

BEYOND HEALTH[®] News

May — June

2001

“Disease is never something that sneaks up on people and strikes them down. It takes a long time and a great deal of neglect and abuse of the body for disease to finally occur.”

—Harvey Diamond
Fit For Life: A New Beginning

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Seminar on Getting Well and Staying Well

On March 31st...

Learn the unique, cutting-edge approach to health developed by Raymond Francis. In one easy lesson, you will learn the basics of how to get well, stay well, and prevent or reverse almost any disease. Available at the Learning Exchange in Sacramento from 1:30 to 4:30 pm on 31 March. To sign up, call the Learning Exchange at 916-929-9200 and ask for course G411B. The fee is \$35.

Never Be Sick Again

Speaking in Florida...

Never Be Sick Again, the title of Raymond Francis' forthcoming book, is also the topic of talks he'll be giving this April in Florida. Raymond will be speaking in Coral Gables on April 16th, Boca Raton and Pompano Beach on the 17th and in West Palm Beach on the 18th. For more information as to time and place, call Pat at 954-946-2770.

IndiuMagic

A safe and effective deodorant...

BHN regularly publishes the results of Raymond Francis' research, giving you access to the latest health information, often years and sometimes decades before your friends and neighbors. In this issue, we are proud to present the results of Raymond's latest product search—a deodorant.

Effective, toxic deodorants abound in our drug stores and supermarkets; ineffective, safe deodorants fill the shelves of health food stores. Finding a safe *and* effective

deodorant seemed like seeking the Holy Grail or perhaps more like tilting at windmills. Raymond searched for twelve years to find such a product—to no avail. Finally, almost two years ago, a potentially safe and effective product was found. Since that time, Raymond has both researched the chemistry and used the product himself: IndiuMagic has recently been approved for sale by *Beyond Health*.

IndiuMagic does not contain any of the health-damaging toxins found in virtually all deodorants. For example, most deodorants contain aluminum salts. In recent years, environmental aluminum has become a suspected contributor to Alzheimer's disease, chemical sensitivities, and breast cancer. (Not to mention that aluminum compounds are antiperspirants, which contribute to toxin build up because they inhibit the body's ability to sweat.)

A man-made chemical frequently used in aluminum-free deodorants is Triclosan. Triclosan is a known biological toxin, which is easily absorbed through the skin. Recently, it has been showing up in human breast milk—in alarming amounts!

IndiuMagic, on the other hand, does not contain any Triclosan, aluminum, or other harsh chemicals such as stinging alcohols, aerosol propellants, perfumes, oils, or emulsifiers. IndiuMagic does not clog pores, does not smell, will not stain, and is safe enough to be approved by the FDA—for *oral* use!

How does it work? Body odor is caused by bacterial growth on the skin. These bacteria need water to thrive and multiply. IndiuMagic contains a salt of the element Indium, which increases the surface tension

of the water on the skin, making it difficult for the bacteria to use that water. This inhibits odor-causing bacterial growth. This same increased surface tension prevents the body from absorbing the Indium through the skin. Quite ingenious.

Not only is IndiuMagic safe and effective, if you don't wash it off, it continues to be effective. It is also very economical. In fact, one four-ounce bottle will often last six to twelve months. This is up to seven times longer than standard deodorant products. It is also easy to use. Just spray a couple of times under arms, remembering to have the underarms dry before applying. IndiuMagic can also be used to control foot odor or to control toe fungus or athlete's foot. IndiuMagic is available by calling *Beyond Health* at 800-250-3063.

Poisoning our Children

Have a soft drink, kid...

Soft drinks are a proven public health hazard and American teenagers are consuming record quantities. Amazingly, a growing number of public school systems are signing deals with soft drink companies to put soda machines in

schools. Why? Money, of course! In just the last three years, an estimated 240 school districts in 31 states have sold exclusive rights to the likes of Dr. Pepper, Pepsi and Coke. For example, the Colorado Springs school district sold Coca-Cola ten years of exclusive marketing rights to its 30,000 students for more than \$8 million. San Francisco's school district has wisely banned such contracts, although most school administrators say parents rarely complain about the availability of soft drinks on campus. True, our schools desperately need the money, but destroying the health of the students is not a good way to get it.

