

# BEYOND HEALTH<sup>®</sup> *News*

November — December

2003

**"Discovery consists of seeing what everybody else has seen  
and thinking what nobody has thought."**

— Albert Saint-Gyorgyi, M.D., Ph.D.  
*Nobel Prize for Discovery of Vitamin C*

## Holiday Book Sale

*Give the most precious gift of all ...*

This holiday season give those you care about the most precious gift of all—the gift of health. *Never Be Sick Again* has been instrumental in saving lives, curing the incurable, and improving the health of countless thousands. Presenting a revolutionary understanding of health and disease, this book obsoletes most of modern medicine. Costing \$12.95 at the bookstore, you can order as many copies as you like at the special sale price of only \$9.95, with every book autographed by author Raymond Francis. What a wonderful gift, and so affordable, you can order one for everyone on your gift list. Order now and avoid the holiday rush—call Beyond Health at: 800-250-3063, or order online at [www.beyondhealth.com](http://www.beyondhealth.com).

## Beyond Health Show On The Net

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The *Beyond Health Show* is now available 24 hours a day, 7 days a week,

anywhere in the world on the Internet. Just go to [www.beyondhealth.com](http://www.beyondhealth.com) and click on the radio show button. Windows Media Player is required and is available as a free download if you need it. The show is updated weekly on Mondays.

## Radio Show Expanding—Again

*Most of Colorado...*

We keep expanding! This has been a landmark year for the *Beyond Health Show*. Only three months after commencing broadcasting to most of the population of Arizona, we have acquired four new stations covering most of Colorado—KLMO, 1060 AM in Denver and Boulder; KWYD, 1580 AM in Colorado Springs; KSKE, 610 AM in Vail; and KDMN, 1450 AM in Buena Vista. We broadcast on these stations every Sunday morning at 9 o'clock. And remember, we are available 24/7 anywhere in the world at [beyondhealth.com](http://www.beyondhealth.com).

The *Beyond Health Show* is celebrating its tenth year of broadcasting and has been called "the best health show in America." Cutting-edge health information from Raymond Francis and interviews with guests who are pioneers in their fields makes listening to the *Beyond Health Show* time well spent. Please share this information with others as the more people we educate, the better off all of us will be.

## HeAF Expanding

*New State Added...*

Health-e-America Foundation, whose mission is to end the epidemic of chronic disease in America, has added another new state—Massachusetts. Raymond Francis went to Massachusetts for the founding and that division of HeAF is up and running. Everyone is welcome to

join. Leadership is needed to start chapters in all 351 cities and towns in the state. If you wish to participate, call Joanne Schmalenberger at: 508-651-1991.

HeAF plans to have divisions in all 50 states with each of the communities having their own local chapter. HeAF is looking to organize and educate millions of Americans. Ultimately, each of the chapters will work with their local authorities to get HeAF's educational materials into all the schools in the country.

If you are interested in starting a group in your state or community, call Beyond Health at 800-250-3063.

## Vitamin D

*Deficiency is epidemic...*

Nutritional deficiency is the leading cause of disease in America. It is well known that chronic deficiency of even one nutrient will cause disease. Since most Americans are chronically short of at least several nutrients, this explains our epidemic of chronic disease. One of the nutrients in short supply is vitamin D. New research at Boston University finds that vitamin D deficiency is rampant among teenagers. Dr. Michael Holick, a Boston University vitamin D specialist, estimates that 30 percent of adolescents nationwide may be deficient and that percentages among African Americans may even be higher. Usually undetected and untreated, vitamin D deficiency puts these young people at risk for debilitating osteoporosis later in life. In addition, there is evidence to indicate that vitamin D deficiency can contribute to cancer, diabetes, and high blood pressure. Part of the problem is that teenagers are no longer getting enough exposure to sunlight and they

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unwisely use sunscreen when they are exposed. Dark-skinned ethnic groups are at further risk because they are less efficient at absorbing sunlight. Young people with growing bones are especially at risk because bone growth requires large amounts of calcium, and vitamin D is essential to metabolizing the calcium.

