

BEYOND HEALTH[®] News

November — December

2002

"... *NEVER BE SICK AGAIN* takes the mystery out of disease . . . an island of clarity in a sea of confusion."

— Harvey Diamond

Co-Author of the #1 New York Times bestseller, *Fit for Life*

Never Be Sick Again

Holiday Sale ...

Never Be Sick Again makes the perfect Christmas or holiday present. Give the most precious gift of all, the gift of health, to those you care the most about. Get a supply of these wonderful books for everyone on your gift list. Reviewers are comparing this book to Rachel Carlson's *Silent Spring*. Calling it a landmark book, they predict *Never Be Sick Again* will change the way Americans think about health, just as Carlson's book changed our attitudes toward pesticides. One reader wrote, "There are only a few books I've read that permanently changed my thinking on a subject, and this was one of them." Taking the mystery out of disease — this unique book puts the power over health and disease into the hands of the reader — *it is health in one easy lesson*.

Help get this groundbreaking book into the hands of the maximum number of people. You can purchase as many copies as you like of *Never Be Sick Again* for just \$9.95 each. Also available is the *Never Be Sick Again* tape album for \$9.95 each. These sale prices are good until the last day of December,

2002. Call Beyond Health now at: 800-250-3063.

An Ounce of Prevention

Anywhere in the World ...

An Ounce of Prevention, with host Raymond Francis, is available online. That's right — anyone on the Internet has access to this weekly radio program, available on Tuesdays, 2pm - 3pm (Eastern Time) at <http://www.wnnhealthtalkradio.com>. Once you are there, click on "Schedule", scroll down to "Ounce of Prevention," then click on the 'Listen Live' option. This cutting-edge show has been called "the best health show in America."

Ginkgo Doesn't Work

Or does it?...

In August, a new study in the *Journal of the American Medical Association* (JAMA) said that ginkgo does not enhance memory or improve cognitive ability for healthy adults. However, Hyla Cass, MD, Assistant Clinical Professor of Psychiatry at the UCLA School of Medicine, calls this study flawed and invalid. According to Cass, the study group was given too small a dosage for too short a time.

Cass cites a 1997 JAMA study on ginkgo where the placebo group lost far more mental capacity. That study, notes Cass, used a 240-mg dose, compared to the 120 mg used in the present study. Cass recommends ginkgo to her patients for its powerful antioxidant effect and for its ability to ameliorate memory loss. She also recommends it for patients on heavy psychiatric medications who are experiencing difficulty with cognition.

It appears that drug companies are spending millions of dollars on studies to deliberately discredit herbs such as ginkgo and St. John's Wort because they've become so popular. We need to

be very, very careful, says Cass, not to bend to the strong bias toward the use of pharmaceuticals over equally effective, natural, safer, far less expensive products. Cass, a holistic psychiatrist, is the co-author, with Britain's leading nutritionist, Patrick Holford, of a new book entitled *Natural Highs: Supplements, Nutrition, and Mind/Body Techniques to Help You Feel Good All the Time* (Avery Penguin Putnam).

Antimicrobials Discouraged

Antibacterial soaps a no-no...

A recent study in the *Archives of Dermatology* has concluded that the antimicrobial chemicals in antibacterial soaps are producing bacteria that are increasingly resistant to these chemicals, and that the danger exists that such resistant bacteria will be even more difficult to treat with antibiotics.

Many people purchase antibacterial soaps, creams, and deodorants thinking these products are good for their health by keeping bacteria under control. Nothing could be further from the truth. Our health depends on our living in harmony with the bacteria in our environment — not in creating a germ-free environment. These toxic antibacterial chemicals, such as triclosan, not only contribute to the creation of resistant bacteria but also are showing up in alarming amounts in human breast milk. Do not buy products containing triclosan or other man-made antibacterials.

The Silly Season Has Begun

Parents urged to vaccinate babies...

The annual silly season (flu season) has begun, and flu shots are being recommended and made widely available. Bad enough that adults are being urged to get flu shots, but for the first time ever, parents are being urged to get flu shots for their babies and toddlers.

THIS ISSUE...