Loaded with metabolic toxins including sugar, phosphoric acid, and caffeine, soft drinks are clearly associated with osteoporosis, broken bones, obesity, diabetes, attention-deficit disorder, hypoglycemia, insomnia, nervousness, and addiction. Parents need to be aware of this problem and keep track of what is happening in their local schools.

Recent research at the Harvard School of Public Health found that physically active girls who regularly drank cola drinks were five times more likely to break bones than those who were not regular drinkers. Research out of South Africa found that cola drinks cause kidney stones. A growing body of evidence suggests that the caffeine in cola drinks is responsible for insomnia and an inability to concentrate and stay focused among school children. Meanwhile, *the caffeine and sugar in these drinks makes them addictive*. Cola drinks are one of the most toxic "foods" on the market. Drinking them on a regular basis is one of the most damaging things a person can do to their health.

A brand new study published in the *Lancet* and conducted at Boston Children's Hospital and at France's Institute of Health and Medical Research has found that the odds of a child becoming obese increased significantly for each additional serving of a sugar sweetened drink. Since obesity among children in the U.S. increased by 100% between 1980 and 1994, much of this epidemic can certainly be linked to soft drinks. This is madness! Soft drinks are loaded with empty calories and toxic

chemicals. Choosing health means avoiding these poisons.

Arthritis Anyone?

Just drink coffee...

A new study published last August in the *Annals of Rheumatic Diseases* has found that people who drink coffee are at increased risk for developing rheumatoid arthritis, a debilitating immune-related disease. The study found that people who drink more than three cups of coffee per day double their risk of developing this disease.

BHN has previously published information on coffee's link to diabetes and has always maintained that coffee is toxic. We think no one should drink it. This study is just one more piece of evidence linking coffee to cellular malfunction and disease.

Heavy Rain

It's raining mercury...

Mercury is a toxic heavy metal that causes many serious health problems, including neurological problems, depression and memory loss, developmental problems in children, and immune suppression. Mercury is very toxic and the government carefully regulates it, but mercury pollution is nevertheless becoming increasingly worse.

Mercury is getting into the air from coal-fired power generating plants, which release about 40 tons of mercury into the air each year. What goes up has to come down and so it does—into the reservoirs, rivers, and lakes, and on to the farms, contaminating both the water and the food supply. The National Academy of Sciences estimates that 60,000 newborns suffer developmental harm due to mercury toxicity each year. If you happen to live in New England, it is particularly difficult to escape mercury. The EPA has measured rain and snow in New England as containing up to 30 times the maximum allowable limit. This has profound implications for the people and the wildlife living in the New England states.

Because of its toxicity, mercury should be of concern to everyone who cares about health. Because it is a com-

BEYOND HEALTH *News*

is published bi-monthly by Beyond Health Corp., which is dedicated to cutting through the confusion and bringing you high quality information, products, and services to enhance the quality of your life.

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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.

mon environmental toxin, people must do whatever they can to minimize their exposure to mercury. What to do? Get on the Perque vitamin program with lots of vitamin C, take garlic pills, and get plenty of exercise in order to lose mercury through your sweat. Get rid of mercury fillings in your teeth, as such fillings gradually leach mercury into the body. All of these steps can help to minimize mercury toxicity.

Hip Fractures Anyone?

A reminder about fluoride toxicity...

Here is one more reason not to drink tap water. Dr. Hardy Limeback, head of the Department of Preventive Dentistry for the University of Toronto and an authority on fluoride, has disclosed that people who drink fluoridated water (most of the tap water in America is fluoridated) have double the amount of fluoride in their bones. This in turn significantly increases the risk of hip fractures in the elderly because the fluoride alters the basic structure of the bones making them weak and brittle. In plain English, fluoride is toxic! Do what you can to minimize it.

More On Cell Phones

Watch those worms...

Researchers David de Pomerai of the University of Nottingham and Peter Candido of the University of British Columbia released some disturbing findings about cell phones and their effects on worms. Cell phones emit microwave radiation. When worms were exposed to this radiation, they experienced biological changes that disrupted the normal functioning of their cells. Disrupted cell function (malfunction) has another name: *disease*.

