."*

Population control advocates often aren't talking about zero population growth, they are talking about mass extermination.

If such an agenda exists, how would the elites who run the world go about facilitating such a massacre?

### **Inventing disease to cull human populations**

Some think a culling of the world's population will be accomplished by the intentional spread of disease. The plagues of old that once controlled population size will be ignited. The book *The River* (Little Brown, 1999) by Edward Hooper attempted to show that the outbreak of AIDS in Africa began near vaccination stations. The idea that health authorities would intentionally create disease in a continent where the largest amount of population growth is expected to occur over the next half century is believed by some not to be an accidental occurrence.

Among the strangest current events is the predicted influenza pandemic. [*"WHO launches 'plan of war' to tackle avian flu."* British Medical Journal 331: 70, 2005] A deadly strain of flu virus, H5N1, for which humanity has little immunity towards, has arisen from mutated animal viruses and jumped to humans where it has killed but a few so far. The world has been told health authorities are not prepared to defend against the H5N1 flu bug should it begin to

spread from human to human. [“*Pandemic influenza: are we ready?*” Disaster Management Response 3:61-7, 2005]

But there is evidence that someone has intentionally implanted a human virus in a pig in South Korea so when humans who feed these animals acquire a deadly strain of flu it can be blamed on a mutational jump from animals to humans. [Nature Feb. 24, 2005]

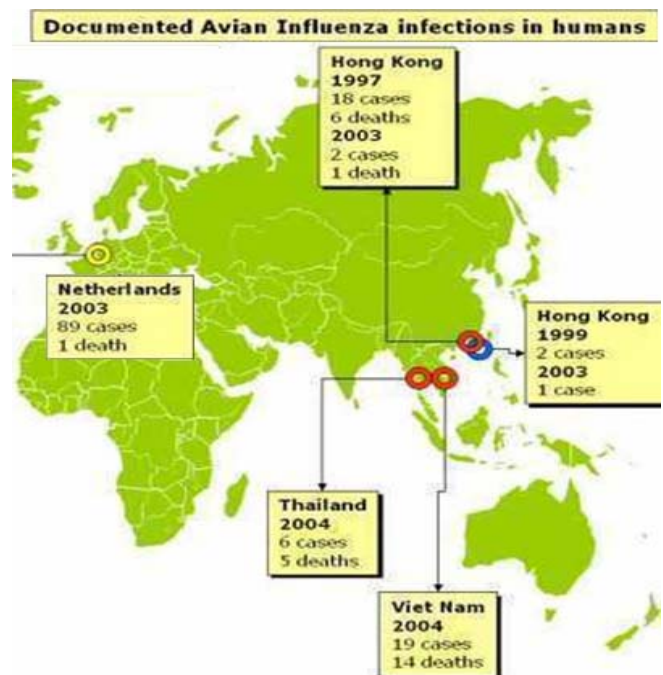
How many people would meet their demise if a global flu pandemic arose? Looking back to the Spanish flu epidemic that swept the globe in 1918, it was young males who died from the flu, not young children and retirees as with typical flu outbreaks. More than eight decades after this epidemic, researchers at the University of California found that there was a steep drop in the number of Americans who died of tuberculosis immediately following the flu epidemic of 1918. They attribute this to the fact many young Americans had traveled overseas in military service in World War I, acquired tuberculosis, which is a chronic lung infection, and there were no antibiotics yet to treat it. The combination of TB plus the flu is likely to have led to mortal consequences for millions. [Medical Post, Dec 19, 2000 Volume 36 Issue 42] Today an estimated two billion of the world’s 6 billion humans have TB. Millions of others have HIV infection or other immune depressing disorders. These people are most at risk should a flu pandemic occur. This would be the easiest way to eliminate billions of people in a short time and blame it on a plague. Immune compromised people mostly live in undeveloped countries, the exact place where a culling of the human population would be targeted.

