

# BEYOND HEALTH<sup>®</sup> *News*

September — October

2002

"...as much as 70% of all chronic diseases in the U.S. — from diabetes to high blood pressure to heart disease and even some cancers — can be warded off with some timely, sensible changes in lifestyle."

— *Time*

February 2001

## Never Be Sick Again

*Now in bookstores ...*

*Never Be Sick Again* is now in bookstores and at *amazon.com*. Barnes and Noble bookstores are featuring this book as part of a special national marketing program. In fact, *Never Be Sick Again* is the first book they have ever selected for this program by an first-time author. It is quite an honor and indicative at how well the book is being received in the marketplace. Autographed copies are available at *neverbesickagain.com* or by calling Beyond Health at 800-250-3063. The cost is \$12.95 plus shipping. These make truly great gifts, especially for that person who has everything. Give the people you care the most about the most precious gift of all — the gift of health.

For even more information on how to get well, stay well, and never be sick again, get a copy of the *Never Be Sick Again* tape album and the *Never Be Sick Again* book (not autographed) for only \$19.95 plus shipping. The tape album contains all the revolutionary principles that are in the book, plus lots of practi-

cal suggestions on how to implement those principles in your daily life — a good way to keep learning. To order, call Beyond Health at 800-250-3063.

## Medicine Wrong Again

*Tremendous reversal ...*

On June 19, 2002, the ground of modern medicine shook with the revelation in the *Journal of the American Medical Association* (JAMA) that **a daily multivitamin is essential to health**. Of course this is exactly what BHN has been telling you since its inception, all the while our obsolete medical establishment has been telling us vitamins are unnecessary and just make expensive urine.

The evidence supporting vitamin supplementation for the general population is now so overwhelming that even modern medicine can no longer deny it. This JAMA study amounts to a landmark reversal on medicine's long-standing position that multivitamins are unnecessary because everything we need can be obtained in the average diet. The Harvard Medical School researchers who did the study reviewed 36 years of data and concluded that taking multivitamins is necessary to protect against chronic disease. Be sure to read our vitamin article on page four.

## Wrong Again

*Heart surgery kills ...*

Back in 1977, the chief of cardiology at Harvard Medical School, Eugene Bramwald, warned that bypass surgery was unacceptably dangerous. He also expressed concern that the heart surgery industry had become so lucrative it would be difficult to change. Bramwald was right. Bypass surgery now costs 27 billion dollars a year. Meanwhile the *New England Journal of Medicine*

recently published a study showing that heart patients who elected to have surgery experienced a death rate from heart attack that was 214 percent higher than those who didn't. Very simply, those who refused surgery lived longer. Invasive surgery such as bypasses and angioplasty are detrimental to health, even though patients are often told they must have them and will die without them. The truth is, you die *because* of them, as modern medicine continues to blunder.

## Americans In Denial

*Hard to believe...*

Six out of ten Americans are overweight or obese (two and a half out of ten are obese). Yet a surprising number of these people are in complete denial. A new study in *The American Journal of Medicine* found that more than one in five clinically obese patients believed their weight was normal.

Obesity is an out-of-control epidemic with more than 300,000 people per year dying of obesity complications. It doesn't help that so many of these people think they are normal. This must be some mass psychosis! Even our children are suffering. More than 20 percent are now overweight, and 10 percent are clinically obese. Our biggest problem in combating obesity is lack of recognition of the seriousness of the situation. Too many people do not look upon obesity as a disease. They see it as a cultural or cosmetic issue. Yet obesity is the single greatest risk factor for adult diabetes. A woman who is overweight by age 19 is six times more likely to develop serious arthritis of the hip by her mid-50s. Obesity has been linked to heart disease, high blood pressure, stroke, gout, arthritis, gallbladder disease, sleep disorders and cancer. An obese person is 50 to 100

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percent more likely to die of any and all causes. Medical journals are now calling on doctors to help create a social environment where it is not okay to be obese.

