BEYOND HEALTH® *News*

May — June **2003**

"If you take care of each cell in your body, disease cannot happen."

— Harvey Diamond

From the forward to *Never Be Sick Again*

Never Be Sick Again Honored

One of six best …

Never Be Sick Again by Raymond Francis has been honored as one of the six best health books of 2002. The selection was announced at the annual meeting of the publishing industry association NAPRA on May 29 in Los Angeles. Thus *Never Be Sick Again* joins the ranks as one of the best health books ever published. The nominating committee said that this year's competition, in the Health and Healing category, was the toughest ever. Needless to say, we are very proud of this recognition.

Copies of *Never Be Sick Again* can be purchased at local bookstores, on-line at www.beyondhealth.com or amazon.com, or by calling 800-250-3063 for autographed copies.

Lifestyles Matter

Few do it right …

With only a tiny percentage of Americans living a healthy lifestyle, it is little wonder that our disease-care costs are the highest in the world and escalating to unsustainable levels. A study in *Morbidity and Mortality Weekly Report* measured how many of us eat a nutritious diet, maintain normal weight, exercise regularly, and do not smoke. According to the study, a shocking 97 percent of us fail to achieve all four healthy habits. Naturally, those reporting the worst health practiced the fewest healthy behaviors.

Women were twice as likely to achieve all four healthy behaviors as men, and college graduates were three times more likely to achieve them than high school graduates. With only 3 percent of us living a healthy lifestyle, our epidemic of chronic and degenerative disease will continue to kill and maim our population as we stagger toward national bankruptcy trying to pay the costs. In addition, our depressed immunity leaves us vulnerable to infectious diseases such as SARS.

Life Can Be Longer and Better

With better lifestyles…

A study by Stanford University researchers, published in the *New England Journal of Medicine*, found that, "Not only do persons with better health habits survive longer, but…disability is postponed and compressed into fewer years at the end of life." This study found that middle-age people who maintain normal weight, exercise regularly, and don't smoke not only live longer, but they live better with fewer years of sickness and dependence on others.

If there was ever an argument for eating a better diet and getting regular exercise, this is it. The study found that those with the worst lifestyles were 50 percent more likely to die at any time and were twice as disabled in the last two years of life. Non-smokers who maintained normal weight and exercised at least two hours per week *remained free of even minor disabilities for up to seven years longer than those with bad habits*.

Extending Life

And preventing disease…

The one thing we know for certain that will extend life is to cut calories. Animals fed calorie-restricted diets typically double their lifespan. If the same principle applied to humans, living to 150 would become the norm. Indeed, other societies, like the Hunzas, have achieved this kind of longevity so we know it is possible. Now, new information on Huntington's disease tests this principle.

Huntington's is a genetic disease affecting about one in 10,000 people in the U.S. In Huntington's, a defective gene causes nerve cells (neurons) to degenerate, resulting in uncontrolled movements, cognitive loss, and emotional disturbances. A study in a 2003 *Journal Neurochemistry* found that eating fewer calories and less frequent meals not only lengthened the lives of animals with Huntington's versus those that were allowed to eat as much as they wanted, but also protected their nerve cells from damage.

It appears more and more that one of the factors driving our epidemic of chronic disease, even those based on genetic factors, is the excessive amount of calories we consume. Metabolizing these calories has damaging effects on our body chemistry as well as on our genes. The biggest source of excess calories is the deadly metabolic poison called sugar. Sugar plays a huge role in causing disease—chronic as well infectious diseases.

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Foods Prevent Disease

Food as therapy...

Leaders in nutrition are urging physicians to focus more on food as therapy. Wouldn't it be wonderful if there was a simple way to prevent heart disease and cancer? Well there is such a way. Researchers have found that heart disease affects 189 men per 100,000 in the U.S., but only 33 in Greece and 34 in Japan. Similarly, breast cancer affects 22 per 100,000 in the U.S. and only 8 in Greece and 4 in Japan. "Look at disease rates in the United States, Greece, and Japan; you'll find startling differences," said George Blackburn, MD, chief of Harvard's Center for the Study of Nutrition and Medicine.

