

BEYOND HEALTH[®] News

July — August

2003

"For in the end, we will save only what we love, we will love only what we understand and we will understand only what we are taught."

— Senegal

Radio Show Expanding

New stations ...

The *Beyond Health* show with Raymond Francis has added two new stations. KRLA 870 am in Los Angeles will broadcast at 9:00 on Sunday morning while KSBN 1230 am in Spokane can be heard at 4:00 on Wednesday afternoons. WNN in Boca Raton has switched from Tuesday at 2:00 to Thursday at 10:00 in the morning. People who listen to the *Beyond Health* show on the Internet must now tune in on Thursday morning at 10:00 Eastern Time to www.wnnhealthtalkradio.com.

Beyond Health looks forward to the day when we will be heard in every city in America. We will use this voice to support the efforts of Health-e-America Foundation in getting our highly-advanced health education into the schools.

Healthcare Finances

Worse than predicted ...

The Medicare Board of Trustees has

recently issued its annual report. Things are worse than predicted last year. The Hospitalization Insurance program (financed by payroll taxes) is scheduled to start paying out more than it takes in 2013 instead of 2016. Tax dollars have to make up the difference. Today there are four workers for every retiree. In 2030 there will be only two! Next year, Medicare beneficiaries will face a premium increase of more than 12% and this is only the beginning. Huge future tax increases will be required to keep Medicare afloat. By 2026, Medicare will consume 20 cents out of every federal tax dollar. If we add a prescription drug benefit paying 75% of a patient's drug costs, then Medicare alone will consume 35 cents of every federal tax dollar. If we add on shortfalls in Social Security, 44 cents of every tax dollar will be consumed. It will get worse each year thereafter. Should these things come to pass, the economic, social, and political effects will be catastrophic. It should be obvious that to keep promising something for nothing, including cheap Medicare prescription drugs, will have a huge negative effect on future generations. One economist predicted the United States would become as bankrupt as Argentina within 30 years. The alternative? Teach people how to be healthy, thereby eliminating chronic diseases and reducing health costs to a small fraction of today's expenditures.

Problems Beginning

Health costs skyrocketing...

As our great nation races toward national bankruptcy and third-world status, symptoms of our problems are beginning to appear. By the year 2030, only two workers will be supporting one old and sick retiree. The tax burden on the two workers will be catastrophic to

their standard of living. Even now health insurance costs are rising faster than worker's pay and the strains are already appearing. In 2002 insurance costs went up 12.5 percent while pay went up only 3.5 percent.

A front-page article in the June 17 *Wall Street Journal* found that workers are beginning to complain about the unhealthy habits of co-workers and how their health costs are driving up the cost for everyone. Young workers are beginning to question why they should pay the health costs for older sick people. The *Journal* said, "Things that used to be no one else's business—such as what they eat for lunch—are becoming everyone's business." The *Journal* quotes David Jackson, a former heart patient who became a vegetarian, as saying, "Why should I pay for them when I know they are not taking care of themselves." Jackson taunts co-workers who eat snack foods. Many workers like Jackson are beginning to reject the idea of sharing the cost burden with less health-conscious co-workers. The attitude is, "they have a right to make themselves sick, but they don't have a right to make me pay for it."

At the Rockford Products company, health costs went up 27 percent last year. This forced the company to make its employees assume more of the health-care burden. Rockford calculates that 10 percent of their employees account for 80 percent of their costs. Last October, just ten of Rockford's employees accounted for more than \$500,000 in costs, with one man costing \$100,000 for an artificial heart valve replacement. Companies all over America are forcing their employees to assume more financial responsibility for their health and those employees are putting pressure on the 10 percent of the workforce that is

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responsible for 80 percent of the costs. These trends are bound to accelerate in the future.

Health is a choice. The solution for all these problems is to teach everyone how to choose health. There isn't much time left to save our nation from bankruptcy, so we had better start teaching them real soon. A good place to start would be for every business in America to give a copy of *Never Be Sick Again* to their employees. Why not suggest it to your employer?

Sugar Kills Again

With Alzheimer's...

Sugar is probably the single most dangerous substance the average person consumes on a daily basis. Sugar throws the body in biochemical chaos, disrupting vitamin, mineral, and hormone metabolism. This virulent poison causes colds, flu, cancer, osteoporosis, allergies, tooth decay, diabetes, heart disease, and virtually any disease you can think of. So it is not a surprise (since there is only one disease) that new evidence shows sugar causes Alzheimer's. Alzheimer's disease is a progressive, neurodegenerative disease characterized

by memory loss, language deterioration, impaired visuospatial skills, poor judgment, indifferent attitude, but preserved motor function.