**America Wins**

*We have more cancer...*

In the Olympic cancer competition, America has won the gold medal. As recently reported in the *International Journal of Cancer*, North America has the highest cancer rate in the world, closely followed by Western Europe, Australia and New Zealand. While it usually feels good to win, this is something of a Pyrrhic victory. When we consider that traditionally healthy populations like the Hunzas had no cancer whatsoever, we must be doing something very wrong. Of course our high exposure to medical x-rays and high consumption of sugar, white flour, dairy, and processed oils have absolutely nothing to do with this. Or do they?

**Butter Flavoring**

*Food workers at risk...*

At least two dozen workers at a microwave popcorn plant have been diagnosed with a rare disease in which lung tissue is permanently destroyed.

The National Institute for Occupational Safety and Health (NIOSH) believes that it is the artificial butter flavoring used at the plant that is causing the problem. The plant, which makes mostly store brand popcorn, also has twice the national rate for asthma and bronchitis.

The FDA has given approval for using artificial butter flavorings in food. It believes that the problem affects only workers in the processing plants where the popcorn is mixed with soybean oil, salt, coloring agents, and the artificial butter flavoring. BHN believes that all artificial flavors are toxic and should be banned. To check if this stuff were safe to eat, NIOSH fed butter flavorings to laboratory animals. Many of the animals developed lung disease and died. Of course no one has to worry about these problems if they cut processed foods out of their diet, which is what BHN recommends.

**Sodas Cause Obesity**

*Consumption increased 500 percent...*

According to the U.S. Department of Agriculture, the consumption of soft drinks has increased by 500 percent in the last 50 years. About 70 percent of our adolescents consume soft drinks on a daily basis, and researchers reporting in the *Lancet* have found that each additional can of soda consumed by a child increased their probability of becoming obese by 60 percent.

The future health of our nation is clearly determined by the health of our youth. Sugar is a deadly metabolic poison that contributes to virtually all disease, and it should be outlawed. Yet the average U.S. consumption of soda is 56 gallons per person per year, and soda is the leading source of added sugar in our diet. Naturally, obesity among our children is skyrocketing. There is no rational reason to allow children to drink soda. It is morally wrong to allow this abuse of our children to continue.

**Strokes Linked to Triglycerides**

*Linked for the first time...*

Elevated triglycerides (fats and oils found in foods or the body) have, for the first time, been linked to stroke. An eight-year study recently reported in *Circulation* found that people with triglyceride levels in excess of 200 mg/dL had a significantly higher risk of stroke, in fact 30 percent higher. The American Heart Association's recommendation is to keep triglyceride levels

below 150 mg/dL. To keep your levels low, stay off of sugar and white flour, eat more fresh fruits and vegetables, and adopt a sensible supplement program such as Beyond Health's comprehensive program.

**Doctors Concerned**

*It must be serious...*

One of the biggest medical blunders of the 20th century has been the overuse of antibiotics. The damage has finally become so apparent that even medical doctors have become concerned. Dr. Stuart Levy, a professor at Tufts University Medical School and president of the Alliance for Prudent Use of Antibiotics, has developed a school curriculum to teach children and teenagers about the hazards of antibiotics. The hope is that these young people will not go on to damage the health of *their* children with antibiotics.

In 1996, a study in the *Journal of Family Practice* found that 60 percent of children with common colds were treated with antibiotics. But colds are virus infections, and antibiotics have no effect on viruses. The American Academy of Pediatrics now discourages its members from prescribing any antibiotic over the phone. Even one course of antibiotics has been known to cause lifelong health problems. Antibiotics damage immunity and make people more susceptible to infection. Tetracycline is known to damage bones and teeth. Antibiotic resistant bacteria have now been created that defy all known antibiotics. These superbugs inhabit our hospitals and are a threat to every hospital patient; many are dying of these infections. Yet doctors say that the main reason they prescribe antibiotics is because people demand them. It seems patients do not want to leave the doctor's office without something to show for their efforts. Certainly no child should ever be given an antibiotic. There are safer ways to deal with every infection. In fact studies show that most of the time doing nothing is just as effective as giving an antibiotic. Ultimately, if we learn to look after our immune systems, almost no one will have infections in the first place.

