

BEYOND HEALTH[®] News

March — April

2003

"Symptoms of disease are merely the outer manifestations of an underlying metabolic, chemical, hormonal, and enzyme imbalance, the key for which is diet."

— John Lee, M.D.
from the forward to
The Nutrition Solution

Improve Your Eyesight

Raymond Francis presenting ...

Learn how to improve your eyesight and perhaps even throw your glasses away. April 26 and 27 are the dates for the Second North American Conference on Natural Vision Improvement to be held in San Francisco. With top international experts in vision improvement presenting, this conference is designed for those who want to improve their vision, for people who suffer from eye ailments, and for healthcare providers who are seeking new tools to help their patients.

This two-day event will provide cutting-edge, practical, hands-on techniques for vision improvement. On Sunday the 27th at 11:30 am, Raymond Francis will be speaking on nutritional approaches for maintaining and improving eye health.

Space is limited, so reserve now by calling Beyond Health at 800-250-3063. The regular price, until 10 April, is \$210. (The price goes up to \$230 on 25 April.) If you call Beyond Health now at 800-250-3063 and mention this offer, you will receive a 10 percent discount off these prices.

WHO Report

How to end disease...

The World Health Organization has just issued a new report challenging the food industry to supply healthier foods and reduce chronic disease—by lowering the amounts of certain types of fats as well as salt and sugar in snacks and processed foods. The 214-page report, by a panel of experts from around the world, will form the basis of a major new WHO global strategy on diet and physical activity, to be unveiled early in 2004.

According to the report many deaths attributed to chronic diseases are due to obesity, high blood pressure, high cholesterol concentrations, and low levels of physical activity. It says the prevention of obesity in children should be made a top priority and it recommends restricting consumption of packaged snacks and sugar-sweetened soft drinks. The report criticizes the food and beverage industry for marketing tactics that promote these unhealthy foods to children.

The report concludes that millions of people around the world can avoid chronic disease, such as cardiovascular diseases, cancer, diabetes, and obesity, by selecting a diet low in saturated fats, sugar, and salt and high in fruit and veg-

etables—and combining this diet together with an hour a day of exercise.

BHN agrees with the WHO. Eliminating chronic disease must become an international priority. We have to start by minimizing the Big Four: sugar, white flour, processed oils, and milk products, as well as all processed foods containing these dangerous toxins as ingredients.

Call Your Congressman

Do it now ...

In February, the U.S. Congress decided that "organic" doesn't have to be organic. Every consumer should be outraged. There is a movement to repeal this travesty called the Organic Restoration Act; everyone should be supporting this act.

Here is what happened. Congress approved legislation allowing meat to be labeled USDA Organic even though the livestock has been fed non-organic feed. How can meat be organic if it has been raised on pesticide-laden grains? This is exactly what people are trying to avoid when they buy organic meat because about 80 percent of the average person's pesticide exposure comes from the meat and dairy they consume. The *Los Angeles Times* said that this action has "undone what it took organic farmers and environmentalists more than a decade to achieve."

As they say, the hottest places in hell are reserved for those who in times of crisis do nothing. Do something now! Get on the phone, send emails and make your voice heard. Support the Organic Restoration Act.

THIS ISSUE...

News In Review

..... 1

Medically-Caused

Cancer 5

Questions & Answers

..... 6

Subscribe a Friend

..... 8

What's A Good Diet?

Try eating food...

A number of researchers, including Professor Loren Cordain, Ph.D. have been researching the health and diets of our Paleolithic ancestors. As it turns out, these people were remarkably healthy because the original human diet supported good health. Contrast this to modern diets made up of make-believe food, which has been proven to be nutritionally unfit, even for rats.

The real food our ancestors ate came as nature provided it, primarily lean meats, fish, non-starchy vegetables, nuts, seeds, and fruits. All of these were consumed fresh and raw. Meat was naturally lean as is wild game today; domesticated animals are fed grains, which make them fat.