In the May 2003 *Proceedings of the National Academy of Sciences*, researchers linked elevated blood insulin levels to Alzheimer's. Sugar increases blood insulin. The enzyme *insulysin* degrades insulin so as to restore normal insulin levels. However, this same enzyme also degrades beta-amyloid peptides in the brain. Beta-amyloid is the protein fragment considered by many experts to be the prime suspect triggering nerve cell degeneration in Alzheimer's patients. The researchers believe that consistently high insulin levels use up too much of the available *insulysin* capacity, thereby preventing the normal degradation of amyloid peptides and leading to an accumulation of beta-amyloid peptides in the brain—causing Alzheimer's.

Sugar should be outlawed, but at the very least, it should become a controlled substance. Children should not be allowed to purchase or use products made with such a dangerous poison. We will never be able to control our epidemic of chronic and degenerative disease until we control one of its biggest causes—sugar.

Alzheimer's and Aluminum

New information...

An association between Alzheimer's disease and aluminum has been known for at least 30 years. However, a new study out of the University of California has added fuel to the fire. This study focused on a region in northwestern Italy that is known to have a high concentration of aluminum in its drinking water. In fact, some of this water contains six times the maximum amount of aluminum recommended by most environmental agencies. The study concluded that this region of Italy had an above average death rate from Alzheimer's and that even minute amounts of aluminum accelerated cellular death.

Should the average American be concerned about this? The answer is, yes. Almost all municipal water supplies in the U.S. contain aluminum, not to mention the food and beverages packaged in aluminum. Furthermore, the irrational practice of adding highly-toxic fluoride

to our water supplies compounds the problem. Fluoride is known to enhance the absorption of aluminum. This is just one more reason why it is not a good idea to drink tap water.

Alzheimer's and HRT

HRT does it again...

BHN has since its inception warned women again HRT (Hormone Replacement Therapy). However, last year's admission by the medical industry that HRT causes diseases rather than preventing them came as a surprise even to us. While modern medicine with its prescription drugs is one of our leading causes of disease, medicine seldom acknowledges its culpability. Recently, new evidence puts another nail in the coffin of this dangerous, ill-conceived treatment.

One year after the disturbing news regarding HRT increasing the risk of blood clots, heart attacks, stroke, and breast cancer, researchers studying the same data have reached new conclusions. In a June *Journal of the American Medical Association*, it was reported that the hormones used in HRT also make tumors harder to detect, thus leading to dangerous delays in diagnosis. This study also found that breast abnormalities can develop soon after a woman starts taking these hormones, raising questions about the safety of even short term use. A sharply worded editorial accompanying this report said that this new data provided further "compelling evidence" against the use of this therapy.

As if all this were not bad enough, in a May *Journal of the American Medical Association*, it was reported that *HRT doubles the risk of Alzheimer's disease!* "No one anticipated this outcome," said Dr. Marilyn Albert, a professor of neurobiology at John's Hopkins. This news is just the latest in a series of recent studies finding that the supposed benefits of HRT do not exist and that HRT increases the risk of serious diseases, including those it was supposed to prevent. The unfortunate truth is almost all prescription drugs cause disease, not just HRT. Some day this truth will come out as well, but there are powerful financial interests suppressing it. Fortunately, regular BHN readers have been kept informed of these problems for years, thus being able to protect themselves.

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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.

Mercury Pollution

Contaminating fish...

A new study by the Mercury Policy Project in Montpelier, Vermont has found that one out of three cans of albacore tuna exceed the federally recommended maximum dose of mercury for women of childbearing age. In fact, many exceeded twice the recommended levels. Some experts are now warning everyone, especially pregnant women, to avoid fish because of the growing problem with mercury contamination. Mercury can cause permanent brain and kidney damage. According to government statistics, one out of twelve women of childbearing age now have hazardous levels of mercury that will damage the nervous system of the fetus. Fish with the least amount of mercury include: sole, pollock, salmon, haddock, and most shellfish.

Where is all this mercury coming from? According to a 2003 report released by the United Nations Environment Program, the largest single source of environmental mercury is the air emissions of coal-fired power plants. The mercury eventually gets into the oceans where it bioaccumulates in fish, especially larger and older fish, such as swordfish and shark.