In this era of Darwinian biology and Malthusian population planning, “*survival of the fittest*” is

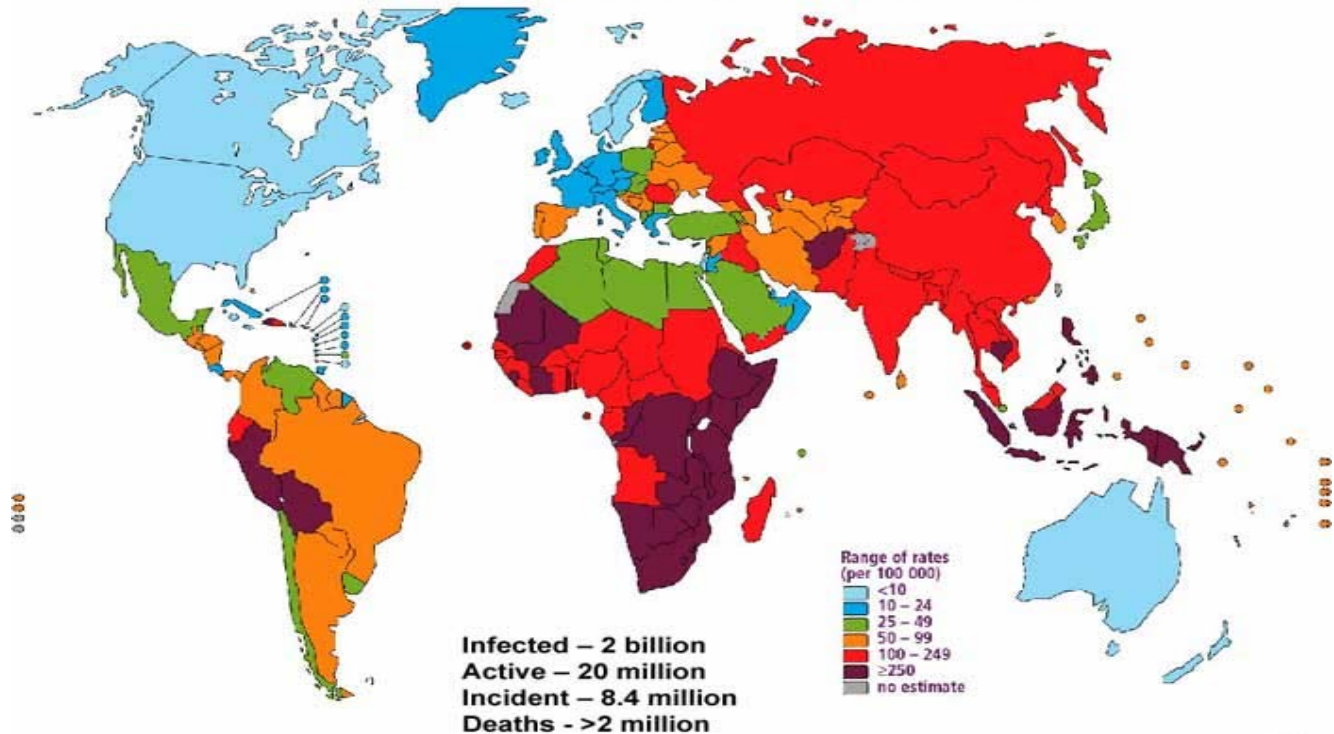
the excuse for what could be the world’s largest slaughter.

### Dietary supplements and influenza

Vitamins and minerals play an important role in creating inborn defense against infectious disease like tuberculosis and influenza. Researchers at the US Department of Agriculture say nutrients are a “*neglected virulence factor.*” [Trends Microbiology 12: 417-23, 2004] The trace mineral selenium prevents mutations in the flu virus that produce the deadliest form of infection. [Journal Nutrition 133:1463S-7S, 2003; FASEB Journal 15:1846-8, 2001] Attempts to vaccinate against influenza are ineffective. A vaccine maker would have to have foreknowledge of the exact strain of flu virus months prior to an outbreak to adequately prepare vaccines that still may be ineffective in older immune compromised adults or very young children, the most at-risk populations.



## Estimated tuberculosis incidence rates, 1997



### Delving deep into population control efforts

With the previous information provided as a background, let me delve deeper into more covert methods of controlling population size. It is difficult to fathom the enormity of efforts that may have been employed over past decades to control fertility and birth rates. Suddenly in modern society, with women often delaying childbirth and enjoying sexual freedom with birth control pills, inability to conceive children has prompted the establishment of over 400 fertility clinics in the U.S. One wonders why? The growing problem is not among females, but males.

A report in BBC News says “*Male infertility is increasing.*” Until now, cases of infertility were equal among males and females. However, the European Society for Human Reproduction and Embryology found rates of an in vitro fertilization treatment typically used to help male infertility (the injection of sperm into an egg) have risen from 43 to 52 percent from 1997 to 2002. The data comes from 24 countries.

