

BEYOND HEALTH[®] *News*

January — February

2003

"After a century of pill-and-scalpel medicine, we've discovered that fighting disease and restoring health are not the same."

— *Newsweek*

Never Be Sick Again

Help get the word out ...

Since more than three out of four Americans have a diagnosable chronic disease, more than likely you have a friend or loved one who is currently looking for an answer to their health problems. Chronic diseases, such as heart disease, arthritis, allergies, diabetes, and hypertension are running rampant. One American dies of cancer every minute of every day, and half our population will develop cancer in their lifetime. The good news is that almost all disease is preventable and reversible! The basics of how to do this are clearly spelled out in the book *Never Be Sick Again*. This extraordinary book has the potential to help us end this terrible epidemic that is causing so much pain, suffering, and death.

Why not call or email your friends and tell them about this groundbreaking, landmark book, which provides the necessary information to understand, prevent and reverse disease. Learning to

use this new model of health is important for your quality of life right now as well as your future wellbeing. Health care costs are projected to increase to catastrophic levels, thereby endangering the health care system and the economic well being of the United States. We must find a way to avoid such a bleak future. *Never Be Sick Again* can be purchased at local bookstores, on-line through amazon.com, neverbesickagain.com or by calling 800-250-3063 for autographed copies.

Child Obesity Puzzles Experts

So screams the headline ...

In December, headlines in the *San Francisco Chronicle* screamed "Epidemic of Child Obesity Puzzles Experts." The article noted that the number of overweight children in California has tripled in the last 30 years. So called "experts" were quoted as saying they were at a loss as to how to attack the problem and that they believed the environment is a key piece of the puzzle. Apparently escaping these so-called "puzzled experts" is the fact that these children are fat because they are consuming 200 pounds of sugar per year (that's a ton in ten years!) and that sugar is a deadly metabolic poison, which will make you sick as well as fat. Sugar supplies lots of empty calories, is devoid of nutrition, and does enormous damage to the body's normal chemistry and metabolism, thus contributing to obesity as well as every other disease. The Surgeon General is planning to declare childhood obesity a national epidemic.

Our children keep getting fatter every year. A study last October in the *Journal of the American Medical Association* found the number of overweight 2 to 5 year olds have jumped 40 percent in the last 10 years. Up to 80 percent of these

fat children will become fat adults carrying with them an unprecedented risk of developing chronic diseases such as cancer, heart disease, and diabetes. The social and economic consequences of a whole generation of unfit kids are staggering, and the problem is growing worse, not better.

The average child spends more than three hours a day watching television and another three to four hours a day in front of a computer, according to a Neilson Media Research report. This inactivity coupled with unprecedented sugar consumption is the immediate cause of this epidemic and needs to be addressed by every parent.

BHN is now recommending that sugar be made a controlled substance, just as many drugs and toxins are. If we care about the health of our children, it is time to push for legislation to control this deadly poison. There is already precedent for this. For example, children are not allowed to purchase tobacco products, yet smoking a cigarette is *far* safer than drinking a soda. Meanwhile, children are still allowed to buy all the sugar-loaded foods they can get their hands on, such as breakfast cereals, cookies, ice cream, candy, and sodas.

Fortunately, things are starting to change. The Oakland California School District has banned the sale of candy and soda in vending machines in its schools in an effort to address the childhood obesity epidemic, and the Los Angeles Unified School District has followed suit with a similar ban that goes into effect in January of 2004. Dr. Thomas Scullen, Superintendent of the Appleton School District in Wisconsin, had this to say about taking his students off sugar, "We had kids who were identified as being violent, kids who were truant, kids who had a lot of problems;

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we got through the whole last year without an expulsion. Drop-outs dropped to non-existent, when kids came to school they were happy." Barbara Reed-Stitt, while Chief Probation Officer of Cuyahoga Falls, Ohio, received national attention by developing a sugar-free diet that helped change the behavior of many of her probationers and it kept them out of jail. Stitt said, "I discovered a huge proportion of people who were getting into trouble were junk food junkies, and the main culprits were soft drinks." This is a beginning, and we must all work to expand upon it. At the least, age limits should be set for purchasing products with high sugar content, and all such products should be required to carry a health-warning label similar to that of tobacco products.

Coffee and Blood Pressure

Pressure increases...