We are still in the early stages of cell-phone research, but studies like these are coming out with more and more frequency. While studies of worms do not necessarily translate into what happens in humans, this is one more piece of disturbing evidence indicating adverse biological ramifications of using cell phones. BHN continues to recommend that the number of calls and the duration of those calls be kept to an absolute minimum.

Vitamin D And Breast Cancer

The sun is good...

Published late last year, a study of over 5,000 women measured the relationship of sunlight exposure and vitamin D intake to breast cancer. Sunlight exposure and dietary vitamin D intake were found to have a protective effect against breast cancer. The reduction in risk was highest in those who lived in sunny areas of the country.

BHN has always maintained that sunlight is *good* for you and that most people should get some every day. Numerous studies have shown that frequent sun exposure would go a long way toward reducing the incidence of osteoporosis, cancer, heart disease, seasonal depression and possibly multiple sclerosis. Those who are regularly exposed to sunlight through their work are at reduced risk for cancer, psychiatric illnesses, cardiovascular disease, bone fractures, and psoriasis.

It is inconsistent exposure and excessive exposure that are problematic. Getting sunburned is a definite no, no. People with only intermittent exposure to the sun and especially those who get sunburns are at increased risk of melanoma (a deadly skin cancer). The sun *is* good for you—get a little bit every day.

The Alzheimer's Epidemic

Watch the aluminum...

In July, scientists from around the world gathered in Washington for the largest meeting ever on Alzheimer's disease. These experts warned that Alzheimer's is increasing so fast it is becoming an epidemic. Unfortunately these so-called "experts" appear to believe that Alzheimer's has something to do with age. It doesn't! As far as modern medicine is concerned, Alzheimer's is just another "disease of aging." The attitude is: you get older, you get Alzheimer's, too bad, and there is nothing we can do. (There is no recognition that traditionally and historically healthy people, who lived well into their hundreds, never suffered from Alzheimer's. In fact, they didn't even have words in their languages to

describe any such disability. They didn't need words to describe something that had *never* happened.) Our modern connection between dementia and age stems from the fact that we have had more time to make ourselves sick with our sedentary lifestyles, poor diets, and toxic environment.

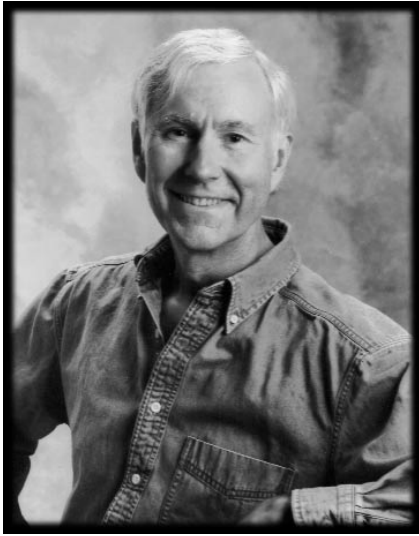
Alzheimer's has been linked to a number of risk factors, including aluminum. A new study in the *Journal of Epidemiology* has found that the risk of developing Alzheimer's is increased in those drinking water with high concentrations of aluminum. The researchers determined that aluminum concentrations above 0.1 milligrams per liter may be a risk factor for dementia. Nearly 2,700 people were followed for an eight year period to identify new cases of Alzheimer's and to analyze how much aluminum was in their water. Higher aluminum was associated with more Alzheimer's. The authors pointed out that their findings support those of a number of other studies linking environmental aluminum to Alzheimer's.

Where is the aluminum in the water coming from? Ironically, a significant amount of the aluminum in tap water is actually added by water suppliers. An aluminum salt (alum) is added to clarify water by precipitating particulate and organic matter. Considering that water suppliers add chlorine, fluoride, arsenic, radioactive minerals, and aluminum to our water, our poor health should not be such a surprise. Don't drink or bathe in tap water. Unless you have a filter on your shower, you can actually absorb more toxins through your skin taking a shower than you will get from drinking the water.

Another contributor to the bioaccumulation of aluminum and Alzheimer's disease may be the high salt diets that Americans eat. A high sodium diet depletes the body of essential trace minerals. At the same time, it increases the body's absorption of metals like aluminum from the water we drink and the food we eat. The combination of the aluminum from tap water and high salt diets may work synergistically in promoting Alzheimer's disease.

