

# BEYOND HEALTH<sup>®</sup> News

September — October

2003

**"American food culture has gone through a transformation so pervasive and enormous that we have almost completely lost sight of what constitutes a normal diet."**

— Carol Simontacchi  
*The Crazy Makers*

## Radio Show Expanding Again

*New station KFNX ...*

We have done it again! After recently adding Spokane and Los Angeles, the Beyond Health radio show has added yet another city—Phoenix, Arizona. Beyond Health's new station is KFNX, 1100 on the AM dial. KFNX is a powerful 50,000 watt station and covers almost all of Arizona. Listen every Saturday from 10:00 to 11:00 am.

## Monkeys Smarter Than Humans

*Here's proof...*

New evidence indicating monkeys are more intelligent than humans has just come out of the Copenhagen Zoo in Denmark. Last year, in an effort to improve the diet of its animals, the zoo began feeding the animals a diet that was at least 10 percent organic. The zoo now reports that the more intelligent animals, the monkeys and chimpanzees, prefer the organic foods and choose

them over the non-organic foods; they actually reject the non-organic foods left in their cages. Zookeeper Niels Melchiorson was quoted in *Ecological Agriculture* as saying, "The chimpanzees are able to tell the difference between the organic and the regular fruit. If we give them organic and traditional bananas, they systematically choose the organic bananas." Meanwhile we humans, with supposedly "superior intelligence," continue to poison ourselves and our children with toxic, nutritionally deficient, non-organic foods. Chalk one up for the monkeys!

One plausible explanation for the monkeys' preference is the better flavor of the organic foods. Then again, how do they know which are organic without tasting them? They probably smell different as well. Any differences in taste and smell would be the result of fundamental differences in the chemistry of the food. It is such differences that make organic foods more healthful; we should all be eating them, just like the monkeys.

thinking. A recent Gallup poll found that only 14 percent of pregnant women know that a folic acid supplement must be taken, most especially during the first month of pregnancy. The problem is that doctors are not educating their prenatal patients about this simple solution to such a horrendous problem.

It is tragic that two decades of birth defects have been allowed to happen after the solution was known scientifically. It is even more tragic that our obsolete physicians are allowing this problem to continue three years after it has been well publicized.

Most experts believe that 400 micrograms of folic acid per day is sufficient to prevent neural tube defects (400 mcg is contained in two Perque 2s). BHN recommends that women of childbearing age take at least that amount, but double that amount may even be better. In addition, a diet containing a lot of fresh green leafy vegetables is also highly recommended.

## People Prefer Real Food

*Polls show...*

In 2001, An ABC News poll found that 93 percent of the population thought that genetically engineered foods should be labeled. It is rare to obtain such a consensus on any subject. It is obvious that the American people want to know what they are eating. A new ABC poll this July confirms the old numbers, indicating 92 percent want labeling. Significantly, the majority of those polled stated that they would avoid genetically engineered foods if they were labeled. Most people are unaware that more than 70 percent of the foods they purchase in a supermarket are contaminated with at least some genetically modified ingredients.

## Medicine Fails Again

*So what else is new...*

For at least 20 years scientists have known that folic-acid deficiency in pregnant women can cause a variety of problems, including neural tube defects, which result in being born with no head, a small head, or a split open spine. As usual, the public is the last to know, so it wasn't until the year 2000 that this information made it into the mainstream media.

One would think that since this critical information is now public knowledge, people would know about it, and that our physicians would be advising pregnant women to supplement with folic acid. Unfortunately, that is wishful

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**Cell-Phone Update**

*More bad news...*

As new research becomes available, BHN has been keeping our readers updated regarding the safety of cell phones. Reports in previous issues of BHN have been sufficiently disturbing that we have recommended that the duration of cell-phone calls be limited to a minute or two and the total number of calls be kept to a minimum.

New research just published in *Environmental Health Perspectives* is especially disturbing. This new study measured damage to brain tissue. What researchers found was serious damage to nerve cells in rat brains that were exposed to cell-phone radiation—at levels people would normally experience.

It appears that cell phone radiation increases the permeability of the blood-brain barrier and causes abnormal leakage of proteins from blood vessels in the brain. Photographs of this damage, viewed by BHN, are both shocking and striking when compared to normal brains. The researchers expressed concern over the long-term effects of cell-phone use on the human brain. They said, "We cannot exclude that

after...decades of use, a whole generation of users may suffer effects." A whole generation of brain-damaged people is not a good idea!

