

BEYOND HEALTH[®] *News*

July — August

2002

"Drug-induced complications can mimic and therefore be attributed to disease-induced problems. When therapy fails, we (physicians) frequently can attribute the failure to the disease and escape blame. Probably nowhere else in professional life are mistakes so easily hidden..."

— Melmon and Morrelli's

Clinical Pharmacology: Basic Principles in Therapeutics

Never Be Sick Again

Reserve Now ...

Revolutionary, groundbreaking, seminal — this is what people are calling Raymond Francis' long awaited book, *Never Be Sick Again* — to be published September 1st. Raymond's publisher calls it a groundbreaking book that obsoletes most of existing medical practice. *Never Be Sick Again* presents a revolutionary model of health and disease that an Italian research institute has called the most important medical discovery in 200 years. This book is health in one lesson. It provides a fundamental understanding of health and disease, which empowers readers to get well, stay well and never be sick again. Be sure to tell your family and friends; it may save their life.

Here is what people are saying about *Never Be Sick Again*: Harvey Diamond, author of the best selling book *Fit for Life*, says it is "an island of clarity in a

sea of confusion." Alan Lemerand, M.D. says, "...it is a prelude to what medicine in the future must become." Leonard Saputo, M.D. says, "This is future medicine now!"

BHN has a special prepublication offer for our readers. Reserve your copies of *Never Be Sick Again* now and each book will be personally autographed by Raymond Francis, made out to the person of your choice. These will make wonderful gifts for everyone you care about, and you can purchase as many books as you like at a 15% discount off the cover price. These books can be dedicated to anyone of your choosing if you furnish the names. Give the gift of health! Call Beyond Health now at: 800-250-3063. Reserve your autographed copies now for only \$10.95. You will not be billed until the books are shipped. Offer expires August 31st.

We Told You So

Again ...

BHN takes great pride in being on the cutting edge of science and keeping our readers years to decades ahead of the mainstream media. Over and over, something is "discovered" that we told you about years ago. That's why the recent bombshell regarding the dangers of Hormone Replacement Therapy (HRT) should not come as a surprise to our readers. Raymond Francis has always held that HRT is dangerous, and his article, "Hormone Madness," appeared in our Nov/Dec 1999 issue (reprints are available at beyondhealth.com). To quote from that

article, Raymond said, "The perception that menopause is a 'disease,' which requires medical intervention is nutty. To assume that this disease is caused by an estrogen deficiency is even nuttier."

The July 17th issue of the *Journal of the American Medical Association* announced that women on HRT had a higher risk of breast cancer, heart attack, stroke, and blood clots. Women on HRT were up to three times more likely to develop blood clots. This is what BHN has been telling you for the last eight years. Unfortunately, these hormone drugs are the most prescribed drugs in America, and millions of trusting women have had their health damaged by them.

Only a week after the first HRT bombshell, more bad news was reported in the media. A study of over 44,000 post-menopausal women by the National Cancer Institute found that women who took estrogen for 10 or more years had a 60 percent increased risk of ovarian cancer. The longer the women were on estrogen, the more likely they were to develop cancer.

If only this HRT fiasco were an isolated incident, but it is not. Rather, it is symptomatic of all that is wrong with modern medicine. Raymond Francis called HRT "one of the biggest medical blunders ever." Combined with other blunders such as excessive antibiotics, X-rays, and mass vaccinations, modern medicine has had a negative effect on the health of our population. Few people are aware that there is no scientific basis for most of modern medicine. According to the U.S. Office of Tech-

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nology Assessment, 85 to 90 percent of modern medicine's treatments and procedures have never been proven by scientific method. Very simply, most medical treatments have never been proven to be safe or effective. Most of it is unproven nonsense, which comes at a high cost in human suffering as well as dollars.

Surgery Unnecessary

More medical nonsense ...

A few weeks ago, a study in the *New England Journal of Medicine* determined that a common and expensive knee operation does not work. About 650,000 people undergo this operation every year for arthritis at a cost of over \$3 billion. The researchers compared patients who received this operation with those who received a placebo procedure. Those who received the real operation did no better than those with the placebo. More than \$3 billion per year is being spent on this particular nonsense.