The report said: “*Maybe environmental factors are playing an increasing role as the planet becomes more polluted and factors that disrupt the endocrine system are in the food chain.*” [Male Infertility Is Increasing, BBC News, June 23, 2005, <http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/4118976.stm> ]

Which environmental factors are they talking about? We’re talking about tap water and foods laced with non-hormonal molecules that interfere with fertility. Namely, monosodium glutamate (MSG), a taste enhancer added to foods, and fluoride added to public water supplies.

### MSG and Fertility

The Food & Drug Administration claims MSG is not toxic and permits it to be laced into foods under 40 different names so the public cannot discern which foods are spiked with this nerve toxin. It not only interferes with the brain’s control over eating, a process controlled by the hypothalamus, but it also directly strikes at fertility.

Researchers in Germany recently conducted an experiment to determine factors that control sperm volume in hopes of discovering a male contraceptive. Sperm samples were placed in female tract fluid. The presence of glutamate “*decreased the efficiency of sperm forward progression.*” [Human Reproduction 18: 1029-36, 2003]

When rats are injected with MSG for the first five days of life and then allowed to mature, they experience destruction to nerve cells in the eyes and hypothalamus of the brain. The animals exhibit an increased in body fat without an increase in weight. Fertility of females was normal, but males exhibited reduced fertility. [Neuroendocrinology 26: 220-28, 1978]

More than two decades ago researchers conducted an experiment with female rats. The administration of monosodium glutamate (equivalent to 280 milligrams for an average size human) among neonates results in a “*delay of vaginal opening and the absence of ovulation at the time.*” The MSG-treated rats looked obese. MSG “*undoubtedly reduces the reproductive capacity of the animals by impeding the growth and secretions of their ovaries.*” [Neuroendocrinology 31: 228-35, 1980] Ajinomoto in Japan, the largest maker of MSG, says the daily intake of added MSG in foods ranges from 350 to 3000 milligrams. This exceeds the dosage cited in the above study.

In 1977 an experiment with mice showed that administration of MSG during the neonatal period produces females that have fewer pregnancies and smaller litters and males exhibit reduced fertility. [Science 196: 452-54, 1977]

There simply are no studies involving the use of vitamins and minerals to counter the effects of MSG upon fertility. It is known that MSG increases oxidation to living tissues and increases the need for vitamin C. [Toxicology Letters 84:161-5, 1996]

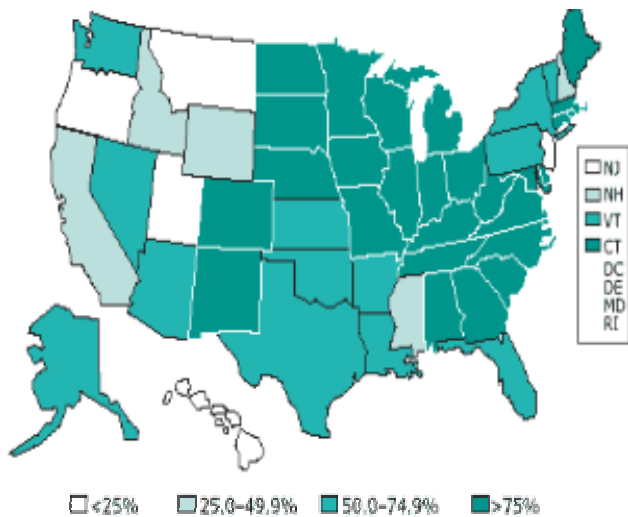
## Fluoride: Hard Teeth Traded For Poor Reproduction



There are those who say water fluoridation was implemented with the best of intentions, so what if later studies found fluoridation interferes with human fertility? Then why did Henry Trendley Dean, D.D.S., the first Director of the National Institute of Dental Research, and later a top official of the American Dental Association, conduct the first trial of fluoridation in Grand Rapids, Mich., in 1945, declaring it a success in comparison with a non-fluoridated community nearby, but later twice confessed in court that statistics from the early studies were invalid? What would Dean mislead the public on this issue? Dean was commissioned by industry to determine how much fluoride was safe in water supplies. It was already known to be an occupational toxin. His fabricated data was intended to satisfy industrial objectives to find use for fluoride used in the development of the Atom Bomb. Dean was not driven by a public health agenda or any previous data which showed fluoride eradicated dental caries. He had to fabricate the data? Were elite world leaders activating implementing covert population control practices over 50 years ago?