News In Review

..... 1

Questions & Answers

..... 4

Subscribe a Friend

..... 8

Up to 20 percent of the U.S. population gets the flu each year; 114,000 people are hospitalized and 20,000 die from it. Preventing all this disease with flu shots sounds like a great idea, but as Raymond Francis pointed out in *Never Be Sick Again*, the largest study ever done on flu shots found they were useless. Even if they were useful, they are dangerous. This is why there are industry-sponsored bills in Congress to exempt vaccine manufacturers from product liability laws. Wouldn't it be a better idea to keep immunity strong by avoiding sugar, getting regular exercise and getting plenty of vitamins A, C and E?

Mercury Banned

But not from your mouth...

The U.S. Senate voted on September 5th to ban the sale of fever thermometers containing mercury. The EPA has estimated that mercury thermometers contribute 17 tons of mercury to our environment every year and that the mercury from a single thermometer can contaminate a lake 20 acres in size, making the fish unfit to eat. Ten states have already banned the sale of mercury thermometers demonstrating a growing awareness about the toxicity of mercury

in the environment.

While this is a good development and avoiding mercury in the environment is a worthy goal—guess what? Dentists can still legally put mercury in your mouth! No one would dream of putting a piece of toxic lead in their mouth and sucking on it 24 hours a day, yet mercury is 8,000 times more toxic than lead, and dentists can still put it in our mouths. (Just think of how many lakes the mercury in your mouth could contaminate.)

Mercury in Fish

Exposure up 500 percent...

The National Academy of Sciences estimates that 60,000 children are born each year with neurological damage due to mercury exposure in the womb. As it turns out, mercury is passed on to an unborn child in the womb and also after birth in the mother's breast milk.

Mercury can harm the developing nervous tissue in the fetus and in infants. This is why in 2001 the FDA issued an advisory, warning pregnant women not to eat certain types of fish (including swordfish, shark, and tilefish) and not to eat more than 12 ounces of any fish in a week. However, canned tuna is a staple in many people's diets. Tuna is highly contaminated with mercury, and pregnant women and small children are best advised to avoid tuna.

Exercise Prevents Infections

We don't "catch" colds...

The cold and flu season is here, so how do you keep yourself healthy? According to a new study in *Medicine and Science in Sports and Exercise*, one of the best ways to prevent a cold is to exercise. On average, American adults get between two and five colds per year. (Healthy people live their entire lives without having a cold.) Yet those who are the most physically active have the fewest colds. Now is the time to start a good exercise program if you don't already have one.

To prevent colds and flu, get on a good supplement program — the Perque Basic program as a minimum. Get off of immune-damaging sugar, get on a stress reduction program, and get plenty of sleep and exercise. If you do get a cold, vitamin C, vitamin A, olive leaf extract and zinc lozenges are advised.

More Exercise

New guidelines...

In September, a committee at the Institute of Medicine advised new guidelines regarding exercise. People who want to stay healthy are now advised to exercise at least one hour per day. This recommendation is double the previous guideline of 30 minutes, which was established in 1996. The committee said that this guideline also applies to children, who are getting less and less exercise and suffering more obesity and diabetes.

While this may seem an impossible goal to some people, redoing your schedule to include more exercise is a lot easier than redoing it because you are sick. To make things easier, the exercise can be broken up and spread out through the day. Brisk walking, bicycling, swimming or golfing without a cart are all acceptable forms of exercise.

These guidelines should not come as a surprise. Our healthy ancestors got a lot more than one hour of exercise per day, and our bodies are designed to require physical activity in order to function properly. As part of your exercise program, BHN strongly recommends that you rebound every day on an approved rebounder, most especially if you are not getting the one-hour requirement. For more information on rebounding, see www.beyondhealth.com, or call 1-800-250-3063.

Surgery Not Recommended

Whoops...

Modern medicine has done it again. Women with genes indicating a high risk for breast cancer have been advised to have their breasts surgically removed, and indeed some women have made this choice. BHN has never approved of such radical approaches to health, and now it turns out that the danger has been "overstated." A new analysis of the original data published in August in the *Journal of the National Cancer Institute* has concluded that the role of genes in evaluating cancer risk has been "exaggerated" (translated into plain English — "flat out wrong").

In *Never Be Sick Again*, Raymond Francis points out that genes have only a *potential* for expression. Disease genes will not express unless we create the wrong environment inside the cell by choosing the wrong diet and lifestyle.

