

# BEYOND HEALTH<sup>®</sup> *News*

March — April

2002

**“Never doubt the power of small groups to change the world; indeed, it is the only thing that ever has.**

*- Margaret Mead, Anthropologist 1901 - 1978*

## Health-e-America Foundation

*A small group changing the world...*

Here is your chance to make a difference—perhaps one of the biggest ever! Health-e-America Foundation (HeAF) is dedicated to *ending the epidemic of chronic disease in America* by teaching our children the basics of good health. Since its inception, HeAF has been talking with educators, the California School Nurses Association, designers of e-learning programs, and others in order to put together a master plan for implementing this monumental program. HeAF is convinced of the need for such a program, and that its time has come. Please read the article in this issue titled “A Nation at Risk.” It will explain more about the need and what HeAF intends to do about it. As with any worthwhile task, money is needed to make it all happen. HeAF has now embarked on a fund-raising program to produce a prototype program to be implemented in Marin County, California. This first prototype, using revolutionary technology,

will be used as a demonstration program to obtain support from educators across the country and as a tool to use for fundraising. The ultimate goal is to have a program for every grade, K through 12, and to have it taught in every school in America. As a BHN reader, we know you care about health. Why not help this small group to change the world for the better by contributing your tax-deductible dollars to this great effort. BHN will keep you fully updated on all the latest developments.

## An Ounce of Prevention

*Now on the web...*

Good news for those outside of the normal broadcast areas. Raymond Francis’ radio show “An Ounce of Prevention” is now available anywhere in the world on the Internet. Raymond can be heard every Tuesday at 2-p.m. Eastern Time at [www.wnnhealthtalkradio.com](http://www.wnnhealthtalkradio.com). Hailed as one of the best health shows in America, “An Ounce of Prevention” has been a beacon for those interested in health for almost a decade.

## Coffee Found Harmful Again

*Increases stroke risk...*

New research presented at the European Society of Cardiology Congress warns that just *one* cup of coffee causes blood vessels to stiffen. The study found that an average cup of coffee was sufficient to make blood vessels more rigid and that the effect lasted for two hours. The researchers caution that older people, and especially those people with high blood pressure, should be very careful about coffee consumption as it increases the risk of stroke. In all our years of research, BHN has never

found any justification for drinking coffee. It is both addictive and destructive to human health, having been linked to heart disease, cancer, diabetes, depression, miscarriage, osteoporosis, allergies, and stroke. Not a good way to start the day!

## Coffee Increases Cancer Risk

*Increases estrogen...*

Coffee elevates estrogen in women, reports the October 2001 issue of *Fertility and Sterility*. A study at Brigham and Women’s Hospital in Boston found that women who drink coffee have elevated levels of estrogen. Those drinking four or five cups of coffee per day had 70 percent more estrogen than women drinking one cup. Elevated estrogen will throw all your other hormones out of balance, creating biochemical chaos, cellular malfunction, and disease.

Elevated estrogen is well known to increase the risk of breast cancer, ovarian cancer, endometriosis, fibroid tumors, and numerous other problems including PMS. In addition to this problem, coffee had been previously identified in BHN as causing everything from high blood pressure to diabetes, miscarriage, indigestion, heartburn, addiction, and depression. Obviously, this toxic beverage (including decaffeinated) should be avoided. Tea is an acceptable substitute.

## Green Tea Relaxing

*Good substitute for coffee...*

The Chinese believe that good quality green tea has a relaxing rather than a stimulating effect like coffee, even though green tea contains caffeine.

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Recent research measuring tea drinkers against coffee drinkers found that the caffeine in the tea did not have the negative health effects of the caffeine in coffee. Now we know why. Tea contains an amino acid called L-Theanine. Found almost exclusively in tea, this amino acid negates the ill effects of the caffeine.

