

# BEYOND HEALTH<sup>®</sup> News

September — October

2001

**“If you remain passive about your health you will probably lose it. All you need to do to become ill in our modern world is to follow ordinary patterns of diet and life style.”**

—Charles McGee, M.D.  
*How To Survive Modern Technology*

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### **Infectious Diseases Increasing**

*Only if you're sick...*

Infectious diseases are increasing worldwide, but not to worry. Since only sick people get sick, all you have to do is stay healthy and you will be immune to these infections. Though without proper nutrition, you're in trouble. A recent study in the *Journal of Nutrition* found that people are more susceptible to viruses when they are deficient in nutrients, especially selenium and vitamins C and E. Immunity can also be damaged by lack of sleep, stress, toxins, prescription drugs, alcohol, and sugar. Enhance your immunity by avoiding toxins and allergens, eating a good diet, taking high quality supplements, and getting plenty of exercise.

### **Vaccine Litigation**

*Vigorously prosecuting...*

Our legal establishment has finally become aware that vaccinations are dangerous, that they injure and kill people. There is now a strategic alliance of leading law firms that intends to “vigorously prosecute vaccine injury claims.” Long ago, BHN came to exactly the same conclusion—that vaccinations are a dangerous assault on the immune system that do lifelong damage and are of little or no benefit. The harm caused by vaccines is incalculable, and there are already numerous vaccine litigation suits in progress in the UK. Here in the US, the vaccine wars are just starting, and lawsuits may indeed be the fastest way to

create positive change—to get these dangerous toxins off the market. If anyone in your family or anyone you know has suffered a vaccine injury, they can call the Vaccine Injury Alliance in Houston, Texas for more information on class action lawsuits. The number to call is 888-709-6674.

The sad realities of vaccines are becoming more and more widely known. For example, a notable correlation exists between vaccinations and *autism*. Three sets of parents in Massachusetts have already filed a class action lawsuit, claiming that their children were poisoned by and suffered autism from the high mercury levels found in vaccines (which acts as a preservative). Understand that by age two, American children have already received enough mercury in their vaccinations to *far* exceed the government's safe levels. It is little wonder that neurological problems in children, including autism, have become epidemic in this country as the number of vaccinations given to children at younger ages has soared.

### **Amalgam Dangers**

*Maine in the lead...*

The state of Maine has passed a landmark law regarding mercury amalgam fillings. The law requires that every dental office display a poster and have brochures available informing patients of the negative health effects of mercury in amalgam dental fillings. Mercury fillings are the chief source of mercury (a known toxin) in the human body. For this reason,

the German Ministry of Health banned mercury amalgams in 1992. The Germans concluded that mercury fillings were responsible for a wide variety of disease syndromes including birth defects and cognitive and behavioral problems in newborns.

It is not surprising that the EPA classifies mercury amalgams as a toxic waste. The are only two places to legally dispose of mercury amalgams: toxic waste dumps and *people's mouths!* Since 1990, the EPA has banned mercury for use in latex house paints, yet it is still allowed in your mouth. Mercury is known to cause a variety of diseases including neurological disorders (such as Alzheimer's and suicidal tendencies), fertility problems, immune suppression, heart disease, collagen diseases (such as scleroderma, lupus and arthritis), and allergies.

The American Dental Association continues to support mercury fillings, even in the light of overwhelming evidence against it. Why? The ADA is trying to protect its members from legal assault by an angry public should the truth about mercury become known. Hopefully, other states will follow Maine's leadership, but meanwhile, *BHN recommends avoiding mercury fillings and having existing fillings removed by dentists who are familiar with the correct removal protocols.* Having brochures available is a step in the right direction, but ultimately, mercury amalgams need to be outlawed.

### Health Improving?

*Misleading propaganda...*

It is that time of year again, the "how to lie with statistics" time. The US Centers for Disease Control (CDC) has recently announced that *Americans are healthier today than they were 25 years ago.* This self-serving and misleading report is an annual event and never actually measures health. This meaningless and inaccurate conclusion is based on the fact that average life expectancy has gone up, infant mortality has gone down, fewer people are smoking, and cholesterol levels are generally lower.