You might note that the toxic Big Four, as outlined in *Never Be Sick Again* (sugar, white flour, processed oils, and dairy), were not part of this healthy diet. Absent also were grains and processed, prepared, and cooked foods. None of our ancestors' foods were treated with toxic agricultural chemicals or artificial flavors, colors and preservatives.

Within this diet, there were some wide variations among different people, but they were all healthy because the food they ate was fresh, filled with nutrients, and devoid of man-made toxins. To regain our health, we must eat real food as nature provides it, which means we must start to eat more like Paleolithic man and less like modern man.

Rheumatoid Arthritis

The gluten connection...

Gluten contributes to rheumatoid arthritis at least in some cases according to a recent study in *Clinical Experimental Rheumatology*. Gluten is a protein found in wheat, rye, barley, oats, and spelt and it has been associated with many disease conditions including schizophrenia, irritable bowel disease and now rheumatoid arthritis. Gluten sensitivity is now so widespread, causing a myriad of undiagnosed problems, that some experts have estimated half the population should be avoiding gluten-containing grains.

Product Codes Explained

Stay away from 8s...

Many fruits and vegetables have a product code label (called a PLU) stuck to them, which can give you information about what to buy and what to avoid. Unfortunately, most of the foods you purchase do not carry such labels, but when they *do*, here is how you can interpret them.

Most labels will have four digit codes. This denotes that they are conventionally grown (grown with chemical fertilizers and sprayed with pesticides); these foods should be avoided or at least minimized in your diet. A five digit code denotes that the product is *not* conventionally grown. A five digit code starting with a 9 has been organically grown; include as much of these in your diet as possible. A five digit code beginning with an 8 has been genetically modified; foods carrying this PLU should be completely avoided. Genetically modified contamination is one reason why no one should purchase food in a supermarket. More than 70 percent of the processed foods in a supermarket now contain genetically modified ingredients and they are not labeled. Do not shop for

food in supermarkets, and if you do, purchase only fresh foods with four digit codes or five digit organic codes; avoid processed and prepared foods.

The Devil Did It

We have met the enemy and it is us...

The following was making email rounds on the Internet, and we at BHN would like to pass it on to you. Unfortunately, we have been unable to identify the author so we cannot attribute this wonderful work. For those who have not yet seen it, here it is for you to ponder:

In the beginning God populated the earth with broccoli and cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives. Then using God's great gifts, Satan created Ben and Jerry's and Krispy Creme. And Satan said, "You want chocolate with that?" And man said "Yea." and woman said, "And another one with sprinkles." And they gained 10 pounds. And God created the healthful yogurt that woman might keep the figure that man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane, and combined them. And woman went from size 2 to size 6. So God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing and garlic toast on the side. And man and woman unfastened their belts following the repast. God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And man gained more weight and his cholesterol went through the roof. God then brought running shoes so that his children might loose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And man and woman laughed and cried before the flickering light and gained pounds. Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And man gained pounds. God then gave lean beef so that man

BEYOND HEALTH[®] News

is published bi-monthly by Beyond Health Corp., which is dedicated to cutting through the confusion and bringing you high quality information, products, and services to enhance the quality of your life.

ADDRESS

Beyond Health News
P.O. Box 150578
San Rafael, CA 94915
415.459.2050
bhn@beyondhealth.com

WEBSITE

www.beyondhealth.com

PRODUCED BY

Raymond Francis, Publisher
Kester Cotton, Editor
Sue Addy, Layout

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.

might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheeseburger. Then said, "You want fries with that?" and man replied, "Yea! And super size 'em." And Satan said "It is good." and man went into cardiac arrest. God sighed and created quadruple bypass surgery.

Rheumatoid Arthritis Risk

Don't drink decaf...

Rheumatoid arthritis is an autoimmune disease wherein a disordered immune system attacks the lining of the joints. This causes inflammation, pain, deformity and disability—not a pleasant disease, if there is such a thing. Preventing disease is always the best choice, and according to the American College of Rheumatology avoiding decaffeinated coffee will lessen your risk.

