

BEYOND HEALTH[®] News

July – August

2001

“...health problems are not an inevitable part of aging—alternative medicine has practical solutions for identifying and treating underlying causes of illness and can help prevent disease from occurring in the first place.”

—Burton Goldberg, Ph.D.
Longevity

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More Power

Effective 22 July...

Moving on up in the San Francisco Bay Area to a more powerful station—An Ounce of Prevention with Raymond Francis has moved from KBZS to KYCY @ 1550 on the AM dial. Acclaimed as one of the best health shows in America, An Ounce of Prevention will be broadcasting from 9 to 10 AM every Sunday. Having added New Orleans this year to the growing national audience, Raymond Francis will be reaching more people than ever, bringing the message of “health is a choice” to many thousands every week. If you live in the Bay Area, be sure to tune in every Sunday morning. Listeners in other parts of the country will not be affected by this move.

Never Be Sick Again

Double cassette album...

This tape album by Raymond Francis says it all. An island of clarity in a sea of confusion, *Never Be Sick Again* takes the mystery out of disease and provides an understanding of human health that gives you the power to get well and stay well. This is something everyone in your family should listen to, and here is an economical way to do it. Buy as many as you want now at the reduced price of \$19.95 (regularly \$24.95). These make great gifts—a gift of health—for those you care about. Just call 800-250-3063 and leave your order.

BBC and ABC

Raymond Francis Interviewed...

Both the BBC and Peter Jennings ABC News have interviewed Raymond Francis

for his knowledge of olive oil adulteration. BHN published Raymond’s article, *The Olive Oil Scandal*, in the March/April 1998 issue. Since then, this article has been around the world on the Internet and Raymond has become established as an internationally recognized expert in olive oil chemistry. While olive oil is a healthy food, most of the olive oil on the market is toxic because it has been adulterated with disease causing trans-fatty acids. This is why BHN recommends *Bariani*.

Crops Contaminated

Call your congressman —please!

As was predicted and feared, genetically modified (GM) crops have contaminated the food supply. Virtually all organic seeds now appear to be contaminated with genetically modified materials. Since no one knows the long-term effects of consuming these genetically modified foods, we must realize that we are creating a situation with unknown consequences for the future of the human race. The only way to keep this situation from getting even worse is with an enormous public outcry to our elected officials. Everyone should be on the phone to their senators and congressmen urging them to put a stop to this uncontrolled experiment. This is human experimentation and human experimentation was outlawed under the Nuremberg Codes.

As of now, the major GM crops are soy, corn, and canola. Organic crops for each of these are now testing positive for the presence of foreign genetic material. This is happening because of cross-pollination as well as the inability to completely segregate organic crops from GM crops during har-

vest, handling, transport, and milling. The Organic Federation of Australia has announced that they can no longer verify the purity of organic crops imported from the U.S. because the contamination has become so extensive. Meanwhile, closer to home, Farm Verified Organic, an organic certification agency, has stated: "...the GM pollution of American commodities is now so pervasive, we believe it is not possible for farmers in North America to source seed free from it."

In fact, Farm Verified Organic now maintains it is impossible to certify organic corn in the U.S. if you insist on zero percent GM contamination. Continuing to grow these GM crops year after year will lead to presence of more and more GM contamination into regular and organic crops. *The only way to stop this is to ban GM crops.* Otherwise, the term "organic" will become nothing more than a joke. Already there is talk in the organic community about changing the definition of organic. Organic would refer to how the crop is grown and not depend on whether the crop is contaminated with pesticide or foreign genetic material.

GM foods could turn out to be the dumbest thing mankind has ever done. The only way to stop this is for a huge public outcry to congress. Contact your members of congress now and ask to put a stop to GM foods until their safety can be proven.

BHN Food Warning

No soy for children...

A few weeks ago, Raymond Francis issued a warning to all parents on his *Ounce of Prevention* show—*do not allow children to eat soy products.* Most soy grown in the U.S. is genetically modified, and at this point, it may be impossible to obtain soy that is not contaminated with genetically modified material. A recent study found 6.6% genetically modified soy in an organic soy product. Soon it may be impossible to obtain uncontaminated soy, anywhere in the world. This is why a recent study in *Pediatrics* is particularly disturbing. Commercially farmed, genetically-modified soybeans were found to have high levels of estrogen, much higher than the high levels already found in soybeans. No one knows what the effects of these high levels may be, but they could damage growing children or promote estrogen-related cancers, such as breast and prostate cancer.

