

Chairman Lipps, Vice Chair Holmes, Ranking Member Russo, and Members of the House Health Committee, I appreciate this opportunity to provide proponent testimony on House Bill 248.

My name is Claudia K. David-Roscoe and I'm here today to share my story with you because the older I get, the more I realize when it comes to understanding what good health truly means, my story is unique.

My husband and I own Health Foods by Claudia in Toledo and currently in our 31st year in business but I personally have worked in a health food store for 47 years. Customers always ask me how I got into the business of "good health" and my answer is always the same...I credit my Mother. Because of her simple beautiful Loving wisdom about our health, my brothers and I have lived our entire lives being mindful about our health and drug free rather than eating mindlessly and living in chronic disease. She taught us to care.

She prioritized our health every day. She taught us to always eat food that God put here and that meant food before factories...she kept it that simple. She instilled that it was our responsibility to participate in our own wellbeing because we were the ones that had to live with the consequences of our choices. For my Mother, focusing on our health with Love and commitment was a Spiritual thing.

We weren't vaccinated much; in fact, the only thing my brother's and I remember is the sugar cube and she wasn't happy that the school gave it without her consent. She trusted God's wisdom implicitly and knew that we were born with an innately powerful immune system that was to be honored and nourished. She understood that herbs have been here for thousands of years for a very important reason...to strengthen our health. Participating in our health was her way of teaching us not to burden the system; she was not a wasteful person and didn't want to take resources from someone that might really need medical attention for a true emergency and I deeply honor her for living that way. Just recently an emergency room Doctor actually thanked me for what we teach others; he said if everyone knew what we were teaching, it would make his job easier to help those that really need help. His words touched my heart and I greatly appreciate his honesty.

By the time I was 16, I was working at one of the oldest and iconic health food stores in the United States. For 14 years I witnessed firsthand the power and

capability of the human body when properly nourished with care and patience. The owners were well respected leaders in the natural health industry and because they collaborated with many of the great pioneers of the 1900's, I was blessed to learn directly from some of the most brilliant doctors, researchers and herbalists of our time; all courageous and heartfelt individuals teaching the skill of self-healing with passion, upholding the principles of 'Do no harm' with integrity and committed to protecting the right of every American to take care of their health according to their needs and no one else's. Over the years, Joe and I worked together on several legislative health freedom issues including the Dietary Supplement Health Education Act of 1994. We worked closely with many key legislators, both in DC and here at the State House and I'm happy to say that some legislators continue to reach out to me for their health needs including how to support their own immune system over this last year.

I was 16 when I started learning the history of the business of disease; I wanted to understand the politics and economics of the medical industry because what most of the country was learning about disease, I was witnessing the total opposite...people healing themselves from all sorts of imbalances including malignancies, auto-immune and many other disease states. In studying the history of the medical industry from the late 1800's into the 20th century, one thing becomes very clear...our entire economic system has been designed to support sickness and dependency leaving no economic incentive to support wellness, personal responsibility and independency. But over the years many trained in the business of medicine have come to us to learn and consequently we have a large community of nurses and docs that shop with us, advance their learning with us and actively refer their patients to us for which I am very grateful.

Education will always be the key for individual empowerment. Treating individuals with respect according to their personal needs along with the individuals' participation and commitment are the very principles natural health is based on. On the contrary, the 'one size fits all' approach has proven to harm this country creating a more compromised dependent society, sickly children and as a whole creating massive debt to pay for it. Paying for sickness will always cost more than focusing on being well.

My Mother always said, “If you don’t take care of yourself, no one will do it for you” and I couldn’t agree more. Unfortunately, the public message of self-responsibility, self-healing, and mindfulness has been ignored, ridiculed or attacked in the public narrative and continues to be. Even during a pandemic that has filled millions with fear in this country...even then Truth has been censored about the many proven effective natural products that could have supported the health of millions. Along with that, many intelligent credentialed people have been ridiculed and attacked for speaking a different narrative. I ask you...who does that really serve?

My Mother taught that without integrity and good intention nothing works properly and when honest intelligent health information is actively suppressed, integrity is no longer and for myself and many others in this country, respect has been compromised and that’s a very sad reality. Medicine is meant to heal but until ‘Do no harm’ is reestablished, no one should be forced or coerced into such a shameful standard. Using tactics of fear and intimidation is a far cry from approaching human health with Love, care and dignity. After 47 years of working intimately with hundreds of thousands of people I can tell you with all of my heart when it comes to the vaccine issue...many people have been harmed and continue to be but their stories are ignored and their voices silenced which is why the stats are inaccurate. Humans are more than just experiments and one-sided research and the humanistic side of this story continues to be totally ignored.

The truth as to why many people are opting out of vaccines is simple...the lack of integrity from the vaccine push has created the end result of the distrust we’re witnessing; it has nothing to do with people being ignorant or foolish. On the contrary the very lack of integrity on the vaccine issue has encouraged more Americans to do their own homework on this critical issue and smart Americans are gathering information from unbiased quality resources that make sense to them and feel right then coming to their own conclusions. It’s because they’re Intelligent, caring people that they’re using their own good sense and good heart to find their way on this matter and I would ask you...isn’t that the America we want?

The sovereignty of the human body is precious and deserves to be protected at all cost and to suggest anything other than choice is simply insulting and arrogant.

Nothing good has ever come from force but everything heals with Loving intention through respect, knowledge and integrity.

Thank you so much for your attention today. Please support this important bill and I'm happy to answer any questions.