A study involving 64,000 women found that drinking more than one cup of decaf coffee per day quadruples the risk of developing rheumatoid arthritis. The researchers questioned whether it was the industrial solvents used in the decaffeinating process that was the culprit.

Coffee has been identified in BHN many times as contributing to various disease conditions. Some people think that by drinking decaf they are somehow lowering their risk. It now appears that this is not so. Would drinking decaf prepared by using a Swiss water process lessen the risk? We don't know. What we do know is that coffee is a dangerous toxin and should be avoided altogether. Tea is an acceptable substitute.

Children's Brains Damaged

Thumbs down for Ritalin...

Many thousands of school age children are taking a drug called Ritalin to treat attention deficit/hyperactivity disorder. But according to the Society for Neuroscience, Ritalin is capable of causing long-term damage to the brain. Animal experiments showed that Ritalin, in doses that a child would get, actually caused changes in cell structure and function similar to the damage

caused by cocaine and amphetamine use. Not that this is surprising. Virtually all prescription drugs are toxic and should be avoided. It is difficult to think of a drug for which there isn't an effective, less expensive, and safer alternative.

The Fat Tax

Is it coming...

In *Arizona Health Futures*, visionaries predicted that states will ultimately pass "fat taxes," taxing overweight people and perhaps even fining them. While it is a constitutional right to be fat, it is not a right to expect the government and your friends and neighbors to pay for the resulting medical costs. In an era when the government is projected to go bankrupt in just a few decades trying to pay for healthcare, it is not so farfetched that overweight people might be asked to pay for the financial burden they create. There is no question that obesity is a major contributor to our healthcare costs, which are rising at unsustainable rates.

Our out-of-control health costs are turning Medicare and social security into nothing more than a giant Ponzzi scheme—people pay in to fund current expenditures. But, as our population ages and gets fatter and sicker, fewer young workers will be available to pay into the system. This is why the system is projected to go bankrupt and why many young people who have already paid into the system will never see any of the benefits it promises. Normally, this is called theft (except when the government does it).

The solution is to reduce our healthcare costs by teaching people how to be healthy, most especially our children. Such education is a major step that we must take if we are to avert a financial meltdown.

The Carotenes

Take Caroplete...

Carotenes are a class of nutrients that are essential to human health. Carotenes are found in carrots, from which the name is derived, but they are in other foods as well. Carotene is perhaps best

known for its ability to convert into vitamin A.

However, in addition to being converted to vitamin A, which is essential, carotenes perform many other functions as well. For example, carotenes have been called "nature's sun umbrella" and researchers have found that carotene levels increase in the skin in those taking supplemental beta-carotene, and that these subjects showed greater resistance to sunburn. As the dose of the carotene supplement was increased from 30 to 90 mg per day, the subject's skin became even more resistant to sunburn and their levels of lipid peroxidation (evidence of free radical damage) declined. As carotenes protect against the sun, they get used up and must be replaced. This is why people eating healthy traditional diets, with lots of carotenes, didn't have a problem with the sun. We have a problem because of our poor diets. Once our limited supply of carotenes is used up, the sun can do damage and we burn. Most people in our society have to supplement.

Carotenes also protect the lungs against ozone. This is especially important to people living in big cities such as Los Angeles. A study done in the Netherlands, where lots of people ride bicycles, was reported in *Occupational and Environmental Medicine*. One group of cyclists was given supplemental beta carotene, vitamin E, and vitamin C daily. This group showed no loss of lung function on exposure to ozone, while the nonsupplemented group showed loss of performance directly related to ozone concentration.