Cooking and Processing

by Raymond Francis



All mammals eat raw food. Unfortunately for us, humans have departed from what nature intended, and we are paying a heavy price for this foolishness. One of the most egregious assaults on the nutritional quality of our food is cooking. Heat damages nutrients, makes food more difficult to digest, and high heat even creates carcinogenic (cancer-causing) toxins.

Cooked foods will not support healthy life in animals or humans. Accordingly, some researchers have suggested a diet of at least 50% raw foods. Others have suggested at least 80%. The long-lived Hunza people ate about 80% of their diet fresh and raw. What is the ideal percentage? Nobody really knows. It may be 100%.

As I was researching the effects of food processing, I came across some shocking experiments. I found that a calf would die from its own mother's milk, if that milk had been cooked (pasteurized). As a chemist, I knew that heat altered the chemical properties of food, but I had never considered that pasteurized cow's milk would kill a calf. (So why are we feeding this stuff to our children?) I later found the owner of a large organic dairy farm, who repeated the experiment on his own animals. After feeding the calves pasteurized milk, they became so sick and weak he had to stop the experiment to save their lives. *The point is: cooking fundamentally changes the chemical and nutritional properties of your food. "Food" and "cooked food" are not the same thing!*

In writing my forthcoming book, *Never Be Sick Again*, I came across a totally unintentional experiment on the hazards of cooked foods. The "experiment" occurred on the German cruiser *Kronprinz Wilhelm*. During World War I, the *Wilhelm* cruised the seas for 255 days without touching land. It lived off coal, food, and water captured from French and British ships before she sank them. The crew ate beef, ham, bacon, cheese, potatoes, canned vegetables, dried peas and beans, white bread, margarine, tea, coffee, sugar, condensed milk, cake, champagne and beer. They were *amply* supplied with all the above. Other than fresh potatoes that were cooked before serving, the crew consumed virtually no fresh fruits or vegetables (no raw food). Fresh foods were a luxury item, and were supplied only to the officer's mess. As one

can see, the diet these Germans were eating was not too much different from what many of us eat daily. *Everything* the crew ate was cooked or processed. Only the officers had access to any fresh food. Let's see what happened to this crew:

The ship left port in August of 1914. Five months later, the ship's surgeon noticed an increasing pallor among members of the crew. He also noticed shortness of breath and dilation of the pupils. One month later, the crew complained of swollen ankles and pain in the legs and arms. Another month later, conditions were alarming. Fifty of the crew could not stand, and they were dropping at the rate of two a day. The symptoms included paralysis, atrophied muscles, dilated hearts, constipation, anemia, and pain. After eight months at sea, 500 of the crew were sick, 110 were bedridden, and they were falling at the rate of four per day. New symptoms included pneumonia and other infections, fractures and superficial wounds that wouldn't heal, pleurisy, and rheumatism. Soon there would not be enough crew left to operate the ship. The captain made a mad dash for the coast of Virginia, and anchored outside Newport News. The best doctors were summoned. The doctors were baffled by the many symptoms. Finally, a reporter from the *New York Globe*, who was interested in nutrition, suggested they try raw fruits and vegetables. Within 10 days, men stopped falling sick, and 47 had been discharged from sick bay. *The only people on the ship who did not get sick were the officers who had access to raw fruits and vegetables.*

The officers aboard *Kronprinz Wilhelm* ate only a small percentage of their diet raw. Yet, they stayed healthy while the crew fell apart. How much raw food is optimal for human health? The evidence indicates: *the more raw food the better.* Perhaps there is something to be learned from the fact that *in nature all animals eat raw food.* Modern humans have departed from nature and eat most of their food cooked. The result is our epidemic of chronic and degenerative diseases, while our "best doctors" remain baffled.

This concept of consuming more fresh and raw foods may seem foreign to someone who has eaten cooked foods all their life, but it is also one of the most critical components of a healthy diet. *For good health, a high percentage of the diet must be eaten fresh and raw.*



Breakfast of Chumps

by Raymond Francis

We all have been brought up with the myth that a healthy way to start the day is with a breakfast cereal. These time-saving products come in convenient boxes and are easy to prepare and eat. Oh, if only they were good for us. Far from a “breakfast of champions,” these products are the breakfast of chumps.