Green tea has been found to have a host of benefits including antioxidant properties, supporting weight loss, regulating blood sugar and insulin levels, and protecting the body against toxins. Tea comes in so many different varieties; it is hard to believe that anyone would not be able to find one to their liking. If you still drink coffee, here is a switch you can make that will support health.

**Obesity on the Rise**

*As if we hadn't noticed...*

Over the last ten years, the average American has gained almost eight pounds. A new study by the FDA's Center for Food Safety and Applied Nutrition has found that *two out of three*

American adults are currently trying to lose weight. This is truly a national health crisis. The National Institutes of Health maintains that obesity is the leading cause of heart disease, stroke, diabetes, gall bladder disease, and cancer. Of course, what the NIH is really saying is that malnutrition is the leading cause of these diseases, because overweight people are suffering from malnutrition.

Fortunately, losing weight and getting better nutrition is easy to do. All that is necessary is to get some regular exercise, take high quality supplements like Perque, and cut *sugar, white flour, milk and dairy, and processed oils* out of your life. In short, cut out the health-destroying foods you should not be eating in the first place. Be sure to eat lots of fresh vegetables, some fresh fruit, and whole grains, and weight problems will simply vanish.

**Fat British Kids**

*Just like us...*

During the last ten years the number of obese six-year-olds has doubled, according to the British Heart Foundation. Twice as many six-year-olds are fat now than ten years ago and 20 percent of British four-year-olds are overweight. By the age of nine, fat children will have higher blood pressure and cholesterol levels than a child who is not fat.

We are now living in what has been called an "obseogenic" environment. This is an environment where it is easy to get fat because it is normal to eat lots of empty calorie foods and not get much exercise. What is happening in Britain is no different than what is happening here. It is time for parents to take responsibility for what they feed their children and for how much physical activity they get. Cut out the sugar, white flour, dairy, and all processed foods — not to mention television and video games.

**Nutrition Bars Fail**

*Not meeting label claims...*

Nutrition bars (formally known as candy bars) are not meeting their label

claims, according to ConsumerLab.com. Consumer Lab tested 30 different products and found that 60 percent of them did not meet their label claims. Fifty percent of them exceeded the claimed level of carbohydrates. Other discrepancies included too much salt and too much fat. Sugar, salt, and fat make things taste better, so it is not a surprise that the manufacturers want to put more of these in their products. The problem is sugar is a deadly poison, Americans already eat too much salt, and the fats in these bars are toxic. Another problem is the processed proteins in these bars, which can also be toxic.

**More Than One in Ten Harmed**

*Hospitals are dangerous places...*

About 11 percent of all hospital patients are harmed by "adverse events" while they are in the hospital, according to a study in the *British Medical Journal*. Six percent of these "events" end up with the patient dead and 20 percent experience a permanent decline in health. The researchers estimated that 50 percent of these events were easily preventable by the hospital staff.

The problem with this study is that only easily identifiable, adverse events were measured. In truth, almost every hospital patient is harmed. This is why modern medicine is in crisis, and why it has become the leading cause of death in the U.S. Modern medicine is obsolete, and for what it costs, we all deserve a lot better. Let the buyer beware.

**Vitamin E and Longevity**

*Live longer now...*

A study in Italy, developed by Harvard Medical School, is finding that people who live to be more than 100 years old have exceptionally high levels of vitamin E in their bodies. The researchers said, "Vitamin-rich blood may both strengthen the immune system of these centenarians and defend them against damage by free radicals."