Teenagers are not alone with this problem. Research at Creighton University reported in the *Journal of the American College of Nutrition* that 70 to 80 percent of people over age 50 are vitamin D deficient. Most of these people measure in the lower end of normal for blood vitamin D levels. However, evidence points to such levels as being insufficient for optimal function in terms of calcium absorption, leaving these people at risk for weak bones and fractures. A five-year study in the *March British Medical Journal* found that older people taking supplemental vitamin D, even without additional calcium, were able to reduce bone fractures by 22 percent.

It has been known for decades that vitamin D regulates calcium absorption. However, new findings indicate that vitamin D supplementation can increase

calcium absorption by up to 65 percent, even when the initial blood level of vitamin D is in the so called "normal" range. These findings are especially important because they indicate that older Americans must be supplementing with vitamin D. With the winter coming, less vitamin D will be available through sunlight exposure so supplementation is even more important.

The currently recommended intake of vitamin D is 200 IU for adults up to age 50, 400 IU for those 50 to 70, and 600 IU for those over 70. The upper level tolerance limit is set at 2000 IU. Two Perque 2 multivitamins per day provide 400 IU and three Perque Bone Guards provide an additional 200. A teaspoon of cod liver oil every day in the winter is also helpful. The above regimen should provide adequate vitamin D for the needs of most people.

### The Supplement Zoo

*Use BHN approved products...*

Most of the supplements on the market are not worth what you pay for them, and many are actually toxic. For example, the best selling brands of vitamins in America are in our opinion, toxic. ConsumerLab.com researches the quality of products and this year published a report on Ginkgo biloba supplements.

ConsumerLab found that only 22 percent of the Ginkgo supplements it tested met its quality standards. Most Ginkgo products were found to contain less than *one-fifth* of the expected amount of the compound that plays a critical role in allowing Ginkgo to increase brain activity. Even worse, consumers are told to look for products that are "standardized." This means that the active ingredients are guaranteed to be within certain standard limits. Unfortunately, Consumer Lab found that the most of the standardized products did not meet their standards.

In another study of Echinacea products, 10 percent of the products tested contained no measurable amount of Echinacea. Only 50 percent of the products contained the actual species of Echinacea marked on the label, and less than half the standardized products met the standards written on the label.

It is disappointing to read about the poor quality products that are on the market, many of which are often hyped

with massive amounts of advertising. And it is not only herbal products but vitamins, olive oil and other products. The reason Beyond Health exists is to help people cut through the confusion of health choices and to provide practical and reliable solutions to health problems. BHN recommends that only Beyond Health approved supplements be used because of the extensive research that goes into Beyond Health's selection process. These products will always be the best value as they will always be the purest and most effective available.

### Medication Hazard

*Medications impair driving...*

It is well known that a number of prescription medications impair driving ability, some as much as alcohol, in ways that are so subtle that people are unaware of their impairment. New research out of the University of Iowa indicates that even common over-the-counter medications for colds and allergies can also cause such impairment. Tests at Iowa in a state-of-the-art driving simulator found that a cold remedy, diphenhydramine, impaired driving just as much as alcohol. Dozens of over-the-counter medications carry warnings that they can cause sedation. Unfortunately, this can happen without the normal warning signs of sedation. This can leave the patient seriously impaired, weaving across the road, without feeling sleepy or knowing they have been impaired.

Some government experts are suggesting that crash victims be tested for legal drugs as well as illegal drugs in order to get some data on the magnitude of this problem. For many reasons, the safest course of action is to take no drugs whatsoever. There is virtually always a safer, better, effective alternative to drugs—another reason to just say no to drugs.

### Sugar Does It Again

*Causes Cancer...*

A study published in the *New England Journal of Medicine*, based on the 16-year Nurses' health Study, aimed at finding if dietary fiber consumption had an effect on colon cancer. The conclusion was that even what Americans think of as a high fiber diet (our ancestors ate a lot more fiber), was not pro-

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tective against colon cancer. However, Dr. John Potter of the Fred Hutchinson Cancer Center in Seattle had this to say, "Somewhat ignored, sugar consumption is consistently associated with the risk of colorectal cancer, and in a dose-response fashion."

Sugar is one of the most deadly substances the average person is exposed to on a daily basis. It not only causes cancer, but also promotes cancer once established. If anyone needed one more reason to stay away from this deadly poison, here it is. Most especially, do not allow children to have access to anything so injurious to health.

