

BEYOND HEALTH[®] News

March — April

2001

“...processed and refined sugar is a deadly, virulent poison...”

—Harvey Diamond

Fit For Life: A New Beginning

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Vaccinations Questioned

A 10 on the Richter Scale...

Talk about earth-shaking events! This one is a 10 on the Richter Scale—challenging another of the great myths of modern medicine—vaccinations. Last October, at the annual meeting of the Association of American Physicians and Surgeons (AAPS), a leading national organization of physicians, a resolution was passed calling for *an end to all government-mandated vaccinations*. Astounding! But even more astounding—the resolution passed *without a single dissenting vote*.

BHN has consistently warned its readers about the dangers of vaccinations. One year ago in the Jan/Feb issue, Raymond Francis wrote in his article *What About Vaccinations?* that: “...*mass vaccinations may well be the biggest medical blunder of all time.*” Having a prestigious national organization of physicians call for an end to mandatory vaccinations is a powerful corroboration of BHN’s position. It is one more measure of how dangerous to your health modern medicine has become.

Dr. Jane Orient, Executive Director of the AAPS said this: “Our children face the possibility of death or serious long-term adverse effects from mandated vaccines that aren’t necessary or that have limited benefits.” Many children now have as many as 22 vaccinations before they get to the first grade and the number keeps increasing, as more vaccines become available. *Since vaccinations do lifelong damage to the immune system, there is a lot of damage going on here.*

One of the provisions in AAPS’s resolution read as follows: “**WHEREAS:** Safety testing of many vaccines is limited and the data are unavailable for independent scruti-

ny, so that mass vaccination is equivalent to human experimentation and subject to the Nuremberg Code, which requires voluntary informed consent...” These are powerful words! They are saying that government-mandated vaccinations are human experimentation. Human experimentation was outlawed after the Nazi war-crime trials in Nuremberg. Mandated vaccinations are, therefore, a crime against humanity!

Meanwhile a new study in *Pediatrics* has found that one out of four parents now believe that their children are getting too many vaccinations and that their child’s immune system could become weakened as a result. (Truth has a way of coming out, even though it may take a long time.) For example, more evidence has been appearing regarding vaccinations as the leading cause of Sudden Infant Death Syndrome (SIDS), as well as a cause of autism. Many of the parents of children who died of SIDS report the same story. Their children were well until being vaccinated; thereafter, they suffered classic vaccination reaction symptoms, including high-pitched screaming until death.

Most people do not realize that vaccines are toxic soups; they are filled with foreign proteins and dangerous viruses from chickens, guinea pigs, calves, and monkeys. Included in this soup are toxic chemicals, like mercury (a neurotoxin), ethylene glycol (antifreeze), formaldehyde (a carcinogen), aluminum (carcinogenic; associated with Alzheimer’s), plus antibiotics like Streptomycin, which can cause allergic reactions. Even the FDA has called for an end to putting mercury in the vaccines because they computed that, with the number of vaccinations the children were getting, the total amount of mercury exceeded safe limits. How can a witches brew like

this *not* make you sick? BHN has studied the available evidence—it suggests that vaccinations are a medical assault on the immune system. All of us owe a vote of thanks to the physicians in the AAPS for the courage—and it took a lot of courage—to say what is true instead of politically correct!

Update on Cell Phones

Minimize use—even with a headset...

BHN has been keeping you apprised of the latest information on cell phones as it appears in the scientific literature. Our last update was in the July/August 2000 issue. We have previously been advising that calls of more than one minute be done with a headset. Previous experiments had shown that radiation levels could be lowered by 10 to 90 percent by keeping the phone's antenna away from the head. Based on these data, BHN believed that headsets were a prudent approach. Unfortunately, new research conducted by *Which?*, a British consumer research magazine, finds that cell phone headsets can actually *more than triple* radiation exposure to the brain. Previous safety tests were done

in only one “talking” position; taking similar measurements in other positions indicate that the wire of the headset can act as an antenna—actually channeling large amounts of radiation to the ear.

After making thousands of measurements, *the researchers concluded that it was impossible to recommend a safe way to hold the phone.* There appeared to be so many variables—it was possible to increase the radiation at both short and long distances between the antenna and the earpiece. The bottom line is that it is *not* possible to rely on the use of a headset to reduce radiation exposure from existing cell phones.