Free radicals are highly reactive molecules that are thought to play an important role in the aging process by

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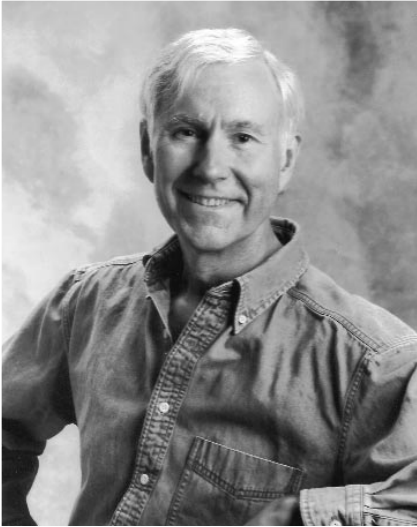
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# A Nation at Risk

by Raymond Francis



The future of our nation as a world leader is at risk. This threat comes not from hostile countries or from organized terrorists; it comes from us. By making uninformed choices regarding our health, both our physical and mental health is deteriorating. A sick and mentally incompetent America *cannot* continue to supply the kind of political, economic, and techno-

logical world leadership that has been such a boon to mankind for more than half a century. The solution to this problem is to teach people how to maintain health. *Health education*, using cutting-edge technology, will put the responsibility for health where it belongs — with the individual.

Pick a city, and it is almost a sure bet that the area's largest private employer is the hospitals, medical centers, doctors, and diagnostic laboratories that serve that city. The U.S. spends many times more on health care than it does for defense or education. Medical costs are a financial drain for much of the U.S. private sector, including enormous unfunded liabilities for retiree health plans. All of the money spent on health care represents money that will not go into plant modernization, product engineering, research, or economic growth.

How sick is the American population? *More than three out of four Americans have a diagnosable chronic disease* according to a study in the April 1999 *Effective Clinical Practice*. We are not a healthy population and our health continues to deteriorate with each passing year.

According to the *State of the World 2000* report from the Worldwatch Institute, the world is in the midst of a

nutrition crisis. In the developed countries, 1.2 billion people, including most Americans, are now “starving” and undernourished because they are *overfed* with too much of the wrong foods. (Ironically, this number equals the number of people who are starving because they are *underfed*.) This largely unrecognized crisis is becoming increasingly acute with the boom in unhealthy eating triggered by affluence. According to Worldwatch, fatty and sugary “foods” have replaced fruits, vegetables, and other nutritious foods in the diets of millions, to the point where 20 percent of the “vegetables” consumed by the average American consists of health damaging french fries and potato chips. This affluent diet results in chronic vitamin and mineral deficiencies, and it is the root cause of our epidemic of chronic disease and obesity.

The obesity epidemic is a graphic indicator of our decline in health. Obesity rates among U.S. adults have been skyrocketing since the late 1970s. *Almost two out of three American adults now meet the scientific standards for being overweight or obese*. These people are at increased risk for heart disease, cancer, diabetes, stroke, depression, and many other diseases. An estimated 1,200

people per day die from weight-related diseases. This adds up to over 400,000 people per year, and the health care cost of all this extra weight is estimated at \$117 billion annually. Even children are not immune to the obesity epidemic and its health effects. From 1960 to 2000, obesity among U.S. children aged 6 to 10 increased by 54 percent. Obesity is a risk factor for diabetes and adult diabetes is now being diagnosed in children as young as age three. In fact, almost half of all newly diagnosed cases of “adult” diabetes are in children. Yet, another indicator of our declining health is reflected in our epidemic of asthma. Americans

with asthma jumped 61 percent between 1982 and 1994. Mortality from asthma increased 45 percent between 1985 and 1995, and the death rate is now increasing at 6 percent per year. Asthma is now the leading cause of school absenteeism. Medical treatment for asthma now costs in excess of \$6 billion per year. Still another indicator is childhood cancer; it is increasing every year, and more children now die of cancer than any other disease.

The economic effects of this epidemic are staggering.

**“More than three  
out of four  
Americans have  
a diagnosable  
chronic disease”**

A 1998 study by the Health Care Financing Administration (HCFA) forecasted that our national health care costs would *double* by 2007. The research projected that health care costs would likely exceed \$2 trillion by 2007, rising from \$1 trillion in 1996. They are now \$1.5 trillion. HCFA also projected that health care spending would probably account for 17 percent of the nation's gross domestic product (GDP) by 2011, up from 12 percent in 1990. This means national health care spending is predicted to grow faster than the GDP. And in fact health care spending increased 6.9 percent from 1999 to 2000 to \$1.3 trillion, while GDP increased only 6.5 percent. This was the third year in a row of accelerating growth in health spending. Prescription drug costs went up 17.3 percent in 2000, the sixth consecutive year of double-digit growth.