Coffee is not a food and is known to be detrimental to health. Now there is new information on the effects of coffee. A study in a 2002 *Archives of Internal Medicine* followed 1,017 former medical students for 16 years and found that even one cup of coffee per day raised blood pressure compared with non-cof-

fee drinkers and coffee drinkers had a greater incidence of hypertension. Just one more reason not to consume this dangerous toxic brew.

Antimicrobials

Don't use them...

BHN has long advised against the use of synthetic antimicrobials in soaps and personal care products. Now, even the AMA is advising against the use of antimicrobials. A new study in the *Archives of Dermatology* has concluded that antimicrobial agents in consumer products should be avoided because they are contributing to the production of resistant bacteria that are harder to treat with antibiotics. The AMA has asked the Food and Drug Administration to monitor and possibly even regulate the use of antimicrobials in consumer products.

BHN's concern goes beyond the production of resistant bacteria. Antimicrobial chemicals like triclosan, when used in soaps and deodorants are absorbed through the skin and accumulate in body tissues. Since these chemicals are designed to kill living cells (bacteria), they will also be detrimental to your cells. Triclosan has been showing up in alarming quantities in human breast milk, and this could possibly have a catastrophic, life-long effect on the health of an infant.

Obesity Kills

Not just cosmetic...

A new study in the January *Annals of Internal Medicine* has confirmed what we already know—being overweight takes years off your life. Two out of three Americans are now overweight or obese. Being overweight takes an average of 3 years off your life. Being obese is worse than being overweight. Obesity takes about 7 years off your life, and smoking exacerbates the problem. Obese smokers died more than 13 years sooner than average.

It has been known for a long time that overweight people have shorter life expectancies and that they are more susceptible to disease. This is the first large-scale study to measure exactly how many years are lost. Anyone who is more than five pounds overweight will have measurable biochemical abnormalities. This means that overweight people are diseased; there is only one disease,

malfunctioning cells, and these measurable abnormalities are the result of cellular malfunction. Our nation must begin to take the obesity epidemic seriously. Addressing this epidemic should become a national priority. Since sugar is the leading contributor to obesity, government action to control this deadly toxin is imperative.

Sugar and Cancer

Gross negligence...

There are over four million cancer patients in America. It is gross negligence or worse that they are not being told by their doctors to avoid sugar. Sugar is the preferred fuel of cancer cells and any time there is excess sugar in the blood, which is what happens when you eat sugar, this will feed the cancer cells. Giving a cancer cell sugar is like throwing gasoline on a fire. Cancer patients must *never* eat sugar!

It has been known for more than 70 years that cancer cells have a completely different metabolism than healthy cells. Cancer cells produce energy by fermenting sugar, whereas healthy cells "burn" sugar with oxygen to produce energy. Fermentation, however, is only about 5 percent as efficient as oxidation in producing energy. This means that 20 times more sugar is needed by a cancer cell to produce the same amount of energy. This is why controlling sugar levels in the blood is critical to controlling cancer. By starving the cancer cells of fuel, they cannot grow and may even die. A four-year study in the Netherlands found that cancer patients with higher blood sugar levels had more than double the risk of developing more cancer. Another study of data from 21 countries found that sugar intake is a strong risk factor contributing to breast cancer rates. All cancer patients must be especially diligent in avoiding the Big Four (sugar, white flour, processed oils, and milk products) as outlined in the book *Never Be Sick Again*.

However, in addition to cancer patients, physicians should be advising patients with any disease not to eat sugar. Sugar is an inflammation promoter and all chronic disease is inflammatory in nature. Treating a disease while allowing the patient to eat sugar is feeding the flames while trying to put out the fire.

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Beyond Health News is not engaged in rendering medical advice; this material is for information only. For specific personal health needs, readers should seek advice from competent medical professionals.

Inflammation Reduction

Exercising...

Inflammation is a common denominator of all chronic disease. To stay well or get well, it is essential to minimize the sources of inflammation in the body. One body chemical that promotes inflammation is called C-reactive protein. A study in a 2002 *Epidemiology* measured the C-reactive protein in 13,478 individuals over a period of 6 years and found that the people who engaged in vigorous physical activity had the least amount of C-reactive protein in their blood. Those with moderate levels of activity had more, and those with the least amount of exercise had the most. (And, by the way, always remember that eating sugar increases C-reactive protein, thereby causing inflammation and disease.)