If you are using a cell phone, it may be time to reassess how you use it. Children and teenagers should not be allowed to use cell phones for routine communications, and especially not for more than a minute or two at a time. Some cell-phone models have a speakerphone capability; this would be the preferred method of use because it keeps the antenna away from the brain.

**Cadmium Toxicity**

*Extra, extra—new findings...*

Environmental cadmium is more dangerous than previously thought. New findings just published in the July *Nature Medicine* are both astounding and devastating. It appears that *extremely* low levels of cadmium can have an estrogenic effect on the body. Dramatic responses to cadmium by estrogen receptors were recorded. Cadmium appears to effect genes that are known to be under the control of estrogen. As a practical matter, in females, this can decrease the time required to reach sexual maturity, increase body weight, and alter the structure of mammary glands, possibly causing breast cancer. In males it can lead to prostate cancer. Alarmingly, the level of cadmium at which this happens in animals is actually lower than that now found in the tissue of most Americans. In addition to these estrogen related problems, cadmium is also known to cause kidney damage, lung emphysema, and weak bones.

Where is our excess cadmium toxicity coming from and how can we avoid it? Most of it comes from our diet, and this is one reason why BHN recommends eating only organic foods. Regular foods are grown with the use of phosphate fertilizers. Phosphate fertilizers are contaminated with high levels of cadmium. The cadmium gets into the soil, is absorbed into the plants and then it gets into us. Plants like peanuts and soybeans are high absorbers of cadmium. Wheat is also a high absorber, and another source of excess cadmium is white flour. This is one reason why BHN recommends avoiding white flour. Wheat has cadmium in it, but it also has zinc, which prevents the absorption of

the cadmium. White flour has had the zinc removed, but the cadmium remains and is absorbed into the body. Tobacco is another source of cadmium. The tobacco plant is also a high absorber of cadmium and smokers absorb about 10 percent of what is in the smoke. Smokers often have twice as much cadmium in their tissues as nonsmokers, which helps to explain the high levels of prostate cancer, kidney disease and emphysema in smokers.

**Trans Fats To Be Labeled**

*FDA orders labeling...*

The FDA, in the biggest regulatory change for food in many years, has announced that starting in January 2006 nutrition labels must list the amount of *trans fats* that a food contains. While 2006 is a long time to wait, this is a big step in the right direction. While trans fats occur in nature, such as in dairy products, the problem is the modern food-processing industry has introduced enormous amounts of highly toxic trans fats into our diets.

Researchers maintain that trans fats are so toxic, there is no safe level. If there is no safe level, why are we eating so much of them? Trans fats show up in processed foods. Stay away from processed foods and you cut the trans fats out of your life. Virtually all fried and baked goods have trans fats. Supermarket oils have trans fats. All products containing hydrogenated oils, including margarine and breakfast cereals, contain trans fats. Just three Nabisco Chips Ahoy Chocolate Chip Cookies contain a whopping four thousand milligrams of trans fats. One slice of Burger King Dutch Apple Pie contains two thousand milligrams. Sixteen Nabisco Wheat Thins Snack Crackers contain two thousand milligrams. People feed these things to their children. Remember, there is no safe level. This is a criminal assault on the body!

Why are trans fats so dangerous? All chronic disease is inflammatory in nature. Trans fats promote inflammation. Therefore, trans fats contribute to every chronic disease, whether that manifests as Alzheimer's, cancer, diabetes, asthma or arthritis. Omega-3 fatty acids convert to compounds that reduce and control inflammation. Trans fats interfere with the enzymes needed to

**BEYOND HEALTH<sup>®</sup> 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.

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make this conversion. This allows inflammatory chemicals to promote inflammation without any interference from the anti-inflammatory compounds that help to keep the body in balance. In addition, trans fats also interfere with a number of other critical biochemical reactions in the body.

The incidence of chronic disease has skyrocketed in the last half century along with the increased use of hydrogenated oils. It is time to call a halt to this biological madness and the FDA's new labeling requirement is a good first step. However, waiting for the government to take care of us is not a good strategy for health. Health is *our* responsibility and you can do your body an enormous favor by getting off all trans fats *now*. Avoid all products containing hydrogenated oils. Avoid all supermarket oils. In short, avoid supermarkets period. Eat only high quality olive oil, flaxseed oil, coconut oil and organic ghee. (The problem is most people cannot tell high quality oil from low quality. It is best to use only Beyond Health approved oils.) Stay away from all fried foods and baked goods. In *Never Be Sick Again*, Raymond Francis lists processed oils as one of the Big Four contributors to our epidemic of chronic disease. It is somewhat comforting to see the FDA giving some recognition to this problem.