**Health An Illusion**

*Most are not healthy...*

One of the most important obstacles to health in America is the illusion that we are healthy. Yet nothing could be fur-

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ther from the truth. As long as we think of ourselves as healthy, there is no need to improve. For most of us, health is defined as being vertical and able to go about our daily business. This is not a good definition. We are a sick population and getting sicker every year. More than 75 percent of us have a diagnosable chronic disease, and most of the remainder have health problems for which there is not yet a diagnosis or have hidden problems. Numerous studies have shown that most of our young have early signs of heart disease, and about 15 percent of our teenagers have seriously blocked arteries. According to the World Health Organization, our overall health is worse than almost every country in Europe, as well as Australia, Canada, and Israel. Our infant mortality rate is worse than that of Cuba.

It is time to get realistic about these problems and to stop deluding ourselves. Health is not possible as long as our diet consists of sugar, white flour, milk, and processed oils. This means getting the breakfast cereals, breads, pastas, cookies, cakes, pizza, and ice cream out of your life. It is time to get make-believe foods out of our diet and to replace them with healthy, organic, fresh fruits, vegetables and a good supplement program.

### West Nile Virus

*How to avoid it...*

West Nile Virus, a mosquito borne pathogen, is sweeping inexorably across the United States. As people are dying in larger numbers and insecticides are choking our communities, our health authorities are recommending use of mosquito repellents containing the active ingredient DEET. Unfortunately, while DEET is effective in repelling those pesky bugs, it is also toxic. Frequent use of DEET, left on for long periods of time, is like asking for health problems. Catnip to the rescue!

Researchers at Iowa State University have found that the essential oil in catnip, called nepectalone, is about ten times more effective at repelling mosquitoes and much safer than DEET. Iowa State has filed a patent application, and a consumer product may be available in the not too distant future. Meanwhile, catnip can be rubbed between the palms to release the oil, which can then be rubbed on the skin

and clothes. The Iowa State researchers say that catnip should repel all of the 200 species of mosquitoes found in the U.S. However, as the mosquitoes are being repelled, the researchers failed to note how attractive you might become to cats. BHN takes no responsibility for the latter.

### High Vitamin C

*Equals lower risk of death...*

People with high levels of vitamin C in their blood have about half the risk of dying when compared to people with low levels — regardless of age. A study conducted by Cambridge University in England and reported in the *Lancet* found that low plasma levels of vitamin C were directly related to deaths from all causes and especially to heart disease. High levels of C were protective even against cancer.

The researchers found that eating even one extra serving of a fruit or vegetable rich in vitamin C would reduce the daily risk of death by 20 percent. They concluded that even modest increases in fruit and vegetable consumption would have a major impact in preventing disease.

Vitamin C is well known for its role in preventing and reversing disease. It is fundamental to human biochemistry and protects against all degenerative diseases as well as infectious diseases. BHN recommends daily supplementation with a minimum of 3000 mg per day and to bowel tolerance for those with chronic diseases. But use only uncontaminated, high quality vitamin C such as Perque C.

### High B Vitamins

*Lower risk factors...*

Most Americans are deficient in one or more of the B vitamins. It should come as no surprise that these deficiencies are causing measurable amounts of disease. Indeed, malnutrition is our leading cause of disease. For example, a shortage of B vitamins is a leading contributor to heart disease. Researchers, reporting in *Metabolism - Clinical and Experimental*, found that patients with elevated risk factors for heart disease, namely homocysteine, fibrinogen, and Lp(a), all experienced a substantial reduction in these risk factors after supplementation with vitamin B6, B12, and folic acid.

In a similar vein, a study reported in *Neurology* found that people with low blood levels of either folic acid or vitamin B12 had up to three times the normal risk of developing Alzheimer's disease.