This is bad news for cell phone users. The radiation from cell phones is known to heat brain tissue, and to cause cancer and disorientation in laboratory animals. Based on these findings, BHN recommends using a cell phone as little as possible—especially important is to keep the duration of the calls as short as possible. Your life may depend on it.

Now we have to tell the kids. The newest teenage fad is cell phones. A recent report in the *British Medical Journal* concluded that “As ownership increases, mobile phones will become essential for membership of peer groups that organize their social life...by means of mobile phones.” The authors called mobile phones among teens an “addictive obsession.” There is a pressing need to educate our children about the hazards of these devices. Remind them that *no one* knows the long-term health effects of using a cell phone; the existing experimental evidence is very troubling, and indicative of substantial problems.

No Olive Oil

We told you so...

In BHN's Mar/Apr '98 issue, we were proud to be the first journal outside of Italy and Switzerland to tell you of the scandal in the olive oil industry, and the fact that there was almost no real olive oil available for purchase in America. *Real olive oil is a healthy food, but it's hard to get.* Raymond Francis spent four months studying olive oil chemistry and another four months looking for a healthy, real olive oil. In May of 2000,

the BBC interviewed Raymond in a worldwide broadcast for his knowledge of olive oil adulteration. The result of his search for a quality oil is the Bariani olive oil now sold by Beyond Health.

Confirming Raymond's findings, BHN has just come across a little-publicized study by the FDA, done in 1996. The FDA found that 96 percent of the olive oils they tested had been diluted with other oils, such as corn, soybean, canola, sunflower, and cottonseed. Yet all of these oils were labeled as being 100 percent olive oil. The problem with using other oils to dilute olive oil is that these oils must be highly refined to make them hard to detect. The high temperatures of the refining process changes the molecular structure of the oils, making them toxic. As if you needed another reason to stick with the products recommended by Beyond Health—*almost all the olive oils on the market are toxic!* Unfortunately, there is no law saying that olive oil has to be 100 percent made from olives. Even the 4 percent found to be 100 percent olive oil usually do not contain all the nutrients they should because they have been incorrectly manufactured. For a properly produced, nutritious olive oil, look to *Bariani*.

B12 Deficiency Widespread

Almost 40 percent deficient...

A new study from Tufts University in Boston has found that about four out of ten people in the U.S. are nutritionally deficient in vitamin B12. The study looked at people ages 26 to 83. It found the deficiencies to be about equal in every age group. Vitamin B12 deficiency can cause pernicious anemia, a condition where red blood cells become larger but fewer in number. It can also cause confusion, dementia, and walking and balance problems. B12 deficiency can also cause nerve damage and neurological problems because it is required to make the protective coating around the nerves. Not surprisingly, the incidence of deficiency was substantially less in those taking supplements. BHN recommends everyone supplement with B12—Perque B12 is an excellent choice, and is available through Beyond Health.

BEYOND HEALTH *News*

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Beyond Health News is not engaged in rendering medical advice; this material is for information only. For specific personal health needs, readers should seek advice from competent medical professionals.

Your pH

by Raymond Francis



There are thousands of different diseases—or so goes one of the major myths of modern medicine. In fact, there is only one disease—*mal-functioning cells*. Your body is made up of between 50 and a 100 trillion cells. When all of your cells are in perfect health, you cannot be sick. When cells malfunction, myriad symptoms can be produced.

This makes it appear as if there are thousands of diseases. Not true. To prevent or reverse almost any disease, you must make daily choices that support your cellular health. Unfortunately, optimizing cellular health in our society is no easy task. Our deficient diets, toxic environment, and stressful lifestyles all conspire to damage cellular health; they are the primary causes of our pandemic of chronic disease. To reverse this pandemic, through keeping our cells healthy, there is a little-recognized factor that we must consider—*our pH*.

The pH (acid-alkaline balance) of our blood and of the fluid inside our cells is critical to health. pH is a measure of how acid or alkaline something is. A pH of 7.0 is neutral; a 1.0 is very acidic, while a 14.0 is very alkaline. The optimal pH of both blood and cellular fluids is slightly alkaline and must be kept within a very narrow range. Blood pH must be kept in the range of 7.35 to 7.45. Even small deviations in blood pH will dramatically alter the body's biochemical functions, and variations of more than a few tenths of a point will cause death.