### Marketing Hype

*Coral calcium and Ester C...*

Beyond Health exists to supply you with cutting-edge health information and the highest quality health-supporting products in the world. Achieving these objectives requires an enormous amount of ongoing time and effort. New health products come on the market weekly and it is almost impossible to keep up with such a large number. For the average person trying to purchase a product at a vitamin or health food store is a bewildering experience. Trying to cut through the marketing hype and the large number of offerings requires a lot of knowledge, and while the clerks may sound informative, they usually know little more than you. Over the last couple of months, BHN has had a number of inquires about two products in particular—**Coral Calcium** and **Ester C**. Here is our analysis of these products:

Coral Calcium is essentially ground

up limestone. There is little to differentiate Coral Calcium from other inorganic calcium supplements that are much cheaper and equally ineffective; their biological activity is on the order of 10 percent. In addition, products made from limestone have naturally occurring contaminants in them, such as lead. Samples of Coral Calcium have been measured to contain lead in excess of limits set by the state of California. The U.S. Federal Trade Commission has already sent out warning letters regarding the outrageous claims made for this product. Meanwhile, a lot of people have spent millions of dollars on this product due to the marketing hype. There is at least one thing that is truly outstanding about Coral Calcium—it is the most expensive calcium supplement in the world. For anyone desiring a high quality calcium supplement, Perque Bone Guard is what we recommend.

Ester C is another example of exaggerated marketing hype. First of all, the name of the product is deceiving. Chemically, Ester C is not an ester at all. Rather it is the calcium salt of ascorbic acid. Further, the method of manufacture subjects the vitamin C to high temperature and high pressure, in the presence of oxygen. This creates large amounts of oxidized vitamin C. About 10 percent of the Ester C ends up as dehydroascorbic acid (DHA), which is an oxidized form of vitamin C, capable of damage to your cells. If you take 10 grams of Ester C, you will be getting one gram of DHA. When DHA is taken in large amounts, it can have a damaging effect on the body. Confronted with DHA, the body uses up precious stores of cell-protective glutathione to render the DHA harmless. Glutathione is frequently in short supply, thus using it to neutralize the DHA will deplete the body of glutathione and leave the remaining DHA in a dangerous form. This is not a product that BHN would recommend to anyone, especially anyone taking more than the RDA for vitamin C. BHN recommends Perque C as the purest and most effective C on the market.

### Toxic Contamination

*New findings in breast milk...*

A new study by the Environmental Working Group has shown that

American breast milk contains the world's highest levels of bromine-based fire retardants. Polybrominated diphenyl ethers (PBDE's) are commonly used in upholstery, electronics, plastic foams, and other plastic products. They bioaccumulate in tissue and build up over a lifetime. This newest study measured the highest levels ever recorded in the United States, with breast milk levels measuring 75 times higher than the average European's. PBDE's are known to damage learning, memory, and behavior in laboratory animals; we see this with the epidemic learning and behavioral problems of our children.

The average American is bioaccumulating hundreds of toxic chemicals. Ultimately, these chemicals disrupt normal cell chemistry and cause diseases of every description. This is why it is critical to eat only organic foods and to use nontoxic Beyond Health approved personal-care products. We live in a toxic world, but we have personal control over most of the toxins we are exposed to. With better choices we can reduce our toxic load. Raymond Francis has just approved a shower filter and is close to approving a high-quality sauna product to reduce toxic load.

## Listen to "The Beyond Health Show" with Raymond Francis!

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# Aging is a Mistake

by Raymond Francis

"Aging is a mistake," said Dr. Deepak Chopra. Actually, aging is worse than a mistake, it is a catastrophe. Aging reduces quality of life and causes so-called "diseases of aging" such as cancer, Alzheimer's, and arthritis. Making yourself old and sick is not a sensible choice—it is a mistake. Each disease, even a cold, accelerates aging, makes you sicker, and causes more disease. Then our physicians manage these diseases with treatments that create still more aging and disease. It's a vicious cycle, and we have to learn how to break that cycle.