### Fried Breakfast Increases Cancer

*Not a surprise...*

A study in the *British Journal of Cancer* has found that women who regularly eat a fried-food breakfast (eggs, bacon, hash browns) have an esophageal cancer rate that is twice the rate of those who do not. Interestingly, women who skipped breakfast had an even higher rate. Anything but the full traditional fried breakfast was protective against esophageal cancer, including fresh fruit, nuts, and even salads.

These findings are quite consistent with what we already know regarding the hazards of fried foods. Fried foods are subjected to high temperatures. Whenever food is subjected to high temperatures, as in frying and barbecuing, a host of toxic and carcinogenic compounds are produced. This is only one reason why cooked food is so unhealthy, and why consumption of cooked food must be kept to a minimum.

### Surgical Errors Increasing

*Whoops...*

According to a recent report by the Joint Commission on Accreditation of Healthcare Organizations, the number of surgical mistakes increased by 1000 percent between 1998 and 2001. It seems that surgeons are increasingly operating on either the wrong patient or the wrong body part. This shocking situation is being attributed to a breakdown in communications between the patient, surgical team members, and the patient's family. Considering that 90 percent of all surgery is unnecessary, this situation could be addressed simply by reducing the amount of surgery. Let the buyer beware!

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# Who and What Can You Trust

by Raymond Francis

Almost all vitamin supplements are junk. Large-scale epidemiological studies by the federal Centers for Disease Control and the National Research Council (NRC) have failed to find health benefits among people who take vitamins. The NRC issued a report saying there is no conclusive evidence of any healthful effect from taking vitamin supplements. Last July an Oxford University study in the medical journal *Lancet* announced that vitamins are "a waste of money." There is a good reason for all this — most supplements are ineffective. Yet supplements are a necessity. It is almost impossible to be healthy without them.

Because we are not getting the nutrition we need, more than 75 percent of us have a diagnosable chronic disease. In April of 1998, the National Academy of Sciences issued a profound statement saying that most people *will not* get all the vitamins they need, even if they eat a good diet with lots of fruit and vegetables.

In June of 2002, a landmark study in the *Journal of the American Medical Association*, using 36 years of data, concluded that *everyone needs a daily multivitamin* regardless of age or health. It is no longer possible to avoid serious disease without supplementing. Depleted soils, premature harvesting, long transit times to market, processing, and a host of other factors have drastically reduced the nutritional quality of our food.

It takes an enormous amount of knowledge, care, and expense to create an effective vitamin supplement. Since the basis of competition in the supplement market is price, there is little incentive to create quality, especially since the buyer cannot see the quality, and reading labels never gives enough information to fully evaluate a supplement. There are only a few dozen scientists in the US today who know how to create an effective supplement, and their expertise does not come cheaply. Add to that the cost of high quality ingredients and optimal manufacturing, storage and transportation. Then factor in the time and money it would take to educate the consumer, and you can see why very few manufacturers even attempt to make a good supplement. The result? Most supplements are either ineffective or only marginally effective, and many of them are toxic.

Let us take a closer look at what it takes to make an effective vitamin supplement:

- **Dissolvability.** Studies have shown that almost half of all vitamin formulas do not dissolve soon enough to be absorbed by the body. Binders, used to hold the pill together, can prevent it from dissolving. Lubricants can also bind tightly to the nutrient particles and prevent them from being dissolved. If you know how to design them and are willing to

bear the added cost, there are binders and lubricants that work without inhibiting dissolution. The particle size of the powder also makes a difference in how fast the nutrients will dissolve; finer sizes dissolve faster but cost more and are more difficult to handle.

- **Molecular Structure.** Most vitamin formulas are made from petroleum-based synthetics because they are the least expensive form. Unfortunately, these synthetic vitamins can be fundamentally different from vitamins found in nature. The most serious problem is the shape of their molecules, which are often the mirror image of their natural counterparts. Similar to a right hand versus a left hand; they are both the same — yet fundamentally different. It is the precise shape of a molecule that tells the body what to do with it. A slightly different shape will produce different results, often ineffective or even toxic results! Petroleum-based synthetics also lack the natural co-factor and synergist molecules found in food.