Seniors with high levels of beta- and alpha-carotene in their blood had significantly better lung function than those with low levels. A recent study in the *American Journal of Respiratory and Critical Care Medicine* found that a mixture of Carotenoids, including beta-carotene, helps to maintain normal lung function during aging. The lungs are one of the body's direct interfaces with the

Visit us online at
www.beyondhealth.com

outside world. As such, lung tissue is subject to free radical damage from air pollution. One example of this is the damaged lung tissue found in 100 percent of the autopsies performed in Los Angeles. Seniors are particularly vulnerable to low levels of antioxidants, which is why obstructive pulmonary disease is an important cause of disability and death in older people. Supplementing with carotenes will help to maintain healthy lung function.

Carotenes also protect against macular degeneration, the leading cause of blindness in people over age 55. A study in the *Archives of Ophthalmology* demonstrated that high levels of certain vitamins and minerals not only help to prevent macular degeneration, they can also help to prevent the loss of vision associated with this condition. A six-year study sponsored by the National Eye Institute (a division of the National Institutes of Health) found that high levels of vitamins A, C, and E, beta-carotene, zinc, and copper reduced the risk of getting this disease by 25 percent and also the risk of vision loss of those already afflicted with the disease. Paul Sieving, M.D., Ph.D., director of the National Eye Institute said, "This is an exciting discovery because...these nutrients are the first effective treatment to slow the progression of this disease."

In addition, higher blood levels of vitamin C and beta-carotene have been linked to lower cancer rates. Nutrients known to help prevent colon cancer are vitamin C, vitamin E, selenium, omega-3 fatty acids, and beta-carotene.

The caveat here is to be sure that you are taking *natural* beta-carotene. Synthetic beta-carotene is fundamentally different and may actually promote cancer. Natural ingredients are more expensive, and that is why most vitamin brands use synthetics. But synthetics are substantially less biologically active and can even have negative effects. The molecules of these synthetics often differ in shape from the natural molecules. The shape is important in how they react. Synthetic beta carotene is known to be less biologically active than its natural form. In fact, taking synthetic beta

carotene can even cause a deficiency of other carotenes.

As usual, a diet rich in fresh vegetables helps to prevent all diseases. A good diet containing rich sources of carotene will include carrots, spinach, broccoli, apricots, and cantaloupe. A recent study in *Cancer Epidemiology* found that people who ate more fruits and vegetables had substantially higher carotene levels in their blood.

BHN recommends supplementing with two 25,000 IU *Caropletes* (carotene complex) per day. *Caroplete* is available at Beyond Health.

Underage Drinking

A public health crisis...

A study by Columbia University published in a February *Journal of the American Medical Association* concluded that 12 to 20 year-olds consume about 20 percent of the alcohol in the U.S. Susan Foster, lead author of the study said, "Alcohol use among kids can no longer be considered a benign rite of passage. It's an enormous problem..., and it's a problem that's largely preventable."

Parents need to be aware of this problem and give proper guidance to their children. In addition, we all need to work within our communities to make sure that local merchants are not selling to underage people and to act swiftly and forcefully when they do.

Garlic is Good

Less plaque...

A new study, scheduled to be published in the *Journal of the American Medical Association*, shows that Kyolic® Aged Garlic Extract reduced coronary plaque formation by more than 50 percent. Researchers at UCLA found that aged garlic extract "may not only reduce and inhibit plaque formation in the heart's arteries, but may also lower homocysteine levels in the blood—now considered to be a major risk factor for heart attacks." The researchers said that aged garlic extract "may be a useful and beneficial dietary addition for the people who have high cardiovascular risk or who have undergone heart surgery."

Drunk Drivers

Staying on the road...

Ever wonder why you read about drunk drivers with long track records who get into horrendous accidents and why they were still allowed to drive? Well you can put a lot of the blame on modern medicine.

Consider the case of Alan Levine. A recent article in the *Wall Street Journal* reported that Alan was hospitalized a total of ten times, resulting from a series of accidents. Alan ended up with only four remaining teeth, two amputated feet, a ruptured spleen, and a broken back. In none of these cases was Alan ever tested for the true cause of his accidents—excessive alcohol consumption. That's right. Alan was an alcoholic, but he was never tested for alcohol in any of his many hospitalizations. As a result, he was allowed to retain his driving privileges and stay on the road. Why?