### Dairy Risks

*More disease associations...*

In *Never Be Sick Again*, Raymond Francis advises against consuming the "Big Four": sugar, white flour, processed oils, and dairy. New evidence continues to accumulate, demonstrating the health hazards presented by the Big Four. A study of 47,000 men in the *Annals of Neurology* found that a high consumption of dairy products was associated with an increased risk of developing Parkinson's disease.

### Violence and Nutrients

*Deficiency causes violence...*

Learning, behavioral, mood, and violence disorders are epidemic in our society, and they all share a common cause. Depression, which we wrote about in the July/August issue of BHN, is only one example of a deficiency driven mental disease. Violence is another mental disease driven by poor nutrition. A study in the *British Journal of Psychiatry* has found that prisoners exhibiting the worst behavior were deficient in magnesium, potassium, iodine, zinc, and selenium and those with the worst deficiencies had the worst behavior. Prisoners who were given supplemental vitamins, minerals, and essential fatty acids committed 35 percent fewer offenses than those taking placebos. Significantly, most of that 35 percent reduction was in the most serious and violent incidents. We never cease to be amazed at how many of our society's problems could be solved with better nutrition; every American needs to be off the Big Four and be supplementing with high quality nutrients.

### Vitamin E and Blood Pressure

*Lowers pressure...*

Vitamin E significantly lowers blood pressure in patients with mild hypertension according to a study in the *International Journal for Vitamin and Nutrition Research*. Patients with blood pressure ranging from 140/90 to 160/100 were able to reduce their pressure by an average of 24 percent by taking 200 IU of vitamin E per day. This is a very significant reduction and it brings these people into the normal range.

Giving the body the nutrients it requires to help it to balance and self regulate is what health maintenance is all about. As always, getting quality products is the challenge. BHN continues to recommend Unique E as its first choice. (Unique E is available at Beyond Health.)

### Antibiotics Not Required

*Says WHO...*

In August, the World Health Organization issued a report suggesting that meat suppliers around the world cut back on the routine use of antibiotics. In the U.S. and many other countries, antibiotics are routinely added to animal feed because it makes the animals grow faster and fatter. However, this practice has been identified and contributing to the growth of antibiotic-resistant bacteria. The WHO report noted that Denmark successfully cut out the use of antibiotics without a negative economic impact on their meat industry.

Last June, McDonald's said it would ask its meat suppliers to stop using certain antibiotics. Bills have been introduced into congress to phase out the routine use of antibiotics that are also used in humans. These are all steps in the right direction. However, it is still unsafe to eat meat that has not been organically grown. Quite simply, non-organic meat contains too many toxins and constitutes a significant health hazard. About 80 percent of the average person's pesticide load comes from eating non-organic meat and dairy products.

### Blood Pressure Revision

*Lower is better...*

New federal guidelines regarding what is "normal" blood pressure have

been issued. Historically, optimal blood pressure was defined as 120 over 80, and the normal range for blood pressure ranged up to 130 over 85. However, recent studies have indicated that anything over 115 over 75 is unhealthy.

What is significant about this revision is that many so called "normal" parameters have had to be revised in recent years. The problem is this: when we try to measure what is normal in America, what you are measuring is a sick population because almost all Americans are sick. It is no wonder that we continue to find that "normal" is just not good enough. Fortunately, high blood pressure is completely preventable and reversible with good diet and supplementation.

### Sleep Prevents Disease

*Less diabetes...*

A new study in *Diabetes* has concluded that habitually sleeping less than five hours or more than nine hours will substantially increase one's risk of developing diabetes. In truth, since there is only one disease, the risk of any disease is increased.

Historically, before the invention of the light bulb, Americans slept an average of nine hours per night. Now, the average person gets less than seven hours. Many experts consider this too little. Some believe that the excessive amount of light to which we are exposed as a result of artificial lighting causes hormonal imbalances that lead to cancer, diabetes, heart disease, and even obesity.

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# Saunas To The Rescue

by Raymond Francis

Modern living has created a problem the human body was never designed to handle—exposure to excessive amounts of environmental toxins, especially heavy-metal and oil-soluble toxins. Toxicity is one of the two causes of disease, and the overall chemical load to which we are now exposed is unprecedented in human history. Bioaccumulating in our tissues faster than we can get rid of them, these toxic chemicals have created an unprecedented epidemic of chronic disease. Since our bodies were not designed to deal with the amount and variety of toxins we are accumulating—saunas to the rescue. Heat causes toxins to be released by cells, and hyperthermic (sweat) treatments have been used by cultures around the world for millennia (American Indians used sweat lodges). Hyperthermic practices are known to reduce levels of organic toxins such as pesticides and PCBs, as well as heavy metals like lead and mercury.