- **Allergens.** Many supplement ingredients are derived from food sources, but the cheapest sources are also common allergens, such as corn, milk, wheat, and soy. Unfortunately, information regarding the source is not listed on the label. Usually when a label claims to be allergen-free, it means that the ingredients are made from petrochemicals. However, even in such formulas, additives such as the fillers, binders, and lubricants often contain allergens.

- **Low quality ingredients.** Every ingredient is available in a range of different purities and chemical forms. By purchasing lower grade purity and inexpensive forms, the supplement manufacturer can save a lot of money while the consumer is none the wiser. The lowest acceptable purity is called "food grade," and it is the least expensive. Most popular brands are made from these low cost, impure, food-grade ingredients. These nutrients have been found to contain toxic heavy metals, such as lead and arsenic, as well as pesticides and other harmful chemical contaminants. Consider the most common source of calcium — calcium carbonate — made from inexpensive, ground-up seashells that have been harvested from polluted waters and contain toxins. Not only is this cheap form of calcium toxic, it also has very low biological activity; only about 10 percent of the calcium is actually used by the body.

The chemical form of a mineral that will produce the highest bioactivity is in combination with a specific amino acid transporter, or "chelator." Calcium citrate is an example. You can spot a low-quality formula when the label lists carbonates, sulfates, phosphates, oxides, and amino acid chelates (instead of designating a specific amino acid) or proteinates (another

word for nonspecific amino acid chelates). Better formulas will combine the mineral with the correct amino acid.

- **Additives.** Most vitamin pills contain up to 50 percent additives. These additives are of even lower purity than food grade nutrients. They include lubricants, binders, artificial colors, flavors and fillers. Unfortunately, these additives can be allergenic and toxic and can interfere with the absorption of the nutrients. Many additives are totally unnecessary. Fillers, for example, are added to make pills bigger.

- **Toxic Forms.** Formulated incorrectly, even vitamins and minerals themselves can become toxins. Most vitamin formulas contain nutrients in chemical forms that are difficult for the body to excrete. These can build up in the body and become toxic. For example, vitamin B6 is known to be toxic in higher doses. However, if the correct chemical form is used, any excess B6 is easily removed from the body so it does not build to toxic levels. Similarly, minerals such as selenium and chromium, even at low levels, can be quite toxic in their inorganic forms; their correct and more expensive organic forms eliminate the problem.

- **Adjusted to pH.** In the human digestive system, there are extremes of pH. In the stomach, pH is *extremely acidic*. Yet the absorption of nutrients takes place in the small intestine, which is an *extremely alkaline* environment. This range of extremes can damage nutrients and render them useless. However, if a supplement formula is properly buffered, stabilized, and balanced, the nutrients will survive. Each and every ingredient must be considered individually and as part of the total formula in order to achieve a combination that will survive the full range of pH extremes, and go on to be absorbed and utilized.

- **Adverse reactions between the nutrients.** Most manufacturers unwittingly dump an assortment of cheap vitamins and minerals into a formula and sell them to the public with a lot of marketing hype. As these ingredients progress from the extremely acid stomach to the extremely alkaline small intestine, they often react with each other in ways that destroy nutrient value. For example, this is the reason why knowledgeable manufacturers will exclude iron, copper, and iodine from their multivitamin formula; they react with and destroy other nutrients. Preventing these interactions requires specialized knowledge and extra cost to select nonreactive chemical forms.

- **Competition for absorption.** Nutrients can compete for absorption. Nutrients that lose this competition will pass through the body unused. To avoid these problems, the chemical forms of the nutrients must be carefully chosen to minimize competition. Again, few manufacturers do this because

either they lack the expertise or they are unwilling to pay for the more expensive assortment of ingredients this requires.