The problem is Americans eat more processed and prepared foods, more protein, less fiber, and fewer fresh fruits and vegetables. To demonstrate the superiority of better diets, recent trials of early breast cancer patients found tumor reversal in some patients who were switched to an Asian diet and similar results in end-stage kidney disease. BHN continues to recommend getting off of the Big Four as identified in *Never Be Sick Again* (sugar, white flour, processed oils, and milk products). Instead substitute more fresh, organic vegetables, fruits, nuts, seeds, and whole grains. When you give your cells what they need and protect them from what they don't need, miracles happen; disease can be prevented and health can be restored.

BEYOND HEALTH® *News*

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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
Sue Addy, Editor
Sue Addy, Layout

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Breast Cancer

Another contributor…

In the last issue of BHN, our feature article was on the medical causes of breast cancer. These included x-rays, excessive estrogen and dental anesthetics. One of our readers called to suggest that we highlight another cause of excess estrogen, in addition to the birth control pills and hormone replacement therapy already mentioned—that contributor is antibiotics.

Taking antibiotics even once can permanently imbalance the bacteria population in the gut. When the bacteria are abnormal, this interferes with the proper metabolism of estrogen, causing an excess, and thereby contributing to both breast and prostate cancer. A study in the *American Journal of Clinical Nutrition* found that Lactobacillus acidophilus inhibits the enzyme Beta glucuronidase, which makes estrogen available from the liver, thereby increasing estrogen.

It is tragic that almost everyone in our society has had their health permanently damaged by antibiotics. It is even more tragic when we consider that in addition to being dangerous, antibiotics are unnecessary as there is virtually always a better alternative.

Boosting Immunity

N-acetylcysteine...

With a new and dangerous infectious epidemic spreading around the world, it is a good time to remind ourselves that germs don't cause disease. Infections happen when we are presented with a microbial challenge that we are unable to meet. Unfortunately, most Americans have damaged immune systems which make us vulnerable; national immune competence has been dropping for decades. Immune supporting nutrients include B vitamins, vitamins A, C, D and E, selenium, zinc, and as shown in a recent study, N-acetylcysteine (NAC). Researchers in Italy, publishing in the *European Respiratory Journal* found that people who take supplemental NAC not only experience fewer cases of influenza, but milder cases as well. In the study, only 29 percent of those taking NAC developed flu-like symptoms versus 51 percent in the control group. In addition, 72 percent of the NAC group rated their episodes as "mild" as opposed to only 46 percent in the control group. The control group suffered twice as many "severe" cases.

To supplement with NAC, BHN recommends four Thiodox per day. Thiodox also contains highly beneficial lipoic acid; it is available at Beyond Health (800-250-3063). Boost your immune system today and keep those infections away.

Healthy Vegetarians

Prescription for health...

A study in the *American Journal of Cardiology* found that the typical Chinese citizen consumes only one tenth the animal protein that Americans eat while consuming three times as much fiber. As a result, the average cholesterol level in China is 129 versus the astronomical 203 for Americans. Because 203 is the average in America, our outmoded physicians consider this level normal. The problem is they are measuring a sick population and calling it "normal," when it is really pathological. The death rate from heart disease for men in China is 16.7 times lower than here.

This study clearly found that eating more fresh vegetables and plant protein reduced disease rates, including cancer. Breast cancer mortality rises with cholesterol levels, while higher blood levels of beta-carotene and vitamin C are linked to lower cancer rates. Health is a choice—all we have to do is choose it, and eating more vegetables and less animal protein is one way to make that choice. Supplementing with vitamin C, choline and carotenes is another.

Get Impotent

Medicine strikes again...