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Very simply, the environment we create for our cells controls the expression of the genes. It appears a lot more sensible to choose a diet and lifestyle that prevents disease genes from expressing than to have body parts surgically removed.

Worldwide Epidemic

Getting fatter...

At this year's annual meeting of the American Academy for the Advancement of Science, it was announced that obesity is now a global epidemic. It was concluded that the fattening of the world's population is likely to have "massive public health consequences."

Excessive weight and obesity are on the rise around the world. As more of the world's population moves away from traditional diets and does less physically demanding work, they are getting fatter and fatter. More than six out of ten Americans are now overweight or obese. Overweight and obesity in Mexico is now approaching ours, while 70 percent of adult women in Egypt are now overweight. Fortunately, the solution is simple. Go back to eating fresh, whole foods and stop eating sugar and white flour. Then, get regular exercise. We are the most sedentary people in the history of the world.

Chemotherapy

It's hypocrisy...

BHN has always cautioned against the use of chemotherapy in the treatment of cancer. In our opinion, chemotherapy is ineffective and dangerous. Well, guess what? That's what oncologists (cancer specialists) think. Nonetheless, they still recommend chemotherapy to their patients. A study by the prestigious McGill Cancer Center in Canada found that 72 percent of oncologists maintained that chemotherapy would be unacceptable for themselves or their family because these toxic drugs are ineffective and dangerous. These are the very same people who tell their patients that chemotherapy will prolong their life. Is it any wonder modern medicine is in crisis?

All disease is the result of malfunctioning cells. To get well, these cells must be restored to normal function. This is done with nutrition and detoxification, not by chopping people into

smaller pieces or feeding them poisonous chemicals.

Vegetables and Stroke

It's the potassium...

Most people do not get enough potassium because they don't eat enough dark green vegetables. A recent study in *Neurology* found that people with the lowest intake of potassium had the highest risk of stroke. People taking diuretics to lower their blood pressure had an even higher risk of stroke because diuretics lower blood potassium levels. The researchers recommended that people pay more attention to potassium intake, especially if they are on diuretics.

One problem the study did not touch on was our high intake of sodium. Americans not only eat too little potassium, they eat far too much salt thereby upsetting the critical sodium/potassium balance in the body and contributing to every kind of disease. Consuming less salt and more fresh vegetables and fruits is the obvious way to go. An abnormal sodium/potassium ratio in our cellular fluid is a common denominator of disease in our society because we eat so much processed food.

Vitamin E Protects the Brain

Reduces Alzheimer's Risk...

Four new studies, published in major medical journals, have found that vitamin E, from supplements or foods, can reduce the risk of developing Alzheimer's disease.

Two reports out of the Rush-Presbyterian-St. Luke Medical Center in Chicago highlighted the protective effectiveness of vitamin E. In one study, 815 elderly men and women were tracked for an average of four years. During this time, those who had consumed the largest amounts of vitamin E were 70 percent less likely to develop Alzheimer's disease, compared with people who ate little vitamin E.

In a separate study, the diets and supplement habits of 2,889 people, ages 65 to 102 were analyzed. The subjects were given four standard tests to assess their cognitive function, including memory, at the beginning of the study, and after three years. In this case, subjects who consumed the most vitamin E, from supplements or foods, had a 36 percent reduction in cognitive decline, com-

pared with people who consumed little vitamin E. People getting large amounts of vitamin E from foods alone had a 32 percent lower reduction of cognitive decline. Based on the tests, people taking or eating the most vitamin E had mental function eight to nine years younger than those who consumed little of the vitamin.

In addition to protection against Alzheimer's disease, vitamin E is also a powerful antioxidant helping to protect against cancer and heart disease. In a study of 2,000 people with advanced heart disease published in the *Lancet*, those who took 400 to 800 IU of vitamin E daily lowered their risk of nonfatal heart attacks by 77 percent.

Vitamin E can be found in such foods as nuts and seeds, brans and legumes, and vegetable oils. However, BHN recommends *against* the use of vegetable oils because they are highly processed and dangerous to your health. Instead BHN recommends Bariani's olive oil, and supplementing with high-quality vitamin E such as Unique E.

Pessimists Lose

Optimists win...

