

# BEYOND HEALTH<sup>®</sup> News

January — February

2002

## “The Greatest Medicine of All Is To Teach People How Not To Need It”

### Diet and Long Life

*A good model for success...*

The people of Okinawa enjoy the world's longest life expectancy as well as the world's longest health expectancy. How do they do it? A study by Harvard Medical School has concluded that, “Their dietary habits are consistent with what reputable nutrition authorities have been telling us all along. A low calorie, moderate-fat, plant-based, complex carbohydrate-rich diet is key to maximizing life expectancy and minimizing risk for the debilitating diseases of aging.”

Dr. Bradley Willcox of Harvard Medical School studied the lives of more than 600 Okinawans who were over 100 years old. Focus was placed on diet, genetics, exercise habits, and psychospiritual practices. From all these factors, it appeared that the most important factor in slowing the aging process was their low-calorie diet; a diet that was high in vegetables, soy, and fish consumption. BHN has always maintained *that health is a choice*. We should study the success of

these healthy people and emulate them. Unfortunately, the high calorie, junk-food diet of the average American is guaranteed to result in early disease and early death. It doesn't have to be this way...

### Food Is Good

*More fruits and vegetables...*

Study after study consistently show that people eating diets rich in fresh fruits and vegetables live longer and healthier. Recent studies out of Wayne State University and Florida International University have focused on three antioxidants found in many fruits and vegetables—lycopene, lutein, and zeaxanthin.

Lycopene is the red pigment found in tomatoes. Lycopene shows an inverse relationship to prostate cancer; it has been found to protect against the occurrence of prostate cancer and against the spread of prostate cancer. The more lycopene the less cancer, and if cancer is present, the tumors are smaller and less likely to spread beyond the prostate. Prostate cancer patients treated with lycopene measured higher levels of cancer-inhibiting chemicals in their blood.

Lutein and zeaxanthin are commonly found in dark green leafy vegetables such as spinach and kale as well as broccoli and squash. These have been found to protect against age-related macular degeneration (AMD), which is the leading cause of blindness among our older population. The macula had the highest levels of lutein of any tissue in the body, and people with the highest levels of lutein and zeaxanthin had a 75 percent lower risk of AMD. Patients who were supplement-

ed with even low doses of lutein (2.4 mg per day) increased their levels of macular pigment by 20 to 300 percent.

It should never be a surprise that a good diet prevents disease. Since deficiency is one of the two causes of disease, when cells are supplied with all the nutrients they need, they will function as they should, and disease will be prevented and even reversed. For those who wish to supplement with these antioxidants, Beyond Health's *Caroplete* supplement contains both lutein and zeaxanthin.

### Obesity and Pancreatic Cancer

*A new link...*

Obesity is probably the number one health problem in America today. People who are obese or overweight are known to have much higher rates of disease and mortality. Now, a new study in the *Journal of the American Medical Association* has found that obesity is linked to pancreatic cancer. Obese people are 72 percent more likely to develop pancreatic cancer than those who are not obese, although these increased risks can be helped with exercise. Walking or hiking at least 1.5 hours per week cut this increased risk by half. This new study again highlights what we already know: there are major health risks associated with obesity and exercise can improve our health no matter what shape we are in.

### Sugar and Pancreatic Cancer

*Sugar increases cancer risk...*

Diets high in sugar often cause obesity, and obesity increases the risk of pancreatic cancer. It is not a surprise that a new study in the *International*

## THIS ISSUE...

### News In Review

..... 1

### Bouncing Magic

..... 4

### Questions & Answers

..... 6

### Subscribe a Friend

..... 8

*Journal of Cancer* has found that sugar contributes to pancreatic cancer risk. It appears that people who are overweight and who do not exercise become *insulin resistant*. The lower biological activity of the insulin then requires that more insulin be secreted, leading to higher insulin levels in the blood. Higher insulin levels appear to increase cancer risk.

Fortunately, our insulin levels can be controlled by what we choose to eat. As BHN has stated many times in the past, *sugar is a deadly metabolic poison* and is a major contributor to our epidemic of chronic, degenerative disease. Preventing and treating cancer requires that we cut down on sugar so as to lower our blood insulin levels. Lowering insulin levels has many other benefits as well, such as slowing down the aging process and decreasing risk for disease. What do we need to do to avoid pancreatic cancer, as well as many other health problems? Cut back on sugar and the "foods" made with it, and be sure to get plenty of regular exercise.