Modern medicine is obsolete and dangerous and here is another example. Consider a new study in a January *Journal of the American Medical Association*. This study, funded by the Pfizer drug company, found that patients being treated by antidepressant drugs often become impotent. More drugs to

the rescue! Giving the impotent patients Viagra resulted in improvements in 55 percent of them. The researchers concluded that Viagra improved sexual function in men and recommended it for those whose impotence was brought on by antidepressant drugs.

This is so typical of modern medicine. The causes of problems are never addressed, while toxic drugs are used to suppress symptoms. One drug causes problems and another is offered to offset the problems caused by the first, then another to offset those caused by the first two and so on. People end up on a dozen drugs, with their body chemistry in complete chaos. Both depression and impotence can be treated safely with nutrients—drugs are not required nor recommended.

Selenium and Fertility

Selenium improves it...

A study of infertile males, reported in the *British Journal of Urology*, found that high levels of free radicals were found in the sperm of 40 percent of infertile men. Free radical oxidative damage to sperm is thought to be a major cause of male infertility. Thinking that a deficiency of the antioxidant selenium could be a contributing factor, a group of infertile men were given 200 micrograms of selenium for three months. The result showed increased fertility of 56 percent of the patients.

Preventing Alzheimer's

Vitamins C and E...

Alzheimer's is a degenerative brain disorder leading to loss of memory and mental function. Fifteen percent of our population over age 65 is affected. Ten percent suffer from mild to moderate dementia and another five percent suffer from severe dementia.

A study of people living in East Boston and published in *Alzheimer Disease and Associated Disorders* found that, over a period of years, fourteen percent of the people in the study developed Alzheimer's. *Significantly, not a single one of the participants who took supplemental vitamin C and E developed the disease*. Those who took a multivitamin, without extra C and E, had no protection. Only those taking extra amounts of C and E had protection.

Alzheimer's is thought to result from free radical, oxidative damage to the brain. As there is considerable evidence that such damage plays an important role in Alzheimer's, it should not be a surprise that antioxidants like vitamins C and E offer protection. BHN recommends supplemental Perque C and Unique E to everyone.

Folic Acid Again

Useful stuff...

Once again, folic acid deficiency has been linked to disease. A study presented at the recent annual meeting of the American Association for Cancer Research has found that when genetically susceptible people do not have adequate amounts of folate in their diet, their susceptibility to bladder cancer is three-fold higher. Folic acid deficiency has been linked to many diseases, including heart disease, cleft palate and Alzheimer's. Now a connection has been made to bladder cancer.

Why is folic acid so important? Folate is critical to DNA repair. The body's ability to repair damaged DNA is essential to maintaining normal genetic structure and functioning. When folate is lacking, unrepaired DNA damage can lead to a variety of diseases, including bladder cancer. Prevention should include avoidance of DNA damaging agents, such as medical x-rays, and consuming folate-rich foods, such as green leafy vegetables, along with a high-quality supplement like Perque 2 Life Guard.

Dumbing Our Children

Insufficient DHA...

The ability of our children to think and reason has been in a decades-long downtrend, hence the declining percentage of Americans in our math and science graduate schools. To compensate, we have repeatedly "dumbed down" standard tests so our kids can obtain high test scores, and so we do not have to confront ourselves with the reality that they are not as bright as their predecessors. A study in the *Lancet* has addressed this problem and has found that IQ is higher in babies fed adequate amounts of DHA.

DHA (docosahexaenoic acid) is an omega-3 fatty acid and a principal building block of brain tissue, and this critical nutrient is lacking in the average diet. DHA is present in breast milk, so it should not be a surprise that breast-fed babies have higher IQs than those fed formula. Unfortunately, DHA levels in American breast milk are among the lowest in the world.

Formula-fed babies given supplemental DHA performed measurably better in problem solving than babies not fed the supplement, and problem-solving scores in infancy are related to IQ scores in childhood and beyond. The researchers concluded that pregnant women as well as infants should be fed supplemental DHA. They recommended 200 to 400 mg per day for pregnant or lactating women and 100 to 200 mg for general use. Fish and fish oils are rich sources of DHA.