Unfortunately, none of these facts really measures health. True, we are living a little longer, but are we living *healthier?* No—chronic disease rates are higher than ever. Infant mortality has gone down, but is it at a healthy level? Certainly not—our infant mortality is still worse than that of Cuba. Fewer people are smoking, true, but is smoking a major influence on health? No—not when compared with many other factors. Cholesterol levels are lower, true, but cholesterol level is only one of two dozen factors that affect heart disease, and when compared to others, it is not a major factor. So, despite self-serving pronouncements by the CDC, the health of the American people actually continues to *deteriorate.* Here are a few examples

of this:

- The diabetes epidemic continues to skyrocket. From 1990 to 1998, there was a 70 percent increase in the incidence of diabetes in 30 to 39-year-olds.
- It has been estimated that Americans with diabetes will increase from 16 million to 50 million in the next 24 years.
- Almost half of all new cases of adult diabetes are occurring in children, which is undoubtedly linked to the epidemic of obesity in our children.
- The obesity epidemic is skyrocketing, with an official 60 percent of adults overweight, and obesity a higher risk factor for disease than smoking or alcoholism.
- Allergies, asthma, and autoimmune diseases are epidemic and continue to increase. (Americans with asthma increased by 61 percent from 1982 to 1994 and asthma mortality jumped 45 percent.)
- Cancer now kills more children than any other disease, and one person dies of cancer every minute.
- Almost 20 percent of our young can no longer reproduce.
- Then there are the mental and behavioral disorders. Autism and attention deficit syndromes are epidemic. More of our young people are using drugs.
- Sugar consumption has jumped 40 percent in the last 25 years, and that has a far worse effect on health than smoking.

Are Americans really healthier? One has to wonder what planet the people in the CDC are living on. Certainly they are doing a great disservice (to the people, not to themselves) by announcing that we are getting healthier when we are really getting sicker. How can we address and solve our health problems if the CDC keeps telling people we are healthier than ever?

## BEYOND HEALTH<sub>News</sub>

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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**Aspirin Extends Lifespan?**

*More propaganda...*

Another recent news announcement reported a new study finding that people who regularly take aspirin may be substantially extending their lives. Raymond Francis addressed this subject in the July/August 2001 issue of BHN. Aspirin is toxic and there is no way it is going to extend anyone's life. Even low doses of aspirin over time have been found to do the same kind of serious damage that high doses do in less time. Remember there are only two causes of disease—deficiency and toxicity. No one has ever died of an aspirin deficiency, but many have died of aspirin toxicity. Taking aspirin on a regular basis will not extend life, it will shorten it.

**Bone Gains Fade**

*Supplements must continue...*

A study by the Department of Agriculture published in the *American Journal of Clinical Nutrition* found that seniors who volunteered to take calcium and vitamin D supplements for three years either gained or retained bone throughout their bodies, most especially in the spine and hips—two areas prone to fractures. However, two years after the supplements were stopped, they had lost all they had gained. This study points out the need for people, especially seniors, to supplement with calcium on a continuous basis.

The current recommendations for calcium are 1,200 milligrams of calcium from food and supplements and 400 to 600 IU of vitamin D per day. Unfortunately, fewer than one in ten U.S. seniors meets these recommendations. If you are concerned about bone density, BHN recommends a diet rich in vegetables and low in meat, dairy, sugar, white flour, salt, coffee, and cola drinks. Supplementation with Perque Bone Guard is also highly recommended—it is the best calcium supplement in the world.

**Drinking Empty Calories**

*The soda crisis...*

With health deteriorating and waistlines ballooning, realize that soft drinks are yet another big problem. According to a study in *Public Health Reports*, the consumption of sugar-sweetened sodas from 1970 to 1997 increased by 22 gallons per person per year, to an astonishing 41 gallons. Each 12-ounce can of soda supplies about 160 calories. Many adolescents easily rack up 600 calories per day drinking these toxic and nutritionally worthless products. Since most of us eat an average 2000 calorie per day diet, if more than a quarter of these calories come from empty-calorie sodas, it becomes difficult to obtain the nutrients we need within the remaining calories consumed.