## Kill Your Brain

*Here's how...*

Recreational drugs, such as Ecstasy and marijuana, kill brain cells and do permanent brain damage to the user. A study in the November 2001 *Lancet* compared brain scans of people who had taken 50 or more Ecstasy tablets in their lifetimes with a group who had never taken the drug. The conclusion was that 50 or more tablets caused the loss of a significant number of brain cells, especially in women.

Ecstasy is a widely available drug that has become very popular among young American students and professionals in their prime of life. Perhaps they don't understand the damage that this drug causes. Recreational drugs work by poisoning and altering brain cells so that certain parts of the brain become emphasized. The problem is, not all of those brain cells recover. Some brain cells become injured beyond repair and die. While ecstasy is known to induce feelings of euphoria, increased energy, and sexual arousal, it is a powerful chemical with serious side effects. In high doses, it can cause a sharp increase in body temperature, leading to muscle breakdown, kidney and heart failure, and death. It is now conclusively proven that Ecstasy kills brain cells and that fifty tablets are considered the threshold for increased risk of developing psychiatric problems.

Marijuana, another common drug among our young, is no different. *It is also addictive, contrary to popular belief.* Withdrawal symptoms have been observed after as little as three days of use, and 10 to 15 percent of users become dependent. Habitual users have higher accident rates, impaired work performance, and higher health-care costs. Professor Susan Greenfield, a professor of Physiology at Oxford University and director of the Royal Institution of Great Britain, recently issued a report in which she measured the attention span of short- and long-term marijuana users. Dr. Greenfield found permanent and irre-

versible brain damage, manifested by attention impairments when measured against nonusers. Impairment was cumulative and increased with time and frequency of use; it was still measurable six years after quitting, indicating the damage was permanent.

A brief period of euphoria followed by lifelong brain damage is not what most people have in mind when they take these dangerous, neurotoxic drugs. We need to be aware of the damage and risks involved, and remind each other when it counts. Remember, there is no substitute for brains!

## Preventing Leukemia

*Take your vitamins...*

Women who took supplemental folic acid during pregnancy had children who were 60 percent less likely to develop the most common form of childhood leukemia. This information from a December 2001 *Lancet* adds to the growing body of knowledge indicating that nutrition in the fetus has a lifelong impact on the health of the child. Pregnant moms, it's up to you.

The researchers in this study suggested that a folic acid deficiency could lead to breaks in strands of DNA because this vitamin is crucial to cell growth and metabolism. BHN recommends that virtually all pregnant women should be on the comprehensive Beyond Health supplement program, including Perque 1, 2, C, and Bone Guard.

## If Pregnant Avoid Caffeine

*Caffeine is a no-no...*

BHN has repeatedly warned about the health hazards of caffeine. In fact BHN was the first publication in the world to inform the general public that caffeine is a cause of diabetes. Now, a new study by the UK Committee on Toxicity of Chemicals in Food has announced that pregnant women who consume more than 300 milligrams of caffeine per day increase their risk of having a miscarriage or a low birth weight baby.

Caffeine can come from multiple sources in the diet, so one must be

## 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.

### ADDRESS

Beyond Health News  
P.O. Box 150578  
San Rafael, CA 94915  
415.459.2050  
bhn@beyondhealth.com

### WEBSITE

www.beyondhealth.com

### PRODUCED BY

Raymond Francis, Publisher  
Kester Cotton, Editor  
Harrisigns Graphic Imaging, Layout

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.

careful to keep the total caffeine load below 300 milligrams per day. Actually it would be best to cut out all caffeine when pregnant, especially caffeine from coffee, which is also toxic in many other ways. An average cup of brewed coffee contains 100 milligrams of caffeine, while tea has 50, cola drinks 40, and a chocolate bar 50.

### Coffee or Bones

*Take your pick...*

Do you want strong bones or do you want to drink coffee? You can't have both. BHN has long maintained that coffee strips the calcium out of your bones. A November 2001 study in the *American Journal of Clinical Nutrition* has found that coffee accelerates bone loss. A group of healthy women were measured for bone density and coffee intake over a three-year period. The women drinking more than three cups of coffee per day lost significantly more bone from their spines than the women consuming less.