- **Additional Considerations.** There are many additional considerations required to make a high quality vitamin supplement. One consideration is the age of the ingredients. To save money, some manufacturers purchase old and even outdated ingredients whose potency has been diminished. How the ingredients have been shipped and stored also makes a difference. Shipping in an unrefrigerated truck in the summer and/or storage in a hot and humid warehouse will damage the potency. Having the mixed products sitting around prior to tableting and packaging exposes the ingredients to oxygen, moisture, and light, all of which can damage the nutrients. The packaging must be done carefully and correctly to protect the nutrients until the user consumes the product.

These are just a few considerations. There are many more. When you realize how poorly most supplements are put together, it is no wonder studies find no benefit from taking them. To make a high-quality vitamin/mineral supplement, each of the above considerations and many others must be addressed. To do it right requires an incredible amount of knowledge plus lots of extra care and expense. Having been a technical consultant to vitamin companies, I know firsthand that this rarely happens. I once advised a client to remove the iron from their multivitamin because it was reacting with and destroying other nutrients. They left it in because they thought including iron on the label would help them sell more product.

So how do you as a consumer select an effective supplement? Not by reading the label. Although there are clues you can get from labels, which I've enumerated above, there are myriad ways in which labels can be misleading and incomplete. The only way I know to make a good supplement choice is to rely on the advice of someone with the expertise and willingness to do the work of investigating the truth behind the label. I hope I have earned or will earn that trust from you. I have been fortunate enough to meet and develop relationships with some of the top scientific minds in the supplement industry, and for the past 16 years I have continued to learn and to investigate and evaluate various supplement products. In all my years of searching, I have been unable to find anything better than the Perque brand. No matter how little you pay, the most expensive supplement is one that doesn't work. For what you pay versus what your body actually gets, Perque is the least expensive vitamin supplement on the market. Perque does it right and is available through Beyond Health at 800-250-3063.

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

**Question:** I read that eating meat is the cause of colon cancer. Is that right?

M.K. — Fairhope, AL

**Answer:** Cancer is a complex systemic disease with no single cause. That being said, there is a lot of epidemiological evidence indicating that red meat consumption contributes to colon cancer, as well as biochemical reasons why.

Vegetarians have low rates of colon cancer whereas, anywhere in the world that beef consumption is high, colon cancer rates are also high. However, the evidence goes beyond just colon cancer; all cancer is lower where red meat consumption is lower.

The Hopi Indians of Arizona make a good case study. Living on their traditional vegetarian diet, they experienced almost no cancer (one case per thousand people). Then the government decided to "help" these people by giving them food stamps. This allowed the Hopi to go on the high meat diet of the white population. Their cancer rate then shot up the same as the white population. In 1976, a study in the *Lancet* concluded that the incidence of leukemia in various countries tracks the amount of animal protein in the diet. A 1991 study in the *Lancet* found that Chinese women living on a high meat Western diet had three times the risk of breast cancer. Japan is another example. The Japanese eat a low meat diet while 80 percent of Japanese men smoke. In the U.S., less than 30 percent of men smoke, yet our lung cancer rate is four times higher than Japan. Obviously, something is going on here that does not meet the eye.

Biochemically, it may be the iron in the red meat that is the culprit. Excessive iron is immunosuppressive, and this will increase the risk of cancer. Cancer free African natives have iron intakes only one fifth that of the average American. Another problem is how the beef is cooked. Barbecuing and broiling exposes meat to high temperatures at which powerful carcinogens are formed. The double whammy of the carcinogens along with the immunosuppression may be more than the body can handle. The answer is moderation. I eat beef on occasion, but only several times a year, not the several times a week of most Americans.

**Question:** I know you are against sunscreen, but what should I use if I go out in the sun?

H.J. — Larkspur, CA

**Answer:** I have been telling people for many years that sunlight is essential for good health and that everyone needs it. Twenty-two years ago, two prominent epidemiologists proposed that sunlight protects against cancer. They theorized that the vitamin D produced in the skin by sunlight was somehow protective. These men were scoffed at and ignored, however recent research has been supporting their conclusions. Sunscreen can block out wavelengths that are beneficial. Some of the artificial preservatives used in sunblock are known to damage sublayers of skin worse than sunburn. In addition, it is known that the active ingredients in sunblock are toxic. Also the UVB filter, octyl methoxycinnemate, will break down in the presence of sunlight to chemicals that were not present originally, and some of these breakdown products are thought to be carcinogenic. So guess what? Sunscreen may

cause skin cancer! Is it a coincidence that as sunscreen use has increased, so has skin cancer?