We should not be experimenting on our children. This is why BHN is advising parents to stop feeding soy products to children. If soy is to be used in a family meal, it must be organic, which though contaminated will still have less of the genetically modified variety. Commercially produced soy should be off limits.

Save Our Children

The kids age getting sicker...

More and more children are suffering from diseases that used to be found primarily in older people. As many as 45 percent of all new cases of Type 2, adult-onset diabetes are now occurring in children. Twenty years ago, the number of new cases in children was 2 percent. Adolescent girls, in increasing numbers, are now being diagnosed with osteoporosis, a dangerous thinning of

the bones. Risk factors for heart disease are dangerously multiplying among children ages 5 to 17. Anxiety levels among children are substantially higher than just a few decades ago.

Why is this happening? A study of almost 10,000 children reported in *Nutrition Week* found that fully two-thirds did not obtain adequate levels of zinc or vitamin E. One third did not get enough vitamin B6. Half did not get enough calcium. Another study found that not one child met the dietary guidelines for fiber or the recommended 8 to 10 cups of water per day. Only 3 percent took a dietary supplement on a daily basis. And then we wonder why they are sick!

American children are seriously malnourished because mom and dad are feeding them garbage. Over the past 20 years, soda consumption has increased 37 percent among 6 to 9 year-olds. (It is not the six and nine year-olds who are buying this soda pop, it is the parents.) More than 50 percent of children drink soda on a daily basis. Fruit juice consumption has increased 26 percent among 2 to 5 year-olds. Parents think that commercial fruit juice is healthy, but it is not. Meanwhile, a study by the U.S. Department of Agriculture found that 83 percent of children obtained an average of 20 percent of their daily calories from dangerous and nutritionally worthless snacks such as potato chips, corn chips, crackers, pretzels, and similar products. Sugar, fat, and excessive protein are dominant in these children's diets and substitute for fresh vegetables and fruits. The health of the American people will continue its long-term downtrend until we stop making our children sicker and sicker.

Trans Fats Harmful

Eliminate them from your diet...

Trans-fatty acids are misshaped molecules formed when oils are heated or hydrogenated. When these undesirable molecules are incorporated into cell membranes and used in body processes, they cause problems. A study in the *New England Journal of Medicine* projected that heart disease could be reduced by

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53 percent if people were to cut out all trans fats.

Trans fats increase blood cholesterol levels, the size of atherosclerotic plaque, and the “bad” LDL lipoprotein, thus contributing to heart disease. When trans fats are incorporated into the construction of cell membranes, this makes cells more rigid. Cell walls made from trans fats act more like eggs with brittle shells, which are easily broken. Tissues made from such cells have less elasticity and will be subject to catastrophic failure such as torn muscles and tendons and hemorrhagic stroke. Blood cells made from trans fats will be stickier and more likely to clot. When cells are made from the proper essential fatty acids, they act more like rubber balls, with resilient elasticity. Trans fats damage the immune system, energy production, liver function, and have been linked to cancer. In addition, trans fats damage the ability of cell membranes to transport nutrients into cells.

Trans fats are found in margarine, vegetable shortening, and in any product containing partially hydrogenated oil. This usually includes cookies, cakes, pies, salad dressings, and breakfast cereals. Trans fats are also found in deep-fried foods such as French fries and donuts. One place where people do not expect to find trans fats is in their extra virgin 100% olive oil, but they are sadly mistaken. A study by the FDA found that 96 percent of such olive oil is adulterated with other oils such as cottonseed, soybean, sunflower, canola, and peanut oil. These oils must be highly processed to make them undetectable in the olive oil, and this processing creates trans fats. This is one reason why Beyond Health recommends the only olive oil that consistently meets our exacting specifications—Bariani.

Don't Chew Gum

If you have mercury fillings...

At this point, most people know that mercury dental fillings are dangerous, but a study done at a university hospital in Sweden found that chewing gum could hasten the breakdown of the amalgam fillings. This in turn can produce

significantly higher and dangerous levels of mercury in the blood. Heavy gum chewers had three times the amount of mercury in their urine than infrequent chewers. The mercury levels increased in direct proportion to the number of amalgam fillings and the time spent chewing.