There is only one disease, *malfunctioning cells*. Cells will malfunction for only two reasons—they are not getting everything they need (deficiency) and/or they are getting something they do not need (toxicity). The breakfast of chumps manages to do both. Almost all breakfast cereals are second rate sources of nutrition, and they are loaded with toxic sugars, hydrogenated oils, and artificial vitamins, colors, flavors and preservatives. Some of these cereals are such poor food choices they not only fail to sustain the health of experimental animals, *they actually kill the animals*. It is absurd that the first meal of the day be such a toxin filled, nutrient-deficient disaster.

The Problem

Breakfast cereals are made with processed, refined grains. These grains have lost most of their nutrients in the refining process. Even so-called “whole grain” cereals, while a bit better, have lost a number of essential nutrients. Manufacturers often attempt to compensate for this loss by adding minerals and synthetic vitamins to their products. However, when you feed such “enriched” cereals to experimental animals, the animals do poorly. This indicates that the added nutrients are not biologically effective and some may even be toxic. What is needed is *real* whole grains. This means an organically grown grain that has not been polished, cracked, or disrupted in any way that damages its nutritional content. Many people do not know what a real whole grain is. For example, people think of rolled oats as a “whole grain.” It is not. Rolled oats have been smashed open and oxygen has destroyed critical nutrients.

Nutrient deficient, refined grains are one part of the problem; the other part is toxic additives. Artificial colors, flavors, and preservatives are added to enhance appearance, taste and shelf life. Refined and hydrogenated oils are used to provide moisture resistance, keeping the product crisp. Each of the above has a toxic effect on the body.

Sugar is one of the most dangerous (and common) additives. Most breakfast cereals have added sugar to make them more appealing, especially to children. Bear in mind that sugar is a deadly metabolic poison and a major contributor to our epidemic of chronic diseases (like osteoporosis, depression, allergies, tooth decay, heart disease, and cancer). It should be criminal; some cereals are up to 50% refined sugar.

Adding insult to injury, breakfast cereals are usually con-

sumed with milk. In and of itself, milk is a toxic and allergenic food.

Puffed Phooey

Another toxic ingredient in cereals is puffed grains. Typical are puffed wheat, rice and millet. The problems stem from the method of manufacturing. Grains are subjected to high pressures and super-heated steam. Steam is forced into the grain and when the pressure is quickly released, the steam exits the grain and puffs it. Unfortunately, the high pressures and temperatures alter the molecular structure of proteins in the grains and create toxins. Puffed grains are so toxic that feeding them to experimental animals will kill the animals after only a couple of weeks. *In one experiment, animals fed puffed grains died sooner than animals fed nothing at all!* Puffed grains are also found in products like rice cakes (made from puffed rice), which are often sold in health food stores as a “healthy snack”!

What To Do

The point to remember is that all processed and packaged foods are nutrient-deficient and usually toxic as well. Since most of the average person’s diet is largely made up of such foods, there is little wonder we have high rates of disease. With malnutrition as our leading cause of disease, relying on toxic, nutrient-deficient foods like breakfast cereals doesn’t make a lot of sense. If you want to eat a grain for breakfast, it should be a *whole* grain. This means a natural grain that has not been processed.

It is acceptable to eat a bowl of cooked whole grains (this would include brown rice, wheat, oats, spelt, millet, rye, etc.). An even better choice would be to fresh grind the grains and consume them raw. A grain grinder can be used to freshly grind grain; allowing the ground grain to fall into water or fresh juice will create a healthy and nutritious porridge. Use fresh fruit for flavor. Another choice that is even more quick and easy is to eat fresh fruit and nuts for breakfast. Any of these alternatives is far better and more nutritious than processed and packaged breakfast cereals—the breakfast of chumps.

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

Visit us on-line at
www.beyondhealth.com

Question: I just recently received a kitten as a New Year's gift. I use to live with my sister and her cat 2½ years ago and never sneezed or anything. Now since I've been away from the cat, when I'm around any cat I am constantly sneezing, coughing, stuffy head and my throat feels tight. What can I do? I want to keep the kitten and feel healthy again...Please help me!