To live a long disease-free life, it is essential to learn how to prevent and reverse aging and disease. Fortunately, this is not difficult to learn. With just a little bit of effort, any of us can become healthier and biologically younger. While we cannot control our chronological age, we do have control over our *biological* age. Recently, I had my arteries measured. I have the arteries of a thirty year-old; I am sixty-six. The biological age of my arteries is less than half my chronological age—anyone can do this. Aging is a mistake you don't have to make.

Historically, people such as the Hunzas lived well into their hundreds in robust, vigorous health without suffering as much as a cold, so we know this is possible. For you to accomplish something similar you must learn how to prevent aging and disease, and to do this, you must learn how to prevent and reverse *inflammation*. There is only one disease, malfunctioning cells, and a malfunction common to *all* chronic disease is a process called inflammation. No matter what so-called disease you have, inflammation is a major part of your problem. By learning how to prevent and reverse inflammation, you are learning how to stay young and *never be sick again*.

Inflammation is a natural and healthy process. If you cut your finger, the body begins an inflammatory process immediately. This process neutralizes harmful microorganisms, helps to repair the wound, and cleans up the debris resulting from the injury. Inflammation is beneficial when needed, but it is disastrous when *chronic*. Chronic inflammation generates a constant supply of free radicals that overwhelm our antioxidant defenses and damage DNA, aging us and causing disease of every description, including heart disease, cancer, diabetes, osteoporosis, arthritis, allergies, Alzheimer's, autoimmune disease, and infections.

Unfortunately, more than three out of four Americans suffer from chronic inflammation. This is why we are aging so rapidly and why more than three out of four of us have a diagnosable chronic disease. Even our children are increasingly suffering from "diseases of aging" in epidemic numbers. To put an end to this tragedy, as a society and as individuals, we must learn how to prevent and reverse chronic inflammation.

What causes inflammation? *The standard American diet causes inflammation!* Most of us suffer from chronic inflammation and disease because the American diet is pro-inflammatory. Our diet lacks nutrients that help to prevent and control inflammation, while being rich in pro-inflammatory com-

pounds.

How do you reverse inflammation? In my book *Never Be Sick Again*, I advise people to avoid the Big Four: *sugar, white flour, milk products, and processed oils*. These so-called "foods" are pro-inflammatory—they cause rapid aging and disease. Indeed, I have had numerous calls from people who have read my book, got off the Big Four, and were cured of terrible, chronic diseases. All it took was to stop promoting the inflammation in the first place. I have been off the Big Four for 17 years and I have been taking lots of anti-oxidant supplements, thus controlling inflammation and allowing my arteries and other tissues to repair and become those of a much younger person.

Sugar and white flour are deadly poisons. They have an inflammatory effect on the body. Unaware of this hazard, the average American consumes more than 160 pounds of sugar and 200 pounds of white flour per year. Tragically, we expose children to these deadly poisons, accelerating aging and causing lifelong health problems. Both of these poisons increase blood sugar levels. Even a modest increase in blood sugar generates free radicals that cause inflammation, thereby causing disease of every description. Because most people eat these poisons every day (in the form of bread, pasta, breakfast cereal, cookies, cakes, soft drinks, candy, etc.), disease is a growth industry.

Milk products also cause inflammation. Modern dairy cows eat grain-containing diets that change the proportions of fatty acids in the milk, leaving very little omega-3 fats and creating a pro-inflammatory imbalance. In addition, a substantial percentage of our population (some estimate fifty percent) is allergic to dairy, often unknowingly. Daily consumption causes chronic allergic reactions, creating chronic inflammation.

The fats and oils in the American diet contain excessive omega-6 fatty acids, causing chronic inflammation. Omega-6 fatty acids promote inflammation, while omega-3s are anti-inflammatory. Historically, humans consumed roughly equal amounts of these oils, achieving a balance. Today, we consume 20 to 30 times as much omega-6 as omega-3. The modern processed-food industry fills our stores with pro-inflammatory oils, including safflower, sunflower, peanut, and even most commercially available olive oils; all of these contain excessive amounts of omega-6 and insufficient omega-3 fatty acids. Grain-fed beef, poultry, and farmed fish also contain excessive omega-6. These imbalances create a huge excess of pro-inflammatory compounds. Unable to turn the inflammation off, chronic inflammation and disease are the result. It is *extremely* important that only healthy fats and oils be consumed.