Pneumonia and Zinc

Good prevention...

Most Americans are zinc deficient because decades of farming with artificial fertilizers have depleted our soils of this essential mineral. Among the effects of zinc deficiency is immune depression, so it comes as no surprise that a study in *Pediatrics* found that zinc supplementation helps to prevent pneumonia. A study of six hundred preschoolers found that childhood pneumonia was reduced by 45 percent in those receiving 10 mg of zinc daily.

While this study measured children, zinc deficiency and pneumonia are common among our older population. Vitamin and mineral supplementation is essential for all Americans. There is no way the average American diet can supply all of our required nutrients.

Organic Is Better

Lowers pesticides...

Many people wonder if spending the extra money to purchase organic foods is a wise use of their resources. The answer is yes, and a study in the March *Environmental Health Perspectives* helps to show why. Researchers found that children who ate a diet of at least 75 percent organic foods had pesticide lev-

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els only one sixth of those who ate a regular diet. Lowering pesticide levels is bound to have a beneficial effect on health as new research has shown that even very low levels of certain chemicals can be profoundly toxic. This study makes it clear that eating mostly organic foods will lower the pesticide levels in your body. In addition, studies consistently show that organic foods provide better nutrition. In the February *Journal of Agricultural and Food Chemistry*, scientists found consistently higher levels of phenols (59% vs. 19%) in corn, blackberries and strawberries grown using certified organic or sustainable practices compared to the same foods grown conventionally. Phenols are produced by plants as natural defenses against insects and infection and may help prevent the free-radical cell damage in humans. The benefits of organic foods are well worth the extra cost.

More About Tea

Boosts immunity...

Coffee is a well-known toxin and should be avoided. Meanwhile, studies on the benefits of tea continue to proliferate. Tea has already been linked to lower rates of heart disease and cancer, and now new studies in the *Proceedings of the National Academy of Sciences* and the *New England Journal of Medicine* have concluded that tea boosts the body's defenses against infection.

A component of tea appears to stimulate the immune system to attack invading bacteria, viruses and fungi. The immune systems of human volunteers were measured as to how fast they responded to germs. The tea drinkers responded five times faster than coffee drinkers. A researcher at Harvard Medical School said that tea "sharpened the body's immune defenses." Another researcher at Penn State University said that these studies add to a "growing body of evidence that tea is an effective disease fighter."

Low-heat Cooking

Best for diabetics…

Diabetics can reduce their risk of heart disease by cooking their foods at lower temperatures and for shorter periods of time. A new study in the *Proceedings of the National Academy of Sciences* has found that food cooked at lower temperatures produces fewer AGEs (advanced glycation end products) thereby helping to prevent the low grade inflammatory condition that leads to accelerated vascular disease in diabetics. The researchers suggested that lowering the dietary intake of AGEs by consuming food cooked at lower temperatures and for shorter periods could lessen the risk of heart disease in diabetics.

AGEs are the toxic byproducts of chemical reactions between sugars, fats, and proteins in foods. Their toxic compounds form quickly when food is cooked at high temperatures. AGEs are known to stimulate cells to produce pro-inflammatory proteins, such as C-reactive protein.

While BHN applauds these researchers for their fine work, they didn't go far enough. AGEs harm more than just diabetics—they harm everyone. This is just one reason why we should limit our consumption of cooked foods. No animal was designed to consume cooked foods. Nature intended us to eat raw foods. If you cannot eat a 100 percent raw diet, then reduce the amount of cooked food to no more than 20 percent of your diet. Keep the cooking temperatures low and limit the duration of the heating. Especially avoid foods where sugar is cooked along with fats or proteins. For example, avoid that glazed ham, cakes and other baked goods containing sugar. AGEs also form in the body as well. This is another reason to limit the consumption of sugar and to avoid inappropriate food combinations such as sugar-containing orange juice along with your breakfast eggs.

Fat Kids

We are noticing...