As health care costs continue to escalate, the transfer of such a large amount of the nation's economic resources from productive activity to the treatment of disease is bound to have a negative impact on our standard of living. According to a 2001 report by the Medicare Board of Trustees, "*Medicare spending is expected to exceed the costs of Social Security.*" Medicare spending will more than double over the next ten years, and the three big entitlements — Medicare, Social Security, and Medicaid — will together amount to 75 percent of the federal budget in 2030. The promised benefits under Social Security and Medicare are projected to exceed scheduled income by \$465 trillion over the next 75 years. Naturally this cannot be allowed to happen, as this amount of wealth transfer from younger workers is probably not politically possible. Either way the results will be unpleasant.

Even without these projected increases in cost, our nation now spends more on health, in total and per person, than any nation in the world. Yet according to the World Health Organization (WHO), the U.S. ranks 37th in overall health quality. WHO measured how long people live *in good health*, not just how long they live. It should serve as a wake-up call for all Americans when a country like Oman spends only \$334 per person per year on health and ranks 8th in the world, while the U.S. spends more than ten times that much and we are 37th.

Not only is our physical health suffering, but our mental health is also in decline. The single most complex entity in the known universe is the human brain. This complex organ has a long list of requirements that must be met every day in order to first *construct* and then to *maintain* it at optimal levels. Unfortunately, the

American diet, along with our immersion in a sea of neurotoxic chemicals, has seriously compromised this amazingly complex triumph of nature. The foods we eat are so deficient they threaten the physical structure of the brain, while toxins scramble the brain's communications. This has altered the state of our minds with startling results. For example:

- Our ability to think and reason is in a downward trend.
- School achievement tests have had to be progressively "dumbed down."
- Since World War II, the incidence of depression has skyrocketed.
- One out of four adults now experiences a mental health crisis in any given year.
- One of ten children experiences major depression before the age of fifteen.
- One out of five children suffers from some kind of behavioral problem.
- ADD is becoming one of our nation's most common health problems.
- Expenditures for antidepressants now exceed \$7 billion per year.
- Substance abuse is growing every year.
- From 1950 to 1993, childhood homicide rates have tripled.
- Our childhood homicide rate is now five times higher than the rest of the world combined.
- Childhood suicide rates have quadrupled in the same period.
- Fear of violence in the workplace is increasing.
- Murder has become a leading cause of death in the workplace.
- We have the worst crime rate in the industrialized world.

Each of these trends is getting progressively worse, and they will continue to get worse until we teach people how to properly build and care for the human brain.

All of these negative effects on our health are beginning to be recognized as resulting from our lifestyles. A 1998 study by the Gallup Organization released a report card on the nation's health and found that Americans are overweight, stressed out, and caught up in bad and dangerous habits. George Gallup, Jr., co-chairman of the Gallup Organization, said, "...people have not done their share to stay healthy because they are indulging in habits that are self-destructive."

How can we turn this crisis around? Dr. Joseph Scherger,

Chairman of the Department of Family Medicine at the University of California Irvine, had this to say, "...lifestyle factors now loom as the leading cause of death. Promoting a healthy lifestyle must now become a principal focus..." Our modern high-tech society has fundamentally changed the parameters required for healthy life. In a very short period of time, we have completely changed our *diets, environment, and behavior*, and we are now experiencing the results. To address these problems, we must promote lifestyle changes and teach people how to mitigate these fundamental changes in diet, environment, and behavior. As a practical matter, this can only be done through meaningful health education for children. But such education is lacking. Commercial interests, promoting their unhealthy products, taint our current health education programs, including the government's food pyramid. These programs fail to supply the education necessary to address our health problems, and this failure is putting America's health and economic prosperity at risk. We must create a new kind of educational program to teach our children the basic principles of good health.