Not surprising, but worth noting, one more study has confirmed what we already know. A recent study in the *Mayo Clinic Proceedings* has found that optimists have the best health over the long-term and pessimists have the worst.

A study that began in 1962 has found that people who have an optimistic outlook on life live longer and have higher ratings in all areas of health, while pessimists have the lowest. Just as we are what we eat, we are also what we think. Every thought has an effect on the body for better or for worse. As always, the choice is yours. Life is about making choices and then living with the consequences. Why not choose to put good thoughts into your mind—thoughts of love, compassion, and caring—and reap the benefits of a happier, healthier and longer life? Be excited about life and you will reap a rich harvest.

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www.beyondhealth.com

Question: At lot of my relatives have had cancer and I am concerned about myself. I recently saw ads in the newspaper for Full Body Scans and I was wondering if this was a good thing to do.

D.C. — Brooklyn, NY

Answer: Full body CT Scans promise peace of mind, and a physician's referral is not required. They usually cost in the range of \$800 to \$1,500 and the results are almost immediately available. The suppliers of these services claim that it is good preventive medicine and that problems can be detected early when the cure rates are the highest.

In my opinion, a Full Body Scan is something to do only if you want to *get* cancer, not if you want to *avoid* cancer. Radiation from medical X-rays may be our leading cause of cancer, and these scans expose you to a lot of radiation. The radiation from just one body scan is equal to about 150 chest x-rays, and some of the machines and/or operators deliver even higher dosages. Thomas Lee, Jr., a professor of medicine at Harvard Medical School, said that "It is impossible to find a doctor in favor of these scans who doesn't have a financial interest in a scanning facility." A good alternative would be a full-body Thermography. This is a safe, non-invasive procedure that measures temperature and can be correlated with various disease conditions and pre-conditions.

Question: If you have cancer, do you have to eliminate sugar from your diet?

W.V. — Woodside, CA

Answer: Yes! All refined sugar *must* be removed from the diet of cancer patients. (Of course, no one should be eating refined sugar in the first place.) Sugar is a "virulent, deadly poison" and a major cause of disease in our society. That said, it is criminally negligent that the 4 million cancer patients in this country are not being advised by their doctors to avoid sugar. (It is also criminally negligent that young children are allowed to consume such a dangerous poison.)

Sugar feeds cancer cells. The way a cell makes energy is fundamentally different in cancer cells. Normal cells "burn" (oxidize) fuel to create energy. Cancer cells ferment sugar to create energy. However, this "anaerobic" process is inefficient; it is only 5 percent as efficient as oxidation. This is why cancer patients lack energy and waste away. To create the same amount of energy as a healthy cell, cancer cells need 20 times as much fuel—that fuel is sugar. Whenever you eat sugar, the sugar content of the blood goes up—thereby delivering more fuel to the cancer cells and allowing them to grow. Giving sugar to a cancer patient is like throwing gasoline on a fire.

Numerous studies have found strong connections between cancer and sugar. Large-scale epidemiological studies have found that sugar consumption contributes to high breast cancer rates. Experimental animals with cancer have a survival rate directly correlated with blood sugar levels. Human studies have found that consuming sugar inhibits the ability of immune cells to destroy cancer cells.

It is absolutely essential that cancer patients eat a diet that will keep their blood sugar levels in the normal range. Most Americans have very high blood sugar levels. Levels of 126

mg/dL and above are considered diabetic and anything less than 110 mg/dL is considered normal for an American. However, unlike Americans, normal blood sugar for humans is less than 90 mg/dL. Since blood sugar is easy to measure, this is something cancer patients should be doing. High-quality supplements are essential to normalizing blood sugar as is eating a diet of fresh vegetables, high quality organic eggs and meat and lesser amounts of fruits, nuts, whole grains, and seeds. No sugar, white flour, white rice, dairy or processed oils allowed!

Question: My father has been diagnosed with Parkinson's disease. He is on L-dopa. Is that okay for him to take?

S.H. — Rahway, NJ

Answer: I am not a medical doctor and I cannot tell your father what to take. However, you asked for my opinion, and here it is. In my opinion, there are many things your father should be doing, and the first thing is to get off L-dopa. There is a good reason why medical intervention is the leading cause of death in America. It is because virtually all medications, including L-dopa, do more harm than good.