In a similar vein, Dr. Nortin Hadler, a professor of medicine at the University

of North Carolina Medical School, concluded in 1992 that 95 to 97 percent of the coronary bypass surgeries are unnecessary—even though patients usually are told that without the surgery they will die. In March 1997, the Physicians Committee for Responsible Medicine published a statement saying that only 10 percent of hysterectomies are justified. Dr. Robert Mendelsohn, in *Confessions of a Medical Heretic*, cites an independent review of people recommended for surgery. The study found that most of these patients did not need surgery and half of them needed no medical treatment at all. In another case, a hospital oversight committee reviewed surgically removed tissues. In the year prior to the formation of the committee, the hospital performed 262 appendectomies—after it was formed, the number dropped to 62. The committee found that most of the tissues being removed were healthy.

How much surgery is necessary? Dr. Robert Mendelsohn said, "My feeling is that somewhere around ninety percent of surgery is a waste of time, money, energy, and life." In addition to being mostly unnecessary, surgery is risky—possibilities exist for surgical error, complications from anesthesia, and infection, not to mention the physical, mental, and emotional shock to the body.

More Medical Nonsense

Radiation therapy for eyes...

Grave's disease is an autoimmune disease that attacks the thyroid. In some people, this results in a condition characterized by bulging eyes, double vision, and other complications. Radiation is the standard treatment for what is called Grave's ophthalmopathy. However, a study in *Ophthalmology* now questions whether this treatment is actually useful. Patients who received radiation in one eye and a placebo treatment in the other were found to have no differences between the treated and untreated eyes. Not only is this treatment useless, but it is dangerous. Medical radiation may be the leading cause of cancer.

Number One Risk of Dying

Being treated by a doctor...

The latest data from the Centers for Disease Control, the U.S. Public Health Service, and the Institute of Medicine indicate that if you are younger than age 45, your greatest risk of dying is being treated by a medical doctor. Medical mistakes and adverse reactions to prescription drugs are the causes. However, when BHN factors in other numbers, such as the deaths caused by medical X-rays, medical intervention becomes the leading cause of death, regardless of age.

Schizophrenia

Not incurable...

All disease, whether mental or physical, has the same two causes—deficiency and toxicity. Schizophrenia is a serious mental disease that is usually thought to be incurable, and some of these patients are hospitalized for life. Yet it is not incurable. Dr. Carl Pfeiffer, author of *Mental and Elemental Nutrients*, proved decades ago that at least one third of all schizophrenics could be cured by supplementing their diet with vitamins and minerals. Likewise, a study in the *American Journal of Psychiatry* found that hospitalized schizophrenics who were put on a wheat, gluten, and dairy-free diet were discharged twice as fast as other patients. Often overlooked, allergies to wheat, dairy, and other foods can cause virtually any disease including almost any mental problem.

Food Alert

Say no to Kraft products...

Last February, consumer advocates in the U.S., Canada, and Australia launched a campaign calling on Kraft Foods to remove genetically engineered ingredients from its products. Kraft is a subsidiary of Phillip Morris, and is the largest food company in the U.S.

In 1999, Kraft bowed to consumer demand and removed genetically engineered ingredients from the products it sells in Europe. So while Europeans can enjoy Kraft products free of genetically

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engineered contaminants, Americans are still consuming these potentially dangerous mutants. To protect yourself, avoid food products made by Kraft. They sell under well-known brands including Taco Bell, Boca Burgers, Snackwells, Lunchables, Tombstone Pizzas, and Stove Top Stuffing.

Just weeks ago, on July 3rd, the European Parliament voted for tough new regulations requiring the labeling of genetically-modified food products. The new regulations have been called the "world's strictest legislation" regarding these potentially dangerous products. We need to pass similar legislation in the U.S. People have a right to know what they are eating, and most Americans are unaware that 70 percent of the foods in a supermarket are now genetically contaminated.

Pesticides and Parkinson's

A connection ...

A recent article from the Pesticide Action Network of North America has made a connection between pesticide exposure and Parkinson's disease. Parkinson's is a neurological disease that results in symptoms including tremor, rigidity, involuntary movement, paralysis, and inability to talk or swallow. About 10 percent of Parkinson's is thought to be genetic, while the remainder is thought to result from environmental factors. A number of studies have now linked Parkinson's to pesticide exposure. For example, genetically susceptible people who live in farming areas have a higher risk. In addition, people who use pesticides in their home or garden are 70 percent more likely to develop this disease than those who are not exposed. Another connection has been the finding of higher levels of pesticides in the brains of patients who die of Parkinson's.