Fortunately, the technology exists to give every schoolchild an understanding of health that is fundamental, powerful, enabling, and of proven effectiveness. Such a program would begin to produce positive results almost immediately, and the benefits would increase with time as more people became educated and as food suppliers responded with healthier products. With tens of millions making better health choices daily, the future health of our nation is assured. *Such an effort has the potential to virtually eliminate our epidemic of chronic and degenerative disease.* Not only will the individual benefit with a higher quality of life, but society will benefit as people become more intelligent and productive, and as health care costs are reallocated to more productive investments.

If America is to survive and prosper in the coming decades, we cannot continue to allow our health to deteriorate. We must reverse this epidemic of chronic disease. But that will not happen by continuing to make the same poor choices and expecting different results. Health-e-America Foundation knows how to end this epidemic, but we need your help. We need the funds to hire the people to make this a reality. We owe it to our children and those who come after them to provide a better, disease-free world. All it takes is education, and that takes money. *Here is your chance to make a difference, a difference that needs to be made, and perhaps one of the biggest ever.* Won't you please help us and send your tax-deductible donation to Health-e-America Foundation at P.O. Box 150578, San Rafael, CA 94915. Thank you and God bless!

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

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damaging tissue and genes. Antioxidants such as vitamins C and E neutralize free radicals. So it is not a surprise that people with more antioxidants in their blood live longer and healthier. That is exactly what one would expect. BHN recommends Unique E (Unique E is the best brand we have found and it is available at Beyond Health as well as Perque C, which is the best C on the market). It is important to use a BHN-approved brand because most vitamin E supplements have poor antioxidant properties. You end up thinking you are protected, but you are not.

### Antidepressants and Bleeding

*Another reason not to take them...*

Antidepressant drugs are known to have a long list of nasty side effects, causing a variety of diseases. Now the *British Medical Journal* reports a Canadian study finding that elderly patients who take antidepressants have an increased risk of gastrointestinal bleeding.

Antidepressants that act as serotonin reuptake inhibitors appear to be the worst offenders. Prescription drugs are inherently unsafe and almost no one should be using them anyway. It is hard to think of a situation where there is not a safer alternative to using such drugs. Giving a drug to an elderly person is guaranteed to make them sicker, and gastrointestinal bleeding is merely the tip of the iceberg.

### Pacifiers and Ear Infections

*Don't use them...*

Ear infections are a common problem among infants and children. Most ear infections are caused by feeding children cow's milk. However, a study in Finland, reported in *Pediatrics*, found that pacifiers also contribute to risk. Pacifiers increased the risk of ear infections by 40 percent, and they also increased the risk of tooth decay and oral yeast infections.

The best way to prevent ear infections in infants and children is to breast feed, avoid milk and dairy products, and avoid sugar including fruit juices. Should an infection occur, it is best to avoid antibiotics, as they will almost certainly cause permanent damage to the child. In most cases, antibiotics are not necessary because 80 percent of ear infections go away on their own within seven days. Extra vitamin C and a few drops of liquid Kyolic in the ear will take care of most problems.

**Question:** I know that you recommend people eat mainly fresh foods. I don't think I have ever had a fresh olive. Where can I get some?

J. C. — New York, NY

**Answer:** The reason you have never had a fresh olive is because raw olives are extremely bitter and you wouldn't want to eat them. All olives are cured in some way to remove the extremely bitter compounds called amygdalins. I recommend bottled olives rather than canned because of the toxins in the plastic lining of the cans. Once opened, keep them in the original brine, keep them wet and refrigerated, and replace the cover loosely rather than tightly. Try to consume them within 10 days of opening. If they are too salty, just rinse them with water before using.