These findings are right in line with decades of observations. Those who get the least amount of exercise are the most likely to develop chronic diseases such as heart disease, cancer, and diabetes. Cells need to be physically stretched and moved through daily exercise or they will not function properly, and disease will result. This is why BHN recommends regular exercise, particularly rebounding for 15 to 20 minutes a day, as a minimum requirement for healthy cells. Call 800-250-3063 for more information on rebounding.

Unnatural Diets

Change metabolism...

New research presented at a recent meeting of the American Physiological Society by researchers from the University of California at Irvine throws new light on the effects of eating *non-traditional diets*. Animals fed their natural diets maintained their normal metabolism. However, when sugar was added to the diet, metabolism changed significantly. Likewise, casein (a milk protein) in the diet also resulted in significant metabolic changes. The researchers concluded that the animals followed physiologic principles that encouraged them to eat specific foods that optimize their metabolic rates.

Applying these lessons to humans, Americans are no longer following these physiologic principles. We are not eating a traditional human diet that optimizes human metabolism. In fact, no

one in history has ever consumed such a diet as we. As a result, our metabolism has been so significantly altered that two out of three Americans are overweight and more than three out of four have a diagnosable chronic disease.

There is no question that we have strayed from our traditional diets. We consume large amounts of sugar, refined grains and dairy, and our metabolism has become abnormal, resulting in an epidemic of obesity and chronic disease. To end this epidemic, we need to get back to a traditional human diet of fresh vegetables, fruits, high quality meat, nuts and seeds. We need to get away from the Big Four: sugar, refined grains, processed oils, milk products and all processed foods. What progress we could make if every American were to read *Never Be Sick Again* and get off these so-called "foods."

Corn Adulterated

Genetically modified contamination...

Corn is no longer an acceptable food if you want your food free of genetically modified contamination. Even organic corn is now contaminated with up to 6 percent genetically modified corn and the situation will probably get worse with time. This contamination problem with U.S. soy and corn is already hurting the export of these commodities to foreign countries. Just recently, the Japanese found contamination of Star Link in a shipment of 1,200 metric tons of corn. Star Link corn has only been approved for animal consumption and not for human consumption because of potential allergic reactions.

You can be certain that Americans are consuming this potentially dangerous corn on a daily basis. The only way out at this point is to eat no corn at all. If this continues, soon there may be no food left to eat that is not contaminated with potentially dangerous genetically modified organisms. It is time to ask our government to control this bizarre experiment with our health and well being. Write to your local and state representatives and tell them how important this is to you.

Stroke and Drugs

Drugs cause disease...

A study reported in a 2002 *Neurology* found that men and women over age 65

who took diuretics had lower potassium levels in their blood, and that low potassium levels increased risk of atrial fibrillation and stroke. Another study in *Stroke* found that low vitamin C levels contributed to stroke. For these reasons, BHN not only discourages the use of diuretics, but recommends that everyone be on Perque C. The powder form of Perque C also supplies potassium.

Stroke and Vegetables

More vegetables please...

When all of your cells are functioning as they should, you cannot be sick. That's why eating a good diet and supplying cells with all the nutrients they need will prevent and reverse almost all disease. It is not a surprise then that a recent study in *Neurology* found that those who ate the most amount of fresh vegetables and fruits had the lowest incidence of stroke. Vegetables and fruits supply the body with potassium and those with the lowest potassium intake were the most likely to have a stroke. Eating a fresh salad every day is good for health as salad greens and dark green vegetables are loaded with potassium. In addition these foods contain many other vitamins, minerals, and phytochemicals that contribute to cellular health and prevent disease.

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

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The Oil Crisis

by Raymond Francis

Oils are essential to human health. They rank among our most important nutrients, yet they are poorly understood by most people. Unfortunately, over the last 140 years there has been a massive shift in the type and quantity of oils consumed due to the development of the modern vegetable oil industry and the feeding of grains to livestock.

Experts now estimate that up to 90 percent of the U.S. population is not obtaining the correct assortment of oils in the proper amounts. This massive deficiency crisis is a major contributor to our unprecedented epidemic of chronic disease. Supplementing with the correct types of oils is essential. However, there is widespread confusion regarding which supplements to take, in which amounts, and why they are needed.