Our bodies were designed a hundred thousand years before the petroleum age began a century ago. Since then, our environment has become a sea of oil-soluble toxins. Never before exposed to them, nature did not design a way for us to get rid of them. As a result, the average person is bioaccumulating between 300 and 500 man-made chemicals, most of which did not exist at the time of my birth. Styrene (found in plastic drinking cups and food packaging) is now found in 100 percent of human tissue in America. PCBs, dioxins, para dichloro benzene (found in mothballs and deodorizers), sodium lauryl sulfate (found in soap, shampoo, and toothpaste), formaldehyde (found in plywood, particleboard, permanent-press clothing), triclosan (found in antibacterial soap and underarm deodorants), and many others are all bioaccumulating in our tissues.

The effect of these hundreds of chemicals acting in combination is catastrophic to our health. Eliminating as many of them as possible from our diet and environment is the first step to take. Careful selection of personal care products, clothing, household furnishings, and foods will substantially decrease exposure to these deadly toxins, (read the Toxin Pathway chapter in my book *Never Be Sick Again*). Even so, driving our cars and just normal living will put most of us into toxic overload. Avoidance is essential, but it is not the whole answer. Finding a way to rid ourselves of toxins is the other half of the equation. Fortunately there is a solution; it's called a sauna.

The skin is the body's largest organ and an important part of the body's detoxification system. Saunas melt the fat layer in the skin, allowing the oil to ooze out of the oil glands along with its cargo of accumulated fat-soluble toxins. Over time, it is possible to reduce one's toxic load substantially as well as to keep it low. In addition water-soluble toxins are lost in the

sweat, including heavy metals like mercury. Why is the sauna better than a steam room? Because the sauna heats your body directly vs heating the air, you will be able to spend longer in the sauna. Longer is necessary because the oils take more time than sweat to ooze out onto the skin. After completing the sauna, it is essential to wash off with a good castile soap, such as Dr. Bronner's. This washes off the toxins so they do not reabsorb into the skin.

Saunas are available at gyms and health clubs. If you use one of these commercial saunas, lie prone on the lowest bench. This will expose your body to a manageable temperature, allowing you to spend more time. I recommend starting slowly and gradually working your way up to an hour or more. When I was recovering my own health, I would sauna four or five times a week. Saunas played a critical role in reducing my toxic overload and restoring my health. Many people sauna for 30 minutes five times a week as maintenance; I stay in for 60 minutes. You can use that same time to do other healthy things such as eye exercises or meditation.

For several years, I searched for a home sauna. I rightly believed that, absent the inconvenience of driving to the gym and competing for space in the sauna, having a home sauna would encourage more frequent use. I could not find a sauna that met my standards. Most home saunas are toxic. They are constructed of materials, such as cedar, redwood, poplar, plywood, particle board, and solvent-based adhesives, sealants, and lacquers, that offgas toxic chemicals. Since the purpose of the sauna is to get rid of toxic chemicals, sitting in a toxic sauna is counterproductive.

My years of searching have finally paid off. I have just approved and can now recommend a truly superior sauna that meets my standards for quality, safety, and effectiveness. This is an infrared sauna that is easy to assemble or disassemble. It comes in a variety of sizes from a 50 inch wide two-person unit up to an 85 inch wide six-person model. It is economical and works off 110 volt current. It takes only 10 or 15 minutes to warm up. It can be kept indoors or outdoors. I keep mine in the garage.

Some of the features that make this particular sauna so special include its use of far-infrared as the heat source. Far-infrared has been extensively studied and has been found to have numerous health benefits. It is the same as the warming rays of the sun, and it helps the body to rid itself of toxins. Far-infrared easily penetrates human tissue, creating a natural resonance with water molecules having many beneficial effects. Infrared saunas require less electricity than a conventional hot-rock sauna. They are more economical, they heat up faster, and the units will run on ordinary house current. The heating elements of this particular sauna are patented and unique. They are the largest in the industry and they spread

heat more evenly. Their bigger size allows them to operate at a lower temperature, making it possible to emit more of their energy around the 9.4 micron range—the frequency at which water molecules vibrate. Causing water molecules to vibrate facilitates the release of toxins held by the water, making this an excellent way to get rid of toxins such as mercury, a contributor to many disease problems. All these factors and much more contribute to the superior performance I was seeking.