Olives can be used in salads, sauces, stews, pasta, and rice as well as just snacking on them. They are rich in phytonutrients, fiber, and vitamin E, and they also provide a number of minerals, not to mention healthy oil.

**Question:** Is it true that if something is labeled GMO free, it may not be?

P. P. — Los Angeles, CA

**Answer:** That is correct. Genetically modified foods have contaminated the entire food supply so that even if a food is labeled GMO free, it is probably not. Your best bet is to purchase only organic foods, but again there is no guarantee. Even organically grown foods are now contaminated with GMO materials, just less of them. For example, one organic soybean sample tested 6.6% GMO contamination. At the rate this contamination is spreading, should we find out that this GMO food is killing us, there may be no uncontaminated food left to eat. GMO foods are an out-of-control experiment that desperately requires some kind of government oversight, and the sooner the better.

**Question:** I have just found out that I am allergic to dust mites. Is there something I should be doing to help my situation?

R. S. — San Jose, CA

**Answer:** Actually there are a lot of things you can do. Last year, at the annual meeting of the American Thoracic Society in San Francisco, data was presented showing that one out of four homes in the U.S. has high levels of dust mite allergens. Dampness is associated with elevated levels of this allergen, so do not sleep in damp bedrooms. Change bedding frequently, and cover your mattress with a dust mite proof barrier cloth. A quick and inexpensive way to cover a mattress would be to purchase a thin plastic drop cloth at your local hardware store and wrap it around the mattress and tape it

closed.

Other things to do include keeping the bedroom vacuumed and having a hardwood or tile floor in the bedroom. Taking Perque C and Perque Bio-Quercetin is also helpful, as these are natural antihistamines. At least six grams of Perque C and one gram of quercetin per day are recommended.

**Question:** I just found out that I am pregnant. What should I be doing to make sure I have a healthy child?

S. B. — Berkeley, CA

**Answer:** The key to health is the same whether you are dealing with a fetus or an adult — give the cells everything they need and keep them away from things they don't need. A healthy fetus will become a healthy child. Get on the comprehensive Perque program and supplement that with high quality fish oil. Be sure to eat a lot of fresh organic vegetables and stay away from all sugar and other processed foods. Cut your toxic load by choosing healthy personal-care products such as Weleda toothpaste, Aubrey Organics shampoo and IndiuMagic deodorant.

In addition, several studies in peer-reviewed journals such as the *Lancet* have found that women who receive the least amount of prenatal care and medical procedures by physicians have the fewest pregnancy problems and the healthiest babies. Procedures such as ultrasound are definitely not recommended.

**Question:** I was at your talk in Florida and you said that there was no real food available in a supermarket. What about something like fresh broccoli from the supermarket?

G. J. — North Miami Beach, FL

**Answer:** One problem with the "fresh" broccoli from the supermarket is that it is *not* fresh. The average age of such produce is about two weeks old. Nutrients start to deteriorate shortly after harvesting and by the time two weeks have elapsed substantial nutritional losses have occurred. In addition, produce is often harvested before it is ripe, thus failing to develop its full nutritional potential through natural ripening. Then of course there is the problem of mineral-depleted soils. For example, soils are about 90 percent depleted of the zinc they contained in 1900. Zinc is a critical mineral and most Americans are now zinc deficient, thus affecting immunity and contributing to our growing infectious disease problems. Broccoli is normally rich in calcium, yet the amount of calcium in broccoli has declined by 50 percent since 1975, and of course the decline began long before 1975. Cauliflower has lost 40 percent of its vitamin C, while watercress has lost 88 percent of its iron in the same period. The purpose of food is to supply cells with nutrients, yet the so-called "food" in supermarkets has few nutrients. It is also

contaminated with insecticides and other agricultural chemicals, and many foods are now genetically modified as well. Deficiency and toxicity are the two causes of disease, and supermarket foods cause both. This is why I tell people that eating supermarket food is guaranteed to cause disease. The best way to purchase food is from organic farmers at local farmers' markets. Shopping for organic foods at a health food store is next best.