There are right oils and wrong oils. The right oils are important building blocks of life and are referred to as essential fatty acids (EFAs). EFAs are essential for building healthy cell membranes (the wall separating the interior of the cell from the rest of the world). EFAs are also used as raw materials for building other essential body chemicals. The body needs a constant supply of EFAs to build about one trillion new cells every day. When the right oils are not available, the body is forced to use what most Americans eat—the wrong oils. When the wrong oils are used to build the cell membrane, this compromises the structure and function of cells throughout the body, including interfering with the critical cell-to-cell communication necessary for keeping the body in balance. Wrong oils also interfere with the transportation of nutrients into cells and of metabolic wastes out. This is why anyone with a chronic disease, especially cancer, if they want to get well, must change the oil in their body. We wouldn't think of using the wrong oil in our car, yet we constantly use the wrong oils in our bodies.

Oils are also used as raw materials to make an important class of chemicals called prostaglandins. Prostaglandins are hormone-like compounds that are extremely important to human biochemistry. They regulate a variety of body functions including smooth muscle activity, digestion, brain function, and inflammatory processes.

The right oils include essential omega-3 and omega-6 fatty acids; these are types of molecules having a particular configuration. Some 3s and 6s are "essential" and must come from outside the body, while the body can manufacture others. However, 3s and 6s must be present in the correct balance to promote health. Unfortunately, in modern diets, the balance is out of whack. Experts estimate that the proper ratio of 3s to 6s is ideally about 1:1. By 1935, the ratio in the average American diet had increased to an unhealthy 1:8. Today it is even more unhealthy at 1:20, with a lot of people as bad as 1:50! In short, we get far too much omega-6 and not near enough omega-3 oils, and this change in ratios has paralleled our increase in chronic disease. Research indicates that 20 percent of us have so little omega-3s in our blood that it cannot be measured by standard tests. The primary reason for this epidemic imbalance is our excessive consumption of the wrong oils—corn, sunflower, peanut, soy, canola and saf-

flower oils. These oils are high in omega-6 and low in omega-3, creating an imbalance in our bodies. Another reason these oils are wrong is that they have been processed at high temperatures, causing the creation of toxic trans-fatty acids for which there is no safe level.

Another contributor to our imbalance of 3s and 6s is our increased consumption of "make-believe" fish, meat and eggs. For example, more than 60 percent of the salmon available today has been farmed in an artificial environment and contains too much omega 6. Farmed fish do not eat the same diet as they do in their natural environment. This changes their chemistry. The same holds true for beef and chicken. They are fed an unnatural diet of grains, which changes their natural fatty acid ratios. Consider that a real egg contains about 300 milligrams of the omega-3 fatty acid DHA and is a good source of omega 3, while a grain-fed, make-believe egg from the supermarket averages only 18. Nearly all cattle are shipped to feed lots prior to slaughter to "fatten them up." If you eat this grain-fed beef, as most uninformed Americans do (instead of organic, grass-fed beef, which is available), you will be getting too much omega 6.

Too much omega-6 and too little omega-3 oils have an inflammatory effect on the body. This is catastrophic because inflammation is a common denominator of *all* chronic disease; *the wrong oils will initiate and perpetuate this disease process*. Prostaglandins (as described earlier), produced from omega-6 fatty acids suppress the immune system and increase inflammation, heart disease, and cancer. When sufficient omega-3 oils are available, the prostaglandins produced from omega-3s offset those from the 6s, and thus, suppress inflammation, tumor development, blood pressure, water retention, platelet (blood) stickiness, and cholesterol levels.

Three of the most important omega-3 fatty acids in human nutrition are ALA (alpha-linolenic acid), DHA (docosahexaenoic acid), and EPA (eicosapentaenoic acid). Each of these molecules has a different size, shape, and use in the body, and we need them all. A rich source of ALA is flaxseed oil and a rich source of DHA and EPA is fish oil, and that is why we need to supplement with both kinds of oil.

Just as muscles are made of protein and bones of calcium, the human brain is more than 60 percent fat. DHA is the most abundant fatty acid in the brain, and an adequate supply, throughout life, is essential for brain and nervous system function. DHA forms critical receptors for the neurotransmitters dopamine and serotonin. If DHA is deficient and these receptors are made from other oils (such as the trans fats from supermarket oils, margarine and vegetable shortening), these receptors will not function properly, contributing to our epidemic of attention deficit, depression and other mental disorders. This is why children with learning, memory, and behavior disorders can benefit from supplemental DHA. Violent crimes are often the result of DHA deficiency. Studies show that fish oil significantly inhibits cholesterol production, has dramatic anti-cancer effects and improves vision. DHA supplementation has been found to be beneficial to patients with

a variety of problems ranging from hypertension, immune dysfunction, depression, schizophrenia, Alzheimer's, retinitis pigmentosa, attention deficit disorder, and dyslexia. Vegetarians and people on low fat diets are especially vulnerable to DHA deficiency. With an oil deficiency epidemic of the magnitude we are experiencing, it should not be a surprise that in May of 1996 the American Psychiatric Association announced that 90 percent of our population have measurable brain abnormalities.