I usually recommend that people get small amounts of sun on a regular basis to build up a tan. Limit your sun exposure early in the season. Avoid exposure at the most intense time of day—one hour before and after noon. If a sunscreen is necessary, use what the ancients used—olive oil. Bariani would be the oil of choice. If you want more than that, good products are available from companies like Aubrey Organics. Do not use regular commercial sunscreens, they are too toxic.

**Question:** I frequently have nocturnal leg cramps. Sometimes they are very painful and hurt into the next day. My doctor hasn't been especially helpful, though he has ruled out a number of potential causes and says my case is idiopathic.

D.D. — Annapolis, MD

**Answer:** Your case is not unusual. Leg cramps are common among older adults and can easily affect younger adults as well. These cramps are involuntary and painful contractions that usually affect the calf muscles and sometimes the feet and thighs. They occur most often at night. Most cases are 'so-called' idiopathic, which means that the cramps are not the result of a diagnosable disease and the doctor is clueless about what is causing them or how to treat them.

In my experience, these cramps are commonly the result of problems with calcium/magnesium metabolism, usually caused by a deficiency of one or both. Try taking up to six Perque Bone Guard per day. If that doesn't work try adding Perque Magnesium Plus one at a time and see what happens. Vitamin E has also been shown to be effective. So go on Unique E as well. Theoretically, this should solve your problem.

Of course, regular exercise is not to be forgotten. This is always helpful. Also, stay away from the bad foods that everyone should be avoiding anyway. Stay off the sugar, white flour, coffee, sodas, and more than occasional red meat. Another consideration is poor absorption of calcium and magnesium from the gut due to problems brought on by having taken NSAIDS, prescription hormones, or an antibiotic. This would have to be addressed separately.

**Question:** I read that dietary fiber does nothing to prevent colon cancer. Everybody says to eat fiber, yet it doesn't protect against disease. Could you please comment?

M.M. — Foothill Ranch, CA

**Answer:** Fiber has always been thought to be protective against a variety of diseases. What you may have read about fiber is probably based on two recent studies, one in the *New England Journal of Medicine* and the other in the *Lancet*, that have not found fiber to be protective. However, these must be understood in a broader context. These studies were trying to determine if fiber would prevent the *recurrence* of colon cancer in those who already had the disease. They found no protective effect and even a possible negative effect in those taking certain fiber supplements. However, these small, short-term studies with cancer patients were not measuring the preventive effects of fiber in the general population

I think that a far more telling indicator of the benefits of

fiber can be found in an ongoing study in Europe called the European Prospective Investigation of Cancer. This study involves 10 countries and is measuring more than 500,000 people. The conclusions so far indicate that dietary fiber provides substantial protective effects against colon and rectal cancers. These findings are logical and what I would expect. Few Americans eat enough fiber. Eliminating processed foods is the quickest and easiest way to add more of all the good things you need for good health. Eliminate sugar and white flour and increase your fiber intake with more fresh vegetables and fruits.

**Question:** Do you recommend a filter to filter out fluoride? Our city has started adding fluoride to the water. If you don't know of any, what supplements can I take to offset the effects?

T.H. — Internet

**Answer:** Reverse osmosis is one choice and buying bottled water another. You are wise to be concerned as fluoride is quite toxic. So toxic that the overall death rate is higher in fluoridated communities. As for supplements to protect you, if you are on Beyond Health's comprehensive program, you will be doing a reasonable job of preventing fluoride damage. When consuming fluoride, be especially careful to avoid aluminum, such as in aluminum-containing antacids or even from cookware, as the combination can cause Alzheimer's disease.