Our kids are getting fatter and sicker and we are beginning to take notice. A recent *New York Times/CBS* poll found that 87 percent of those polled said that there are more overweight children and teenagers now than there were when they were young. Indeed, more than 15 percent of our young people ages 6 through 19 are overweight. This comes to about 9 million, with three times as many overweight adolescents as there were in 1980. Two out of three adults believe that overweight children and teenagers present a health problem. In fact over 60 percent of our fat youngsters already have at least one measurable risk factor for cardiovascular disease.

The problem is there for all to see and about 80 percent of fat children grow up to be fat adults who experience all of the diseases that go along with being overweight. The question is what are we going to do about it. Every parent must work diligently to remove the Big Four (sugar, white flour, processed oils, and dairy) from their children's diet. We need to educate all our children on the basics of good health. Lastly, everyone who is concerned about these problems should be contributing to Health-e-America Foundation to help fund this education.

Vitamin D

Prevents cancer…

Malnutrition is the leading cause of disease in America and deficiency and toxicity are the two causes of disease. So it is never a surprise when another study finds that nutrient deficiency causes disease. A study in the *New England Journal of Medicine* found that cancer can be caused by a vitamin D deficiency. Risk of prostate, breast, colon, and skin cancer all increase with lower levels of vitamin D. This is one reason why BHN suggests supplementing with cod liver oil during the winter months when there is insufficient sunlight to keep vitamin D levels up.

Announcing the "Never Be Sick Again" show with Raymond Francis!

- 9 am Sundays on KYCY, 1550-AM in the San Francisco Bay Area

- 2 pm Tuesdays on WNN, 1470-AM in Southeastern Florida

- and on the Internet, Tuesdays 2 pm Eastern time at www.wnnhealthtalkradio.com

Maintaining and Improving Vision

by Raymond Francis

Following is a summary of the presentation by Raymond Francis at the Second North American Conference on Natural Vision Improvement held in San Francisco on April 26 and 27, 2003.

Poor vision and eye diseases are epidemic in America today. There are many reasons for this, but nutrition plays a critical role in this equation. The eye is a complex and delicate organ. One factor that makes the eye vulnerable to damage is light enters the eye; this allows us to see, but it is also presents problems. Think for a moment about how much damage light can do. Light fades the paint on your house or car, or the color on your drapes, furniture or carpets. Light degrades plastics, causes dietary oils to turn rancid or our skin to burn. Because of this potential for harm, the eye has a number of defensive mechanisms to protect itself, and it is important to understand how to support these defenses.

The eye is actually very rich in lipids (fats) and the lens of the eye is very susceptible to what we chemists call *light-induced lipid peroxidation*. This happens when light entering the eye generates free radicals. The free radicals will damage the eye's fatty molecules, unless prevented from doing so by quenching them with antioxidants. *In short, light will damage your eyes unless they are properly protected by adequate amounts of antioxidants*.

Oxidative damage by free radicals causes *cataracts* and *macular degeneration*, the two major types of visual impairment in the elderly. Neither of these should ever happen. There are things we can do to protect ourselves through diet and supplementation. Let's look at some possibilities:

Cataracts

Cataracts are cloudiness in the lens of the eye, usually caused by free radical damage. This results in blurred vision. Cataract surgery is now the largest single item in the Medicare expenditure budget. Age is considered to be a major risk factor for cataracts, and right now about 80 percent of people over age 75 have some degree of cataract damage. That sounds bad, but remember there are 20 percent who do not have this damage. The question to be answered is: what do you have to do to join that group? Here are some insights: Results of animal studies have shown that vitamin E, a fat-soluble antioxidant, is able to arrest and to some extent reverse cataract development. A number of epidemiological studies have found a connection between lower-than-optimal levels of vitamin E and the incidence of cataracts. A 1999 study in the *American Journal of Clinical Nutrition* looked at 400 adults between the ages of 50 and 86 years of age and found that the people with the highest levels of vitamin E in their blood had the lowest rate of cataracts. Those with vitamin E levels in the highest third had a 60% *decrease* in cataract risk.