Osteoporosis

The vitamin D connection...

Osteoporosis is a growing epidemic and, according to the National Institutes of Health, is a major public health threat that affects 44 million Americans. The number of those affected is expected to rise with our aging population.

A new study in the *New England Journal of Medicine* has found that the most important factor affecting the incidence of osteoporosis-related fractures is a deficiency of vitamin D. Vitamin D is critical to calcium metabolism. BHN recommends supplementing with Perque 2 Life Guard and Perque Bone Guard as well as taking an approved cod liver oil during the winter months.

Pollution Lowers Vitamin D

Reduces light...

Blood levels of Vitamin D are lower in children living in polluted areas. As reported in the *Archives of Diseases in Childhood*, it seems that the haze from air pollution blocks the UV rays from

the sun that stimulate the production of vitamin D.

Subclinical vitamin D deficiency is a common, but unappreciated, problem. Vitamin D deficiency will affect bone growth and health as well as immune function. Supplementation is advised, especially for the elderly and children living in polluted urban areas. Children should be taking Perkies and supplementing further with high-quality cod liver oil in the winter months.

More About Tea

Prevents halitosis...

In recent years, a plethora of studies have found tea to be beneficial to health. A new study, presented at the recent annual meeting of the American Society for Microbiology, has found yet another benefit. Tea prevents bad breath.

Halitosis, or bad breath, can be caused by bacteria which thrive in oxygen short places like deep gum pockets, producing gases like hydrogen sulfide. It appears that polyphenols, antioxidant compounds found in tea, inhibit the growth of these bacteria as well as inhibiting the production of hydrogen sulfide by the bacteria. The researchers also found that rinsing the mouth with black tea reduces plaque formation and the production of acids that cause dental decay.

Children Being Poisoned

Schoolrooms toxic...

The air in portable classrooms used by more than 2 million California schoolchildren is toxic. Nearly a third of the state's classrooms are portable. After sampling 1000 classrooms, the California Department of Health Services and the Air Resources Board reported that half the portable classrooms exceeded the guidelines for indoor formaldehyde exposure. Even some permanent classrooms were found to have high levels of formaldehyde. Formaldehyde can cause short term irritation as well as long term irritation and increased risk of cancer.

As bad as this school problem may be, it is far more widespread than classrooms. Formaldehyde is also found in the home. Most children's furniture is made from pressed wood, which emits formaldehyde. Broadloom carpets also emit formaldehyde. Even luxury homes

selling in excess of a million dollars are now being constructed with pressed wood. This stuff is dangerous—the buyer beware!

High Blood Pressure

Lower it with E...

Vitamin E helps to lower blood pressure. A study in the *International Journal of Vitamin and Nutrition Research* found that vitamin E has a significant effect on blood pressure in mildly hypertensive subjects. It is important, however, to use high quality vitamin E. Synthetic vitamin E is known to be less biologically active and may even interfere with vitamin E metabolism. Even natural vitamin E products may contain pesticide and solvent residues and rancid oils, and usually contain only the alpha form of vitamin E, rather than all the different forms, which act synergistically in the body. BHN recommends Unique E, available at Beyond Health.

Diabetes Increasing

Children at risk...

According to the Centers for Disease Control and Prevention, one in three U.S. schoolchildren born in 2000 will become diabetic unless we do something to prevent it. The diabetes epidemic has been increasing for decades, and it continues to get worse. This disease leads to a host of other problems including blindness, kidney failure, amputation, and heart disease.

Diabetes is caused by poor diets and lack of exercise. Two years ago, a study found that walking just 30 minutes a day several times a week cuts the risk by 58 percent. The increasing costs of this disease are substantially contributing to the upcoming bankruptcy of the U.S. government. Contributing funds to Health-e-America Foundation, so we can educate our children, is one way of helping to prevent these problems. Checks can be sent to Health-e-America Foundation, 777 Grand Avenue, Suite 205, San Rafael, CA 94901.

Visit us online at
www.beyondhealth.com

The Depression Epidemic

by Raymond Francis

The World Health Organization is projecting that, by the year 2020, depression will become the world's second most devastating illness, after heart disease. Depression also affects many physical illnesses, including heart disease, diabetes, and cancer, making them more likely, severe, and difficult to treat. Right now, one in five Americans will experience major depression in their lifetimes, and one in ten suffers from recurring bouts of major depression. We need to understand how this epidemic came about and put an end to it.