This is just one more reason not to use pesticides. These dangerous chemicals are everywhere in our environment and are known to be toxic. For those who need a pesticide, BHN recommends Orange Guard (available at

Beyond Health), a safe and highly effective product.

Stroke and Nutrition

Nutrition is good...

Since there are only two causes of disease — deficiency and toxicity — adequate nutrition will protect against all disease. It is not a surprise that thousands of well-done studies now show that good nutrition prevents disease. A study in the June issue of *Stroke* has found that vitamin C prevents stroke. Men with the lowest blood levels of vitamin C had the highest risk of stroke—more than double that of men with the highest levels. The researchers thought that the vitamin C may be protective because it is an antioxidant, it strengthens artery walls, and also helps to keep blood platelets from clumping together and sticking to artery walls.

Likewise, a study in the May issue of *Stroke* found that adequate amounts of folic acid helps to prevent stroke. A 20-year study of 20,000 people found that people with the highest levels of folate had the lowest risk of both stroke and heart disease. It is tragic that stroke is one of our leading causes of death and disability, yet it is so easy to prevent. Eating a good diet of fresh, whole foods, supplementing with high quality nutrients, and regular exercise is all it takes.

A New Essential

Choline ...

The list of essential nutrients keeps growing. How many nutrients are essential to human health? No one knows the answer to this question, but most likely it is far more than we know about today. This is one reason why it is so important to eat a wide variety of fresh, whole foods — to be sure we are getting what we need, since we don't know what we need.

The latest addition to the list of essentials is *choline*. The National Academy of Sciences has declared that choline is essential to life. And even though the body can make choline, it may not be able to make all that we need, so it is

necessary to get it in our diets. Choline is essential to many biochemical functions. For example it is required for maintaining healthy cell membranes. It is used to make neurotransmitters that transmit nerve impulses and develop memory. Choline deficiency has been linked to neurological disorders such as Parkinson's and Alzheimer's. Choline is used for metabolizing and transporting fats in the bloodstream; without sufficient choline, cholesterol and fats can build up in the liver. Choline also enhances liver detoxification, helping to remove toxins from the bloodstream. In addition, choline works synergistically with folic acid to keep homocysteine levels in check. High homocysteine can lead to heart disease and has also been associated with Alzheimer's and other diseases.

Recent studies have shown that choline has significant beneficial effects on memory and behavior. Choline supplementation improved memory, especially in Alzheimer's patients. In one study of athletes, physical exertion depleted choline stores by as much as 40 percent. The researchers concluded that reductions in plasma choline could affect endurance and performance in athletes by reducing the release of the neurotransmitter acetylcholine.

Good natural sources of choline include beef, eggs, soy, and lecithin. Choline can also be supplemented. Perque Choline Citrate is BHN's supplement of choice because it is highly bioavailable and free of contaminants. This unique product combines choline and citrate because the citrate activates the choline. Choline citrate replenishes choline stores quickly and effectively, thus enhancing performance of both body and mind. Choline and citrate combined also enhances magnesium uptake. This is especially important for

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those with blocks in their calcium/magnesium uptake system such as people with chronic fatigue syndrome or fibromyalgia. For people who have adequate magnesium intake and who still suffer muscle cramps, twitches, and spasms, choline citrate will effortlessly carry magnesium through cell membranes and end these problems.

Prevent Crime

Take vitamins ...

There is a long list of studies showing that poor nutrition is a major cause of crime, and a new study in the *British Journal of Psychiatry* adds to the list. A study of adult prisoners by the University of Surrey found that prisoners whose diets were supplemented by vitamins, minerals, and essential fatty acids committed 35 percent fewer offenses than those not taking supplements.

The researchers concluded that anti-social behavior in prisons could be reduced by nutritional supplementation and that the same would hold for the general population. There has long been evidence that criminal offenders consume diets lacking in essential nutrients. Most people don't see the connection between diet and behavior, but our brains require specific nutrients every day to function properly. Failing to get these will result in everything from learning disabilities, schizophrenia, and depression to criminal behavior.