Parkinson's is a progressive neurological disease and usually occurs in the middle-aged and elderly. It often starts with a tremor in one hand and may not become incapacitating for many years. With full-blown disease, the facial expression is often fixed, eyes are unblinking and staring, and walking becomes slow and shuffling. L-dopa appears to help these patients, but in the long run it kills them. L-dopa interferes with the ability of cells to make the high energy compound ATP. With time, because the cells can no longer make enough ATP, they die. When enough cells die, the patient dies and the disease is history. This is how modern medicine cures Parkinson's.

Chronic degenerative diseases are all inflammatory in nature, including Parkinson's. Therefore it is important with this or any chronic disease to get on a diet that does not promote inflammation. Getting all of the poisonous, inflammatory foods out of the diet is essential. This means no sugar, white flour, dairy, or processed oils. Unfortunately, most people do not associate white flour with deadly foods like pasta, so they avoid white bread and eat pasta made with white flour. Getting off all gluten-containing foods such as wheat and rye is also essential. No processed food should be in the diet, especially any that contain toxins such as hydrogenated oils and artificial colors, flavors, and preservatives. Frequent saunas to help get rid of stored toxins would also be helpful. After avoiding inflammatory foods and eating more fresh vegetables, get on a good supplement program with lots of high quality antioxidant, anti-inflammatory nutrients such as vitamins A, C, and E, CoQ10, quercetin, selenium and omega-3 fatty acids. CoQ10 also slows the progression and does not require a prescription.

In addition, there are medical pioneers who are having success in slowing down and even arresting the progression of Parkinson's. One technique is to administer intravenous glutathione, 1,000 to 1,400 mg, two to three times a week. This option requires the help of a medical doctor and treatments every week, but for those who can do it, it appears to be worthwhile.

Question: Recently I have been reading that Canola oil is not good for you. I have used Canola for years and it is in many of the products I buy at the health food store such as granola bars. I would like to know what you think?

M.M. — Cambridge, MA

Answer: I have never approved of Canola oil and have never used it myself. This product is the result of genetic manipulation. It is highly processed and, in my opinion, toxic.

Canola oil comes from rapeseed. Rapeseed contains a toxin called erucic acid, which damages the heart. A group of Canadians genetically manipulated the seed to produce a variety low in erucic acid. Then they chose a new name that was more saleable to the public. Out of "Canadian oil" came the word "Canola." Canola has been advertised to the public as a healthy oil because it contains about 10 percent omega-3 fatty acids and most people are deficient in omega-3s.

While canola oil contains omega-3 fatty acids, they may be doing you more harm than good. Canola oil has to be extensively processed to make saleable oil. It has a strong odor so it has to be deodorized at high temperatures. The result of this processing is that the omega-3 oils are changed into trans-fatty acids. Trans-fatty acids are toxic. They interfere with fatty acid metabolism and get incorporated into cell membranes where they cause cellular malfunction. In July of this year, a panel of the National Academy of Sciences determined that there was no safe level of trans-fatty acids. The panel found that trans fats have a powerful association with heart disease. The Canadians claim that the amount of trans fats in the oil is only 0.2 percent. Since there is no safe level, that is too much, but even worse, a study of various brands at the University of Florida found up to 4.6 percent trans fats.

Perhaps even more enlightening is a series of studies on animals. Rats fed Canola oil end up with heart lesions and vitamin E deficiency. Yet Canola oil is found in many products sold in health food stores, including the granola bars you mentioned. The only oils I use are Barleans flaxseed oil, Bariani olive oil and Udo's Choice.

Question: I have had a series of kidney stones. Is there anything special I should be doing to prevent a recurrence?

S.R. — Skokie, IL

Answer: As with any disease, the first thing to do is get on a good diet. In the case of kidney stones, a low-salt, low-animal protein diet along with increased water consumption has been proven to cut the recurrence of stones in half. Supplementation with calcium is also essential. (Perque Bone Guard would be the supplement of choice.)

Question: Are eggs good to eat if you are pregnant?