People suffering from depression are often prescribed Prozac, while those suffering attention deficit disorder are often prescribed Ritalin. Patients with arrhythmia, heart disease or cancer are prescribed other drugs and treatments. In fact, they may all need the same treatment—*supplementation with the proper amount and assortment of essential fatty acids.*

As for how to assure you are getting what you need, essential fatty acids are found in almost all natural foods. What differs is the amount. Flaxseed oil is one of nature's richest sources of essential fatty acids. Other rich sources include fish, green leafy vegetables, nuts and seeds. Flaxseeds, freshly ground in a small coffee grinder, make an excellent addition to fresh salads, cereals (organic whole grains, not processed cereals in a box), and smoothies. A 1981 study in *Biological Psychiatry* found that the simple addition of flaxseed oil to the diet of schizophrenics resulted in significant improvement in two thirds of them. In addition, there was also a reduction in tinnitus, dry skin, dandruff, and fatigue. My choice for flaxseed oil is Barleans, and I recommend one tablespoon per day. Flaxseed oil is very rich in omega-3. However, if one carefully avoids omega 6s and uses this oil exclusively for a long period of time, a deficiency of omega-6s could result. A solution to this potential problem is to use a blended oil such as Udo's Choice where the ratio of omega-3s to omega-6s is closer to the ideal of 1:1, although most Americans' problem is too much omega-6, not too little.

As mentioned earlier, fish oil is a rich source of DHA and EPA. The recommended intake of DHA plus EPA is 650 milligrams per day or 1000 per day if pregnant or nursing. My favorite brand is Carlson's (available at Beyond Health). I take cod liver oil from fall to early spring, and fish oil the remainder of the year. The dose of cod liver oil would be one teaspoon per day per 50 pounds of body weight. The difference between fish oil and cod liver oil is that the latter is a rich source of vitamins D and A. Many people do not get sufficient vitamin D during the cooler times of the year due to inadequate sun exposure. Vitamin D is necessary for healthy bones and also protects against cancer. Perque Triple EFA is also an excellent choice for supplementing DHA and EPA, and it contains omega-9 fatty acids as well. Omega-9 is the principle kind of fatty acid found in olive oil and daily intake of omega-9 fatty acids is also recommended. A 1995 study in the *Journal of the National Cancer Institute* found that women who consume olive oil more than once a day are 25 percent less likely to develop breast cancer than women who consume olive oil once a day or less. The brand I recommend is Bariiani.

An adequate supply of the proper assortment of oils is absolutely essential to human health. Since Americans consume too much of the wrong oils and too little of the right oils,

we must make a conscious effort to avoid the bad oils found in everyday food products. Bad oils include virtually all the oils in a supermarket and those found in processed foods (i.e. - food packaged in jars, bottles, cans, tubs and boxes). *Especially dangerous are all hydrogenated oils*, these contain a lot of toxic trans-fatty acids so be sure to read food labels carefully.

Instead of processed foods, fill your grocery cart with fresh organic vegetables, fruits, grains, seeds, nuts and organic meats, eggs and fish. Use olive oil for cooking and salad dressings. Supplement with the oils mentioned above (flaxseed, cod liver, fish, Udos Choice and Perque Triple EFA) to assure that you are getting the proper assortment of these critical molecules.

Additional guidance and approved, high-quality oils can be obtained at Beyond Health by calling 800-250-3063, or online at www.beyondhealth.com.

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

Read *Never Be Sick Again* by Raymond Francis

Reviewers of *Never Be Sick Again* have said:

- "A landmark book."
- "This is future medicine now!"
- "Health in one easy lesson."
- "An island of clarity in a sea of confusion."
- "A powerful masterpiece."
- "The Rosetta stone for good health."
- "A revolutionary new understanding of health and disease."
- "A whole new view of how to handle your health."
- "So simple yet so powerful it has the potential to change the way our society thinks about disease."
- "Breaks new ground on what health is and what causes disease."

