

Welcome to Our 55th E-Journal!

The MAHA Movement: One Year Later

It has been more than a year since the MAHA movement began, and much of the healthcare terrain has changed – fortunately for the better. Though BRMI is a non-political institute, we must acknowledge that world politics shape healthcare, so we remain keen to observe decisions of the FDA, NIH, CDC, WHO, etc. Robert F. Kennedy Jr. as Health Secretary has implemented major shifts in U.S. health policy, focusing on dietary changes (promoting meat, dairy, fats, cutting processed foods) and vaccine policy reform, including scaling back childhood vaccine schedules and reforming vaccine advisory panels, sparking both support from his "Make America Healthy Again" (MAHA) movement and opposition from pharmaceutical supported medical groups who question these changes, leading to policy conflict.

Revised Dietary Guidelines

There has been a reversal of previous advice, encouraging protein, full-fat dairy, and saturated fats while reducing processed foods and refined carbs. This has flipped the traditional food pyramid. The Guidelines emphasize simple, flexible guidance rooted in modern nutrition science:

- Prioritize protein at every meal
- Consume full-fat dairy with no added sugars
- Eat vegetables and fruits throughout the day, focusing on whole forms
- Incorporate healthy fats from whole foods such as meats, seafood, eggs, nuts, seeds, olives, and avocados
- Focus on whole grains, while sharply reducing refined carbohydrates
- Limit highly processed foods, added sugars, and artificial additives
- Eat the right amount for you, based on age, sex, size, and activity level
- Choose water and unsweetened beverages to support hydration
- Limit alcohol consumption for better overall health

The Guidelines also provide tailored recommendations for infants and children, adolescents, pregnant and lactating women, older adults, individuals with chronic disease, and vegetarians and vegans, ensuring nutrition for all populations.

The Most Significant Childhood Vaccine Schedule Change in American History

The CDC has just made the most sweeping change to childhood vaccines in American history. The routine schedule has been dramatically reduced — from approximately 84 to 88 doses down to around 30. This reduction was designed by comparing the CDC schedules of other nations that recommend far less and was also an attempt to restore public trust that had been greatly damaged by the dangerous and ineffective COVID mRNA inoculation.

The scope of the changes is significant. COVID vaccines have been removed from the routine schedule entirely. Flu shots are no longer routine for all children. Hepatitis A and B have been moved to high-risk populations only. Even the HPV vaccine has been reduced from 2 doses to just 1. The vaccines that remain on the routine schedule are those with the longest track records: MMR, DTaP, Polio, Hib, Pneumococcal, and Varicella.

At the very least, families deserve the right to make informed choices based on their child's actual health needs — not a one-size-fits-all approach that applies the same protocol regardless of individual circumstance. This shift represents a meaningful step toward personalized, patient-centered care.

An important question now facing the medical community is whether pediatricians will actually follow these new guidelines, or whether institutional inertia will lead some to continue pushing the old schedule simply because "that's how we've always done it." The answer to that question will reveal much about the true priorities of those entrusted with children's health.

Reforming Advisory Committees

The Health and Human Services and CDC reform also changed key advisory committee members, like the Advisory Commission on Childhood Vaccines (ACCV) and Advisory Committee on Immunization Practices (ACIP), aiming to eliminate conflicts of interest and bureaucracy.

Fluoride Removal from Public Water

There has been a focus on the removal of the neurotoxin fluoride from the municipal water supply. This has taken place more on a local than a national level. Currently, more cities and counties across the U.S. are moving to ban fluoride in public drinking water after Utah became the first state in the country to do so. Though this progress is slow, it is headed in the right direction.

Eliminating Seed Oils and Artificial Dyes

There has also been a movement to reduce seed oils that contaminate our food supply. Excessive intake of seed oils leads to obesity, heart disease, and diabetes, suggesting an imbalance with omega-3s that promotes inflammation. Additionally, the FDA and health officials are phasing out petroleum-based artificial dyes — Red No. 40 (Allura Red), Yellow No. 5 (Tartrazine), Yellow No. 6 (Sunset Yellow), Blue No. 1 (Brilliant Blue FCF), and Blue No. 2 (Indigotine), often linked to hyperactivity in children — from the U.S. food supply by the end of 2026, driven by health concerns and consumer demand for cleaner ingredients. Major companies like Kraft Heinz, General Mills, and Walmart are removing these synthetic colors from products, switching to natural alternatives.

U.S. Withdrawal from the World Health Organization

On a world level, the US has officially withdrawn from the World Health Organization (WHO), leaving the UN agency without one of its biggest donors. The US Department of Health and Human Services said it took the decision due to the WHO's "mishandling" of the pandemic, an inability to reform, and political influence from member countries (China). China's capture of the WHO, and the WHO's unfortunate turn from public health to crass politics, should prompt the U.S. and its allies to build a new international organization. The WHO lost its ability to advance global public health when it lost credibility as a source of impartial information and expertise. It appears there is little benefit for the U.S. in remaining in such a corrupted and captured organization.

Looking Ahead

The health care landscape is constantly evolving, shaped by advances in technology, shifts in political policy, and rising patient expectations. For professionals across industry, staying aware and ahead of these changes isn't just helpful; it is essential. We expect more governmental policy changes to keep the public safe.