The traditional diets and lifestyles of our ancestors kept pH in balance. Tragically, the bizarre diet consumed by most Americans is guaranteed to alter cellular pH and cause disease. The standard American diet, high in sugar, white flour, fat and protein, results in excess acid production as these foods are metabolized, thus making the body too acidic. The body's natural response to this problem is to preserve systemic balance and integrity (homeostasis) by using alkaline minerals to neutralize the acid, thereby maintaining normal blood pH. Where do these minerals come from? Minerals (such as calcium and magnesium) are removed from mineral-rich tissues (such as bone), and used to neutralize metabolic acids that are produced from eating a toxic diet.

Unfortunately, with time, as the body uses up its alkaline reserves, blood and cellular fluids become more acidic. This

acidity affects the ability of cells to produce energy. This causes fatigue, makes the body less resilient, and impairs its ability to maintain and repair itself. Excess acid also reduces the ability of the blood to deliver oxygen to tissues. A low oxygen environment allows viruses and bacteria to thrive and also promotes the growth of cancer.

Is there a way you can measure how *your* pH is doing? Yes, there is—you can use pH paper to measure the pH of your first morning urine. This is an indicator of your blood pH and can be used to monitor changes as you work to normalize your pH. First morning urine should be in the range of 6.5 to 7.0. If readings fall below 6.5, you are too acidic. Occasional readings above 7.0 are normal, but consistent readings above 7.0 are an indication of tissue breakdown, and a pH over 8.0 is a serious matter. Over 8.0 suggests that the body is extremely acid and is producing alkaline ammonia to compensate.

What can you do, if your body is too acidic? The answer is to cut your acid load and increase your intake of alkaline minerals. To reduce acid load, cut the sugar out of your life. Reduce meat consumption and eliminate dairy. Cola drinks, coffee, sport drinks and milk all contribute to excess acid. Drink at least two liters of *pure* water everyday.

To increase your alkaline reserves, eat plenty of fresh vegetables, fruits, lentils, nuts and seeds. Supplements such as Perque C powder, Bone Guard, and L-Glutamine + PAK also have beneficial alkalizing effects. These supplements, as well as pH paper test strips, can be obtained from Beyond Health at 800-250-3063.

Are there things other than diet that contribute to excess acid? Yes. Stress, toxins, and allergic reactions also contribute and should be minimized. If you are too acidic, it may take some time to normalize your pH. Don't get discouraged. It took decades to get where you are and reversing it will take time. Working toward normalizing pH and optimizing cellular health will bring you more energy and better health, so it is well worth the time and effort.

Raymond Francis is an M.I.T.-trained scientist and an internationally recognized leader in the emerging field of optimal health maintenance

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Sugar: Death by Installment

by Raymond Francis

The health of the American people and that of our children is in a long-term decline. In 1995, the American Health Foundation downgraded the health of our children from a C- to a D. Why is this happening? Here is one reason. We are systematically feeding poison to our children and ourselves—destroying health, lowering quality of life, shortening life span, and even damaging the health of future generations. We are doing this unwittingly because we fail to grasp the destructive power that sugar has on human health.

Sugar is not a food! *It is a deadly metabolic poison.* Regular consumption is guaranteed to damage health, cause disease, and result in premature death. Few things stress the body as much—sugar is the most destructive substance the average person consumes on a daily basis. Regularly eating sugar is nothing less than *death by installment*.

A few hundred years ago humankind ate no refined sugar at all. That is why human metabolism is not designed to process refined sugar; even a small amount throws the body into biochemical chaos for a period of 6 to 8 hours. The body, in an effort to cope with this sugar-induced chaos, will actually use up (deplete itself of) stored nutrients. Rather than supplying the body with nutrients, as *food* is supposed to do, sugar robs the body of nutrients. Sugar is very likely the leading reason why degenerative diseases are so prevalent in our society. The biochemical dysfunction initiated by sugar leads to a cascade of destructive events. These manifest as degenerative diseases such as allergies, diabetes, tooth decay, osteoporosis, endocrine problems, arthritis, hypertension, hypoglycemia, heart disease and cancer. How could such a deadly poison be allowed on the market? Simple, it was “grandfathered.” Sugar was on the market before regulatory laws were passed. Were it a new product today, sugar would fail the approval process, as there is overwhelming evidence connecting it to disease.