As mentioned before, most home saunas are toxic. The one I have identified is made of the most nontoxic hypoallergenic wood available. There are no toxic adhesives, sealants, or lacquers used in its construction; it is made of solid wood. The electrical cables are shielded in steel conduits to reduce exposure to electromagnetic fields. It even has a wonderful am/fm/cd stereo system, and its heaters, controls, and cabinetry are guaranteed for life. This high-quality unit is competitively priced, offering an extraordinary value.

Toxicity is one of the two causes of disease. By reducing toxic load, saunas help to prevent and reverse diseases of every description. In addition to cellular detoxification, far-infrared saunas have been demonstrated to assist with:

- Pain Relief
- Weight Loss
- Cardiovascular Conditioning
- Increasing Circulation
- Lowering Blood Pressure
- Lowering Cholesterol
- Stimulating Immune Response
- Reducing Stress
- Speeding Injury Repair
- Joint Stiffness
- Skin Cleansing
- Reducing Cellulite

In addition, some alternative physicians use far-infrared saunas to reduce biochemical cancer markers in their patients. Beneficial results, similar to expensive European hyperthermic cancer treatments, have been obtained.

It is important to keep hydrated when using a sauna. Drinking pure water before, during, and after is recommended. Excessive water loss can disturb normal heart rhythms and also cause dizziness, nausea, and fatigue.

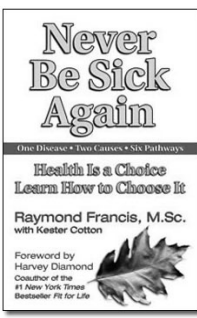
Many people do not like saunas, and many with health problems cannot tolerate them. Their experience with conventional saunas is that the excessively hot air is too harsh and uncomfortable. Even under these harsh conditions, the heat penetration from conventional saunas is superficial, penetrating only a few millimeters. Infrared saunas are a completely different experience. The infrared heats you rather than the air so the penetration is over one and a half inches deep. This is desirable for healing tissue and releasing toxins. Meanwhile, the air temperature is kept at a comfortable and controllable level—110 to 120 degrees versus 130 to 180 degrees in a con-

ventional sauna. Much more user friendly!

Every American should sauna on a regular basis because the therapeutic value of this practice is absolutely enormous. Studies show that a combination of daily exercise, nutritional supplements, and a regular sauna has a powerful beneficial effect on health. With almost every American in toxic overload, a regular sauna is not a nicety, but a necessity for those who care about health. There is simply no other way to achieve the required detoxification. Weight loss is another issue. Most Americans are overweight and an infrared sauna can burn up to 600 calories in 30 minutes, without moving a muscle, providing an excellent weight-loss program. For those who can afford it, you should have one in your home, just as I do. If you hesitate at such an expensive purchase, consider this: toxic overload is one of our leading causes of disease and a sauna is cheap compared to the cost of having chronic fatigue, fibromyalgia, heart disease, chemical sensitivity, cancer, chronic pain and so many other problems. For those who cannot afford one or do not have room for a sauna, then regular visits to a sauna facility is a must.

For more information or to purchase one of the *Sunlight Saunas* home sauna models I have approved, call Beyond Health at: 800-250-3063

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



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**Question:** I have celiac disease and I have been off of gluten for almost a year. I have been very careful about avoiding gluten. Unfortunately, I still have lots of symptoms and my doctor has no suggestions. Do you have any suggestions?

H. A. — Chapel Hill, NC

**Answer:** There exists today a pandemic of bowel disease that sometimes manifests as celiac disease (gluten intolerance). As you are surely aware, celiac can be quite serious, but it is usually controlled by carefully avoiding the gluten found in grains such as wheat, rye, barley, and oats.

There are many contributing factors to the development of celiac disease including our excessive consumption of wheat, our poor diets, and our consumption of chlorinated drinking water. However, the most important cause of bowel diseases may be the irrational use of antibiotics by our physicians. Antibiotics damage the natural balance of the bacteria in our digestive systems, causing overgrowth of abnormal flora, disrupting gut tissue, and causing food sensitivities.