There is actually a compelling body of evidence pointing to the health benefits from taking vitamin E in higher than RDA doses. Vitamin E is known to be useful for slowing the aging process, enhancing immunity, and in decreasing the risk of heart disease, diabetes, cancer, and Alzheimer's. Modern living places an ever-increasing demand for antioxidant chemicals on all of us. In addition, as we age, our bodies experience age-related increases in free radicals—at the same time there is a decreased ability to utilize antioxidants like vitamin E.

The vitamin C concentration in the lens is one of the highest of any human tissue. Obviously, Mother Nature put it there for a reason so it should not be a surprise that people with the highest amounts of vitamin C in their body experience the least amount of cataracts. Analysis of the famous Nurses' Health Study found that long-term vitamin C supplementation had a substantial effect on the incidence of cataracts. In fact, they were reduced by a whopping 83%. Another study in the *International Journal of Vitamin Nutrition Research* looked at people with cataracts in grades of severity. The researchers found that people with the lowest vitamin C concentrations had the highest cataract severity. The authors concluded that, "Vitamin C content appears to be a good indicator of cataract severity, which suggests that oxidation is part of cataract progression." So what do you do to prevent cataracts? Supplement with high-quality C and E.

Macular Degeneration

Macular degeneration is the leading cause of blindness in people over age 55. It is a deterioration of the central and most vital part of the retina. Like cataracts, macular degeneration also appears to result from cumulative free-radical oxidative damage. Conventional medicine has little to offer, but researchers have been documenting benefits from alternative approaches. They have been finding consistent correlations between macular degeneration and low levels of dietary antioxidants. A 1995 study in the *Archives of Ophthalmology* found that low levels of the carotenoid lycopene were associated with increased risk of macular degeneration. Lycopene has a strong ability to quench oxygen free radicals (rich sources of lycopene include red grapefruit and tomatoes). Not surprisingly, another study in the *American Journal of Epidemiology* found that those who ate the most fresh fruits and vegetables had the least macular degeneration. Another study reported in the book *Nutrition, Health, and Disease* found that over 90 percent of the macular degeneration patients who were treated with vitamin E experienced vision improvement.

Nutrition

To prevent and treat both cataracts and macular degeneration, a diet filled with fresh, organic fruits and vegetables is a must. Beyond that, supplementation with high quality vitamins and minerals is essential. Specifically, vitamins A, C, and E plus a superior multivitamin like Perque 2 is needed, as well as Quercitin, CoQ10, carotenes, essential fatty acids, glutathione, lipoic acid and zinc. The problem with any supplement is to find one that is both safe and effective. The supplement industry is a virtual zoo with thousands of products and only a handful that are worth what you pay for them. For example, almost half of all multivitamins do not dissolve soon enough to be of any use to the body. Most vitamin E products do not work well as antioxidants; they provide little protection from free radicals and may even generate them. People take E supplements in good faith without knowing they are getting little benefit or perhaps even harm. Similarly, most CoQ10 products do not have in them what is on the label, and many essential fatty acids are already rancid before you buy them. Beyond Health extensively researches all of these products before making any recommendations. We make it our job to find the very best world-class products and to make them available to the public all in one place. Beyond Health can be reached at: 800-250-3063.

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

Question: I suffer from chronic pain, and have tried everything with little success to alleviate it. I was wondering if you knew of anything that could help me.

G.N. — San Diego, CA

Answer: Chronic pain affects about 86 million Americans per year. Damage to any part of the body can cause nerves to signal the brain with pain. Sometimes these nerve signals don't shut off due to nervous system damage. However, there is hope for people with chronic pain. Conditions such as sciatica, lumbago, optic neuritis, neuralgia, and facial paralysis can be helped. A new study presented at Experimental Biology 2003 has found that certain B vitamins can help to turn off chronic pain signals to the brain. Vitamins B1, B6, and B12 were found to inhibit chronic pain caused by nervous system damage. I suggest trying up to four Perque 2, four to six Perque B12, and twelve Perque Bio-Quercitin per day along with a tablespoon each of flaxseed oil and fish oil.