Hydrogenated oils are also pro-inflammatory. These oils find their way into a myriad of products including candy, baked goods, margarine, breakfast cereal, and peanut butter. These deadly oils disrupt body chemistry, causing many abnormalities—including inflammation. The trans fatty acids

contained in hydrogenated oils inhibit the activity of enzymes that make anti-inflammatory compounds, but not those that create pro-inflammatory ones, chronic inflammation is the result.

In addition to diet, infections also contribute to inflammation. Avoiding infections by keeping your immune system strong pays off in many ways. It is important to minimize the number of infections you suffer. Infections are inflammatory, triggering powerful inflammatory processes to destroy invading microorganisms. Unfortunately, the inflammation damages you as well as the invaders. Having one cold after another will do lasting damage, shortening your life and leaving you susceptible to every imaginable disease. Repeated infections, as well as chronic infections, lead to chronic inflammation that damages and ages the entire body. One way to help keep your immunity strong is to avoid eating sugar, which is known to damage immunity as well as causing inflammation.

Physical injuries also create inflammation. Nature intended inflammation to subside once an injury is repaired. However, by consuming a pro-inflammatory diet, injuries are seldom fully healed and often result in chronic low-grade inflammation in the injured tissue. This is why athletes have problems with old injuries as they age. These incompletely healed tissues, by producing pro-inflammatory compounds, become sources of chronic inflammation for the entire body.

Allergies and food sensitivities also create inflammatory responses. Chronic allergic reactions create chronic inflammation. This is why allergic reactions *must* be minimized by strengthening the immune system and avoiding allergens. Unfortunately, allergies have become epidemic. Contributing to this epidemic has been the irrational misuse of antibiotics, NSAIDS, and hormones by our obsolete disease-care system. These dangerous drugs disrupt gut tissue, causing leakage of undigested food molecules into the blood, thereby promoting food allergies. A good idea for almost anyone is to stay away from the most common allergens such as dairy and gluten (half the population may be allergic to gluten, found in wheat, rye, and barley).

Yet another promoter of chronic, systemic inflammation is fat cells. Given that two out of three Americans are overweight this is a huge source of inflammation. Pure and simple, if you are more than five pounds overweight, you have a serious chronic disease. The inflammatory process unleashed by being overweight accelerates the aging process and leads to every conceivable disease. Fat cells, especially those that form around the abdomen, produce large amounts of inflammatory compounds that affect the entire body.

If you want to prevent disease, or if you are diseased and want to get well, what should you do? First and foremost, stop promoting inflammation. Get the Big Four out of your life—now! Eat a diet low in pro-inflammatory foods and high in anti-inflammatory nutrients. Get rid of those excess pounds (exercise and get off the Big Four to lose weight). Take high quality anti-inflammatory supplements. If you take these principles to heart, you will be well on your way to a longer, higher quality, disease-free life.

Consume a diet low in refined carbohydrates and high in a variety of fresh, organic vegetables, fruits, nuts, and seeds. Eat high quality organic animal protein, such as eggs, fish, chicken, turkey, and grass-fed beef plus olive, coconut and flaxseed oil. Supplementing with anti-oxidant nutrients is critical to preventing and reversing inflammation. Supplement with omega-3 fish oil, vitamins A, B complex (including folic acid, B6 and B12), C, D, and E, plus quercetin, glucosamine, chondroitin, beta-carotene, selenium, CoQ10, N-acetylcysteine, and alpha-lipoic acid. (Call Beyond Health to get the supplements I use.)

The health of the American people is in a catastrophic, long-term downtrend. The result is pain, suffering, unnecessary loss of loved ones and an economic threat that is projected within a few decades to bankrupt our country and plunge it into third-world status. This is happening because, in a relatively short period of time, we have completely changed our diet. We now consume insufficient anti-inflammatory vitamins and minerals and an enormous surplus of pro-inflammatory "foods" in the form of the Big Four: *sugar, white flour, dairy and processed oils* (remember the oils we consume are 20 to 30 times more pro-inflammatory than our ancestor's).

Inflammation is a common element in virtually all disease. By consuming the Big Four, the cumulative effect of the inflammation we are creating is aging us prematurely, causing us to look old, feel tired, and suffer every imaginable disease. By learning how to prevent and reverse inflammation, we can achieve power over aging and disease. What a wonderful goal—and so easy to do.