Symptoms of depression include: despair, worthlessness, guilt, fatigue, poor concentration, significant weight loss or gain, sleep problems, and loss of interest in life. The personal and economic costs of this ailment are enormous. Major depression has become the leading cause of workplace absenteeism, and is the cause of 20 to 35% of all suicides. While almost everyone gets depressed at one time or another, generally related to a major life change or loss, the epidemic of depression we are experiencing is different. Chronic depression has been brought on by our modern diets and lifestyles. Since we created it, we can eliminate it.

There is only one disease—malfunctioning cells. Cells malfunction for only two reasons: they are either deficient and/or toxic. Therefore, our depression epidemic can be both prevented and reversed by teaching people how to prevent and eliminate cellular deficiency and toxicity. Depression is the result of prolonged stress to the brain. That stress may be caused by overt deficiency and toxicity or by social stress, which can induce deficiency and toxicity. Nutritional intake, toxic exposure, exposure to sunlight, exercise, and community with others all affect depression. Let us have a closer look at these factors.

Proper nutrition is the single most important factor in preventing and reversing depression. Consider that the inventor of the anti-anxiety drug Valium later discovered that B vitamins could produce exactly the same benefits as Valium, without side effects or addiction. Naturally, no leading medical journal would publish his findings since they were all profiting from advertising Valium. These findings were eventually published in an obscure foreign journal and remain unknown to most physicians. Deficiencies of B-vitamins and magnesium are known to cause cellular malfunction and depression. Vitamin B1 deficiency, for example, is common in depression cases severe enough to require hospitalization. The same goes for vitamin B2. A study in the *British Journal of Psychiatry* found that the most seriously depressed patients were also the most B2 deficient. Vitamin B6 deficiency is also common in depressed patients. A new 2003 study in *Psychotherapy and Psychosomatics* has found a link between folic acid deficiency and depression. The researchers concluded that folic acid supplementation may be key in recovering from depression. Similarly, magnesium is required for proper function of neurotransmitters. Most Americans are deficient in magnesium,

and are therefore more susceptible to nervous system dysfunction and depression. A depressed patient may undergo years of psychotherapy, but get well only after supplementing with magnesium.

In addition to vitamin and mineral deficiencies, essential fatty acid (EFA) deficiency also causes depression. More than two decades of scientific studies have shown that EFAs have important effects on neurological development and emotional well being. Unfortunately, up to 90% of our population may be deficient in these nutrients. EFA deficiency inhibits the ability of brain cells to communicate with each other. This impairs information processing, ultimately affecting mood and behavior. For example, the fatty acid DHA (found in fish oil) is a major building block of brain tissue and also a raw material for several neurotransmitters; it is critical to normal brain function, yet lacking in our diets. *Some researchers believe that impaired cell communication, caused by EFA deficiency, is a primary cause of depression.* A group of Belgian researchers, finding low blood levels of EFAs in depressed patients, concluded that depression "may persist despite successful antidepressant treatment" unless it is specifically treated with EFAs.

Sugar is also a major cause of depression—it contributes significantly to nutritional deficiency. All carbohydrates require specific nutrients (including vitamins B1, B2, B3, B5, B6, and magnesium) to properly metabolize in the body. Since refined sugars are devoid of such nutrients, these must be obtained from bodily reserves, thus depleting our reserves and causing nutritional deficiency. Alarming, the average American consumes more than 160 pounds of this dangerous metabolic poison per year. Similar to sugar, *white flour* also depletes the body of critical vitamins and minerals, causing nutritional deficiency. White flour is ubiquitous in our society; it is found in almost all bread, pasta, breakfast cereals, and baked goods. *Many people have been completely cured of serious depression simply by eliminating sugar and white flour from their diet.*

Another cause of depression is inadequate exposure to full-spectrum natural light (sunlight), which affects our hormonal balances. The human body evolved at a time when people spent most of their day outdoors and went to bed when it got dark. As a consequence, normal biochemical function is dependent on regular exposure to lots of bright, full-spectrum, natural light during the day, and avoidance of bright lights at night. Unfortunately, not many of us meet these needs for natural light. Our exposure to sunlight tends to be insufficient and inconsistent. To make matters worse, we constantly stay up far past dark using unnatural light sources that interfere with natural biorhythms. Daily exposure to sunlight is recommended, but it must be outdoors (not through the office window) and without eyeglasses, as both glass and plastic reduce the healthy full-spectrum quality of natural sunlight. *A brisk 30-*

minute walk outdoors every day will do wonders for both mental and physical health.