R.D. — Carmel, CA

Answer: Real eggs are a good food and are okay to eat anytime—especially if pregnant. What you have to stay away from is the make-believe, toxic, egg-shaped objects sold in supermarkets. Those will make anyone sick. Commercial chickens are fed nutritionally deficient chicken feed that is laced with toxins. Real eggs are *organically* produced with

chickens that are fed a minimum of grains. They eat a natural diet out in the pasture where they consume insects, worms, dandelions, pigweed, and other plants. A natural diet allows for development of essential nutrients in the egg that help to create and sustain health, while minimizing a build-up of toxins in the egg.

Real eggs should be consumed during pregnancy because eggs contain fatty acids that are necessary for the proper brain development of the fetus. Including some organic ghee (clarified butter) in the diet would also be helpful.

Once the baby starts to eat solid food, some real eggs scrambled over low heat with a little ghee would be an excellent "brain food." The Japanese prize eggs as a brain food, and eggs are even important to older people. A study of Alzheimer's disease at the University of California at Berkeley found that men in their 80s who were free of Alzheimer's were those who consumed at least one egg daily.

If you are a vegan, you must be especially careful to make sure you are obtaining the essential fatty acids necessary to build a healthy brain and nervous system. A study in the *American Journal of Clinical Nutrition* found that the majority of vegans were deficient in the fatty acids required for normal brain and nervous function.

Question: What is the safest way to cook foods?

R.T.M. — San Antonio, TX

Answer: The safest way to cook food is at the lowest possible temperature that will do the job, and that is usually the temperature of steam or boiling water. Cooked food is a major contributor to our epidemic of chronic disease. Anyone suffering from a chronic disease and hoping to get well would be best advised to avoid cooked foods as much as possible. We were never designed to eat cooked foods, but we seem hooked on them, so the least we can do is to cook in the safest way possible. Steaming, boiling, and stewing food is the safest way to cook. At this temperature, less damage is done to the nutrients and fewer toxins are created.

Since modern foods are already nutritionally deficient, damaging nutrients with heat just makes a bad situation worse. Heat also changes the molecular structure of the food. These altered molecules present a challenge to the digestive system since the body was not designed to handle them (we lack the enzymes). This is one reason why pasteurized milk is so toxic. Heat from the pasteurization process changes the structure of protein molecules in the milk. This is why I don't approve of using protein powders; they have been subjected to heat. In fact, studies prove that the higher the temperature at which a food is cooked, the more difficult it becomes to digest. These altered molecules cannot be digested properly. Undigested, they fail to supply us with nutrients. They then rot in the digestive system producing dangerous toxins. These toxins poison normal bacteria in the gut and produce an overgrowth of abnormal bacteria and yeasts. These toxins also irritate gut tissue and cause it to become "leaky." Very simply, the longer and hotter you cook a food, the more difficult it is to digest and the longer it stays in the gut causing numerous problems.

When the gut becomes leaky, molecules of undigested food pass into the bloodstream where they cause immune damage.

ing, allergic reactions. Constant allergic reactions exhaust the immune system and open us to disease of every kind from colds to AIDS to cancer. These undigested molecules can travel throughout the body and cause problems in various tissues and thereby cause myriad symptoms including migraines, sneezing, sinusitis, perspiration, itchy ears, schizophrenia, fatigue, anger, arthritis, multiple sclerosis, acne, and psoriasis.

Cooking food at temperatures higher than boiling water not only alters the molecular structure of the food, it also creates dangerous toxins. Recent discoveries have found the presence of cancer-causing acrylamide in baked and fried starchy foods such as potato chips and french fries. Meat cooked at high temperature forms a host of cancer causing chemicals known as heterocyclic amines. This is why a study by the National Cancer Institute found that people who eat well-done meat have three times the cancer risk of those who eat their meat rare.

All this helps to explain why there is an immune response in anyone eating a cooked food. The immune system responds to cooked food as if you had just been exposed to toxic chemicals, infectious agents, or traumatic injury. Cooking food has been a disaster for humankind.

Question: What is coral calcium and do you recommend it for calcium intake. Is it better than the other forms of calcium?

T.H. — Internet

Answer: Coral calcium is ground up coral. This is a good source of calcium for plants, but a poor source for humans. Inorganic minerals enrich soil, but minerals must be converted by plants into organic forms to be useful in the human body. I still recommend Perque Bone Guard as the best source of calcium I have ever found. Bone Guard is not only the purest, but the most highly bioavailable. I have seen it do miracles for people as it remineralizes and strengthens weakened bone tissue.