Hair Dye and Arthritis

A link found...

A study in the *Annals of the Rheumatic Diseases* has found a connection between the use of hair dye and rheumatoid arthritis. Women who used hair dye for more than twenty years had double the risk of developing this disease. This should not come as a surprise as the toxic chemicals in hair dye have been previously linked to other diseases such as bladder cancer and Hodgkin's lymphoma. There are those who believe that Jackie Kennedy's lymphoma was

linked to her use of hair dye. A far safer alternative would be hair dyes based on natural henna, found in most health food stores.

Diabetes Complications

Striking young adults...

As our diabetes epidemic continues to grow, almost half of all new cases of adult diabetes are in those under age 19. Now a report in *Internal Medicine News* has found that many of these young people are beginning to experience the same debilitating complications, such as kidney failure, that was once thought to strike only older diabetics. Some of these young people are having toes amputated and even dying as a result of dialysis treatment. Out of a group of 56 pregnancies in young diabetics, only 35 resulted in the birth of a live child.

Right now, more than four out of ten children in the U.S. are overweight or obese. The same biochemical abnormalities that cause obesity also cause diabetes. This epidemic of obesity, leading to diabetes, is unprecedented in such young people. It bodes poorly for their future health as young adults. This is one more reason why parents should not allow their children to eat sugar, which is found in soda, candy, cakes, pies, cookies, jam, breakfast cereals, ice cream, and other health-damaging junk.

Healthy Babies

Vitamin C required...

Insufficient vitamin C during pregnancy has been linked with respiratory failure and massive cerebral bleeding that can occur following a premature birth, so reports the May issue of *Nature Medicine*. A press release from the National Institutes of Health said, "There may be a link between sub-clinical deficiencies in vitamin C in the mother — that is, a deficiency not significant enough to cause scurvy — and the problems that can occur when the fetus prepares to leave the womb."

Vitamin C deficiency is rampant in our society. Almost everyone needs to be supplementing, most especially those

who are pregnant. Perque C is the purest BHN has been able to identify. It is especially important to be taking a very pure product when taking the multi-gram amounts recommended for most people.

Farmed Salmon Contaminated

Ten times more toxins...

BHN has always maintained that farmed fish is less nutritious and more toxic than fish harvested from the open ocean. A new study in the February issue of *Chemosphere*, a peer-reviewed environmental science journal, reports on a study that found 10 times more contaminants in farmed salmon that in wild salmon. Particularly elevated were PCBs (polychlorinated biphenyls), which are powerful carcinogens.

Unfortunately, farmed fish is a growing and lucrative business. Just 10 years ago, farmed salmon amounted to only one percent of the world salmon market. Today it runs between 50 and 60 percent. When purchasing fish at a store or a restaurant, always inquire if the fish has been farmed. Do not eat farmed fish and let the vendors know why you are declining their product. Most especially, do not feed this contaminated junk to children.

Listen to "An Ounce of Prevention" live with Raymond Francis!

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Back to Basics

by Raymond Francis

Malnutrition is our leading cause of disease. Yet, when our poor nutrition causes health problems, we almost always blame our illnesses on germs, aging, or faulty genes rather than on poor nutrition. According to the Worldwatch Institute in Washington, D.C., Americans are among the 1.2 billion people who are starving to death because they eat *too much* of the *wrong kinds* of food. We are overfed and undernourished, and study after study has concluded that almost all Americans are chronically short several nutrients, while our excess calories are causing an epidemic of obesity. A diet of fresh vegetables, fruits, lean meat and fish will significantly reduce a person's risk of disease. Recent studies indicate that *nine* daily servings of vegetables and fruits are recommended. Yet only a handful of Americans eats such a diet. Typical deficiencies include calcium, magnesium, zinc, chromium, essential fatty acids, and vitamins A, B6, C, E, and folic acid. *Any* level of malnutrition will create susceptibility to disease. In fact, a chronic shortage of even *one* nutrient will cause disease. Because of malnutrition, more than three out of four Americans suffer from a diagnosable chronic disease.