When the body is in homeostasis (the fine-tuned balance that is health), disease cannot appear. In the balanced state of homeostasis, the body is constantly self-regulating and self-repairing to maintain health. But, just 2 teaspoons of sugar (an average soft drink contains 10 or more teaspoons) is sufficient to throw the body out of homeostasis by upsetting its delicate mineral and hormonal balances. Tragically, today’s children and teenagers consume *vast* amounts of sugar, systematically destroying their health before they even have a chance to live.

How much of this poison do we actually consume? Keep in mind that historically we consumed none at all. Sugar was introduced into the U.S. in 1751. Consumption remained low for over 150 years, but skyrocketed in the 20th century. Here are some statistics on annual consumption:

1900 – 10 pounds per person
1985 – 124 pounds per person

1990 – 133 pounds per person

1994 – 149 pounds per person

2000 – 160 pounds per person

Most people are not aware of how much sugar they are consuming. Refined sugar comes in many different forms, along with different names. Manufacturers try to hide the truth on labels by using different kinds of sugar: sucrose, fructose, glucose, dextrose, brown sugar, barley malt, rice syrup, corn syrup, raw sugar, turbinado sugar. Even processed fruit juices and honey are metabolically perceived by the body as “sugar.” The problem is the body treats them all as if they were the same thing, and they have the same negative consequences on health.

Not surprisingly, the dramatic rise in sugar consumption has paralleled the dramatic rise in chronic disease. Nowadays, almost a quarter of the average person’s caloric intake comes from refined sugar—an empty-calorie toxin. Sugar has no nutritional value and it depletes the body of nutrients. As sugar takes an increasing share of our daily calories, fewer nutrient-rich foods are eaten. We are actually consuming excess calories and becoming increasingly fat, yet we are still malnourished and hungry. Today, many of America’s children get up to 50% of their calories from sugar—a substance the body cannot safely handle, even in small doses. No, it will not kill you right away—but each teaspoonful will nickel and dime you to death. Remember, it is death by installment.

Remember that *few* Americans die of old age. Most of us die from preventable diseases such as cancer, heart disease, stroke, and diabetes. These chronic conditions are the direct result of chronic abuse to body chemistry. *Use of sugar is abuse to your body.* Here are some ways that sugar systematically damages health:

Mineral Relationships: Refined sugar disturbs the body’s mineral relationships. This happens because sugar requires minerals in order to metabolize. In the refining process, minerals such as magnesium, manganese, chromium, cobalt, copper and zinc are removed. Therefore, in order to metabolize sugar, these required minerals must come from somewhere. So, they come from the body’s tissues, thereby depleting mineral reserves and disturbing critical mineral relationships. For example, minerals, required for the function of digestive enzymes, become depleted. This reduces enzyme activity and diminishes the body’s ability to properly digest food. Sugar is not only devoid of nutrients, it is *nutrient depleting*.

Allergies: Sugar promotes food allergies. Most food allergies start with improperly digested food. Sugar reduces the supply of digestive enzymes leading to insufficiently digested food. Undigested food molecules enter the blood stream where the

immune system “sees them as enemy and attacks.” Not surprisingly, foods usually consumed *with* sugar become our most common allergens, including allergies to wheat, corn, milk, chocolate and eggs. For example, eggs are often consumed with sugar-rich orange juice or in sugary cakes. This causes poor digestion of the eggs and an allergic reaction to undigested egg molecules in the bloodstream.

The immune system forms a “memory” of these reactions—hence food allergies. Constant consumption of a food known to cause allergic problems often leads to nutritional depletion, exhaustion, and susceptibility to further sickness. Food allergies produce symptoms that include: joint pains, headaches, depression, anxiety, anger, hyperactivity, and withdrawal, fatigue, dizziness, and tissue swelling in the hands, legs, and ankles. Traditional physicians often treat these allergic symptoms with toxic prescription drugs, making a bad situation even worse.

Osteoporosis: Sugar is a leading cause of osteoporosis. Sugar increases calcium loss in the urine. In order to keep blood calcium levels within normal limits, the body removes calcium from the bones. Physicians, not understanding this sugar-induced cause, are often mystified when their osteoporosis patients have normal blood calcium levels, while suffering bone loss.