Question: Because of you, I don't use regular toothpaste or shampoo any longer. I know that the regular ones are toxic, but what do they do to you?

I.T. — Amarillo, TX

Answer: Most people have no idea how toxic and dangerous toothpaste, shampoo, skin cream, sunscreens, moisturizers, perfume, aftershave, cosmetics, deodorants, and other personal care products can be. The problem is these products are used daily or very frequently, leading to a slow bioaccumulation of the toxins they contain. After a few decades of frequent use, you have a lot of chemicals stored in your body that shouldn't be there. Few people know that their skin and the mucus membranes in the mouth are semipermeable and that certain chemicals can go right through these tissues into the bloodstream and bioaccumulate in tissues throughout the body. Consider just a few of the toxins (many of these same toxins are in processed foods) that can be found in toothpaste such as artificial sweeteners, colors, flavors, preservatives, emulsifiers, detergents, and fluoride. No wonder there is a warning on the box to rush to the nearest hospital if you swallow it!

Long before you fall over dead from these poisons, here is what happens and why these chemicals are so dangerous. The first thing they do is screw up the ability of your cells to communicate with each other. This is a devastating event, because the body is a self-repairing, self-regulating system that requires efficient, ongoing, cell-to-cell communication in order to maintain balance. This condition of balance is called homeostasis. Scientists are amazed by the speed at which one cell is able to communicate with all the other cells in your body to maintain homeostasis—to keep your blood sugar, temperature, immune system, hormones, and thousands upon thousands of other functions in balance. Homeostasis depends on communication, and communication is the first thing disrupted by these manmade chemicals, often at extremely low levels of exposure.

You may have heard me say this many times—there is only one disease. When a cell malfunctions, that is disease. Since cells can malfunction in many ways, we end up with thousands of so-called diseases. However there are common denominator malfunctions that occur in every disease, and one of them is garbled communications. Every so-called disease, whether it be arthritis, high blood pressure, diabetes, or cancer, involves impaired communications, and that's why toothpaste, shampoo and other personal care products are so damaging to human health. Once your communications are impaired, you are no longer able to self-regulate and maintain homeostasis—you are now diseased—whether you have observable symptoms or not.

Unfortunately, most Americans are bioaccumulating between 300 and 500 manmade chemicals in their bodies. If you think that these chemicals are just hanging around doing nothing, you are sadly mistaken. That's why you need to use safe personal care products such as Weleda toothpaste and the other acceptable products approved by Beyond Health. And by the way, every time you purchase one of these products from Beyond Health, you are helping to support our research so we can continue to find and recommend the best to you. I hope this answers your question about how these chemicals damage us. I feel very strongly that no one, especially children, should be using these dangerous products.

Question: Since antibiotics kill good bacteria in the digestive system, is it okay to take antibiotics if you take a good acidophilus like Perque Dophilus along with them?

N.B. — Oakland, CA

Answer: First of all, an antibiotic is rarely necessary as there are many safer alternatives. If an antibiotic is necessary then taking a high-quality dophilus supplement like Perque is essential. (Remember that studies show about 85 percent of all dophilus formulas are biologically worthless.) However, the damage done by these deadly drugs goes far beyond destroying the good bacteria in your digestive system, especially if you take them on a regular basis such as for acne. Inhibiting the growth of a pathogen in the body usually involves the inhibition of its protein synthesis. However, it must be remembered that antibiotics will also inhibit critical protein synthesis in *your* cells. Protein synthesis is critical to life, and inhibiting it can cause myriad problems. Especially when

taken over a long period of time, these drugs can do a lot of damage. Antibiotics often trigger arthritis, autoimmune diseases, and many other problems.

Question: I have rheumatoid arthritis. I am on the Beyond Health Comprehensive supplement program and it has made a world of difference. Please tell me if there is anything else I can be doing.?

D.T. — Coral Gables, FL

Answer: I am pleased that the supplements have helped. Rheumatoid arthritis is an autoimmune disease that is multi-causal and polysystemic. It takes a lot of hard work to get it and even more to get rid of it. Getting off of most cooked foods is important. Raw foods and fresh vegetable juices are a real plus. Lots of vitamin C is important; you should be at bowel tolerance. Getting enough essential fatty acids is essential, and drinking plenty of pure water is also important.