The major causes of bone loss and osteoporosis are inadequate vitamin and mineral intake and the consumption of excessive animal protein, milk and dairy products, cola drinks, salt, sugar, and coffee. In fact, people often add sugar to their coffee making a bad choice even worse. All of these bone-destroyers are abundant in the average American diet. Stay away from these offending dietary items, take a high quality calcium/magnesium supplement like Perque Bone Guard, and your bones will thank you.

### Coffee and Depression

*A vicious cycle...*

A study of hospitalized psychiatric patients in the *American Journal of Psychiatry* found that those consuming the most coffee were the most anxious and depressed. High consumers of coffee experienced fatigue and depression. This in turn created the thinking that drinking more coffee would improve their energy and depression. The caffeine in coffee is a psychoactive drug and so coffee actually does improve these symptoms,

but the improvement is temporary and does not actually solve the problem. In the long run, it creates a worse situation because it is the coffee that is contributing to the symptoms in the first place. This sets a vicious cycle in motion where the coffee causes depression, then temporarily improves the depression, thus creating the need for more coffee. This ultimately leads to poor health and more depression.

### Caffeine Withdrawal

*It's addictive...*

The caffeine in coffee is addictive. A study in a 1998 *Behavioral Physiology* found that caffeine was addictive and that withdrawal symptoms included fatigue, sleepiness, and lowered blood pressure. The researchers determined that habitual coffee drinkers could experience a whole range of withdrawal symptoms just by missing their regular morning coffee. There is absolutely no reason for anyone to be drinking something as toxic and addictive as coffee just so they can wake up. Tea is an excellent substitute.

### Iron Linked to Stroke Damage

*No cheap vitamins...*

Iron is necessary for life, but too much can generate free radicals and do damage to your cells and body. This is why when you see a multivitamin containing iron, you are looking at a bad formula. While some people do need iron supplementation, most people do not and to put iron into a multivitamin is just plain nutty.

Recent research in *Neurology* has found that people with high iron levels in their bodies are at higher risk of severe brain damage after suffering a stroke. The researchers found that stroke victims with the highest iron levels were most likely to have their conditions progressively worsen rather than stabilizing and improving.

The problems of excess iron are particularly critical for men and least critical for menstruating women who are losing iron. Those who do take iron supplementation should have their serum ferritin levels checked periodically.

A level below 20 almost always indicates a deficiency, while a level in excess of 80 is usually an indicator of excess iron.

### Heart Disease Still Tops

*Eat your veggies...*

The American Heart Association (AHA) has released its latest statistics finding that heart disease is still the leading killer disease in the US. More than 60 million American have some form of cardiovascular disease, such as high blood pressure, stroke, coronary artery disease, and congestive heart failure. The report listed 50 million Americans as suffering from high blood pressure and 12.6 million from coronary heart disease. What surprised the AHA was that these numbers continue to go up.

What is sad about these numbers is that these diseases are almost entirely preventable. Consuming a diet rich in fruits and vegetables and low in salt and processed oils is known to prevent these problems. In short, the amount of fresh fruits and vegetables you consume are an accurate predictor of your health, yet fewer than one in four Americans are eating the recommended five servings per day. Even worse, in calculating the amount of vegetables eaten, both french fries and corn are considered as vegetables in the study. In the first place, corn is not a vegetable it is a grain. Secondly, french fries are toxic because of their rancid oils and they are catastrophic to cardiovascular health.

Heart disease starts in childhood and that is where it has to be prevented. One study showed that one third of a child's diet was made up of french fries and potato chips. Children drink deadly beverages such as milk, sodas, and fruit juices as their primary fluid intake. Sugar makes up to 50 percent of the calories of some children. It does not have to be this way. Health is a choice.

**Visit us on-line at  
[www.beyondhealth.com](http://www.beyondhealth.com)**

# Bouncing Magic

by Raymond Francis



Our health is determined by many factors, including diet, toxins, genes, stress, thoughts and emotions, and *the amount of physical activity we get*. Research has proven that the benefits of exercise are cumulative and that physical activity is absolutely essential for health. Unfortunately, we have become a nation of couch potatoes. Even

our children are sedentary—physical play has been replaced with television and video games. In fact, 60 percent of our adult population is sedentary, both professionally and recreationally, and about 25 percent of Americans engage in absolutely no exercise whatsoever. Did you know that this level of inactivity virtually guarantees disease? We are not getting enough physical activity to stay healthy, and it is having a profoundly negative effect on the health and productivity of our nation.