Modern advocates of water fluoridation will point to a lab experiment showing fluoride concentration up to 250 parts per million does not affect reproduction in rats. [Food Chemistry Toxicology 39: 601-13, 2001] But rats synthesize their own vitamin C, unlike humans who have lost their ability to make vitamin C which counters the deleterious effects of fluoride. Vitamin C is an antidote against fluoride toxicity. Rat studies are invalid. Human studies, not animal studies, should have been reviewed carefully before water fluoridation was adopted worldwide.

A study conducted in India reveals that males with fluoride overload in their bones (skeletal fluorosis) exhibit significantly lower testosterone concentrations than males who drink low-fluoridated water. [Journal Toxicology Clinical Toxicology 34: 183089, 1996]



\*Of people on public water systems, the percentage whose systems are fluoridated. Source: CDC, Populations Receiving Optimally Fluoridated Public Drinking Water— United States, 2000. *MMWR* 2002; 51: 144–7.

Since fluoride toxicity decreases fertility in most animal species studied, over a decade ago researchers investigated whether fluoride also affects human birth rates. A U.S. database of drinking water systems was used to identify counties with water systems reporting fluoride levels of at least 3 parts per million. The annual total fertility rate for women in the age range 10-49 yr was calculated for the period 1970-1988. *“Most regions showed an association of decreasing fertility rate with increasing fluoride levels.”* [Journal Toxicology Environmental Health 42: 109-21, 1994]

It was originally purported that 1 parts per million of fluoride in public water supplies would *“prevent tooth decay in children.”* Long-term studies do not confirm this hypothesis and human populations have been exposed to much more concentrated doses of fluoride than planned. [Joel M. Kauffman, Ph. D., Professor of Chemistry Emeritus at the University of

Sciences in Philadelphia, *Water Fluoridation: a Review of Recent Research and Actions*, Journal of American Physicians and Surgeons Volume 10 Number 2 Summer 2005]

Mottling of teeth is the most obvious side effect of over-fluoridation. While fluoride may be of some benefit when topically applied to teeth of children, experts now recommend that children not begin to brush their teeth with fluoride compounds *“until the age of 2 and that a pea-sized amount (0.25 gram) of toothpaste should be placed on the brush.”* [Journal Dentistry33:177-86, 2005] The entire adult population is exposed to fluoride for the sake of delivering fluoride to children. This fact is never addressed by health authorities.

Unequivocal evidence of fluoride toxicity surfaced in a patent application. Fluoride, in the concentration range in which it is employed for the prevention of dental caries, stimulates inflammation, as evidenced by a US Patent based upon agents used to counter this response. [United States Patent 5,807,541 September 15, 1998] Inflammation would theoretically threaten the viability of sperm cells.

It should also be noted that the first fluoridation of drinking water on Earth was practiced in Germany's Nazi prison camps. Their alleged reason for mass-medicating water with fluoride was to covertly sterilize humans and force people in concentration camps into submission. (The Crime and Punishment of I.G. Farben by Joseph Borkin)

### Vitamins counter fluoride effects

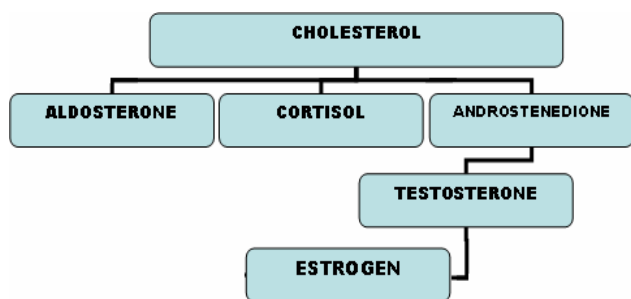
Supplemental vitamins can counter the toxic and effects of fluoride.

Extremely high doses of fluoride (equivalent to 700 milligrams in an average size male human) have been shown to produce damage to sperm cells and reduce sperm count, but vitamin C rescues sperm from the fluoride-induced effects. [International Journal Infertility Menopausal

Studies 39: 337-46, 1994]

Researchers have also found that vitamin therapy, namely supplemental vitamin E and D, “could be beneficial for the amelioration of fluoride induced changes in reproductive functions.” [Fluoride 31: 203-16, 1998]

## Cholesterol Control and Fertility



Adapted from Michael W. King, Ph.D / Medical Biochemistry / Terre Haute Center for Medical Education

There is suspicion that the massive effort to get Americans to eat low cholesterol foods and to reduce circulating cholesterol levels has been a concealed attempt to reduce fertility. A health-minded young man or woman would likely think a low cholesterol diet is desirable, but this directly conflicts with efforts to bear offspring.