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

## **Read *Never Be Sick Again* by Raymond Francis**

### **Reviewers say:**

- "A landmark book."*
- "This is future medicine now!"*
- "Health in one easy lesson."*
- "An island of clarity in a sea of confusion."*
- "So simple yet so powerful that it has the potential to change the way our society thinks about disease."*
- "A powerful masterpiece."*
- "Breaks new ground on what health is and what causes disease."*

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**Question:** I am a vegetarian and eat an excellent diet. Yet I have been reading that I should take B vitamin supplements as well. What do you think?

A. R. — Mill Valley, CA

**Answer:** You are wise to be concerned about your vitamin intake. Strict vegetarians require supplementation. Perque 2 plus Perque B12 should prevent any B vitamin deficiency.

A new study in the *American Journal of Clinical Nutrition* found that vegetarians, who do not eat any animal protein, had high levels of homocysteine (a marker of cardiovascular risk) and were actually deficient in vitamin B12. A previous study in this journal found that heart patients who supplemented with folic acid, vitamin B6, and B12 lowered their homocysteine levels and not only slowed plaque build up, but actually prevented it from happening.

B vitamins are one of the common nutrients in which Americans are chronically deficient. Strict vegetarians compound this problem. Supplementation is advised for all Americans, but especially for vegetarians. The challenge is to take a supplement where the B vitamins are in doses higher than the recommended daily value, are properly balanced, are highly bioavailable, and do not contain any toxins. The average supplement fails to meet these criteria—Perque meets them.

**Question:** Is there a diet you would recommend for an autistic child?

D.D. — Alexandria, VA

**Answer:** The diet would be the same as for any human being. Read my book *Never Be Sick Again* for the basics. One basic is that no sick person, or any person who does not want to get sick, should be eating the Big Four (sugar, white flour, processed oils, and milk products). Consuming these deadly poisons is a guaranteed way to get sick and stay sick. Two things to definitely eliminate from the diet would be gluten (wheat, rye, barley, spelt, kamut) and casein (milk and milk products).

Like other modern syndromes, autism is a complex, multifactorial disease with no single cause. As a result, our poorly trained, obsolete physicians are baffled by autism along with all the other modern syndromes. Autism was first observed in the 1940's at a time when mass vaccinations, chlorinated water, baby formula feeding, and pasteurization of milk became the norm. Many experts believe that autism resulted from these changes, not to mention the introduction of new environmental toxins, prescription drugs, and make-believe foods.

Autistic children produce higher levels of inflammatory chemicals, indicating excessive immune responses, most likely to foods and chemicals. One thing that all autistic patients could benefit from is supplementing with intestinal microflora. Lactobacilli help to properly digest molecules like gluten

and casein, making them and similar molecules less allergenic. Autistic children also have higher levels of blood ammonia. Ammonia by itself can cause dementia, amnesia, and cognitive disorders. Ammonia is known to be generated by abnormal intestinal bacteria. Any child who has taken an antibiotic is likely to have abnormal flora. Supplementing with Perque Dophilus is a good idea. Many cases of autism have been put into remission by good diet, nutritional supplements, and high-quality flora replacement.

**Question:** I am 77 years old. I feel fatigued and my doctor says I am anemic. He says this is a normal part of aging and there is not much to do about it. I was wondering if you knew anything I could do.

G.W. — Menlo Park, CA

**Answer:** Yes, there is much you can do. Physicians see so many elderly people with anemia that they have come to believe this is normal. It is not normal. Disease is not normal. This is a disease that can be prevented and must be reversed. Left untreated, anemia will increase mortality risk. It will also promote cancer as oxygen-starved tissue will become cancerous.

Anemia happens when the red blood cells that deliver oxygen to our tissues become depleted. The first thing you notice is fatigue. The major contributors to this problem are a deficiency of iron or a deficiency of folic acid and vitamin B12. In our society, as we age, our ability to absorb nutrients diminishes and the likelihood of deficiency increases. This is why older people must be on supplements.

Another major contributor to anemia is the irrational use of toxic prescription drugs by our obsolete physicians. A recent study by a company that manages drug benefit plans (Medco Health Solutions) has concluded that the average senior is now given 25 prescriptions per year. This number represents a 100 percent increase in just four years! Prescription drugs damage health; they are best described as sub-lethal poisons that interfere with nutrient absorption and metabolism. For example, acid blockers like Prilosec are known to inhibit the absorption of vitamin B12, which is critical to preventing anemia. Other drugs such as anti-depressants, antibiotics, tranquilizers, cholesterol lowering drugs, high blood pressure drugs, and estrogen are all known to cause nutritional deficiencies by one mechanism or another.