**Available at local bookstores,
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graphed copies.**

Question: I take fish oil and flaxseed oil supplements and I use Bariani olive oil in the kitchen. Does the olive oil have medicinal qualities as well? And what about canola oil?

J.R. — Toronto, Canada

Answer: Yes, olive oil also has health promoting qualities. Several studies, including one in a 2002 *American Journal of Clinical Nutrition* and a 2001 *American Journal of Cardiology* have found that olive oil is very effective in decreasing inflammatory activity in cells. (This is why Perque Triple EFA contains olive oil.) In fact, the omega-9 fatty acids found in olive oil were determined to be even more effective than omega-3 fatty acids in decreasing inflammation. Other sources of omega-9s include avocados and macadamia nuts.

These findings are profound; anyone who wishes to prevent or reverse disease must understand them because inflammatory activity in cells is a common denominator and a cause of ALL chronic disease. Anything that initiates or promotes inflammation will contribute to disease. A large body of research indicates that omega-6 oils are the most inflammatory of the unsaturated fatty acids, and almost all Americans are overdosing on omega-6s. This is happening because of the large amounts of corn, sunflower, peanut, soy, and safflower oils in our diet. For decades, our physicians have advised people to eat more vegetable oils and less animal fat. But, these oils are all far too rich in omega-6s and there are insufficient omega-3s in our diet to offset them. Research has shown that diets containing large amounts of omega-3s result in less inflammation and low risk of heart disease. Now the same can be said for omega-9s.

As for canola oil, I have addressed this in several previous issues of BHN, but suffice to say that it is a processed oil, that contains too many trans-fatty acids, and that it is also too rich in omega-6 fatty acids. I do not use or recommend it.

Question: I bought a product off a web site that is supposed to wash the pesticides off of fruits and vegetables. It is supposed to be ten times as effective as water, however, I have no idea how well it works and I was wondering if you knew anything about these products?

A.V. — Pompano Beach, FL

Answer: Actually, there is a new study out on this subject by the University of California at Riverside. The study will be published in the February *Bulletin of Environmental Contamination and Toxicology*, should you wish to access it. The researchers took commercial "produce washes" and compared them to washing the produce with plain water. What they found was the washes were slightly more effective than water alone, but not enough to justify the cost and hassle of using the washes. Many of these products advertise that they are 5 or even 10 times more effective than water, but the studies showed they were only about 10 to 15 percent more effective.

Your best option is not to purchase produce that has been sprayed with pesticides. However, organic produce is not always available. I recommend you peel non-organic fruits and vegetables that loan themselves to peeling and to thoroughly wash the others with water. I often wash my produce with Dr. Bronner's Baby Soap instead of peeling.

Question: My doctor has advised me to use a cholesterol-lowering margarine to get my high cholesterol levels down. I was wondering what you thought of this?

F.R. — Tucson, AZ

Answer: Cholesterol-lowering margarine contains compounds known as stanols and sterols, which are natural molecules found in plants. The way they work is that they block the absorption of cholesterol from the gut and thereby reducing cholesterol levels by 10 to 12 percent in some people. This is the good side, but there is a downside.

A 2002 study in the *American Journal of Clinical Nutrition* found that regular use of these margarines reduced the blood levels of important antioxidant carotenoids, such as beta-carotene, lycopene, and lutein. This is bad enough, but I would predict that it will lead to a drop in other fat-soluble vitamins as well, such as vitamins A, E, and D.

A better solution would be to get on the Comprehensive Perque Program and supplement with the essential fatty acids in flaxseed and fish oils. Also get off of the Big Four: sugar, white flour, processed oils, and milk products. This should have a wonderful effect on your cholesterol levels without jeopardizing your health by creating nutritional deficiencies.

Question: My husband smokes cigarettes and refuses to stop. Is there anything he can take that would help to limit the damage?

A.O. — San Francisco, CA

Answer: Tobacco smoke contains about 4000 chemical compounds. Many of these create free radicals, which can damage cells immediately, while others form free radicals in the liver as the body tries to detoxify them. As a result of this assault on the body, smokers experience higher levels of cancer, heart disease and emphysema.