The chart presented above clearly shows that cholesterol is required for the production of sex hormones in males and females. The rise in circulating cholesterol levels in middle age appears to be a natural effort by the body to extend the years of youth and fertility.

Mevacor, the first statin cholesterol-lowering drug, was approved in 1987 without any evidence it reduced mortality rates, though it certainly reduced cholesterol production by interfering with normal liver function. Years later the dosage of statin drugs had to be increased to significantly drop cholesterol to where mortality rates declined. However, the effect was slight. In the largest study conducted to date, statin drugs only lowered mortality rates by 0.4%. [Journal American Medical Assn 288: 2998-3007, 2002]

Early on, the widespread adoption of cholesterol-lowering diets as a major health agenda by federal health agencies may have been an attempt to reduce birth rates.

Oddly, studies on the effects of statin drugs and sex hormones have only recently been completed, after more than 15 years of use. At first glance, statin drugs do not appear to alter sex hormone levels. [Z Kardiology 93: 43-48, 2004] In fact, researchers found no evidence for clinically meaningful effects of statin drugs on gonadal testosterone production, testosterone reserve, or multiple parameters of semen quality. [Metabolism 49: 115-21, 2000] Neither have statins been shown to interfere with sex hormone levels in postmenopausal females. [Maturitas 37: 201-08, 2001] However, this is a misleading study, since the ovaries of women in this age group are not producing estrogen.

But small reductions in testosterone levels in males are reported with statins. [Metabolism 49:1234-8, 2000] A recent study confirms that statin drugs may decrease sex drive in males. Not all males with libido decline experience a drop in testosterone levels. [British Journal Clinical Pharmacology 58: 326-28, 2004] So testosterone may not be an accurate indicator of fertility.

### Dietary supplements and cholesterol

Adult males with exceptionally high circulating cholesterol levels are known to be less fertile. Statin cholesterol-lowering drug do not correct fertility problems and probably exacerbate them. A male taking statin drugs with cholesterol under control may still be infertile. Again, vitamins reverse this problem. A recent experiment in rodents found that vitamin E, equivalent to 210 milligrams for an average size human, counters the adverse effects of high cholesterol and improves fertility. [Pharmacological Research 50: 137-42, 2004]

Magnesium also is a controlling factor for the enzyme that produces cholesterol and therefore

mimics statin drugs. According to researchers at the State University of New York, magnesium parallels the effects of statin drugs without the side effects. Magnesium also lowers triglycerides, another blood cholesterol particle, and acts as a calcium blocker which would give it anti-hypertensive qualities. Furthermore, magnesium prevents blood clots, giving it further advantage of statin drugs. [Journal American College Nutrition 23: 501-05S, 2004] In animals, supplemental magnesium is a potent stimulator of sperm motility. [Journal Dairy Science 79:2163-9, 1996] Magnesium also increases fertility in fruit flies. [Magnesium Research 8:243-7, 1995]

## Fertility and Antioxidant Supplements

Many research studies confirm that high-dose vitamin C improves semen quality and sperm concentration as well as testosterone levels in animal studies. [Theriogenology 63: 2063-72] Animals like guinea pigs that do not produce vitamin C as most other animals do, experience a decrease in the weight and size of their reproductive organs. A shortage of vitamin C in the diet of guinea pigs results in a decline in

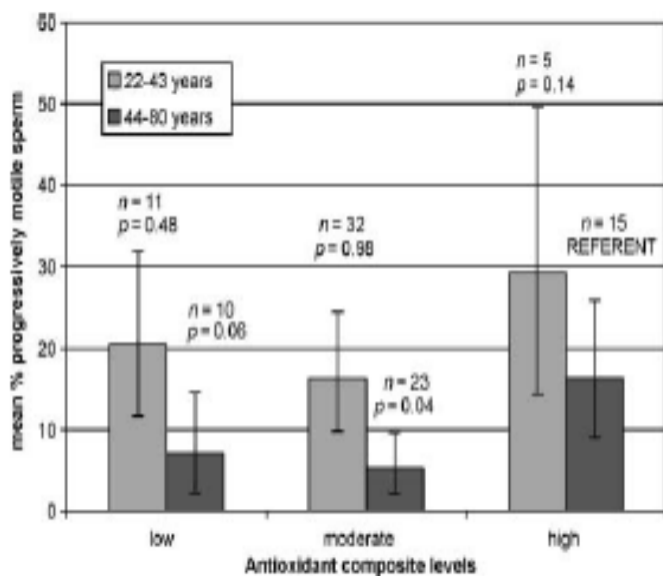


Figure 1. Adjusted mean progressive sperm motility with 95% confidence intervals, by age and antioxidant intake: AGES Study, California, 1997–1998.