Cutting soda out is a good place to start for improving your diet, not only from a nutritional standpoint, but also from a toxicological one. The average cola drink contains 45 milligrams of caffeine, and some contain as much as 100 milligrams. Caffeine is addictive, toxic, and it is being marketed to our children as young as age nine. (Not to mention that the massive amounts of sugar in these products will cause blood sugar swings, along with behavior and energy problems.) While everyone is aware that smoking cigarettes is toxic and has a negative effect on health, parents see little harm in a few sodas per day. Exactly the opposite is true; sodas are more dangerous

than cigarettes. While cigarette smoke is a low-level toxin, sugar throws the entire body into biochemical chaos, and a few sodas per day will keep it in chaos all day, every day. Health is impossible under these circumstances. Avoid drinking soda!

**Salt Causes Disease**

*Limit salt intake...*

BHN has always maintained that the excessive amount of salt consumed by most Americans is a substantial contributor to our epidemic of chronic disease. The body was not designed to handle the enormous amount of salt in the average American diet. Excessive salt alters cell chemistry and causes cellular malfunction, thus causing disease.

A recent study in the *Archives of Internal Medicine* has arrived at BHN's conclusion—that salt fundamentally alters cell chemistry thereby producing a variety of different symptoms including high blood pressure, heart disease, kidney disease, and stroke. In fact, salt was even found to be related to bronchial reactivity and asthma. Platelet reactivity also increases with increasing dietary salt intake. This leads to platelet aggregation and blood clots, and can result in heart attacks and strokes.

Salt's connection to high blood pressure has long been known, but its relationship to other diseases has been slow to be recognized. The average American eats 7,000 to 10,000 mil-

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

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ligrams of salt per day. BHN recommends less than 1,000. About 80 percent of this salt comes from processed foods, where manufacturers add salt to mask bad flavors, retain color, and reduce bacterial growth. (As you probably know, salt, along with sugar, can make just about anything taste good.) The solution is to cut out processed foods and to read labels carefully so as to limit salt intake. Be extra careful in restaurants as soups and other restaurant food can be loaded with salt.

### Organic Foods Safer

*More nutritious and less toxic...*

A new report from the United Kingdom titled *Organic Farming, Food Quality and Human Health* has concluded that people who wish to improve their intake of essential vitamins, minerals, and phytonutrients while decreasing exposure to harmful chemicals should choose organic foods instead of conventional supermarket foods. The report found that farming methods could have a significant impact on the levels of vitamins, minerals, and other nutrients in foods.

Perhaps most alarming, this report showed that the nutritional content of conventionally produced foods has been declining over the past half-century. BHN has long held that malnutrition is the leading cause of disease in America, and this report helps us to understand why. Conventional foods are nutritionally deficient in addition to being loaded with pesticides, GMOs, food additives, antibiotics, and other chemicals used in food production.

While it is clear that organically produced foods are superior to conventional, less than two percent of American consumers account for 62 percent of the sales of organically produced foods. In other words, we have a long way to go before enough people switch to organic foods that we can measure a beneficial impact on health.

In the meanwhile, for the sake of you and your family, be sure to eat the freshest organic food you can find.

### Obesity Risk Factor

*Shocking new findings...*

Do you realize that the health problems associated with obesity are greater than the health problems associated with lifetime smoking, heavy drinking, or living in poverty? A new study published in *Public Health* suggests this; it compares obesity to other major health risk factors, such as smoking, drinking, and poverty. This study found that obesity is *more* of a risk factor *than any of the others*. One of the researchers, Dr. Roland Strum, said, "The findings are surprising, obesity really popped out."

Obesity is becoming more prevalent in the U.S., and it is clearly associated with increased risk for diabetes, coronary heart disease, high blood pressure, cancer, and a host of other diseases. The study confirmed that 60 percent of U.S. adults are now overweight or obese. In particular, women who were obese had an average of 120 percent more chronic disease conditions than women whose weights were in the normal range.