Chewing gum or food will cause the release of mercury from fillings. Mercury is extremely toxic and will cause brain damage, among other problems. What is truly amazing is that mercury is treated as a hazardous substance before it reaches the dentist's office. It is then treated as a hazardous waste when it leaves the dentist's office, but the American Dental Association still says it's OK to put in your mouth. Figure that one out...

Tea Yes, Coffee No

Coffee is a killer...

A number of studies have linked caffeine to urinary calcium loss, which contributes to osteoporosis, hip fractures, and death. The caffeine source in these studies has always been coffee, and everyone assumed that the caffeine in tea would have the same effect. Now, a new study in the *American Journal of Clinical Nutrition* has shown women who drink tea do not suffer bone loss. The researchers suggested that flavonoids and other healthy components found in tea have a positive influence on bone mineral density. In fact, tea may even help to protect bone. This is just one more reason for coffee drinkers to quit or substantially reduce their consumption of coffee.

In the March/April 2000 issue of BHN we disclosed, for the first time to the public, coffee's link to diabetes. Coffee has also been linked to cancer, and with good reason. When coffee is roasted, it forms a compound called 3,4-benzopyrene, which is an enormously powerful carcinogen; an average cup of coffee contains 500 micrograms of known carcinogens. In 1981, Professor Brian MacMahon of the Harvard School of Public Health concluded from a Boston area study that coffee drinking was the cause of 50 percent of all pancreatic

cancer, and that drinking just three cups a day increased the risk of pancreatic cancer threefold. As for tea, a number of recent studies have concluded that tea appears to have a protective effect against cancer. Tea yes, coffee no! Health is a choice and the choice is yours.

Caretenoids Improve Lung Function

Seniors breathe easier...

Seniors with high levels of beta- and alpha-carotene in their blood had significantly better lung function than those with low levels. A recent study in the *American Journal of Respiratory and Critical Care Medicine* found that a mixture of Carotenoids, including beta-carotene, helps to maintain normal lung function during aging. The lungs are one of the body's direct interfaces with the outside world. As such, lung tissue is subject to free radical damage from air pollution. One example of this is the damaged lung tissue found in 100 percent of the autopsies performed in Los Angeles. Seniors are particularly vulnerable to low levels of antioxidants, which is why obstructive pulmonary disease is an important cause of disability and death in older people. Supplementing with carotenoids will help to maintain healthy lung function. BHN recommends taking Caroplete, which can be ordered through Beyond Health.

Sunscreens

No thank you...

Since its inception, BHN has warned against the use of sunscreens. In years of research, we have never found any justification for using commercial sunscreens. Sunlight is healthy, while sunscreens are unnecessary, and unhealthy. Ever stop to think that as the use of sunscreen has increased, so has the incidence of skin cancer. A recent study by the Memorial Sloan-Kettering Cancer Center in New York found that sunscreen offers no protection against melanoma, a deadly type of skin cancer and now the tenth most common form of cancer in the U.S.

The best way to get the sun is to limit exposure until your system adjusts and you develop a protective tan. If you feel you need a sunscreen, then spray on a solution of vitamin C or use Bariani olive oil. Commercial sunscreens contain toxic chemicals; some of which, such as various parabens, can cause as much damage to your skin as a bad sunburn—without you realizing it. In addition, new information in the scientific literature has found that certain ingredients in sunscreens, such as octyl methoxycinnamate, are not stable when exposed to UV radiation. These chemicals break down into new molecules, which have different toxicity and chemical properties. These breakdown products are toxic to cells.

More On Milk

Don't drink it...

Cow's milk is unfit for human consumption, but a lot of people, especially Americans, are still drinking milk and consuming products made from it. About 70 percent of the world's population does not drink milk and Americans drink more milk than the rest of the world combined. (How could we go so wrong?) If you are still drinking milk and need more reasons to stop, consider these: A study by the British government recently found that 10 percent of the milk they tested contained a form of tuberculosis bacterium that causes Crohn's disease (a debilitating digestive illness).