Immunity: Sugar depresses immunity. Sugar damages the function of immune cells, causing immune depression, which peaks about two hours after ingestion. Those eating sugar several times a day will suppress immune function all day, every day. Combine this with the immune exhaustion resulting from sugar-caused food allergies and you have a real (common) problem.

Diabetes: Sugar causes diabetes. With chronic high sugar intake, the body’s mechanisms for balancing blood sugar become dysfunctional, causing both hypoglycemia and diabetes.

Arthritis: Sugar causes arthritis by first causing food allergies. Allergic reactions result in the formation of immune complexes. Immune complexes can collect in joints and damage them. Another mechanism is that joints can accumulate excessive calcium as a result of sugar-caused, abnormal calcium metabolism.

AGE’s: Another problem with sugar is AGEs (advanced glycation endproducts). These form when sugar reacts with protein. After eating sugar, the sugar content of the blood increases, causing reactions with body proteins, forming AGEs. For example, a breakfast of eggs and orange juice would put both sugar and protein into the blood at the same time, forming AGEs. For that matter, any protein meal followed by a sugary dessert will create AGEs.

AGEs damage health. They act like a glue that binds tissue together thus making tissues (like blood vessels) less elastic and more rigid. They also cause blood cells to stick to blood

vessel walls, thus causing arteriosclerosis. Immune cells try to get rid of AGEs, but if you form lots of AGEs, this contributes to exhaustion of the immune system. AGEs can also initiate a biochemical pathway that can lead to long-term inflammation. AGEs are known to promote heart disease, high blood pressure, cataracts and arthritis.

Hypoglycemia: Hypoglycemia (low blood sugar) is the result of the body’s response to sugar. When blood sugar increases to an “above normal” level, insulin is released to lower it. Blood sugar levels then decrease, but insulin still remains high. Because of the insulin, blood sugar levels continue to drop to below-normal levels. *Low blood sugar affects energy levels, the ability to learn and remember, and moods.* It is no wonder teachers often have difficulty teaching children after their sugar-laden noon time meals. Sugar causes hypoglycemia—the “sugar rush, sugar crash” syndrome—*most Americans are affected by hypoglycemia on a daily basis, even if they aren’t aware of it.*

Acidosis: When sugar is metabolized in the body, it creates acids. Eating a lot of sugar will make the body too acidic. This, in turn, affects enzyme activity, because enzymes are dependent on a narrow pH range for their proper function. When enzymes are disrupted, the whole body suffers.

Imbalances: On the bottom line, refined sugar is destructive to human health because we were never designed to handle such a substance. When we try to metabolize it, the body is thrown out of balance, and that is what disease is all about.

Nutrients and hormones constantly fluctuate in the body, within narrow limits. Sugar causes these fluctuations to get too large and to last too long. When the body is thrown out of homeostasis and mineral and hormone levels become abnormal, digestion is impaired and enzyme function damaged. Since all of the body’s systems are interdependent, when one function is out of balance, every system is affected. That is why regular consumption of sugar will keep the body in biochemical chaos, all day, everyday.

Regular consumption of this dangerous poison is guaranteed to cause disease. A sure sign of toxicity is a craving for sugar. This means that the body’s chemistry has become so dysfunctional that it now depends on sugar. Excess sugar is so toxic that to get rid of it the body converts it into saturated fat, which is less toxic, but still dangerous. This fat accumulates in arteries and other organs, doing long-term damage.

Do you still want to eat sugar? If not, read labels carefully and avoid any of the forms of sugar listed above. At the very least, be *aware* of how much sugar you eat, and where it comes from. Most especially, please don’t feed sugar to innocent children. They are too young to understand how much they are being damaged or how this damage will affect their future. Honestly, as a specialist in this field, I cannot think of *anything* that people consume on a daily basis that is more destructive than sugar. Please stop this madness now!

Question: I understand you have warned us against using products that contain sodium lauryl sulfate. I was looking at a shower gel that I use (NutriBiotics) and though they boast in bold letters that the product contains no sodium lauryl sulfate, I see that the ingredients list sodium laureth sulfate. Is it really any better? I already use the Weleda toothpaste that you recommend, but I was wondering if you could recommend a good body/hair care product. Thanks.