How did we get ourselves into such a mess, and what can we do to get out of it? Our problems started with the industrial revolution as people moved off farms and into cities to work in factories. The challenge to feed all these people led to the birth of commercial farming and the processed food industry. These in turn have led to a dramatic reduction in the nutritional content of our foods, as well as a significant increase in their toxic content. The problem is so bad that in 1998 the National Academy of Sciences announced that even those who eat lots of fruit and vegetables are not getting the vitamins they need for good health. Supplements have become a necessity!

Current agricultural technology utilized to grow and get food from farms to supermarkets is overwhelmingly destructive. Commercial farming depletes soils of essential minerals. Produce is often harvested before it is ripe, stored for long periods, and subjected to harmful methods to artificially ripen or color it for presentation in the "fresh" produce section of the supermarket. Many produce items have lost *nearly all* of certain vitamins and minerals by the time they roll down the supermarket checkout lines, with additional losses by the time we get around to eating them. Food manufacturers almost always favor qualities such as shelf life, taste, appearance and marketability, rather than nutrition and health. Physicians, who typically lack nutrition education, usually tell us wrongly that we get all the nutrition we need from a standard diet. With such misinformation, we tend to make irrational and harmful decisions.

Processing is the worst robber of all. Handling and preparation methods — from extended storage of foods through refrigeration and freezing, to refining, grinding, bleaching,

hydrolyzing, hydrogenating, chopping, and mashing — rob foods of many nutrients such as vitamins and minerals that we *believe* we are consuming.

Too little of our food — virtually *none* for many people — is eaten raw. Cooking damages the nutritional value of most foods. Some cooking methods, particularly those that use high heat or that char foods, create powerful mutagens and carcinogens. The *way* we eat our foods — such as inadequate chewing — often prevents us from getting optimal nutrition even from good diets. We eat the wrong combinations of foods (meat and potatoes for example), which interfere with effective digestion and assimilation.

Most Americans are trying to achieve the impossible — trying to maintain health while eating a diet that does not support health. Although our stomachs may be full (and our bellies fat), *malnutrition is our leading cause of disease*. We are indeed what we eat, and this cliché should guide the choices we make about the foods we consume. The four worst food choices, **sugar, white flour, processed oils, and milk products**, as well as all the many thousands of products containing these make-believe foods, comprise the bulk of the average American diet and are disastrous to the health of our population.

One logical response to our malnutrition epidemic is to supplement. Unfortunately, more than half the population does not supplement on a regular basis. Most people who do supplement realize few benefits and may be doing harm. The vast majority of the vitamin and mineral supplements sold today are of poor quality. These supplements do not provide us with the nutrients we think we are getting, and even the best-selling brands contain toxins.

The solution to our epidemic of chronic disease is to get back to basics. In 1993, Dr. Walter Willett, at Harvard's School of Public Health, said that **half of all illnesses could be eliminated through changes in diet**. Eat primarily a vegetarian diet of organic, fresh whole foods and consume most of it raw. Begin a sound supplement program. At the very least, almost every American should be on the basic program of Perque 1, 2, C, plus essential fatty acids. (The truly extraordinary purity and bioavailability of Perques puts them in a class of their own.) Additionally, people should also consider including the Beyond Health Comprehensive Program containing Perque Bone Guard, CoQ10, quercetin, and vitamin E as an essential part of everyone's daily routine, along with regular exercise. Health is a choice; choose it now!

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

Question: My high blood pressure has recently become normal. The only thing I did differently was to take Perque CoQ10. Do you think the CoQ10 is responsible?

T.L. — Portland, OR

Answer: Yes, CoQ10 is known for reducing high blood pressure. The mechanism is not understood, but several studies have shown that CoQ10 has a significant effect on high blood pressure. One theory is that the CoQ10 helps to normalize glucose and insulin levels. There is evidence that high insulin levels increase blood pressure, and CoQ10 may actually improve the way insulin works, thereby lowering blood pressure.

Question: I just purchased a product called The Shield for use on my cell phone. This product has been tested and proven to reduce cell phone radiation by 96%. I was wondering if you knew anything about it and if you would write something in your newsletter?