As it turns out, hospitals do not routinely run alcohol test on patients thought to be intoxicated. This is because health insurance policies can contain exclusions that deny payment for medical reimbursements to patients under the influence of drugs or alcohol. Knowing this, doctors and hospitals are fearful they won't get paid for their services, hence they don't test and the drunks stay on the road.

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

- 9 a.m. Sundays on KYCY, 1550 A.M. in the San Francisco Bay Area

- 2 p.m. Tuesdays on WNN, 1470 A.M. in Southeastern Florida,

and on the Internet, Tuesdays 2 p.m. Eastern time at www.wnnhealthtalkradio.com

Medically-Caused Cancer

by Raymond Francis

Cancer is an out-of-control epidemic now affecting almost one out of every two Americans in their lifetime. One American dies of cancer every minute and the problem is growing worse. The startling 20 percent increase in breast cancer between 1998 and 1999 among women ages 45 to 64 gives us all a new sense of urgency for finding the cause. A massive search is on and no stone should be left unturned. Unfortunately, one very big stone *is* being ignored—our modern healthcare system.

Across the nation, higher rates of breast cancer have been observed in affluent communities. Obviously, affluent, better-educated people get more medical and dental care. Although the connection isn't certain, there is a strong correlation, which should be investigated. A 1998 review by scientists at the Northern California Cancer Center revealed that breast cancer appeared to be related to lifestyle and demographic factors. Affluence is key for breast cancer, but experts tend only to focus on the related lifestyle factors such as delayed child-birth, fewer pregnancies, time spent breast feeding, and alcohol consumption. *Not* being considered are the various ways that medical and dental care can contribute to cancer, and the fact that affluent people get far more exposure.

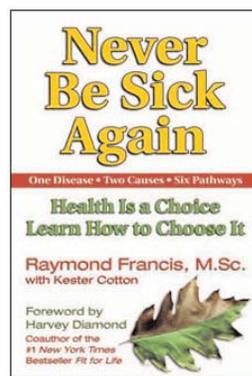
Better healthcare means more X-rays, including dental X-rays, chest X-rays and mammograms. All X-rays involve exposure to ionizing radiation, which we know for certain *causes* cancer. In 1999, Dr. John Gofman, author of *Radiation from Medical Procedures in the Pathogenesis of Cancer and Ischemic Heart Disease* and a world-renowned expert in radiation damage, stated that medical X-rays are the leading cause of cancer. Breast tissue is very sensitive to radiation—a fact that has been known for more than 30 years—and Dr. Gofman estimates that medical radiation is a necessary co-factor in over 80 percent of all breast cancer. Ironically, as breast cancer rates have skyrocketed, people have been frightened into getting *more* mammograms, which may be causing *more* cancer.

And the medical hazards don't stop with the X-rays. Another factor to consider is estrogen dominance (an excess of unbalanced estrogen in the body) which will promote cancer—specifically breast cancer. How does estrogen dominance occur? Birth control pills and hormone replacement therapy (HRT) contribute to this condition, and affluent women are more likely to get both. Consider the California Teacher's Study, which found that teachers have a 51 percent higher risk of breast cancer than the general population; it also found that teachers had much higher exposure to HRT, 74 percent compared to only 51 percent in the general population.

Another consideration is dental care. Affluent women get better dental care, including more cosmetic dental care. This means a lot of exposure to dental anesthetics, which have been known since 1993 to break down in the body into powerful carcinogens. For example, the most common anesthetic, lidocaine, breaks down in the body into 2,6-dimethylaniline. This aniline compound has been shown to cause cancer in experimental animals more than 99 percent of the time.