It is logical to assume that since smoking causes free radical damage, taking supplemental antioxidants would help to mitigate the damage. This was found to be true in a 2001 study in *Environmental Health Perspectives*. In an experiment with animals, those that were fed a supplemental program of vitamins A, C, and E along with beta-carotene, flavonoids, CoQ10, N-acetylcysteine, carnitine, magnesium, zinc, and selenium were able to maintain normal levels of free radicals in their livers when exposed to cigarette smoke. The animals in the control group experienced higher levels of free radical in their livers and an increase in inflammatory chemicals in their bodies.

It would be far better to stop smoking. However, the evidence indicates that a comprehensive supplement program can definitely limit and control the damage. One has to think that the same program will protect against regular air pollution as well, which almost everyone is exposed to. Have your husband call Beyond Health if he wants some help getting on this program.

Question: Recently there were ads in our local newspaper for "full-body scans" for only \$995 to check for heart disease and cancer. It sounds like a great idea, but before I do it, I was wondering what you would have to say about it.

V.W. — Novato, CA

Answer: A number of companies are now offering full-body scans to the public, and there are more than 100 such clinics in the country. Proponents of full-body scans argue that they "can detect problems at very early stages when cure rates are the highest." They promise peace of mind for the worried well. Such scans are capable of identifying plaque buildup in arteries as well as tumors. These scans do not require a physician's prescription and are seldom covered by insurance, but nonetheless are affordable and attractive to those who want to keep an eye on their health. Patients get their results in within 30 minutes. While it sounds good, this is not something I would do or recommend.

These EBCT (electron beam computed tomography) scans are done with machines that typically cost \$2 million. These devices employ electron beams that are aimed at tungsten rings below the patient. When the electrons strike the tungsten, this generates X-rays that are measured by detectors above the patient. Because the electron beams are pulsed, they can capture a picture of the heart between beats. Because the beam is not on all the time, the patient is exposed to fewer X-rays than with conventional methods, which require the X-rays to be on during the entire scanning process.

However, I have to remind you that *all* X-rays are dangerous. There is no safe level of X-rays. As explained in my BHN article on X-rays (Jul/Aug 2001), there is every reason to believe that X-rays may be the leading cause of cancer and the amount of radiation exposure from one of these scans is *huge*. Dr. Michelle Ginsberg, director of general radiology at Sloan-Kettering Cancer Center in New York, said that, "The radiation from one body scan alone is equal to about 150 chest X-rays."

The American College of Radiology says there is not enough scientific evidence to support that full-body scans are cost effective or effective in prolonging life. Dr. Thomas Lee, a professor of medicine at Harvard Medical School says, "It's impossible to find a doctor in favor of these scans who doesn't have a financial interest in a scanning facility." In addition to the excessive radiation exposure, there is the risk of false positives and false negatives that can result in additional

expense, worry and damage to the body.

If someone is concerned about their health, the best thing they can know is that they have control over their health. If they want clean arteries and freedom from tumors, all they have to do is pay attention to the deficiency and toxicity of their cells. How to do this is spelled out in my book *Never Be Sick Again*. If you choose health, there will be no disease to find. Our problem is we choose diets and lifestyles that cannot support health and then hope that some magic machine will solve our problems after we have spent decades making ourselves sick. If you haven't already chosen health, now is the time to choose it!

Question: I read that including flaxseed in one's diet was protective against cancer. You read so many things; it becomes confusing and overwhelming. Should I add flaxseed to my diet?

M.A. — Evanston, IL

Answer: There is good reason to believe that flaxseed is a wise addition to the diet for a number of reasons. It does appear to have an anti-cancer effect, it is a good source of fiber, and it contains essential fatty acids. I use a small coffee grinder to grind up flaxseed and pour it over my salads. I also put it on top of freshly cooked brown rice along with flaxseed oil.

In 1996, researchers from the University of Toronto, Canada published a study in *Nutrition and Cancer*, which found that a component of flaxseed had an anti-tumor effect when fed to rats in the early stages of tumor growth. The researchers said there were several ways in which flaxseed could work against tumors. One way is that certain lignans in the seed are structurally similar to certain estrogens and that these may block the action of body estrogens that are known to promote cancer. Other lignans in the seed have been shown to inhibit enzymes that encourage the growth of cancer cells. Still other lignans block enzymes that produce body estrogens. Lignans also have an antioxidant effect, which may be beneficial.

The researchers concluded that lignans not only disrupt cancer cell growth, but they also hold the promise of providing long term protection against tumor development. In addition, flaxseed is also a good source of fiber and essential fatty acids, which are essential to good health and so lacking in the average American diet.

Readers are invited to ask questions.

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

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