The social stress caused by an absence of meaningful relationships has also been shown to cause depression. Humans are social creatures who were meant to live as part of a community. *Psychological and emotional isolation from others affects our biochemistry and causes deficiency, toxicity and depression.* Joining and participating in church or community groups is very helpful. (People with religious/spiritual practices and communities are known to recover from depression more quickly.) Being loved, cared about, and part of a family or group is essential to both mental and physical health. The key is to regularly interact, being loving and caring of both yourself and others. This will enhance cell chemistry and good health.

Yet another factor causing depression is lack of exercise. Exercise has a huge effect on cell chemistry, and lack of it can cause cellular malfunction and depression. (That brisk 30 minute daily walk outdoors provides physical activity, as well as providing exposure to sunlight, doing double duty in the prevention and reversal of depression.) A study in the *Archives of Internal Medicine* found that *exercise was just as effective as prescription drugs in reducing depression in patients with major depressive disorders.* The antidepressant drugs in this study were more effective only initially, and such drugs are inherently toxic whereas exercise is healthy. While not a panacea, exercise has consistently been shown to relieve both anxiety and depression. On the bottom line, exercise promotes the health of cells, and therefore works to prevent and reverse disease—depression included.

Toxicity is also a contributing factor to our epidemic of depression. For example, excess copper is a toxin linked to depression. Aging copper water pipes in older buildings, particularly in older cities like New York, release enough copper into the drinking water to cause clinically significant depression. Another source of excess copper intake is from the high-copper dental amalgams our dentists started using in the 1980s, which have been linked to neurological problems. Dental amalgams contain mercury, which can also cause depression. Certain toxic prescription drugs can cause depression. Allergies to foods, such as wheat and dairy, can also have a toxic effect. No amount of antidepressant drugs or psychotherapy will cure toxicity-induced depression, until you first get rid of the toxins.

Preventing and reversing depression is no different than with any other disease—give cells what they need and keep them free of toxins. If you already suffer from depression, consider and address the causes listed above, and see what happens. If you are seriously depressed and on medications, then it is essential to work with your doctor to gradually reduce medications. Medications will not cure depression, they merely address the symptoms. The key is to choose a doctor who takes an enlightened, holistic approach rather than relying on therapy and drugs as their only tools.

Here's the bottom line—to prevent or reverse depression, give your cells what they need and protect them from toxins:

- Eat more fresh organic vegetables and fruits.
- Cut sugar and white flour from your diet.
- Avoid mercury fillings, caffeine, wheat, corn, and dairy.
- Get some brisk outdoor exercise every day.
- Stay involved with people and meaningful activities.
- Take nutritional supplements such as Perque 1, 2, C, Choline, Magnesium Plus, Mood Guard, and Bone Guard, along with phosphatidylserine and essential fatty acids such as Barlean's Flax Oil and Carlson's fish oil. The B vitamins in Perque 2 are particularly essential.
- Herbs such as Gingko biloba, Kava Kava, St. John's Wort, and Rhodiola rosea can also be useful, under supervision.
- Even something as simple as good music appears to have a positive effect in treating depression. In one study, the symptoms of depression were reduced by half just by listening to good music!

While some people are more susceptible to depression than others (biochemical individuality at work), health is still a choice. By consistently making better choices in diet and lifestyle, your probability of avoiding or reversing any disease, including depression, is greatly enhanced. To learn more about how to make better choices, read my book *Never Be Sick Again*. High-quality nutritional supplements are available at Beyond Health—call 800-250-3063.

Raymond Francis is an M.I.T.-trained scientist, author of Never Be Sick Again, one of the six best health books of 2002, and an internationally recognized leader in the emerging field of optimal health maintenance.