Our cancer epidemic is a tragedy—one that is still unfolding. We owe it to ourselves to examine all potential causes. There is reason to believe that modern medical care may be our leading cause of cancer. Let us start asking the right questions and doing honest research, instead of assuming that the medical profession is doing no harm.

Raymond Francis, author of Never Be Sick Again, is an M.I.T.-trained scientist and an internationally recognized leader in the emerging field of optimal health maintenance.



What is health? What is disease? Why do people get sick? How can disease be prevented? How can it be reversed? Raymond Francis presents a revolutionary new understanding of health and disease.

**“Never Be Sick Again” seminars,
presented by Raymond Francis:**

May 17, 2003 - Sacramento, CA

May 31, 2003 - Milwaukee, WI

June 7, 2003 - Spokane, WA

**Sign up today!
Call Beyond Health for more
information: 1-800-250-3063**

Question: My teenage son has acne. His doctor wants to put him on antibiotics, but I don't feel comfortable with that after reading about the dangers of antibiotics in *Never Be Sick Again*. Do you have any suggestions?

A.C. — Seattle, WA

Answer: Acne can be promoted by several factors including hormonal changes, stress, and that deadly metabolic poison called sugar. Both stress and the hormonal changes that take place during puberty and menopause cause the secretion of extra sebum (a mixture of oil and wax that your skin needs to stay moist). An excess of sebum can clog pores, thus promoting infections. Hormonal changes are natural processes and the body can usually handle them without undue problems. The wild card in the equation is the deadly metabolic poison — sugar.

Sugar over stimulates the oil glands and creates excess sebum. When sugar is combined with stress and/or normal hormonal changes, this further increases sebum production and will cause acne in a lot of people. Sugar depletes the body of B vitamins and B vitamins regulate mood and anxiety levels; so a sugar-caused deficiency of B vitamins can put stress on the body which contributes to excess sebum.

What to do? Get off sugar! Get on a minimum of the Perque Basic program to assure adequate B vitamins. Extra beta-carotene, Caroplete, would also be helpful. In addition flaxseed oil (one tablespoon per day) and cod liver oil (one teaspoon per 50 pounds per day) are also helpful. Cod liver oil supplies vitamin A. Vitamin A is good for the skin in general and is known to suppress excess sebum production. In fact, in one study, high doses of vitamin A reversed even severe cases of acne in 90 percent of the people treated. If your son does all the above, his problem may well disappear. No matter what your problem, if you get off the Big Four (sugar, white flour, processed oils, and dairy) and take high quality supplements, you are almost guaranteed to make an improvement.

Question: My wife has just been put on a cholesterol-lowering drug. I was wondering if you knew of a better alternative.

C.O. — Newport Beach, CA

Answer: How often do I have to say this? Do not use prescription drugs! Almost anything is a better alternative. Prescription drugs are dangerous toxins. They kill and injure people, and officially, they are the third leading cause of death in America. Studies have shown that the annual cost of drug-related morbidity and mortality exceeds the cost of cardiovascular disease, our leading cause of death. There is almost always an effective, safer, and less expensive alternative.

Drugs are expensive, they harm and kill people, and they merely treat the symptoms of disease, not the causes. As the causes are not being treated, diseases remain chronic and the costs go on and up. There is no rational reason for taking something so ineffective and dangerous. The popular cholesterol-lowering drugs are a class of products called statins.

Statin drugs work by blocking a key enzyme in the liver that manufactures cholesterol. It would be wonderful if drugs did only one thing, but they don't. They do lots of things at the same time, thus causing a myriad of unintended consequences and serious problems (so-called side effects).

In addition to shutting down cholesterol production, statin drugs also shut down the liver's ability to manufacture coenzyme Q10 (CoQ10). Unfortunately, CoQ10 is essential to preventing congestive heart failure. Without CoQ10, the cells in the heart muscles cannot produce the energy they need to function properly. As the use of these drugs has increased, so has the rate of congestive heart failure. And it goes on...