While it is true that some people have genes that predispose them to obesity, it is also true that traditionally healthy populations had no obesity. This is because the diets and lifestyles of these people never activated those genes. Except for an extremely small percentage of people who are overwhelmingly predisposed, if you lead a healthy lifestyle and eat a good diet,

you will not be obese. Period. To solve our obesity problem, we have to return to eating real-food diets and to leading active lifestyles. Cutting out sugar, white flour, soft drinks, and processed oils from our diets, as well as addressing our food addiction problems, will solve this health crisis.

### Cell Phone Update

*Alarming rate of brain cancer...*

BHN is pledged to keeping our readers up-to-date on research regarding cell phones. Previous updates have all indicated potential health problems and reason for caution. The latest research is not much brighter. A new study out of Sweden has found that mobile phone users experienced an alarming incidence of brain cancer that that was 26 percent higher than nonusers.

A growing group of scientists is becoming increasingly convinced that cell phones trigger harmful chemical reactions in the body. Among them is Dr. James Lin, a professor of Bioengineering and Electrical Engineering at the University of Illinois, who said, "Without question, there is a biological threat." Dr. Lin has also noted that most brain cancers take up to a decade to develop, and that we may not see the effects in the population for several years yet.

BHN continues to recommend that cell phone use be kept to a minimum. The number of calls should be minimized and the duration of the calls should be kept as short as possible.

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# Mammograms Are A Bust

by Raymond Francis



Evidence continues to accumulate that mammograms cause cancer, while doing little to save lives. Unfortunately, the medical establishment, including the National Cancer Institute and the American Cancer Society, has brainwashed most of us into thinking the opposite. As a result, millions of women march off to get mammograms every year, exposing

themselves to cancer-causing x-rays. The misinformation is so bad that when women were asked in a poll what they could do to *prevent* breast cancer, the number one response was “get a mammogram.” (Exactly how mammograms are supposed to “prevent” breast cancer was not explained.) In truth, *mammograms cause cancer; they are the leading cause of breast cancer.* Mammograms have put a very large number of women at risk for cancer and many have died as a result.

Mammograms are routinely performed without the patient being warned of the radiation hazard. Yet Dr. John Gofman, a medical doctor, nuclear physicist, and noted radiation expert, in his 1999 book *Radiation from Medical Procedures in the Pathogenesis of Cancer and Ischemic Heart Disease*, concluded that 60 percent of all cancer and 83 percent of all breast cancer is caused by medical radiation. As early as 1974, Professor Malcolm Pike of the USC School of Medicine warned the National Cancer Institute that, “...giving a woman under age 50 a mammogram on a routine basis is close to unethical.” In 1992, Dr. Samuel Epstein, professor of medicine at the University of Illinois said, “*The high sensitivity of the breast...to radiation induced cancer was known by 1970.*” In 1995, the *Lancet* (one of the world’s five leading medical journals) reported that since mammographic screening began, the incidence of one type of breast cancer (*ductal carcinoma in situ*) had increased by 328 percent and that the incidence in women under 40 had gone up over 3000 percent. The report’s conclusion regarding mammograms was, “*The benefit is marginal, the harm caused is substantial, and the costs incurred are enormous...*” Similarly, Dr. Charles Simone, a former researcher at the National Cancer Institute said, “*Mammograms increase the risk of developing breast cancer and raise the risk of spreading or metastasizing an existing growth.*”

After hearing all these negatives, is there any justification for mammograms? This question was answered in the September 2000 *Journal of the National Cancer Institute*, which reported on a study of 40,000 women between the ages 50 to 59. The mammograms found tumors that were smaller, but finding the tumor when it was smaller had no effect on the mortality rate. *The study concluded that mammograms are no more effective at saving lives from breast cancer than regular breast examinations.* With findings like these, on what basis can anyone recommend a mammogram to you or anyone you care about? While there are occasions when medical x-rays serve a necessary purpose, regular mammograms do not help prevent and even contribute to breast cancer.