The best thing to do would be to work with your doctor to get off any prescription drugs you may be taking. In addition, take extra amounts of Perque 2 and Perque B12. Have some animal protein in your diet to get adequate amounts of iron. (On occasion an iron supplement, Perque Hematin, may be advisable.) Adequate amounts of vitamin C will help the body to absorb iron. If you do all this, you may find your anemia will disappear and your energy will return.

**Question:** I have been experiencing panic attacks. My doctor

has not been very helpful. Is there a nutritional solution to this problem?

F.S. — New York, NY

**Answer:** There is only one disease and only two causes of disease, so you can be sure that your panic attacks are the result of cellular deficiency and toxicity. The question you have to answer is how these two factors are operating in your situation. For example, you live in New York City. If you live in an older apartment building, the old copper pipes in that building may be leaching too much copper into the drinking water. The toxic effect of too much copper can cause panic attacks. This problem can be avoided by supplementing with zinc and by drinking high quality bottled water.

Another consideration would be a possible amino acid deficiency. Have your physician order an amino acid profile test. A deficiency of glycine can cause panic attacks. Supplemental glycine could solve the problem; I suggest taking Perque Mood Guard to address this aspect. Likewise, a deficiency of one or more B vitamins can cause panic attacks. Insufficient vitamins B1, B12, and folic acid are the usual suspects. Taking adequate amounts of Perque 2 and Perque B12 should solve this problem. Be sure to read my article on depression in the last issue of BHN. All of that applies to you as well.

**Question:** I recently hurt my ankle. I didn't think it was broken and I was still able to walk on it, but the doctor insisted on x-rays. I know from reading your book that x-rays cause cancer so I was reluctant to do it. The doctor insisted, I allowed it, nothing was broken, and I feel that I made a mistake to allow the x-rays. Was there an alternative?

P.U. — Ignacio, CA

**Answer:** Yes, there was an alternative. Your initial thoughts were correct. X-rays are too risky unless there is absolutely no alternative in an acute situation. The days of ordering x-rays for every ankle injury are over. There is a whole new way of approaching ankle injuries called the Ottawa Assessment Rules (OAR).

Under the OAR, in most cases, fractures can be ruled out by careful observation, examination, and history taking. An x-ray is not necessary if the patient can walk at least three steps and has no points of tenderness at distant locations on the ankle or foot. So as long as you were able to walk a few steps when you saw the doctor and there were no distant tenderness points, an x-ray was not needed. X-rays are simply too dangerous and are unnecessary about 90 percent of the time.

One more thing you need to know is that healing is often dependent on a good physical therapy program to strengthen the injured tissues. Lots of vitamin C, vitamin E, essential fatty acids, Thiodox and quercitin will help in the healing. In addition, there are data to indicate that using crutches for ankle sprains can delay the healing.

**Question:** I have become a vegetarian and have read that vegetarians may become deficient in iodine. Is this true and do you have any recommendations?

A.P.N. — Petaluma, CA

**Answer:** What you read is correct. Vegetarians can and do become iodine deficient. Iodine is required only in tiny amounts and mostly for thyroid function. There was an excellent 2003 study in the *Annals of Nutrition & Metabolism* that concluded 25 percent of vegetarians and 80 percent of vegans are deficient in iodine.

As for sources, seafood is a very good source of iodine and the same holds for iodized salt. However, I always prefer the natural source like seafood. Sea vegetables can also supply some iodine, but not as much as sea animals.

**Question:** I read about a study that concluded dietary fiber was not protective against colon cancer. I thought fiber was essential to health. I am confused.

A.A. — Framingham, MA

**Answer:** Dear Confused: I agree studies can be very confusing. Fiber is absolutely essential to health and we should all strive to eat lots of fresh vegetables and fruits to keep our fiber intake high. That being said, I think one of the flaws in the Nurses' Health Study you refer to is that those who ate more fiber than their neighbors still ate considerably less fiber than even our more recent ancestors. Therefore, even the high fiber consumers in the study may still be low fiber consumers.

However, if you are concerned about colon cancer, then be concerned about the Big Four. The Big Four cause every kind of disease. Sugar, one of the Big Four, is known to cause colon cancer. Here is what Dr. John Potter of the Fred Hutchinson Cancer Center in Seattle had to say, "Sugar consumption is consistently associated with the risk of colorectal cancer, and in a dose response fashion."

Readers are invited to ask questions.

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

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