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Raymond Francis!**

- 9 a.m. Sundays on KYCY, 1550 AM in the San Francisco Bay Area, and on KRLA 870AM in Los Angeles

- 4 p.m. Wednesdays on KSBN, 1230 AM in Spokane, Washington

- 10 a.m. Thursdays on WNN, 1470 AM in Southeastern Florida,

and on the Internet, Thursdays 10 a.m. Eastern time at www.wnnhealthtalkradio.com

Question: I have high cholesterol and I read that Choline would help to reduce it, and I wanted to know what you think.
O.K. — Los Angeles, CA

Answer: Choline is the most recent nutrient found to be essential. It is present in all living cells and is widely distributed in plant and animal tissues. It does a variety of jobs in the body and it does lower cholesterol and reduce the risk of heart disease. In one study of heart disease patients, half were given choline and after three years, the death rate among those taking choline was only a third of the group not taking choline. Because choline "dissolves" fat and cholesterol, choline supplementation is often used to treat atherosclerosis and fatty livers.

Choline is vital to the proper metabolism of fats and cholesterol in the body. Choline facilitates the movement of fats into cells and prevents the accumulation of fat in the liver. It is also essential to the maintenance of myelin sheaths of the nerves, and it plays an important role in the transmission of nerve impulses.

Choline has been demonstrated to help prevent gallstones and to treat symptoms such as heart palpitation, kidney problems, liver problems, headaches, glaucoma, insomnia, and even constipation. Rich sources of choline include lecithin, egg yolk, liver, brewer's yeast, wheat germ, and supplements such as Perque Choline Citrate.

Question: I suffer from dandruff and have been using a coal tar shampoo. However, I am concerned about the safety of using a coal tar product. Is there something you can recommend?

D.A. — Madison, NJ

Answer: Dandruff is a common scalp condition that may affect as much as half the population to one degree or another. It is a condition where dead skin is shed producing pesky white flakes that fall onto your clothes, plus itching. Our physicians, who excel at giving things fancy names, call this condition *seborrheic dermatitis*. Unfortunately, beyond giving a group of symptoms a name, they haven't a clue as to the cause or cure.

Seborrheic dermatitis is an inflammatory condition that is a reflection of the condition of the body as a whole. It is often associated with digestive disturbances and is often exacerbated by naturally occurring yeast that feeds on the scalp's natural oils. This causes an immune response to the infection which speeds up the shedding of scalp cells, which is why antifungal agents have been used to control dandruff.

There are several hundred over-the-counter dandruff products on the market as well as numerous treatments, some of them dangerous. The best treatment is prevention. Prevention is accomplished by reducing inflammation in the body and being in good health. Cut the known inflammation producers

out of your life. This means eliminating the Big Four from your diet: sugar, white flour, processed oils, and milk products. Pay attention to the competence of your digestive system and repair if necessary. Add more fresh fruits, vegetables, and fish to your diet. Avoid fried foods. Get on the Beyond Health Comprehensive program, which includes lots of antioxidants and essential fatty acids, and go up to bowel tolerance on vitamin C. Lastly, use Calaguala antidandruff shampoo. This product is safe and effective and available at Beyond Health. In most cases, the above will solve the problem.

Question: What is the best way to prevent sunburn and are sunscreens okay?

V.K. — Petaluma, CA

Answer: Sunlight is an essential nutrient and absolutely necessary for good health. You have to remember that historically humans were out in the sun all the time. So how come our ancestors didn't have the skin cancer problems that we do? Our doctors are blaming the sun for the effects of our poor nutrition. Our problem is that we eat diets devoid of the nutrients the body requires to protect us from the sun, and our misuse of the sun. We do not get adequate amounts of sunlight and when we do go out, we often overdose and get sunburned. I have written extensively in the past about the hazards of sunscreens and generally do not recommend them. Certain ingredients in sunscreens form carcinogenic compounds when exposed to the sun and may even cause skin cancer. A Norwegian study found that low doses of the active ingredient in most sunscreen products actually killed cells. I do not believe it is a coincidence that skin cancer rates have increased along with the use of sunscreens.

As for how to prevent sunburn, the most important thing is to be intelligent about your sun exposure. Limit your sun exposure to short periods at the beginning of the season. Increase your exposure as you build a protective tan. Do not spend too much time in the sun, especially midday. Nutrients such as beta-carotene, folic acid, vitamin E, vitamin C, and vitamin A all help to protect the skin from burning and to facilitate repairs if it does burn. I recommend taking at least two Caropletes per day if you are contemplating a lot of sun exposure. If you do burn, an excellent treatment to limit the damage and help repair the skin is to apply olive oil on the burn. In fact, olive oil can be applied to help protect the skin before going out in the sun. But it must be high quality oil, such as Bariani, which contains lots of antioxidants.