Milk causes delayed allergies. One of the problems with milk is it contains protein molecules that humans have great difficulty digesting. These undigested proteins can then cause an allergy to dairy. Such allergies can be completely hidden so that the victim is unaware of the damage being done to their immune system and their health. A study published last year in *Allergy* found that out of 86 children with dairy allergies, 10 of them suffered from "very delayed" reactions. Very delayed reactions are those that can take place anywhere from 4 to 26 days after exposure to the allergen. Reactions might include constipation, asthmatic wheez-

ing, and dermatitis. Without highly specialized testing, someone could suffer from such allergies and never know it. Meanwhile, their health is constantly being undermined.

Most milk in America today is contaminated with bovine growth hormone, which is used to stimulate milk production. Unfortunately, milk from such cows contains IGF-1 (insulin growth factor). A major study by the Harvard Medical School, released in 1998, found IGF-1 to be a potent risk factor for prostate cancer. Men with high IGF-1 were four times more likely to develop prostate cancer and men over age sixty were eight times more likely. A number of well-conducted studies have found a link between dairy and prostate cancer. Of course, the risk does not stop with men; anyone consuming IGH-1 in their milk is taking a risk.

While unprocessed milk from a healthy cow is not the best of foods, it is also not the worst either. The problem is, as a practical matter, there are no healthy cows and no unprocessed milk. Cows are fed inappropriate food, they are not healthy, and are kept going with antibiotics and other drugs. Milk is usually homogenized, which helps to turn its fats rancid, and it is almost always pasteurized. Pasteurization completely changes the physicochemical state of the milk, destroying enzymes and making the milk very difficult to digest. In addition, milk is loaded with hormones, dioxins, PCB's, pesticides, bacteria, blood, pus, and other undesirable contaminants, making it into a toxic soup. Certainly not something you want to be feeding to an innocent child.

Food Poisoning

Some simple precautions...

Every year, more than 80 million Americans get sick from food poisoning, and 9000 people actually die from it. However, there are some simple precautions that can minimize your risks. Wash your hands before handling food. Stick to organically produced meats, eggs, poultry, and seafood. A big problem today is Salmonella bacteria. These flourish in the antibiotic-fed beef, chick-

ens, and pork. A substantial percentage of the eggs in a supermarket are contaminated with Salmonella. E.coli shows up in beef and especially hamburger. Be sure to cook things well to be sure of killing these bacteria. Defrost meats in the refrigerator and not on the countertop. Do not chop fresh vegetables on the same cutting board just used for the meat. Do not leave foods out in the sun or unrefrigerated for more than a brief period.

Prevent Blood Clots

Take vitamin E...

A study in *Arteriosclerosis, Thrombosis and Vascular Biology* has found that vitamin E reduces the tendency toward platelet aggregation (blood clotting) and thereby reduces the risk of heart attacks and strokes. Subjects taking vitamin E produced lower levels of hydrogen peroxide, which produces free radicals and promotes platelet aggregation. In a separate study in the *Journal of the American College of Cardiology*, it was found that the different forms of vitamin E found in natural vitamin E contributed to this protective effect. This is why it is important to use natural vitamin E and to be sure it contains all the other forms of vitamin E in it. BHN continues to recommend Unique E; it is the best we have ever found..

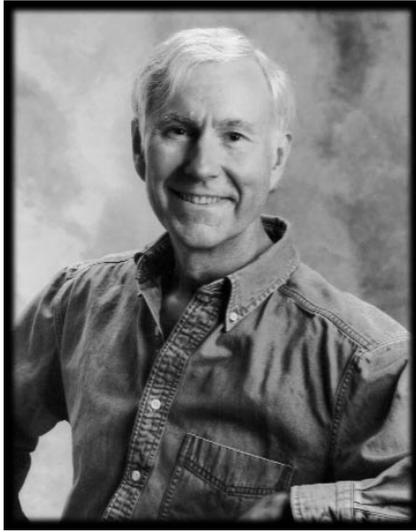
Lower Blood Pressure

Take CoQ10...

Coenzyme Q10 is known to be an effective antioxidant and to help alleviate congestive heart failure and chronic fatigue, but a new study at the Medical Hospital and Research Center in India indicates that it helps to lower blood pressure as well. The experimental group received 120 milligrams of CoQ10 per day and their blood pressure dropped and average of 16 points systolic and 9 diastolic, while the placebo group showed no change at all. BHN recommends that hypertensives use CoQ10. Again, brand is very important with CoQ10. CoQ10 is expensive and most brands do not contain what they are supposed to contain. We recommend Perque.

