

<https://consultations.health.gov.au/health-systems-policy-division/preparing-for-pandemics-and-health-emergencies/>

## **1. How can international cooperation be improved to more effectively prevent, prepare for, and respond to, future pandemics and other international health emergencies?**

Absolutely, first and foremost, the innate health (in the true sense) must be understood and maintained as best as possible at all times! It has become very clear that when health is restored and maintained, "ill" health becomes less of an issue.

The language used in this question is somehow \*normalising\* pandemics with a focus on "responding" to ill health, rather than focusing on prevention. This MUST be addressed and questioned.

The 3 years of "COVID" quite glaringly show that poor metabolic health is a significant driver in susceptibility to symptoms and medical complications.

From medical experts around the world, some crucial factors for health and functioning immune systems include:

- Vitamin D sufficiency
- Healthy weight and metabolic function
- Some level of physical fitness

Much of the above is addressed quite glaringly with a reduction (or complete cessation!) of highly processed foods with a high carbohydrate/sugar content.

Dietary fat is pivotal to health and healthy regulation of blood glucose.

This is not rocket science!!!

## **2. What issues do you think need to be prioritised to guide the world's future preparation for, and responses to, future pandemics and other international health emergencies?**

Innate health through sound nutrition and lifestyle MUST be prioritised to \*PREVENT\* the potential for so-called "pandemics".

Public health messaging MUST be a priority!

Public health messaging on deleterious effects of poor nutrition and lifestyle MUST be a priority!

The focus should be on the \*PREVENTION\* of future health issues.

There are also cheap and effective treatments that can be used for early onset of symptoms in many cases, and these must be available at all times to treating medical practitioners.

By using terms such as "future pandemics" is normalising an issue that can likely be avoided

### **3. Is there any other information you would like to provide that might help to guide Australia's engagement on a new international pandemic instrument and changes to the IHR?**

Firstly, understand the *\*significant\** impact of the current proposed amendments to the IHR should they be passed unchallenged!

Australia **MUST** oppose any such changes that remove **ANY** aspect of sovereign function as a country and for its population. At **NO POINT** should medical/health decisions be handed over to **ANY** global body that removes individualised care for any patient in need.

Australia must exit the W.H.O. and maintain the ability to address issues of health as a sovereign nation.

**\*\*** For supporting documents, please refer to the **VAST** body of research and knowledge that exists in the medical field that supports all 3 of my responses. (there is too much to include as an uploaded file - it would overwhelm your servers, I'm sure)