A.N. — Internet

Answer: Given that you want to keep the cat, there are two approaches to solving your problem, and you should do both. One is to strengthen and rebuild your obviously dysfunctional immune system. A good start would be to clean up your diet, reduce your toxic load by using safe personal care products, and get on the Perque vitamin program. Lots of vitamin C and vitamin E would be wise. Stay away from any foods that you know you are reactive to. Secondly, give the cat a bath once a month, every month. Use a natural soap like Dr. Bronner's Baby Soap. Being a kitten, it will soon learn to like the baths, especially if you try to make it a special and pleasant event. After a few months, there will be very little dander for you to react to, thus making an allergy-free cat.

Question: I am only 27 years old and I have gallstones! What is it I am doing wrong?

F. M. — Berwyn, PA

Answer: Obviously, you are doing a lot of things wrong. No one should have gallstones. Yet, removal of the gallbladder is the most common abdominal surgery in the US. About 15 million Americans have gallstones and about 500,000 require hospitalization every year—pretty expensive for something that is not supposed to happen.

Diets high in sugar and fat and low in fiber are known to cause gallbladder problems. This is of course what most people eat, hence all the problems. However, four years ago a study in the *European Journal of Clinical Investigation* found a new dietary link—insufficient vitamin C. It appears that vitamin C reduces the tendency of bile to form cholesterol crystals, thereby preventing gallstones. Given your age and that you are a female, there is yet another factor to consider. Birth control pills have been proven to reduce blood levels of vitamin C and to increase the risk of gallstones. Taking birth control pills along with a standard diet will greatly increase the risk in the most susceptible people.

As to what to do now, get on the Perque vitamin program along with about six grams per day of Perque C. You also want to clean up your diet. Get rid of the sugar, the saturated fat, and lose weight if you have any extra pounds. In addition add lots of fresh whole fruits and vegetables to your diet. One more consideration is to completely avoid any foods that you know you are allergic to. Food sensitivities are known to contribute to gallstones. For many people, this means avoiding all dairy, which everyone should be doing anyway.

Question: What's the best way to wash fresh fruits and vegetables?

S.P. — Chapin, SC

Answer: In truth, there is a lot of contaminated food out there and some people even soak their produce in Clorox. I do not do this and do not recommend it. From both a practical and a scientific viewpoint, the thing to do is to peel a fresh fruit or vegetable, such as an apple or a carrot, that can be peeled. For foods that cannot be peeled, washing under running water for a minute or two will go a long way to reducing both bacterial and chemical contamination. For foods like lettuce, remove the outer layers and wash the leaves separately. There is no perfect way to do this, but the above is something anyone can do; nothing special is needed.

Question: I have been using your pesticide Orange Guard and it works very well. Could you explain how it kills the bugs if its not toxic?

R.S. — Sacramento, CA

Answer: Orange Guard acts like a solvent. It dissolves the waxy coating on the exoskeleton of the insect and this clogs up their breathing apparatus and the bugs suffocate. Yet, this is nontoxic to humans and pets.

Question: My daughter has eczema and nothing we do seems to help. Do you have any suggestions?

E.I. — Monte Sereno, CA

Answer: Atopic dermatitis (eczema) is usually caused by food allergies. If you are having trouble controlling the eczema, this is not a surprise. A 1998 study in the *Journal of Pediatrics* found that 60% of patients with eczema were allergic to at least one of the most common allergens: milk, wheat, egg, peanuts, fish, and soy. Trying to avoid these allergenic foods is a task and a half, especially for young people. Unfortunately, exposure to even small amounts of a substance that you're allergic to will keep the body in a constant inflammatory state. I recommend trying very hard to avoid allergens as well as improving general cellular competence with the Perque vitamin program. Be sure to include Quercetin, Udo's Choice, Unique E, and Triple EFA. These will all have an anti-inflammatory effect and help to control the eczema.

Question: I have a chronic liver infection. Is there anything you would recommend?

J.H. — San Francisco, CA

Answer: A chronic viral infection of the liver can lead to cirrhosis and cirrhosis is the fourth most common cause of death among people between the ages of 30 and 50. The liver

is like the oil filter in your car, it filters out the gunk. It is also a big factory, taking thousands of compounds apart and putting thousands together. For people who already have liver damage, there are some very special issues to be addressed.