blood plasma testosterone levels and degeneration of sperm in guinea pigs. [Internatl Vitamin Nutrition Research 47: 75-80, 1977] The concentration of vitamin C in healthy adult males varies by a factor of six (1.9 to 12.0 milligrams per gram). [Toxicology 128: 169-79, 1998] There is an 8-10 fold greater concentration of vitamin C in semen than in blood. [Journal Nutrition 122: 1111-18, 1992] More than 200 milligrams of vitamin C per day results in improved sperm quality among smokers (tobacco induces a vitamin C deficiency). [Fertility Sterility 58: 1034-39, 1992] Dietary supplementation of vitamin C reverses damage to sperm cells in men. [Fertility sterility 32: 455-59, 1979]

The chart at left indicates high intake of antioxidants such as vitamin C, vitamin E and beta carotene, increases mobility of sperm cells in older males to levels greater than younger males. For unexplained reasons, this spectacular finding is rarely put into practice in fertility clinics.

A recent report concludes by saying: “At present, a large proportion of the US population ingests insufficient amounts of antioxidants, e.g. 75% of adult American men do not meet the 15 mg/day RDA for vitamin E (Institute of Medicine, 2000), and only 17.7% of men ate at least the recommended five fruit and vegetable servings per day in 2002 [Centers for Disease Control and Prevention (CDC), 2002]. Our findings support the suggestion that a healthy diet with supplement use may be an inexpensive and safe way to improve semen quality and fertility.” [Human Reproduction 20:1006-12, 2005]

An animal study confirms that supplemental vitamins C and E partially prevent the age-related decline in ovulation in female mice. This report concludes that “Although any extrapolation to human fertility should be made with caution, these findings may have direct implications for preventing or delaying

*maternal-age-associated infertility in humans.*" [Reproduction Nutrition Development 38:499-508, 1998]

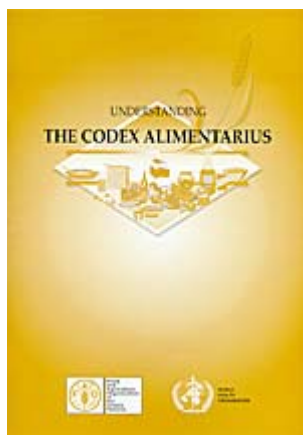
Another recent blockbuster study reveals that a combination of vitamins, minerals and herbal extracts among young women who had unsuccessfully tried to conceive for up to 3 years, were able to significantly increase hormone levels. After 5 months, 5 of 15 women taking the dietary supplement were pregnant versus none in the group of 15 women who did not take a supplement. Researchers concluded that "*Nutritional supplementation may provide an attractive alternative or complement to conventional fertility therapy.*" [Journal Reproductive Medicine 49: 289-93, 2004]

Dietary supplements produce a profoundly positive effect upon human fertility and their under use goes unexplained.

## **Restrictions on dietary supplements**

Currently there is a multi-pronged attack against dietary supplements, centered upon the United Nations/ World Health Organization program called CODEX that will limit the amount of vitamins and minerals in pills. This effort comes at an odd time historically, just when the health benefits of high-dose vitamins and minerals are becoming apparent.

Vitamin and mineral supplements could literally save billions of human lives should they be employed in adequate doses to prevent disease, decrease mortality and improve fertility rates.



A review of the scientific literature clearly shows that supplemental vitamins and minerals counter the deleterious effects upon human reproduction by fluoride, MSG and high

cholesterol. Furthermore, provision of supplemental vitamins and minerals to the world's human population would virtually negate any mortal threat posed by an influenza pandemic. Widespread use of vitamin and mineral supplements could dramatically increase fertility and birth rates and minimize the need for fertility clinics.

It is obvious from the information provided above, if there are covert efforts to reduce fertility and birth rates in human populations, and they are the very same methods outlined in this paper, that dietary supplements stand directly in the way of achieving population control goals. The fact that dietary supplements are currently being maligned by world health authorities, and doses will be limited by a recently approved CODEX regulation, could be explained by covert efforts to reduce the size of human populations.