It is because of these problems that I strongly recommend everyone be on supplements. It is almost impossible to get the nutrients we need today, even if we eat a good diet. However, finding good supplements is not easy. Fortunately, Beyond Health performs a unique service by researching and identifying the purest and most effective supplements on the market, thus cutting through the confusion.

**Question:** I read about a study on vitamin C saying that vitamin C had no protective value against heart disease. I was wondering what you thought about that.

G. G. — Rockville, MD

**Answer:** You are probably referring to the so-called landmark Heart Protection Study. Medical journals hailed this as the "final nails in the coffin" of the myth that vitamin C is protective against heart disease. The problem with this study is this: it used only 250 milligrams per day of vitamin C. I would not expect such a low dose to have a major impact. I usually recommend at least 3000 mg per day and I personally take 6000 mg of Perque C, which is the best brand I have found in many years of searching.

Vitamin C is well established as being protective against heart disease. It is known to help maintain healthy blood vessel walls, reduce cholesterol, and prevent free radical damage to cholesterol. One has to wonder if the doctors doing the study deliberately chose such a low dose; these things do happen, depending on who's paying for the research. Nobel laureate Linus Pauling published a study in 1991 finding that vitamin C offered no protection against heart disease in guinea pigs until the dose was increased to the equivalent of 2,800 milligrams for a 150 pound human. At this dose, Pauling was able to reverse the damage to the arteries that had already been done. Likewise, a study at Tufts University, reported in a 1996 *American Journal of Epidemiology*, found that people who consumed at least 700 milligrams of vitamin C had a 62 percent reduced risk of dying from heart disease. I expect that the Tufts researchers would have obtained even better results had they measured higher doses. A 1992 study in *Epidemiology* found that men who consume at least five times the RDA for vitamin C lived an average of six years longer than those who did not. Longevity was increased for all disease categories showing that vitamin C is protective against heart disease.

**Question:** What does CoQ10 do for you?

A.L. — Petaluma, CA

**Answer:** CoQ10 is a co-enzyme that is critical to the production of energy by our cells. It is found in every plant and animal. People suffering from fatigue and a number of other chronic-disease conditions are almost always deficient in CoQ10. In addition to its role in energy production, CoQ10 also acts as a powerful antioxidant, protecting cells from free radical damage. Most Americans will suffer age-related declines in CoQ10 production, making supplementation a good idea.

Numerous studies have shown that CoQ10 supplementation is an excellent therapeutic approach for a myriad of health problems, including cancer, heart disease, chronic fatigue, periodontal disease, and immune deficiency. CoQ10 will slow the aging process as well as promote weight loss by assisting in the breakdown of fat into energy.

I take two 60-mg capsules of Perque CoQ10 every day. This is a good dose for most people. People with cancer, AIDS, or other acute conditions should be taking anywhere from 400 to 1200 mg per day. A good brand like Perque is essential because the bioavailability of different brands varies tremendously. My only caution would be there have been no studies proving the safety of CoQ10 during pregnancy. Most likely it is safe, but caution is always advised when the answer is not clear.

**Question:** What role does heredity play in cancer?

C. C. — Monterey, CA

**Answer:** As best I can figure out, heredity plays almost no role in cancer. In 2000, the *New England Journal of Medicine* reported a study of 44,788 pairs of twins. The conclusion was that inherited genes made a minimal contribution to cancer risk. No detectable role at all was found for either cervical or uterine cancer. The overwhelming contributor to cancer risk was found to be environmental factors. These risk factors include diet, toxins, and, as previously cited in this journal, exposure to medical x-rays. Often, heredity is listed as a risk factor because certain families appear to pass on such a risk. In truth, what they may be passing on is certain dietary and lifestyle practices.

Readers are invited to ask questions.

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

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