Question: Is it safe to use plastic baby bottles?

S.L. — East Hartford, CT

Answer: No! No one should be drinking out of plastic bottles, most especially infants. Stick to glass bottles. Baby bottles are made of a plastic called polycarbonate. Polycarbonate leaches

a chemical called bisphenol A into the liquid in the bottle. Bisphenol A interferes with hormonal balance in the body, has been shown to cause chromosomal aberrations, birth defects and cancer. Chromosomal aberrations are the leading cause of miscarriage, mental retardation, and congenital defects, such as Down's syndrome. The last thing you want to do is expose a baby to something so disruptive to their normal chemistry. This could compromise their health for life.

Recent animal experiments have found that chromosomal damage is caused by amounts of bisphenol A that are showing up in people. For example, 20 parts per billion (ppb) of bisphenol A caused significant chromosomal damage in animals, while a study in Japan found levels ranging up to 19 ppb in female students. It is best to avoid all sources of bisphenol A. These include most food and beverage cans (which are lined with a plastic containing bisphenol A) as well as large bottled-water bottles and baby bottles. It is tragic to see how many people buy expensive bottled water, hoping to drink higher quality water, and are unaware that it comes in polycarbonate bottles. Pure water leaches biologically significant amounts of bisphenol A from these polycarbonate bottles.

Question: What should you do if you come down with SARS?

T.M. — Los Angeles, CA

Answer: Best of all, don't come down with SARS. SARS is just a tiny little virus and it is not going to bother healthy people with strong immune systems. To keep your immune defenses up, get off the Big Four, get on the Beyond Health Comprehensive supplement program, and go up to bowel tolerance on vitamin C.

At the first sign of infection, immediately go up on vitamin C to whatever your body will tolerate, plus take twelve to sixteen quercetin tablets a day. Cod liver oil would also be helpful as well as olive leaf extract. If the disease progresses, go immediately to the nearest good hospital. The doctors there will not know how to cure SARS, but will do a reasonable job of managing your condition. This is why no one in the U.S. has died of SARS. Once at the hospital, insist on being treated with large amounts of intravenous vitamin C. This should be sufficient to cure the disease. Little if any harm will be done, and you will be out of the hospital in a jiffy. The vitamin C will blow the virus away, but unfortunately, you may need a platoon of lawyers to accompany you to the hospital and threaten to sue if they don't give you the vitamin C. Most physicians haven't a clue on how to properly treat SARS and know nothing about vitamin C, so they will normally refuse this simple and effective treatment. The physicians at the hospital have the option of consulting with vitamin C experts, like Dr. Robert Cathcart, who can tell them what to do.

Question: I read in your book and about the importance of saunas for detoxification. I plan to purchase a sauna for my home, can you recommend a brand?

O.S. — Spokane, WA

Answer: Unfortunately, I cannot recommend a brand at this time. I am evaluating sauna products as I write and hope to have a recommendation by the fall. I suggest that you wait for my research to be completed as most of the saunas I have been evaluating are health hazards for one reason or another. Especially when purchasing a several thousand dollar unit, you want to be sure that it is doing more good than harm. The principle problem with them is the materials out of which they are constructed. Various woods and adhesives off-gas a considerable amount of toxins. Sitting in a small toxin-filled chamber is not good for your health. BHN will make an announcement when I have finalized my study and selected a safe and effective unit.

Question: In your book you question the value and safety of vaccinations. My father is in a nursing home and they want to vaccinate him against pneumonia. Everything with these people is such a battle, and I am wondering how hard I should fight against this.

E.G. — San Diego, CA

Answer: All vaccinations are dangerous. However, the hazards might be worth it if they actually protected people from disease. The problem is they are both dangerous *and* ineffective. Pneumonia vaccinations are recommended for all adults over age 65. At long last, a study in the *May New England Journal of Medicine* found that pneumonia vaccines are worthless. This was the largest study of these vaccines ever conducted, employing almost 50,000 people over a period of four years. The study concluded that the vaccine offered no protection. You might call this study to the attention of the staff at the nursing home. However, don't expect it to have a big effect. It is hard to change old ways.

This is just one more example of the unscientific nature of modern medicine. Eighty to ninety percent of modern medicine has never been proven by scientific method. When scientific methods are employed, as in the above study, most of medicine's treatments and procedures are found to be useless and dangerous. The buyer beware.

Readers are invited to ask questions.

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

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