It looks to me like mammograms are an expensive bust. In addition to causing cancer, and not saving lives, regular mammograms can also result in useless and painful breast biopsies. *Alternative Medicine*, in January 2001, pointed out that for every one case of diagnosed breast cancer, between 5 and 10 women will undergo a useless and painful biopsy. Statistically, a woman getting annual mammograms for 10 years will have a 50 percent chance of undergoing at least one biopsy. *Not only do mammograms result in useless biopsies, the clinical interpretation of mammograms often misses an existing cancer.* According to a study published in the *Archives of Internal Medicine* in 1996, doctors missed finding an existing cancer 21 percent of the time.

What to do? Avoid medical radiation in all forms, including mammograms and other types of x-rays because these procedures *cause* cancer. Also, watch out for certain lifestyle habits. New research on breast cancer, published in *Epidemiology*, found that women who drink alcohol and do not get enough folic acid (primarily found in fresh vegetables) are 60 percent more likely to develop breast cancer. You can go a long way toward preventing breast cancer (and every other manifestation of disease) simply by eating a good diet, taking high-quality supplements, and getting plenty of exercise, sunlight, and sleep.

In my opinion, mammograms constitute a criminal assault against women. Instead, have physical breast exams by your doctor, using manual examination techniques, as well as *thermography* (not mammography). Thermography is a non-invasive, safe technique used for measuring differences in temperature in the breast. Not only is thermography much safer, it appears to be far more accurate than mammography. And, as always, diet is critically important in preventing breast cancer; eat plenty of *fresh* foods and avoid nutritionally deficient, processed foods.

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

**Question:** I am going to have surgery. Can you suggest a supplement program to help me recover.

A.R. — Sacramento, CA

**Answer:** Assuming you are not taking any supplements now, here is what you should be taking at least two weeks prior to surgery and at least four weeks thereafter:

**Perque 2:** (Multivitamin): three to four per day

**Vitamin C:** 3000 mg three times a day (Reduce the amount if you get loose stools.)

**Vitamin E:** 400 IU for each 40 pounds of body weight.

**Vitamin A:** 25,000 to 50,000 IU per day.

**Zinc:** 30 mg per day.

**Quercitin:** 1000 mg three times per day

**Coenzyme Q10:** 200 to 300 mg per day

**Glutamine:** 1500 mg three times per day

**Enzymes:** Take several 10 to 20 minutes before each meal.

**Bromelain:** Three capsules three times per day either one hour before meals or two hours after meals for two days before and ten days after surgery

**Probiotics:** Take six per day at one time on an empty stomach.

**Lipoic Acid, L-Glutathione, and N-Acetyl-L-Cysteine:** One ThioDox tablet three times a day.

Statistics show that being on such a program will reduce the probability of problems before, during, and after the surgery, and will also measurably enhance the recovery process.

**Question:** Are eggs good to eat?

G.F. — Fairfax, CA

**Answer:** Eggs are an excellent source of many essential nutrients, and can safely be included in a good diet. For many years, eggs have been falsely maligned by our medical establishment, thus cutting people off from a good source of nutrition. The reason for this has been the assumption that the cholesterol in eggs would somehow contribute to heart disease. In truth, there is very little connection between blood cholesterol levels and cholesterol in the diet, and there was never any reason to believe so in the first place. In point of fact, a study in the October 2000 *Journal of the American College of Nutrition* found that people who ate four eggs per week had lower cholesterol levels than those eating only one egg per week.

Eggs are a good source of protein. Two eggs will supply about 50 percent of the average person's daily need for protein. Physically active people have higher protein requirements, often twice as much, so it would take four eggs to meet 50 percent of a physically active person's needs. In addition to protein, eggs also supply carotenoids, such as lutein and zeaxanthin, which are known to help protect eyes against cataracts and macular degeneration. The choline in eggs is needed by every cell in the body every day. Choline adds to the structural integrity of cell membranes, and it directly affects nerve signaling, cell signaling, and lipid transport and metabolism. DHA, a fatty acid required for

brain and nervous tissue construction, is another nutrient contained in eggs.