Another problem with fluoride is accidental overdoses. The city of Dublin, CA accidentally dumped too much fluoride into the water last June, and at least 23 people became acutely sick from it. The fluoride concentration was measured at 250 parts per million where the recommended dose is 1 to 2 parts. How often does this happen and people don't know about it?

**Question:** My doctor has just prescribed a cholesterol-lowering medication. I know you don't like drugs, but what is the downside?

G.D. — Larchmont, NY

**Answer:** There are a lot of problems with cholesterol medications. Like most drugs, they merely suppress symptoms while causing a host of new problems, some of which can be quite serious. And like most drugs, they are completely unnecessary. The body knows how to regulate cholesterol and doesn't need any help from drugs. All it needs is a good diet, some regular exercise, and a good supplement program.

Cholesterol-lowering statin drugs, such as Lipitor, Lovastatin, Mevacor, and Zocor, can cause liver cancer. These drugs can also cause cataracts, digestive problems and potentially fatal muscle inflammation. The FDA has recorded 72 fatal and 772 non-fatal cases of a type of muscle breakdown called rhabdomyolysis from taking statins. Last year, Baycol was pulled off the market for causing rhabdomyolysis. Lovastatin has been found to affect attention and reaction speed, thereby making it hazardous to drive while taking this drug. Zocor has been found in animal tests to speed the growth of blood vessels feeding cancerous tumors. There is a substantial increase in violent deaths in people taking cholesterol-lowering drugs. Cholesterol is critical to nervous

system function, and it is thought that lowering cholesterol artificially affects the ability to cope with physical and mental stress leading to depression, suicide, and violence. And these are just a few of the problems with these dangerous drugs.

A better alternative would be to get off of poisonous foods like sugar, white flour, dairy, and processed oils. Eat more fresh vegetables and fruit and get on my recommended supplement program. Go to [beyondhealth.com](http://beyondhealth.com) and click on Health Problems and then go to Heart Disease. Listed there is a very powerful nutritional supplement program that is known to address these problems, without the side effects.

**Question:** I have been diagnosed with Scleroderma. Is there any hope in treating this disease?

R.N. — Washington, DC

**Answer:** Yes, there is hope. As I am sure you are well aware by now, Scleroderma can be a devastating disease, and people end up dying from it. It is an autoimmune, connective-tissue disease where collagen is over produced and deposited like scar tissue. This results in a thickening of the skin that can restrict movement and cause disfigurement. In advanced stages, internal organs are affected, and a failure of the lungs, kidneys, and heart can cause death. Modern medicine has nothing to offer these patients.

Unfortunately, there has been an enormous increase in autoimmune disease over the last 50 years. I believe that this epidemic has no single cause. It is a combination of poor diets, immune and toxic overload, antibiotics, and vaccinations. It may be interesting to note that there has been an increase in autoimmunity associated with hepatitis B vaccinations both in schoolchildren and adults. In fact France suspended routine hepatitis B vaccinations because of links to newly diagnosed cases of rheumatoid arthritis.

In my experience, I have noted a powerful association between Scleroderma and digestive dysfunction. A condition called dysbiosis, where the normal gut bacteria are disrupted, appears to play a major role. Often an overgrowth of certain gut bacteria, such as *Campylobacter*, *Klebsiella*, and *Shingella*, is associated with Scleroderma and other rheumatic and autoimmune disorders. Getting rid of these infectious agents is necessary in reversing Scleroderma. Toward this end, cleaning up your diet is essential. No sugar or white flour is allowed. In addition, get on the Beyond Health's comprehensive supplement program, taking vitamin C to bowel tolerance, and plenty of Perque dophilus (6 capsules twice a day on an empty stomach). In addition antibacterials such as olive leaf extract and Tanalbit would be useful. If worse comes to worse, there is another option. The chairman of the rheumatology department at Harvard Medical School has used a protocol of powerful antibiotics to kill these bacteria and has achieved complete remission in two thirds of the patients treated.

Readers are invited to ask questions.

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

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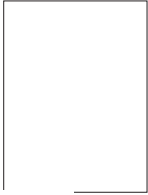
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