Statin drugs also reduce the blood levels of vitamin E and at the same time interfere with vitamin E's antioxidant capabilities. This is catastrophic to health. They also interfere with the body's production of squalene. Squalene (also found in olive oil) has heart-protective properties and also helps to keep skin smooth and supple. Some people on statins develop dry, "crocodile skin." And it goes on...

A 1998 study in the *Journal of the American College of Cardiology* found that women on statin drugs had more than a 1000 percent increased risk of breast cancer. Another study in a 2001 issue of the *Journal of the American Medical Association* that found the statins did not even deliver their supposed benefits. Sixty-six percent of those taking them had less cholesterol reduction than promised, while 18 percent had no reduction or even increased cholesterol. I could go on, but you get the point.

For most people, lowering cholesterol can be accomplished by cutting out the Big Four (sugar, white flour, processed oils and dairy), and eating a diet full of fresh vegetables, fruits, real eggs, and real meat. In addition, getting on the Perque Comprehensive program with lots of extra essential fatty acids (flaxseed oil and fish oil) along with regular exercise should do the trick for most people. A few people may need to do more and look deeper to solve their high cholesterol, but it is doable without drugs.

Question: Is it safe to drink from plastic water bottles?

J.S. — San Rafael, CA

Answer: All plastic water bottles will leach chemicals into the water. The question is how much is being leached, what those chemicals are, and how dangerous they are. I don't recommend drinking from plastic bottles.

Question: I heard that you should never drink the tap water on an airplane. How can you avoid that?

K.J. — Santa Cruz, CA

Answer: You heard correctly. Flight crews and experienced flyers never drink the onboard water. The airlines maintain that their water is safe, but it is not. Most people who get sick as a result of contaminated water blame where they have just been for their problems, rather than the airline's water.

I always ask for canned or bottled water, and I ask them to bring it in the can or bottle. Airlines usually serve bottled water, but not always. Especially on full flights, the bottled water may run out and they use tap water instead. The way to be sure is to ask.

Last year, the *Wall Street Journal* did a story on airline water after conducting its own tests. They tested 14 different national and international flights. What they found was a range of contamination from relatively minor to positively astonishing. Contamination included pathogens such as Salmonella, E. coli, Pseudomonas, and eggs of aquatic insects that grew into maggots. Even washing your hands with this stuff can be hazardous, and never brush your teeth with it. It is a good idea to bring your own water just to be sure.

Question: I get lots of cold sores. Is there anything you would recommend for this, as it is a real problem for me and it looks bad.

J.G. — Fremont, CA

Answer: Cold sores are actually an infection by a herpes virus. They occur because immunity has been compromised and the body is no longer able to live in harmony with all of the hundreds of viruses living in it. The reason you get the cold is because immunity is compromised and the herpes infection is only a logical extension. The solution is to strengthen your immunity.

Unfortunately, in our society we see a cold as normal, and in fact it is normal because almost all of us have compromised immunity. Colds were not normal among healthy populations, such as the Hunza, where they would live into their hundreds never having had a cold. A cold is a warning. It is an alarm telling you that you are sick. Healthy people do not get colds; if you are sick enough to get a cold, you are on your way to more serious problems.

To strengthen immunity, eliminate immune-suppressing toxins such as sugar and white flour from your diet. Get on the Perque Comprehensive Program. If you are already on the program, be sure you are getting at least 3000 mg of vitamin C per day, and add to that some cod liver oil and extra selenium. Take an extra 400 to 600 mg of selenium per day. (Approved products are available through Beyond Health.) If you do all this, it should at least minimize and probably eliminate your herpes outbreaks. As an added bonus, selenium has been proven effective in preventing cancer—especially lung, colorectal, and prostate cancer.