Traditionally, getting enough exercise was not a problem. Our ancestors either farmed or gathered their food, getting plenty of exercise through their daily activities. Today, things are different; we must *choose* to do regular physical activity, or it simply won't happen. However, given the time, effort, and money that exercising can require, it can be difficult to find a workable solution. Wouldn't it be wonderful if there were a way to get the activity we need in just a few easy minutes a day, in the comfort of our own homes, and with a minimum of effort and expense? Sound too good to be true?

Rebounding to the rescue! What is rebounding? It is a unique form of exercise that involves bouncing up and down on a mini-trampoline—and its effects are almost magical. It is simple, surprisingly easy to do, a lot of fun, safe, and it can be done by almost anyone regardless of his or her age or physical condition. I know it sounds like a panacea, and that is exactly what it is! Rebounding tones, conditions, strengthens and heals the entire body in as little as 15 minutes per day.

Why is rebounding so good for you? Because it is good for

your cells. Rebounding is a concentrated form of exercise that exercises every cell in your entire body. Remember, if your cells are healthy, you cannot be sick. Only when a large number of cells malfunction can you become diseased. We have always known that exercise is good for health and the reasons why are becoming clearer all the time: Research presented two years ago at the annual meeting of the American Thoracic Society found that physically stretching cells has a profound impact on their biochemistry and behavior. Moving and stretching a cell—as rebounding does—helps to supply essential nutrients and to eliminate toxic waste products. When you bounce on a rebounder, your entire body (internal organs, bones, connective tissue, and skin) becomes stronger, more flexible, and healthier. Both blood circulation and lymphatic drainage are vastly improved.

Visualize for a moment a balloon filled with water. Hold the balloon by its stem and observe how gravity pulls on the water, slightly stretching the balloon. Now move your hand

rapidly up and down and observe how the extra gravitational force causes the balloon to significantly stretch and distort. When you bounce up and down on a rebounder, this is what happens to every cell in your body. Rebounding alternately puts pressure on and takes pressure off of body cells, like squeezing a sponge. This moving and stretching of the cells facilitates nutrient delivery and toxin removal, which is exactly what you need to be healthy. When normal cell chemistry is enhanced, all sorts of wonderful things happen to your cells, tissues, and systems. These include

improving brain function, muscle building, fat burning, tissue healing, blood pressure regulation, appetite regulation, balance and coordination, elimination of fatigue, and countless other physiological enhancements. All of this without having to take the time to go to the gym, work up a sweat, or end up with sore muscles and possible injuries.

Especially when compared to conventional exercises such as push-ups and weight lifting, which apply weight and movement only to specific muscles or muscle groups, rebounding is a more efficient way to exercise your body because it applies weight and movement to every cell. The extra force of gravity caused by the bouncing movement strengthens bones and joints, yet it does so without the jarring and potential damage of most impact activities.

**“...the closest thing to the Fountain of Youth that science has discovered.”**

Here are just some of the benefits that can be achieved by rebounding:

- Efficient weight loss
- Getting rid of toxins
- Stronger bones and joints
- Improved immunity
- Faster healing
- Improving sagging skin
- Strengthening muscles
- Resolving back problems
- Lowering blood pressure
- Improving vision
- Improving hearing
- Decreasing appetite
- Improving digestion
- Enhancing brain function
- Eliminating tiredness

Here is what Dr. Gus Prosch of Biomed Health Services had to say about how rebounding affects our cells and health:

“...the membranes around the cells strengthen as they demand more protein. These thicker membranes are better able to fight off foreign invaders like germs, toxins, poisons and other pollutants more effectively. Here everything improves: the blood, the brain, the lungs, the muscles, all the internal organs...and even more.”

Dr. James White at the University of California San Diego says that rebounding exercise is, “...the closest thing to the Fountain of Youth that science has discovered,” and that rebounding “is effective in improving the symptoms of over 80% of the patients reporting to our rehabilitation lab.” Ruthmary McDowell, a 94 year-old woman from Seattle, experienced such an improvement. She said, “After being very ill, I could not seem to get better. It was most discouraging. I really think it [rebounding] has saved my life.”