X-Ray Mutations

by Raymond Francis



Astonishing new information about the damaging health effects of medical x-rays is the subject of a new book, *Radiation from Medical Procedures*, by John Gofman, M.D., Ph.D. Both a medical doctor and a nuclear physicist, Dr. Gofman is one of the world's leading experts in radiation damage. Dr. Gofman's evidence suggests that: *Medical x-rays are*

responsible for an estimated 50 percent of all cancer deaths and 60 percent of all deaths from Ischemic Heart Disease (blockage of blood vessels).

To understand why x-rays are such a serious threat to our health, we must understand *genes* and *mutations*. Similar to the operating system of a computer, genes are the blueprints for the structure and function of our bodies. Just as a "glitch" in computer software can disable a computer, a glitch in a cell's genetic programming can cause serious problems, including cancer. Such a cellular "glitch" is referred to as a *mutation* (a change from the original genetic code).

For many years, studies have linked radiation exposure with *most* varieties of human cancers. Coming as a big surprise, Dr. Gofman's findings show that that x-rays contribute to heart disease. What happens is this: x-rays cause mutations in the smooth muscle cells of the arteries, which makes the cells dysfunctional and unable to process lipoproteins correctly. This in turn causes chronic inflammation of the arterial tissue, resulting in the accumulation of atherosclerotic plaque. This plaque eventually blocks the artery, resulting in heart attacks and strokes.

When one contemplates the implications of Dr. Gofman's conclusions, some alarming realities present themselves. First, *medical radiation appears to be one of the principal causes of cancer and heart disease in America*. Next, the amount of people who are affected is enormous. M.D.s order about 300 million x-rays per year and dentists order another 100 million—perhaps helping to explain our increasing rates of cancer and other chronic diseases. Next, if one combines America's annual deaths from medical errors and prescription drugs (about 425,000) with the projected deaths from medical x-rays (about 750,000), this adds up to well over one million deaths per year being caused by our modern medical

establishment. Thus, modern medicine would become the single largest cause of death in America.

Of course, diagnostic x-rays can be of benefit in certain situations, which is why they are still used—if overused. Dr. Gofman recommends that the total number of x-rays and the radiation dose of each be reduced. He believes that the number of x-rays could be cut by more than half without any loss of useful information. (Other researchers have estimated that up to 90 percent could be eliminated with no loss of useful data.) In addition, Dr. Gofman points out that x-rays are not the sole cause of cancer and heart disease. Rather, x-rays act as *necessary co-factors* in these diseases. That is, they are not the only factor involved in producing these diseases, but the disease will not happen without the x-ray.

What to do? To minimize your risk from x-rays, you must optimize your DNA repair and minimize free radical oxidative damage. This is accomplished by optimizing your nutrition, minimizing your toxic exposures, minimizing stress, and getting adequate amounts of exercise, natural light, and sleep. You must also avoid x-rays as much as possible. Learn to say *no* to x-rays. Ask yourself and your doctor, "Is this particular x-ray *absolutely* necessary?" Keep in mind that up to 90 percent of x-rays are *unnecessary* and are done for legal and economic reasons. Remember that health is a choice. It is up to you to choose it. There is an appropriate time and place for using x-rays, so make informed choices.

If nothing else will get you to avoid x-rays, then consider this: X-rays bombard the atoms that make up your cells, "kicking" electrons out of their normal orbits and sending them flying at high speeds through your body's cells. These high-speed electrons crash into molecules that make up the genetic material in human cells and subject them to a uniquely violent kind of damage—mayhem that injures the genes so that they cannot be perfectly repaired (or even repaired at all). Put simply, exposure to x-rays can change the genetic coding of your cells, resulting in mutations that cause serious problems like cancer and heart disease. Do not expose yourself to x-rays unless *absolutely* necessary.

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: My doctor has advised me to take an aspirin a day to prevent heart disease. I don't think you would approve of that, but if you don't approve, could you explain why?