Question: I am 27 years old and infertile. My wife and I are thinking of adopting. Do you know of anything we can do to solve this problem?

R.H. — Denver, CO

Answer: Infertility is an increasing problem in our society. One out of five of our young people are no longer able to reproduce. It should be an alarm bell going off telling us how sick we are and that we must change our diet and lifestyle. Unfortunately, few appear to be listening.

In 1998, a study in the *British Journal of Urology* found that selenium deficiency played an important role in male infertility. Free radical, oxidative damage to sperm is thought to play a role. In fact, high levels of free radical damage was found in 40 percent of the infertile men. Therefore, supplementing with antioxidants should help. In a clinical trial, 56 percent of the patients given supplemental selenium and vitamins A, C, and E were able to conceive, while none in the placebo group were able to do so. I recommend the Beyond Health Comprehensive program along with 400 mg of supplemental selenium per day. Try this for a while and see what happens. You at least have a 50/50 chance of success. Call Beyond Health for my choice of products.

Question: I have developed bursitis in my elbows, shoulders, and knees. My doctor wants to put me on NSAIDS, which you advise against in your book. What should I do?

F.O. — Rohnert Park, CA

Answer: I am glad you read the book. It appears to have given you enough knowledge to ask the right questions and avoid a potentially serious mistake. Bursitis is a painful condition. Joints become swollen and painful and eventually chronically inflamed. Your doctor's recommendation of anti-inflammatory drugs is typical of modern medicine's antiquated "suppress the symptoms" approach to disease. Anti-inflammatories will do nothing to address the cause of your disease and in the long run will do you a lot of harm (damaging your digestive system and causing further deterioration in your joints).

Bursitis, like any chronic disease, is inflammatory in nature. To get well, you must first stop promoting the inflammation. Get off the Big Four (sugar, white flour, processed oils, and dairy). The Big Four promote inflammation and disease of every kind, and it is almost impossible to get well if you continue to eat them. Next, you must get on a good diet with lots of fresh, organic, whole foods and eat most of them raw. Follow my recommendations in *Never Be Sick Again*, and if you have Internet access, read some of the free articles posted on www.beyondhealth.com. Also get on the Perque Comprehensive program and be sure to take recommended amounts of vitamins C and E, quercitin, and essential fatty acids (flaxseed oil and fish oil). Lastly, take Perque Vitamin B12. Try four B12s a day and if that does not work, have your doctor give you B12 shots (1000 mcg.), perhaps one shot per day for the first week and one every other day for the next two or three weeks. You might be pleasantly surprised to find your bursitis a fading memory.

Question: Is there anything we can do to safeguard against SARS?

W.G — San Rafael, CA

Answer: Although the public health community was hampered by China's failure to report the disease for five months, it has responded quickly to identify and isolate the contagion and to issue public warnings. SARS certainly has the potential to become a pandemic similar to the flu epidemic of 1918. Since average immunity has dropped about 25% in the U.S. over the last 15 to 20 years, we are all sitting ducks for such an epidemic. Should it become more of a problem, then we need to educate the public about immune enhancing supplements and get people off of immune suppressants such as sugar.

The thing to remember is this: Our epidemic of chronic and degenerative disease is the direct result of malnutrition due to consuming diets that will not even support health in rats. The typical American diet is so depleted of essential nutrients, buffering minerals, and essential fatty acids that our immune systems are compromised and we are susceptible to infectious, as well as chronic diseases. Note that West Nile Disease, which is now in more than 40 states and spread by mosquito bites, has no noticeable effect in 80 percent of the people who are infected by this virus. Why? Because the immune competence of these people is sufficient to clear the virus from the body without ill effects. The same holds true for any infectious disease, and that is why the emphasis must be on strengthening immunity rather than merely protecting oneself from germs.