Is rebounding right for you? It is right if you find exercise boring and want an exercise that is fun, convenient, and just plain easy to do. It is right if you are pressed for time, like I am. You will appreciate that it takes only 15 to 30 minutes per day and that even 5 minutes a day is beneficial. I now do two 15-minute sessions, one in the morning and another in the evening. Rebounding is the one exercise that will give you fabulous all-around results, even improving your mental well being, with the least amount of hassle, expense, or risk. In fact, exercising on a quality rebounder is the safest and most risk free of any exercise I can think of. Regardless of age or physical condition, almost anyone can devise a beneficial rebounding program. Even professional athletes measurably improve their performance by rebounding.

Many exercises are uncomfortable, cost too much, or take too much time. People tend to give up and do nothing. Rebounding is the answer to all these problems. You don't need special clothing or lots of equipment, and you can do it while speaking on the phone, watching TV, or dancing to music.

So how do you go about buying a rebounder? One thing you do *not* want to do is purchase a cheap \$50 mini-trampoline at your local sporting goods store. This type of rebounder can actually do you more harm than good. Inexpensive rebounders tend to have bad springs; the cheap tube springs found on most rebounders do not absorb and cushion your weight properly—causing a bounce that is abrupt and jarring. People have actually suffered permanent nerve damage from using such units. What you want is a rebounder with fat, barrel spring that allows for smooth deceleration, bringing you to a gentle stop. Another problem with cheap rebounders is poor-quality matting material. Cheap mats stretch too much, do not support your feet properly, and potentially place undue stress on your ankles, knees, and back. By contrast, good rebounders have high quality mats that hold their shape and do not overstretch. Other considerations for a rebounder include the strength of the frame, the height and number of legs, the quality of the sewing that attaches the webbing to the mat, and the ease with which the unit can be folded out of the way or made portable.

With these considerations in mind, the rebounder I selected for my own use is called the Cellerciser. Cellercisers are 40 inches in diameter and 8 inches high. They are of the highest quality and should provide a lifetime of good use. Best of all, it really works! All of the other exercise machines I ever purchased have ended up as high-priced clothes hangers. My rebounder actually gets *used*. I noticed good results in my own well being after just a couple of weeks. My body loves it and I very much look forward to my daily workout. I cannot recommend highly enough both rebounding as a form of exercise and the Cellerciser as a superior quality unit to do it on. These units can be obtained by calling the *Center for Cellular Health* at 800-856-4863. Ask for the special discounted referral price of \$295, which includes the cost of shipping and handling. Do your body a favor and start rebounding now!

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

Readers are invited to ask questions.

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

**BEYOND HEALTH**News

PO Box, 150578, San Rafael, CA 94915 — [bhn@beyondhealth.com](mailto:bhn@beyondhealth.com)

**Question:** What would be the best diet for preventing skin wrinkling?

C. F. —Victoria, Australia

**Answer:** Skin is made of cells just like the rest of your body. Eat a diet that is good for all of your cells and your skin will do just fine. A 2001 study in the *Journal of the American College of Nutrition* found that people who consumed more vegetables, legumes, and olive oil had less skin damage than those who did not.

Not surprisingly, those who experienced the most skin damage consumed the most meat, milk and dairy products, sugar, soft drinks, baked goods, and margarine. In other words, if you eat garbage foods, you will not be healthy and your skin will wrinkle. This study found protective effects from consuming fresh fruits and vegetables, legumes, fish, nuts, whole grains, olive oil, and tea.

In addition to a good diet, one should also supplement with antioxidants like vitamin C, vitamin E, and beta-carotene. Essential fatty acid supplementation is also recommended. If you do all this and get regular exercise, your skin will look terrific.

**Question:** I have been trying to lose weight. I think I am doing all the right things, but I'm not having much success. Do you have any suggestions?

P.O. —Los Altos, CA

**Answer:** On the bottom line, losing weight is about reducing calories and getting regular exercise. However, even when reducing calories, the kinds of calories you eat make a difference. I recall reading in a technical journal of obese patients who had trouble losing weight and who were given one rule to live by—do not eat white flour. All of these subjects experienced dramatic reductions in weight within three months.