M.C. — California

Answer: You are wise to read labels carefully. Sodium laureth sulfate is a close chemical cousin of sodium lauryl sulfate. They *both* have negative effects on the body. Beyond Health carries a safe, Aubrey Organics, green-tea shampoo that I use myself. Stick with products that have been carefully researched and approved by Beyond Health.

Question: I use a deodorant that contains an active ingredient called *triclosan*. I use this product every day. It does not contain any aluminum, and it is very effective. I just wanted to get your opinion on whether there might be any safety problems with this product.

D.R. — Montclair, CA

Answer: I would not use such a product myself. Triclosan is a man-made chemical that has found widespread use as an antibacterial agent in consumer products. Triclosan has ended up in everything from toothpaste to liquid soaps, deodorants, bicycle shorts, toys, household sponges, and plastic chopping boards.

In the last year or so, both scientific and medical journals have been expressing concern about the widespread use of triclosan and other similar antibacterial chemicals. The problem? Bacteria resistant to these antibacterials have been showing up with greater frequency. Similar to the problems with antibiotics, bacteria become resistant to these chemicals. There is a very real danger of growing superbugs that are resistant to everything we can throw at them.

More specific to your question, however, is the fact that triclosan is absorbed through the skin. This means you will be getting a daily dose of triclosan. Since triclosan is not a nutrient, the body will have to find a way to dispose of this strange molecule. This will put an unnecessary load on your detoxification systems and add to your existing toxic overload, which most Americans are in. So much triclosan is now being used in soaps, toothpastes, deodorants, and mouthwashes that triclosan is showing up in high concentrations in fish and human breast milk. In fact, at the *Dioxin 2000 Conference* held here in California, a researcher from Stockholm University reported that triclosan has been found in three out of five samples of breast milk. I don't think this is a good idea.

Triclosan is known to be toxic to bacteria, algae, and fish. I think you can be virtually certain it is also toxic to humans. In addition, triclosan is a pre-dioxin. When products containing triclosan, such as sponges, cutting boards and toys, are burned

in incinerators they will form highly carcinogenic dioxins.

If that is the bad news, here is the good news: I am very close to approving a safe deodorant. Beyond Health will carry it and BHN readers will be among the first to know about it when it happens.

Question: I am having problems with insomnia. My doctor has prescribed a drug, but I am reluctant to take it because of the many side effects. Do you have any suggestions?

S.S. — Daly City, CA

Answer: You are absolutely right to be concerned about the side effects. About half of all sleep medications are prescribed for that 20% of the population that are older Americans. The *side effects* include falls, confusion, agitation, and extended drowsiness. (If you fall and break your head, don't worry it's just a side effect.) One simple thing that will help almost anyone sleep better is regular exercise. Exercise is absolutely essential to good health and one of the best things you can do to sleep better. A study done last year at Stanford University Medical School found that older people slept better when they added regular exercise to their routine.

Make the exercise vigorous enough to sweat a little and do it at least four times a week. After four months of doing this, the participants in the study fell asleep more quickly and slept significantly longer. In addition to sleeping better, your whole body will function better and you may find that other symptoms of ill health will go away as well.

One thing to avoid is caffeine. Some people cannot metabolize caffeine very efficiently so any caffeine they consume will remain in their system for a long time. This means that even *one* cup of coffee in the morning will be enough to keep them up all night. Then they need to drink more coffee the next day to stay awake, thus producing a never-ending cycle of insomnia. Chocolate also contains caffeine and should be avoided.

Question: I know a child with ADHD (Attention Deficit Hyperactivity Disorder). Do you have any words of wisdom for the mother?

N.B. — Issaquah, WA

Answer: Studies have repeatedly shown that about 75% of children with ADHD will show remarkable improvement when artificial colors, flavors, preservatives, and allergenic foods such as milk, wheat, corn, eggs, soy, chocolate, and citrus are removed from their diets. Unfortunately, many parents find it easier to put their child on a dangerous prescription drug than to eliminate these things from the diet. In addition, the child should be put on the Perque vitamin program along with high-quality essential fatty acids.

Question: Can you recommend a regimen for preventing memory loss?