Question: What does measuring urine pH do for you?
A.W. — Miami, FL

Answer: The pH is a measure of how acid or alkaline something is. Measuring urine pH first thing in the morning is a quick and easy way to measure how well your body is doing. It is a way of measuring health. If your pH is consistently off, it is an alarm telling you all is not well. If you have read my

book, *Never Be Sick Again*, you know that there is only one disease. One of the common denominators of this one disease is abnormal cellular pH. When the pH is wrong, not much else is going to be right. Unfortunately, most Americans have an abnormal pH, which is one reason why more than three out of four Americans are sick. Consider that normal cellular pH is slightly alkaline, while cancer cells are acidic and cancer thrives in an acidic environment. Our acidic pH is one reason why almost all Americans over the age of 50 have cancer, whether they know it or not. The only question is how fast the cancer will be allowed to progress and how you control your pH will be a factor.

The body's normal metabolism produces acid byproducts. The body gets rid of these acids by dumping them into the urine and perspiration. This is why the normal pH of urine and the surface of the skin are acidic. The problem we have created with our poor diets and sedentary lifestyles is that we are now producing acids faster than we can get rid of them. These acids build up in the body causing our cells to become too acidic and causing loss of bone mass by using up calcium to help neutralize the excess acid.

The main contributors to this medical catastrophe are sugar and white flour, two of our leading causes of disease. Pasta and bread are not good foods. The phosphoric acid in soft drinks, such as Coca-Cola, adds to the problem. Also contributing is a diet deficient in alkaline minerals such as calcium, magnesium, and zinc. Eating sugar and white flour forces the body to use sugar as fuel. This is a dirty process and creates far too much acid (the body normally burns fat for energy, which is a cleaner way to produce energy, producing 30 percent less acid).

In trying to defend itself from the onslaught of dangerous toxins like sugar, white flour and phosphoric acid, the body tries to get rid of these acids by converting them to solid wastes such as cholesterol, kidney stones, and uric acid in joints that cause gout. In addition to these problems, when blood pH is too acidic, it contributes to clotting, which is one reason why so many Americans are on blood thinners.

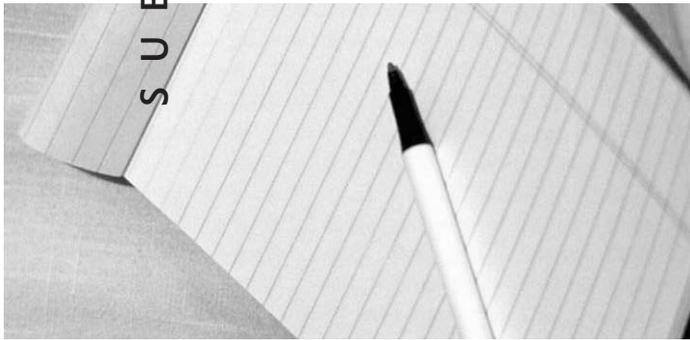
First morning urine pH should be in the range of 6.5 to 7.5. It is normal for the readings to exceed these limits on occasion, but consistent readings outside the limits are a sign of trouble, which should be addressed. By keeping a food diary, it is possible to identify those foods that make your pH move in the wrong direction. pH paper can be obtained from Beyond Health.

Readers are invited to ask questions.

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

BEYOND HEALTH[®] *News*

PO Box, 150578, San Rafael, CA 94915 — bhn@beyondhealth.com



S U B S C R I B E

Renew your subscription NOW
and subscribe your friends to

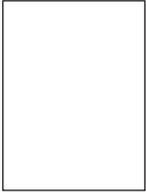
BEYOND HEALTH[®] News

1 year subscription... Only **\$34.⁹⁵**

1 year e-mail subscription... Only **\$14.⁹⁵**
(foreign subscriptions available by e-mail only.)

BEYOND HEALTH[®] News

P.O. Box 150578, San Rafael, CA 94915



Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

mail — \$34.95 e-mail — \$14.95 e-mail _____

Make checks payable to
BEYOND HEALTH
We gladly accept VISA/MasterCard/AMEX

1.800.250.3063

BEYOND HEALTH PO Box 150578, San Rafael, CA 94915