E.S. — Stamford, CT

Answer: No I do not approve. The best thing you can do is get yourself another doctor. The one you are using is hopelessly out of touch and obsolete. No disease is caused by an aspirin deficiency. In fact, aspirin is known to cause disease and is not known to prevent any disease. Back in 1980, the U.S. Government spent 16 million dollars to have the National Heart, Lung and Blood Institute study if aspirin could prevent heart attacks. The results were published in the *Journal of the American Medical Association*. There were no benefits from taking aspirin. All they found were a host of harmful side effects, including stomach inflammation and stomach and intestinal bleeding, which can result in death. Two other studies using medical doctors as the subjects, done in England and the U.S., have shown the exact same results.

Aware of these problems, but still not willing to give up aspirin, doctors are now recommending lower doses of aspirin to lessen the negative effects. However, a study in a November 2000 *British Medical Journal* found that even low doses, over time, can cause the same kind of serious damage as high doses in less time.

Of all the major studies on aspirin and heart disease, only one has ever found aspirin to be beneficial. That study used Bufferin. Bufferin contains aspirin plus some magnesium. Magnesium is known to prevent heart disease, and about 80 percent of the U.S. population is magnesium deficient. You don't have to be a rocket scientist to figure this one out. If you want to "thin" your blood (make your platelets less sticky), take vitamin E, essential fatty acids, and garlic.

Question: I have a 14 year-old son who has Down's Syndrome. Is there anything you can recommend to help him?

E.F. — Beltsville, MD

Answer: Down's Syndrome is a genetic disease, resulting in mental retardation and physical handicaps. Nutritional supplements have been shown to be helpful. Many Down's patients suffer from malabsorption and have benefited from vitamin and mineral supplementation. Naturally, the supplements must be of high quality. One study reported dramatic improvements in IQ, growth, physical appearance, language, educational attainment, and general health in a cohort of 22 children age 5 to 16 who received a multivitamin plus extra vitamin C and E.

I would recommend the following Perque products: One, Two, C to bowel tolerance, Bone Guard, Double Zinc, Quercitin, Choline, Glutamine + PAK, along with Unique E, digestive enzymes, and essential fatty acids. These nutrients are essential to health, and if nothing else, will at least

improve overall health. Naturally, a good diet of organic, fresh vegetables and fruits is essential. Cut out everything made with sugar, white flour, processed oils, and dairy.

Question: I have an ulcer and my chiropractor told me it is probably being caused by my food allergies. Can this be true?

A.W. — Needham, MD

Answer: It is entirely possible for a food allergy to cause an ulcer. The tissue in the digestive system is an important part of the immune system and every allergic reaction to food will actually damage that tissue. If food allergens are consumed frequently, repeated gastrointestinal allergic insults may lead to permanent damage to the mucus membrane, thus causing an ulcer. Such reactions can also cause a lot of other problems as well including malabsorption, indigestion, and gastrointestinal reflux.

If you are suffering gastrointestinal problems as a result of food allergies, then it is especially important to stay away from food that you are allergic to, and that means staying away from all packaged and prepared foods. The FDA did a study of 85 food companies and found that 25 percent of the products contained potential allergens that were not listed on the label. These included milk, eggs, peanuts, and wheat. Such prepared foods must be avoided because you have no idea what is really in them.

Question: What is the safest kind of alcohol to drink?

M.C. — San Rafael, CA

Answer: You have to understand that alcohol is a dangerous toxin. This is why you read of fraternity initiations gone awry where young students die from drinking too much alcohol, and according to the World Health Organization, alcohol is responsible for one third of all deaths in the 15 to 29 age group in Eastern Europe. That being said, the body does have the ability to safely detoxify small amounts of alcohol provided the body's detoxification system is supplied with adequate raw materials to do the job.

A few years ago in the *British Medical Journal*, a study in Denmark found there was a link between alcohol consumption and upper GI cancer. Those who drank only beer and distilled spirits had a relative risk of 3.0 when compared to nondrinkers at zero. However, wine drinkers had an increased risk of only 0.5. There appears to be components in the wine that are protective.

Wine is probably the safest way to drink alcohol and a glass of wine with a meal is probably not going to hurt anyone—if they are eating a good diet. A recent study in *Epidemiology* found that even a half a glass of alcohol per day was sufficient to increase the risk of breast cancer by 60 percent. But, that increased risk was almost completely eliminated in women who ate good diets. Diets high in folic acid

were protective. Alcohol metabolizes in the body to a chemical called *acetaldehyde*. Acetaldehyde is known to be carcinogenic, but it is neutralized by folic acid. Folic acid is found in fresh green leafy vegetables, beans, peas, and supplements like Perque 2.