D.S. — Tucson, AZ

Answer: I would recommend a good plant based diet of

organic foods plus a base program of supplements consisting of Perque 1, 2, C, and Bone Guard. Other nutrients that will specifically help to enhance and protect nervous tissue function include: Perque CoQ10, Unique E, Udo's Choice, Ginkgo Phytosome, and Phosphatidylserine. All these complete a very powerful nutrient support program for mental function. In addition, stay off of prescription (and recreational) drugs as many are known to promote memory loss.

Numerous studies have shown substantial improvements in memory and learning while on the above nutrients. More than twenty studies of Phosphatidylserine have indicated that this compound improves short-term memory (100 to 300 mg per day is recommended). The same goes for Ginkgo. Ginkgo enhanced the memory of 80 women in a German study after only one hour. Other studies have shown substantial mental performance improvements in Alzheimer's patients using Ginkgo (100 to 250 mg is recommended). The essential fatty acids in Udo's Choice are required for the construction of healthy nervous tissue (a tablespoon a day is recommended). Vitamin E has been demonstrated in numerous studies to both enhance and protect mental function, (400 IU for each 40 pounds of body weight is recommended). CoQ10 is protective by preventing free radical damage to nerve tissue (120 mg per day is recommended).

Question: I have allergies and my allergist is suggesting that I replace my down pillows with synthetic ones, but I prefer the down. Do you think it would make a big difference?
D.B. — San Diego, CA

Answer: Yes, it would make a big difference—only the other way around! The down pillow would be the better choice. You may recall that for many years doctors recommended using plastic cutting boards instead of wood. The theory was that plastic could be kept cleaner while germs would grow on the wood. Well, someone finally did a study and found that the wood was better by far. The wood appeared to have a natural germ fighting capability and the plastic did not. The same goes for the pillows, the synthetics are worse.

Your allergist obviously doesn't keep up with the medical literature in his field. In April of this year, a study was reported at the annual meeting of the American Academy of Allergy, Asthma, and Immunology finding that allergens were significantly higher in synthetic pillows. Synthetic pillows contained six to eight times more allergens than feather or down pillows. In fact, some researchers believe that the increasing use of synthetic pillows is contributing to the growing epidemic of asthma. A good strategy might be to purchase some new down pillows and cover them with an extra, tightly woven, mite proof cover. Mite proof covers will reduce the detectable allergen levels in the pillow to near zero.

Question: I have recently had a skin cancer removed. My doctor says the procedure was a success and I have nothing to worry about. Should I be concerned the cancer coming

back somewhere else, and is there anything I can do to prevent it?

N.M. — New York, NY

Answer: It never ceases to amaze me how little our doctors know about health. Yes, you should be concerned. Cancer is a systemic disease. Your body's biochemistry has to be very dysfunctional in order to get cancer. If all you do is remove the cancer, the dysfunction remains, and you are a sitting duck for whatever else comes along. This is in fact corroborated by a 1998 study in the *Journal of the American Medical Association* involving over one million people. (Your doctor is not keeping up with the literature.) The study found that people who had skin cancer are at increased risk for other types of cancer.

As for what you should be doing now, it is the same as what every person should be doing. Eat a diet high in fresh, organic fruits and vegetables. Drink plenty of clean water. Get regular exercise. Get on the Beyond Health supplement program and stay away from toxic foods and products. Do not eat sugar, white flour, white rice, milk and dairy products, hydrogenated oils, or any prepared and processed foods. Be careful of what you put in and on your body. Use only products that have been approved by Beyond Health, such as our carefully researched toothpaste, shampoo, pesticide, and olive oil.

Question: I am taking St. John's Wort for depression. Are there any downsides to doing this?

M.P. — Delray Beach, FL

Answer: St. John's Wort has been well studied and it is effective in treating depression. Regarding downsides, the one you should be most concerned with, especially living in Florida, is it makes your skin more sensitive to the sun. So be careful of getting more than a little sun. It is also not good to take this herb with prescription drugs as it can interfere with their metabolism and make them even more toxic.

You best bet is to stop being depressed by getting on a good diet, getting off of sugar, taking Perques, getting adequate sunlight, and exercising. This will take care of most depression.

Readers are invited to ask questions.
Answers will be provided by Raymond Francis on a space available basis

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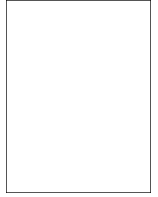
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