Refined grains and sugars somehow seem to do more than just overload us with empty calories. They also appear to alter our biochemistry in a way that leads to obesity. Refined carbohydrates increase saturated fat and cholesterol levels while decreasing vitamin, mineral, fiber, and glutathione levels among others.

To lose weight, avoid all white flour, refined sugar, and dairy products. Increase consumption of fresh vegetables, fruits, whole grains and beans, nuts, and olive and essential fatty acid oils. Get on the Perque vitamin program and make sure to get adequate calcium from Bone Guard. Then get yourself a good rebounder and work out on that every day. Your body will thank you with a slimmer you!

**Question:** I have had surgery for melanoma and my doctor wants me to use sunscreen when I go out, but I know that you do not recommend sunscreen, so what should I do?

C. S. —Torrance, CA

**Answer:** You are right, I don't recommend sunscreen. Most

sunscreens are toxic and may even promote skin cancer. In fact—and your doctor should know better—rather than being protective, sunscreen use has been associated with *increased* risk of melanoma. A number of studies in recent years have failed to show any protection against melanoma by sunscreens.

The best thing for almost anyone to do is slowly build up a tan and be very careful to avoid sunburn. Sunburn is associated with skin cancer. Along with being careful about excessive sun exposure, be on the Perque vitamin program and take extra beta-carotene from Caroplete. Beta-carotene is called nature's sun umbrella. In addition, you can coat your skin with a high quality olive oil like Bariani. This works quite well for Sophia Loren and other people living around the Mediterranean.

**Question:** I have not had a cold in two years thanks to taking Perque C powder. What's the secret? And why doesn't everyone know about it?

M. B. —Houston, TX

**Answer:** There is no secret. Vitamin C deficiency depresses immunity and invites infection. Vitamin C supports the immune system and even seems to have its own growth-inhibiting effect on pathogenic microbes. A deficiency of vitamin C will depress antibodies as well as disease fighting white blood cells. Vitamin C supplementation helps to avoid deficiency, thereby keeping immunity strong and preventing colds.

Vitamin C deficiency is rampant in our society because we do not get enough in our poor quality food and because we live in urban environments filled with powerful free radical generators, which chew up vitamin C like crazy. As a result, immunity is depressed and people get infections like colds. We get so many of them, we think they are normal. Think again. A cold is a serious disease that does lifelong damage to the body, aging you and shortening life span. Healthy people live well into their 100's without ever getting a cold.

**Question:** What's good for plantar fasciitis? Have much pain in left heel after walking or standing for half an hour. Bio Quercetin or something else?

Ruby —Internet

**Answer:** Plantar fasciitis is an inflammation of the layer of connective tissue under the skin in the foot. As with any inflammation, antioxidants like vitamin C and Bio Quercetin will definitely help. However, the real solution is to get to find the cause of the problem and eliminate it.

One thing to look at is allergies. People with plantar fasciitis often have high sedimentation rates. This means that their blood sitting in a test tube will settle too quickly. A high sedimentation rate is an indicator of systemic inflammatory conditions, which just happen to be externally manifesting as an inflammation in the tissues of the foot. People with lots of allergies, perhaps even hidden allergies, may be in a highly

inflammatory state. In other words, your foot may be hurting because you are allergic to milk and you are consuming dairy every day.

While you are pondering the cause of your problem, get on the Perque program and be sure to take plenty of vitamin C, vitamin E, beta-carotene, and essential fatty acids. Get off of anything you know you are allergic to.

**Question:** I know you recommend staying away from sugar and white flour. Are products like organic, unheated honey and whole grain flours OK?

R. P. —Citrus Heights, CA

**Answer:** Real, unprocessed honey is OK in small amounts on occasion, but whole grain flour is not your best choice. Whole grain flour is more nutritious than white flour, but still does not contain the excellent nutrition of the whole grain itself. I eat the whole grains, cooking them like you would cook rice. They are delicious and nutritious, as the nutrients have not been destroyed by oxygen. You can add sauces, vegetables, herbs, and all sorts of things to prepare a gourmet dish out of whole grains.