Immune-enhancing supplements include vitamins A, C,

and E as well as selenium. It is essential to get adequate amounts of sleep, exercise and sunlight. Stress should be minimized. Lastly, remove sugar from your diet, as this poison is a powerful immune suppressant.

Should you be in a position where exposure to SARS is more likely, wearing a surgical mask is appropriate, as is taking olive leaf extract which works as a natural antibiotic. In case of infection, taking large amounts of vitamin C and quercitin at the first sign of trouble is highly recommended.

Question: I am concerned about mercury contamination in fish. How much tuna fish is safe to eat?

B.F. — North Reading, MA

Answer: Mercury is exceedingly toxic, and no amount of mercury is safe. Mercury disables key enzymes in the body causing a variety of symptoms including immune suppression, fatigue, depression, vision problems, irritability, apprehension, withdrawal, poor coordination, tremors, diarrhea and even death. You can answer your own question when you know that just six ounces of tuna can contain as much as 35 micrograms of mercury. The National Academy of Sciences recommends that mercury consumption not exceed 38.5 micrograms per week. Therefore, consuming more than six ounces per week would appear to be a health risk. To be on the safe side, no more than six ounces every two weeks would make more sense as maximum levels are often set too high due to political pressure from producers.

A recent study of hospital patients in San Francisco found that those who consumed swordfish, tuna and sea bass more than twice a week had blood mercury levels that were up to ten times higher than the 5 parts per billion limit recommended by the Environmental Protection Agency. Fish is good food, but it is best to consume fish with lower mercury levels such as sole, halibut, haddock and wild salmon. For those who want the benefit of fish oils without exposure to mercury, Beyond Health has mercury-free fish oil that I take myself.

Question: When is the best time to take digestive enzymes, before, during, or after a meal?

J.A. — Fairfax, VA

Answer: I am not aware of any studies that address this question. However, in my own experience after a lot of experimentation, I find that taking them after a meal seems to work best for me. I suspect that this may be so for most other people as well.

The instructions on the label of most enzyme products will recommend you take them before meals. However, if you consider that these enzymes work best in an alkaline environment and that the stomach becomes very acid when food is introduced, then it would be best to wait for the acid phase of digestion to complete before introducing the enzymes. In fact, introducing them into the acid environment may even deactivate them. For me, it works best if I wait a while after the meal. I think you may get into a lot of biochemical individuality here, so it is best to experiment and see what works best for you.

Question: I know that being overweight puts one at higher risk for diabetes, but does the risk for cancer also increase?

A.R. — San Francisco, CA

Answer: Most people don't think of cancer being linked to excess weight, but it does increase the risk of cancer. If you are more than five pounds overweight, which isn't much, it is possible to measure biochemical abnormalities in your body. This is disease. When your body is no longer self-regulating and abnormalities can be measured, you are sick. Therefore, excess weight will cause almost any disease. Once you have made yourself sick, anything can happen, including cancer.

A study sponsored by the American Cancer Society and published in an April *New England Journal of Medicine* estimated that 90,000 cancer deaths in the U.S. are linked to obesity. Obese people were at higher risk for certain kinds of cancer. For example, obese women were six times more likely to die from cancer of the uterus. There was also higher risk from breast, cervix and ovarian cancer. Obese men were four times more likely to die from liver cancer. Animal studies have exhibited the same trend as these human observations. Overweight animals have a higher incidence of cancer.

Obesity is an out-of-control epidemic in America. More than two out of three Americans are now overweight and, therefore, diseased by virtue of their weight. That's the bad news. The good news is that it is so easy to lose weight. Get on a regular exercise program. Fast one day per week. Eat lots of real food. The catch is eating real food rather than the toxic garbage most Americans eat (read *Never Be Sick Again* to find out how to do this). Get off the Big Four: sugar, white flour, processed oils, and milk products. Get on a high-quality supplement program. Do these and 99 percent of all overweight people will return to normal weight, better health, and lower cancer risk.

Readers are invited to ask questions.

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

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