In short, eggs are a nutritious food and are not dangerous. However, there is a fly in every ointment, and there is in this one as well. While eggs are healthy, there is no reason to believe that the *egg-shaped objects* sold in supermarkets are healthy (their chemistry is different from real eggs). To obtain the benefits of eggs, one must eat real eggs. Real eggs come from real chickens and both are difficult to find. Look for organic eggs from chickens that live outdoors and have the opportunity to eat their natural foods like bugs, worms, and plants. Eggs should be free of antibiotics, hormones, and other man-made chemicals.

As with any food, it is best not to eat eggs every day as that would increase the chances of becoming allergic to eggs. In addition, from nature's standpoint, the best way to eat any food is raw. However, that is not always safe in our society. The next best thing is to cook at low temperatures, such as the boiling point of water. I usually steam my eggs in the shell. This cooks them at a lower temperature, while protecting them from exposure to nutrient-damaging oxygen.

**Question:** What is dysbiosis, and what does it do?

P.H. — Atlanta, GA

**Answer:** Dysbiosis is a state where the natural balance of the life forms inhabiting your gastrointestinal tract has been disturbed. The resulting imbalance of these microorganisms is called *dysbiosis*, it is a significant contributing factor in many diseases, and it is epidemic in our society.

The single largest cause of dysbiosis has been the indiscriminate and irresponsible use of antibiotics by our medical establishment. Normal flora in the digestive system are kept in balance by competition among the hundreds of different species. Antibiotics, especially after repeated use, kill off many of the species and allow for the overgrowth of the surviving species, most especially yeast and fungal organisms.

An abnormal gut flora balance creates chaos in the body. The abnormal flora disrupt the production of critical nutrients, interfere with proper digestion and assimilation of nutrients, and even produce dangerous toxins. These toxins are absorbed into the bloodstream and can poison every cell in the body, especially those in the brain, liver, and muscles. The resulting symptoms include: headaches, muscle pain, joint pain, insomnia, behavioral and learning disorders, mental and emotional disorders, immune dysfunction, and chronic fatigue.

Treatment for dysbiosis includes introduction of beneficial bacteria, a high fiber, low sugar diet, nutritional supplements, and removal of the offending organisms with appropriate antimicrobials. This is not an easy problem to solve, but it is one that must be solved—for good health is impossible in the face of dysbiosis.

**Question:** Someone told me that green tea is good for

gout. Do you know if that's true?

A.J. — San Francisco, CA

**Answer:** This is not something I had heard of before, but when I thought about the chemistry of green tea (containing flavonoids), it seemed to make sense. Then I found a study that says exactly that. A 1997 study in *Anticancer Research* found that the flavonoids found in green tea reduced levels of an enzyme called xanthine oxidase, and it did this every bit as well as antigout prescription drugs. Xanthine oxidase is an enzyme that is responsible for the production of uric acid, which is the immediate cause of gout. Reducing the production of uric acid would definitely help with gout. Other folk remedies for gout include eating cherries, blueberries, and other dark red/blue berries. These all contain flavonoid compounds that help to inhibit the formation of uric acid as well as acting as antioxidants to prevent tissue destruction in the joint. Clearly, the tea and berries would be better choices than toxic, disease-causing prescription drugs. Quercetin would also be a good choice.

**Question:** My doctor suggested that I take Tums to help get the calcium I need. I had been taking Bone Guard. Is there any reason not to take the Tums instead?

C.A. — Carmel, CA

**Answer:** Yes, there is a good reason not to take the Tums—you won't get much calcium from them. Tums is an antacid; it contains inorganic calcium, which is designed to react with the acid in the stomach and neutralize it. This is not what you want. Minerals like calcium are absorbed only in an acid stomach. Neutralizing the acid grossly inhibits the absorption of not only the calcium, but other minerals, vitamins, and nutrients. This is why people who chronically use antacids end up with osteoporosis and a variety of other diseases.