**Question:** The latest statistics on breast cancer here in Marin County are truly alarming. We have one of the highest breast cancer rates in the world, and it just went up another 20 percent last year. Everyone says it is a mystery. What do you think could be causing this?

C. J. —San Rafael, CA

**Answer:** Cancer is a very complex disease with multiple causal factors. However, I have previously identified some causes in BHN that are affecting this epidemic in Marin County.

First, consider that breast cancer rates are higher in affluent communities than in poorer communities. This immediately tells you that there are environmental factors involved. A study of poor Mexican women living in Los Angeles expected to find more disease among these poor people. Surprise! What they found was less disease because these poor Mexicans were still eating their native diets containing more fresh fruits and vegetables than most Americans eat. In addition, these poor people get less medical care and this may be one of their keys to better health.

I think the single most important factor causing this cancer epidemic is that people in affluent communities get better medical care, and Marin is a very affluent community. In the Sept/Oct 2001 issue of BHN, I cited the work of radiation expert Dr. John Gofman and how Dr. Gofman had identified medical x-rays as the cause of more than 80 percent of all breast cancer. This would make mammograms the leading cause of breast cancer. Given Marin County's long history of breast cancer and all its publicity, one can only assume that more and more women in the county are concerned enough to make sure they get frequent mammograms, thus explaining the rapidly increasing numbers of new cases.

In addition to the hazards of medical x-rays, people in affluent communities also get better dental care, including lots of cosmetic dentistry, that less affluent people could not afford. In the May/June 1997 BHN, we were the first in the world to inform the public that the local anesthetics used by dentists were carcinogenic. Thus, people getting better dental care will have more cancer. The more anesthetics you get, the higher your risk.

When confronted with disease statistics like these, it helps to remember that modern medicine is the leading cause of death in the United States. I think it is this combination of excellent medical and dental care that is at the root of Marin's cancer epidemic.

**Question:** I have been told that avocados are not good for you because they contain too much fat. I would like to know what you think.

E. W. —Sacramento, CA

**Answer:** There is this obsession with avoiding fats. Fats are good for you. The body needs them. What is bad for you is the processed fats and oils sold in our supermarkets and used as ingredients in all kinds of make-believe foods including breakfast cereals. These processed fats and oils are toxins, while real fats and oils are nutrients.

Avocados are an excellent and healthy fruit and are perfectly safe to eat, especially if you purchase the organic ones. Avocados are also high in vitamin E and contain generous amounts of lutein, which prevents against cataracts and macular degeneration.

**Question:** Does breast feeding help to prevent allergies in children?

J. M. —New London, CN

**Answer:** Breast feeding helps to prevent all kinds of problems, including allergies in the newborn. A study in the July 2000 *Skin and Allergy News* found that mothers who avoided exposing their babies to allergenic food (such as cow's milk, wheat, peanuts, and eggs) during the first year of their life were able to limit the incidence of allergies to 13 percent as compared to an incidence of 40 percent in children who had not been so protected. This is a worthy goal since allergies are serious diseases that work to prematurely age and kill people.

It may also be interesting to note that avoiding allergenic foods during pregnancy as well as during breast feeding also makes a difference. Avoiding, however, does not mean limiting it means complete elimination. Certainly breast feeding for at least the first year of life would have a big impact on reducing the amount of allergic disease in our society, and the mother's avoidance of allergens like cow's milk during pregnancy and nursing would make it that much better. No one should be drinking cow's milk anyway, so it is hardly a sacrifice to avoid it.

# BEYOND HEALTH<sup>®</sup> News

S U B S C R I B E

Renew your subscription NOW  
and subscribe your friends to

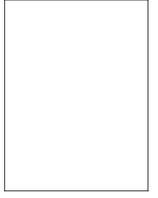
## BEYOND HEALTH<sup>®</sup> News

1 year subscription... Only \$34.<sup>95</sup>

1 year e-mail subscription... Only \$14.<sup>95</sup>  
(foreign subscriptions available by e-mail only)



PO Box 150578 San Rafael, CA 94915



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

mail—\$34.95  e-mail—\$14.95 e-mail \_\_\_\_\_

Make checks payable to

**BEYOND HEALTH**

We gladly accept VISA/MasterCard/AMEX

# 1.800.250.3063

BEYOND HEALTH<sup>®</sup> News PO Box 150578 San Rafael, CA 94915