Given all the above, if you choose to drink an alcoholic beverage, my best advice is to stick with wine, drink it in moderation, and be sure to eat a lot of fresh vegetables and take high-quality vitamin supplements.

Question: My husband is eating a high protein diet to lose weight. Is there any potential harm in doing this?

K.F. — Klamath Falls, OR

Answer: There is no doubt that such a diet will result in weight loss, but it may result in something less pleasant—cancer. Brand new research just presented in June at the European Conference on Food and Cancer found that eating lots of red meat produces lots of cancer-causing N-Nitroso compounds in the colon. Unless you also eat lots of fiber, which you may not be doing on a high meat diet, these carcinogens could cause colon cancer. The same study, involving over 400,000 people, also found that those with the highest fiber intakes had the lowest colon cancer risk.

In addition, there is ample epidemiological evidence that people on vegetarian diets are free or nearly free from cancer. In the early part of the last century, Dr. Albert Schweitzer wrote about how his vegetarian natives in Africa were cancer free. The Hopi Indians in Arizona were free from cancer until they went off of their traditional vegetarian diets. Same thing happened to the Pueblo Indians; they went from cancer free up to the same cancer rate as the U.S. average when they started eating meat. Japan has very little animal protein in its diet, and while 80 percent of Japanese men smoke as opposed to only 30 percent of Americans, the Americans have a lung cancer rate four times higher. Statistics published in 1976 in the *Lancet* showed that in all nations, leukemia increases in direct proportion to the amount of animal protein in the diet.

One theory regarding red meat is the iron in the meat. Getting excessive amounts of iron is immunosuppressive and this is never a good idea. That is why cancer patients should be on low-iron, meat-free diets.

Question: My physician told me that vitamin C can cause kidney stones. Can you reassure me on this since I take a lot of vitamin C?

G.H. — Thousand Oaks, CA

Answer: There is absolutely no scientific evidence that vitamin C causes kidney stones. In fact, the exact opposite is true. Proof of that appeared in a 1997 *Annals of Nutrition and Metabolism*. This study reviewed all the existing literature on the subject and concluded that people taking more than 1,500

milligrams of vitamin C per day actually had a lower risk of kidney stones than those taking less.

The myth about vitamin C causing kidney stones is based on one poorly done study; it measured oxylates (stone causing compounds) in the urine of people taking large amounts of vitamin C. The problem is this: the measurements were not done on fresh samples. The oxylates they were measuring were not formed in the body, but in the laboratory as the urine samples aged and reacted with oxygen.

Question: Does Glucosamine really work for arthritis and joint pain.

P.Y. — San Francisco, CA

Answer: The evidence for using glucosamine and chondroitin sulfate is now so overwhelming, that I fully expect traditional medical doctors to be recommending it in the not too distant future, and some already are. What I like about these products is that both glucosamine and chondroitin are natural substances found in the joints. In fact studies have shown that these two compounds are actually more effective at reducing joint pain than the usual anti-inflammatory drugs, which are very dangerous to begin with. They do not just mask the pain, they actually help to rebuild joint tissue.

The only side effects of taking these products has been some stomach upsets, which are usually solved by taking the supplement with food. Patients who are allergic to shellfish should be careful with glucosamine since it could be allergenic in those people. As with any supplement, you have to be careful of buying a good brand. These are expensive ingredients and so the incentive to cheat is huge. In a recent study, 32 glucosamine/chondroitin products were purchased from pharmacies and health food stores. Here is how they analyzed: Seventeen out of the 32 contained less than 40% of the label claim. Only 5 out of the 32 contained more than 90% of the label claim. This is just one more reason to stick with the brands recommended by Beyond Health. We exhaustively research every brand we recommend for safety, effectiveness, and integrity.

Commonly recommended doses are: 1500 milligrams of glucosamine and 1200 milligrams of chondroitin per day for most people; less if under 120 pounds and more if over 200 pounds. It usually takes anywhere from a few weeks to three months to notice the results. Best results have been obtained with osteoarthritis.

Readers are invited to ask questions.

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

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