In addition, for calcium to be properly metabolized, it requires a number of other cofactors such as magnesium, vitamin D, vitamin K, boron, and manganese. All these must be present in order to be able to use the calcium for building healthy teeth and bones.

**Question:** I have a health problem for which I smoke marijuana. I know this is not the best thing for health, but is it OK for medicinal purposes.

S.L. — Bolinas, CA

**Answer:** What you do is your choice. I just would remind you that the combustion products produced by smoking marijuana put an oxidative load on the body, thus damaging and aging tissue. Furthermore, marijuana is known to be immunosuppressive. The cannabinoid compounds found in marijuana are immunosuppressive and fat-soluble. These compounds bioaccumulate in fatty tissue and have a very long half-life in the body, thus suppressing immunity for at least weeks after smoking and permanently if the smoking is

chronic. This is why I often recommend frequent saunas to those who have had these kinds of accumulations. Saunas help to get rid of fat-soluble toxins. In addition, these cannabinoids are known to have estrogenic activity. This activity combined with their long half-life could eventually result in estrogen related cancers such as breast and prostate cancer. Is what you are using the marijuana for worth the risks?

**Question:** I heard you talk about thermography on one of your recent radio shows. Could you tell me more about this, how it works, and how good it is?

N.F. — Kentfield, CA

**Answer:** Thermography is a safe and effective alternative to cancer-causing mammography. It is a way of measuring the temperature of the breast and of detecting changes in temperature as a tumor begins to receive its own blood supply. A cancerous tumor will be warmer than the surrounding tissue and will stand out when the temperature of the breast is measured. Thermography appears to be a far more accurate way of detecting tumors at a much earlier stage.

According to the National Cancer Institute, in 95 percent of cases, a tumor found by mammography or physical examination is already eight years old and has had ample opportunity to metastasize. Thermography, on the other hand, can find tumors two to three years before any other means of detection. In addition, thermography can differentiate between a cancerous tumor and a fibrocystic growth because the latter does not develop its own blood supply and so it is not at a higher temperature than the surrounding tissue. Mammograms are not able to make this distinction.

Thermography is clearly superior to mammography not only because mammography causes breast cancer, but also because mammography is quite inaccurate. Mammography fails to find tumors in up to 20 percent of women who actually have cancer, and about 80 to 90 percent of its positive findings are false. These false positives usually require expensive workups and unnecessary biopsies and breast removals.

**Question:** Is there anything I can do for Hashimoto's Thyroiditis other than taking thyroid hormone supplements?

B.J. — Minneapolis, MN

**Answer:** Yes, get on the Perque vitamin program along with essential fatty acid supplements and consider taking supplemental selenium. Two Perque 2s per day will supply 50 micrograms of selenium. A recent study reported at the annual meeting of the Endocrine Society found that 200 micrograms per day of selenium would reduced thyroid antibodies in half and in 13 percent of Hashimoto's patients the antibodies returned to normal. Additional selenium may be quite beneficial.

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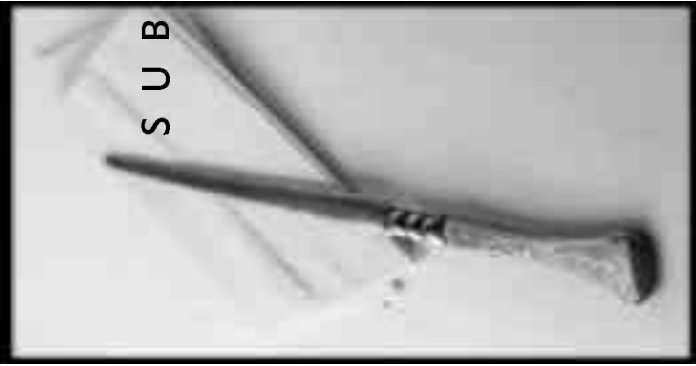
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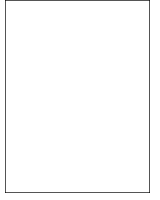
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