

"Individual freedom and the recognition and development of the spiritual nature of mankind are the essence of democracy; indeed, they are the essence of life itself. There is no clause in the Constitution, except the Ninth Amendment, which makes a declaration of the sovereignty and dignity of the individual."  
Taken from "The Forgotten Ninth Amendment" by Bennett Patterson of the Texas Bar - 1955

"A just government protects all in their liberty of choice." George Washington  
We love our country but are concerned about the bureaucracy and its disregard for our inalienable individual rights.

## Notice and Declaration of 9th Amendment Rights

**"The enumeration in the constitution of certain rights, shall not be construed to deny or disparage others retained by the people."**

I, the undersigned hereby declare the following natural and God-given rights as retained by the people, under the 9th Amendment to the Constitution for the United States of America and which rights I reserve to myself as follows:

I reserve the right to seek or ask advice, counsel, information, recommendations, evaluations, assessments, test and/or care, regimens, modalities or treatments from ANY person of my choice, regardless of state sanctions, for any reason or purpose I so desire.

I reserve the right to select or reject ANY individual as my personal advisor, minister, facilitator, doctor, or health care taker whether that individual be a physician, a chiropractor, a druggist, a nurse, a nutritionist, an herbalist, a naturopath, a teacher, a practitioner, a priest, a pastor, a relative, a friend, or anyone from the general citizenry who has, or has not, any known formal training or claimed knowledge, education, insights, qualifications or credentials.

I reserve this right of *freedom of Choice in matters pertaining to my spiritual, mental and physical well-being*. I reserve this right in the most liberal way. My freedom, with regard to my personal life, circumstances, well-being and the decisions I make, includes the right to choose my own religion, choose whomever I wish to associate with, obtain, purchase and use any treatment, technique, regimen, process, modality, herb drug, food, diet, medicine or health product for any health condition I have whether determined by myself, a physician, a therapist, a layman, or by anyone of my choice. I do not relinquish these rights to others.

The enumeration, in this declaration, of these rights shall not be construed to deny or disparage others retained by me, or my right to amend this declaration at any time.

I am herewith filing this declaration to uphold my rights in this regard the holder of this document is authorized to deliver copies of this declaration to anyone if such a need were to present itself.

*Constructive Notice:* Notice is hereby given to any person or persons who receive a copy of this declaration and who acting under color of any law, intentionally interferes with the free exercise of the right to me reserved under the 9th Amendment, as enumerated in this document, that they may be in violation of Title 42, U.S.C. 1983 et seq. and Title 18, Section 241.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_