R.M. — San Jose, CA

Answer: You are absolutely right to be concerned about cell phone radiation. Cell phones pose a significant risk to an ever-growing percentage of our population. It has been established that cell phone radiation creates changes in the chemistry of living cells, but it is going to take time to sort out the long-term effects of these changes. Meanwhile, one potential answer was reported in September of last year by Dr. Lennart Hardell, a professor of oncology at Orebro University in Sweden. Hardell concluded from a study of brain cancer patients that cell phone users had almost three times the risk of developing a brain tumor on the side of the head where they held their phone. Since this study is among many showing adverse effects, there is definitely cause for concern and reason for caution.

As for the product you purchased, I am sorry to inform you that this device has the potential to expose you to even more radiation than without the shield. As advertised, the shield does block radiation. In practice, however, what happens is the shield blocks enough of the radiation to make it difficult to establish a reliable signal. Om Gandhi, a professor of electrical engineering at the University of Utah and an expert in the biological effects of microwaves, has found that the blocked radiation and weak signal causes the battery to work five to nine times harder to establish and maintain the signal. The extra battery power substantially increases the signal strength (which is radiation). As a result, contrary to claims, the user is not being protected from 96% of the usual radiation, and can even be exposed to more radiation than when not using a shield. The protection would occur only if the battery did not work harder. Earlier this year, two companies with similar devices were charged by the Federal Trade Commission with making false claims.

My recommendations have remained the same for years: Limit your use of cell phones to urgent matters and spend no more than a minute or two on each call. Do not allow children to use cell phones, as their growing brains are more susceptible to damage. The amount of time many teenagers are spending on cell phones is potentially catastrophic to their future

health. The problem with radiation is you can't see it, so the threat goes unrecognized until it is too late.

Question: I have a friend who ate a tuna burger and was rushed to the hospital after a very serious reaction. The doctors said it was a reaction to histamine. I have never heard of such a thing. Are they wrong?

W.G. — Asheville, NC

Answer: Yes, the doctors may be wrong, but not necessarily. If they properly ruled out an allergic reaction, then histamine may have been the culprit. Histamine poisoning is a real and growing problem and is probably the leading reason in the world for deaths associated with fish. Symptoms can include vomiting, rash, diarrhea, cramps, headache, heart palpitations, and tightness in the throat. In fact, histamine poisoning can be mistaken for a heart attack. As health-conscious people eat less red meat and more seafood, the incidence of histamine poisoning is increasing. What happens is the fish is not being properly handled. Especially with fish that have been frozen and thawed a few times, bacteria can grow that transform the amino acid histidine into histamine. Histamine is heat stable and not destroyed by cooking. Tuna burgers are probably the worst offender because of the way the fish is handled when it is ground up for burgers. Tuna is not the only fish with this problem. Any fish that is not very fresh or has not been kept properly refrigerated can have this problem, including mahi-mahi, salmon, and bluefish.

Question: My father was just diagnosed with Alzheimer's disease. Is there any nutritional support that can help to slow the progress of this degenerative disease?

A.G. — Minneapolis, MN

Answer: Yes, there is much that can be done to slow the progression of Alzheimer's. Unfortunately, this tragic disease is epidemic among our older population. It affects almost 20 percent of people over age 75 and half of those over 85. The total cost is estimated at \$60 billion per year, not to mention the loss of potential and the pain and suffering of the patient and their loved ones. Modern medicine claims that Alzheimer's is a disease of aging. Yet senile dementia was unknown among traditionally healthy and very long-lived populations such as the Hunzas. In my opinion, what may be the largest single contributor to this epidemic is the increasing consumption of the deadly metabolic poison known as sugar.

The medical literature is rich in ways to slow the progression of this disease. That alone can be of enormous value. As in any chronic degenerative disease, tissue is being damaged by free radicals produced by an inflammatory process. The strategy must be to support normal brain chemistry and to shut down the inflammatory process. This objective can be approached through diet and supplementation.

From a dietary standpoint, avoid sugar, and minimize meats, meat products, and eggs. Emphasize fish and vegetables. Also avoid dietary aluminum from cooking pots, foil, tap water, and antacids. Aluminum consumption should be limited to no more than 20 milligrams per day, while a single

antacid tablet can provide up to 200 milligrams.