One thing to do is limit the amount of iron in your diet. Hepatitis viruses thrive in iron-rich environments. Avoid iron enriched breakfast cereals, foods cooked in iron pans, vitamin pills containing iron, molasses, and red meat. Supplement your diet with Perque C, as vitamin C contributes to liver detoxification, but do not take the C with meals as it increases iron absorption. Also supplement with Perque Choline Citrate. Choline is an amino acid that increases the activity of an enzyme in the liver which prevents cirrhosis. Vitamin E is another recommended supplement. Vitamin E helps to maintain high levels of glutathione, which is an important antioxidant in the liver. A product called ThioDox would also be useful. It contains N-acetyl cysteine and lipoic acid, both of which support liver chemistry. Finally, eating a diet rich in cruciferous vegetables such as cabbage, broccoli, cauliflower, kale, bok choy, and brussels sprouts is also advisable.

Question: I take Perques, I eat a good diet, I do a lot of sustained exercise running marathons, but I still get too many colds. What do you think I could do to prevent these colds?

A. J. — Mill Valley, CA

Answer: The key here may be connected to the amount of exercise you get. It is well known that distance runners suffer high rates of infection after intensive training or exhaustive exercise. The problem is a decrease in plasma glutamine. Glutamine is an important fuel for the immune system. A 1997 study in *Nutrition* found that supplemental glutamine, 5 grams given in 330 ml of water was used, produced a marked decrease in post exercise infections. Perque Glutamine + PAK is recommended.

Question: I heard that eating red meat contributed to breast cancer risk. Is this true and if so, why?

D. S. — New York, NY

Answer: There is a connection between breast cancer and meat consumption. In fact, a study in a 1998 *Journal of the National Cancer Institute* found that women who developed breast cancer consumed more meat on average than those who did not. This study concluded that the major problem was well-done meats. Women who consumed well-done meats had a breast cancer risk five times higher than those who ate their meat cooked rare or medium. Cooking meats at high temperatures produces chemicals called heterocyclic amines. These chemicals are known to be powerful carcinogens. I always cringe when I see people out barbecuing in the summertime. Barbecuing produces a lot of these carcinogenic amines.

Question: There has been a lot of recent controversy in our local newspaper regarding the medical use of marijuana. Could you comment on this?

P. I. — Mill Valley, CA

Answer: The medical use of marijuana is just plain nutty. Marijuana is a toxin and will make sick people sicker. The few times when it does alleviate symptoms, the same thing can be accomplished by much safer alternative means. Advocates of medical marijuana say that it can reduce the eye pressure associated with glaucoma. The truth is it can relieve interocular pressure in up to 65% of patients for two to three hours. However, this is not a practical long term treatment. Since the effects last for only a few hours, patients would have to smoke more than 3000 marijuana cigarettes every year to keep their pressure down. Anyone consuming that much marijuana is going to do brain damage, major lung damage, and cease to be any kind of productive individual.

Question: I don't have a question, I just want to thank you for warning us all about the dangers of prescription drugs. I finally got my 80 year old father off of all his drugs and he is feeling better than he has in years.

A. A. — Tucson, AZ

Answer: Thanks for the thanks. It is always nice to know that people are being helped by all the research and writing that I do. Getting older is bad enough without being medicated to death. A study by the American Society of Health System Pharmacists found that 79% of people over age sixty-five take at least one prescription drug. The average senior gets more than a dozen prescriptions a year for conditions like high cholesterol, high blood pressure, diabetes, and arthritis. The result of this massive poisoning is that up to 20% of all hospital admissions are caused by reactions to prescription drugs. When someone is on multiple drugs, there is a potential for millions of interactions, many of them catastrophic to the body. The sad part is that people are being damaged by these toxic drugs, while at the same time there exist much safer alternative approaches to accomplishing the same objectives. We have to remember that every molecule we put into our body is going to have an effect on us, either positive or negative. Prescription drugs, while mitigating certain symptoms, virtually always have a negative impact on our health.

Readers are invited to ask questions.

Answers will be provided by Raymond Francis on a space available basis.

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