Many autoimmune syndromes are driven by food allergies. Diagnosing such allergies is essential. In one test of over 6,000 patients, allergies were seen to play a roll in 85 percent of the arthritics tested. One experiment you can do is to remove *all* the gluten from your diet. A high percentage of arthritics will respond well to a gluten-free diet. In fact, a lot of arthritics have gone into complete remission with this simple advice. A completely gluten-free diet is not easy to do, especially if you eat out. You will need to avoid all wheat, barley, rye, spelt, and oats. Try this for two or three weeks and see what happens. You could then try the same experiment with other common allergens such as dairy, yeast, eggs, chocolate, corn, peanuts, oranges, and nightshades (tomatoes, potatoes, eggplants, and peppers).

Question: I was bitten by a Brown Recluse spider. The bite became painful and I developed a large lesion with blisters all around it and a high fever. My doctor treated it with antibiotics. Someone told me that the doctor should have surgically removed the venom, and I wonder if he did the right thing in not doing surgery. The lesion is getting better, but I still have feelings that shoot down my leg and I am concerned. Are there any alternative treatments that you know of?

M.M. — Fort Lauderdale, FL

Answer: The brown recluse spider is found primarily in the Midwestern states. However, it can be easily transported to other parts of the country and it is possible, though less likely, to be bitten by one in just about any state. Brown recluse bites have the potential to destroy tissue and create deep ulcers. In the majority of cases there may be no reaction, except for a mild stinging sensation. In a minority of cases, there is a systemic reaction typified by fever, chills, nausea, joint pain and weakness. Depending on the amount of venom injected and the individual susceptibility to it, wounds may develop that take months to heal and even require skin grafts. Some people are particularly sensitive to recluse spider bites, and these people may require amputation of toes and fingers.

Brown recluse venom contains enzymes that disrupt cell membranes, causing cell and tissue death. Capillaries can be

destroyed, shutting off the blood supply to tissue, causing tissue death and gaping wounds. Other components of the venom can initiate systemic immune reactions. This venom has a peculiar property of deep penetration into tissue and remaining there for years. In rare cases, reactions may occur years later, even in other parts of the body, causing tissue loss.

To address your question about surgery for the bite; it is probably fortunate that your doctor did not do surgery. Surgical excision of the recluse spider bite is controversial and several studies have associated it with increased tissue breakdown. Surgery does not necessarily get all of the venom out and serious tissue damage can still result, thus compounding the damage caused by the surgery. In fact, as with most modern medical treatments, recluse spider treatments address only the symptoms and usually do more harm than good. Current drug treatments include antibiotics, antihistamines, and steroid hormones. All of these merely address symptoms by suppressing inflammation or the infection in dying tissue. As these toxic medications wreck their harm on the body, they do nothing to deal with the spider venom, which is what is causing the problem in the first place.

As for alternative approaches, there are several including herbal treatments, high voltage shock, hyperbaric oxygen, and homeopathic remedies. Homeopathic treatment with *Lachesis* (a snake remedy) appears to be effective in neutralizing the venom. Of course, this would be best done under the supervision of a good homeopath.

Hyperbaric oxygen treatments appear to help in two ways. Increasing the oxygen content of tissue deactivates the potent enzymes in the spider venom, thereby stopping the damage to cell membranes and tissue. In addition, the oxygen kills the bacteria that are feeding on the dead tissue, thereby effectively stopping that infection, without requiring antibiotics.

High voltage shock has been reported in the literature as being very effective. This technique uses high voltage with low amperage direct current. The voltage deactivates the enzymes in the venom. As with the above treatments, shock treatment should be done under professional supervision as the sudden release of toxins and foreign proteins can put a load on the kidneys and other body systems. This treatment is usually accomplished using a personal protection stun gun. An extension wire is attached to one of the gun's electrodes with an alligator clip and that wire is clipped to the opposite side of the wound with a claw clip. The other electrode is then pressed against the skin to get good contact and one second bursts are administered five or six times in a circle around the perimeter of the lesion. If problems persist, you may want to consider one of these options.

Readers are invited to ask questions.

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

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