Supplements should include vitamin C, the B complex vitamins found in Perque 2, extra B12, cod liver oil, flaxseed oil, vitamin E, the N-Acetyl-Cysteine and Alpha Lipoic Acid found in Thiodox, Coenzyme Q10, Choline Citrate, Phosphatidylserine, and Ginkgo biloba. A study in the *New England Journal of Medicine* found that patients taking vitamin E lived the longest and had the best cognitive function. Another study in the *Journal of the American Medical Association* found that, over a one-year period, patients taking Ginkgo biloba actually improved their mental function, while those on the placebo declined.

Question: Is flaxseed good to add to the diet?

H.S. — Frederick, MD

Answer: Yes, adding organic flaxseed is a good idea. Many people grind up their flaxseed in a small coffee grinder and then add it to a drink or a salad. The important thing is to freshly consume it before the delicate oils are damaged by oxygen. Flaxseed will supply you with omega-3 fatty acids, which are so lacking in our diets. Omega-3 fatty acids are necessary for healthy cell membranes, and deficiencies have been linked to almost every disease. Flaxseed also contains soluble fiber, which helps to reduce the rate of glucose absorption, thus helping to control blood sugar and insulin levels. In addition, flaxseed also contains an insoluble fiber called lignan. Lignan helps to regulate cell production and has been linked to cancer prevention. It also helps to regulate bowel movement and to prevent constipation. More than two thousand years ago, Hippocrates prescribed flaxseed to treat skin ailments and gastrointestinal problems. We would still be wise to follow his advice.

Question: Is quercetin good for prostate cancer?

F. B. — Newton, MA

Answer: Yes, quercetin is good for any cancer and has been found to be specifically effective against prostate cancer. Quercetin is in fact one of the most powerful anti-cancer compounds ever discovered. Quercetin is a bioflavonoid and is found in common foods such as apples, grapefruit, onions, and tea. A study in a 2001 issue of *Carcinogenesis* found that quercetin inhibited the receptor for prostate-specific androgen, which is involved in the development and progression of prostate cancer. The researchers concluded that quercetin could become both a chemoprotective and chemotherapeutic agent for prostate cancer.

I recommend Perque as the best quercetin supplement. Many quercetin products have low bioavailability and contain a variety of contaminants. For people with cancer, doses of up to 12 tablets per day would be recommended.

Question: I have been diagnosed as positive for hepatitis C. Is there a natural treatment for it?

N.D. — Pisgah Forest, NC

Answer: In the first place, there may be no such thing as hepatitis C. So being diagnosed with it may mean nothing. Most people with this diagnosis live normal lives without any symptoms. Quite frankly, I think the diagnostic test for this disease may be screwball.

That being said, there is no question that a growing number of people are having serious health problems due to liver malfunction. A couple of years ago, a study at New Mexico State University found that hepatitis C patients treated with daily doses of 600 milligrams of lipoic acid, 900 milligrams of milk thistle extract, and 400 micrograms of selenium showed significant improvement. I think that even more improvement could have been accomplished had they included vitamin C and choline in the treatment. This regimen would probably be a good idea for anyone with liver problems.

Question: I read recently about something called acrylamide being in our food. Could you please comment on that?

L.B. — Reston, VA

Answer: What you heard about was the result of a study done in Sweden by the University of Stockholm and the National Food Administration. The purpose of the study was to measure levels of acrylamide in industrial workers exposed to this chemical in their work. Acrylamide is both a neurotoxin and a carcinogen so there was concern for the health of the workers. What was found were high levels of acrylamide in the control group that were not exposed to acrylamide. The researchers questioned where this was coming from and they found it. It was in the diet.

As it turns out, starchy foods that are fried or baked form acrylamide. Some of the highest levels were found in potato chips, french fries, crackers, breads, breakfast cereals, and corn chips. Of course none of the above can be considered food in the first place. These are what I call make-believe foods, and now we find that they damage our nervous systems and cause cancer as well as being poor sources of nutrition.

The Swedish researchers released their finding even before they were published because of their pressing nature. They said that, "It seems reasonable to assume that a significant number...of annual cancer cases in Sweden can be attributed to acrylamide." Amidst much international concern, the World Health Organization has held an urgent meeting on this subject and companies whose products contain high levels of acrylamide, such as McDonald's, Burger King, and Kellogg's are all conducting independent investigations. It is especially important to protect children from dangerous products like potato chips, breakfast cereals, french fries, and corn chips.

Readers are invited to ask questions.

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

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