When someone is sensitive to gluten and is still showing symptoms after removing gluten from the diet, the most likely cause is the continued overgrowth of abnormal bacteria in the small intestine. In fact, an Italian study published in a 2003 *American Journal of Gastroenterology* found that people like you, who continued to experience symptoms such as diarrhea and gastric pain after removing gluten from their diet, were found to have an abnormal overgrowth of bacteria in the small intestine.

You need to find a local alternative health practitioner who knows how to measure for such an overgrowth. Then start a regimen that includes something to help kill those particular bacteria as well as supplementing with a Perque Dophilus, FOS, essential fatty acids, Perque Endura Guard and Perque 2.

**Question:** I read an article that said everyone should be taking probiotics on a daily basis. I was wondering what you might think of that.

M. B. — Milwaukee, MI

**Answer:** This is a very complex subject, and unfortunately there is not a lot of research in this area. I don't think we even begin to understand all the critical functions that intestinal microorganisms play in our health and longevity. There are more microorganisms in our digestive systems than there are cells in our bodies. This alone should tell us something about the importance of these organisms. For the average person, it is very possible that daily consumption of a high-quality probiotic could be useful, but I think it is essential for those with digestive problems.

Not having a laboratory and the money to do the research, I can only speculate that, most likely, very few Americans have normal flora in their digestive system and that this is a huge contributor to our chronic disease epidemic. First of all, breast feeding is crucial to the establishment of normal flora. Many people in our society have not been breast fed or were

breast fed for only a brief time. In addition, we drink chlorinated water that damages the bacterial balance, and then we are exposed to antibiotics and other prescription drugs that totally destroy the natural balance. Very few of us end up with the normal balance of the bacteria we should have in our digestive systems.

Abnormal flora may even be contributing to our obesity epidemic. For example, the meat industry has known for a long time that feeding animals probiotics reduces the fat content of the meat and increases the amount of lean meat. Abnormal flora may also contribute to cancer. Abnormal flora, especially yeasts, can cause estrogen molecules to detach from bile and be reabsorbed into circulation where the excess estrogen can cause breast and prostate cancer and uterine fibroids.

All that being said, daily supplementation with a high-quality probiotic may indeed be a good idea. We have to remember that, historically, humans were exposed to large amounts of "good" bacteria in their normal diet. Today, the "bugs" we are exposed to in our diet are the wrong ones due to modern food processing and distribution practices. To make matters worse, several studies have found that 85 percent of the probiotics on the market are biologically useless. The brands I recommend are Natren and Perque. (Perque is available at Beyond Health).

**Question:** My wife burns a lot of candles during the holidays. Breathing those fumes seems to bother me. Are these things safe?

A. R. — Milwaukee, MI

**Answer:** No they are not safe, and burning a lot of candles is not a good idea. Most candles are made from paraffin. Paraffin is made from a mixture of petroleum refining byproducts. When a candle burns it gives off a toxic mixture of volatilized hydrocarbons, soot, and numerous other combustion products. Some have compared it to breathing diesel fumes. It is not a good idea to be breathing this stuff, especially if you are burning a lot of them at the same time. I strongly recommend against it.

However, your wife can still enjoy her candles. Simply use beeswax candles. Beeswax does not produce the soot and petroleum hydrocarbons of the paraffin. These candles have the additional advantage of not burning as fast, so they last longer. Beeswax candles cost more, but they are worth the extra cost. They are healthier, they do not deposit soot all over your house, and you do not have to replace them as often. One caveat with beeswax candles is they can be labeled as beeswax if they contain a minimum of 51 percent beeswax and the remainder paraffin. Be sure to ascertain that the candles you are purchasing are indeed 100 percent beeswax.

**Question:** I heard you say that carrageenan is not safe to eat. Yet it is a natural product made from seaweed. What is wrong with it?

S. H. — Hartford, CT



**Answer:** Carrageenan is a complex polysaccharide made from seaweed. It is an FDA approved binding agent used in products such as toothpaste, baked goods, bread, candy, and ice cream. However, that doesn't necessarily make it safe. Carrageenan is known to increase the production of free radicals, causing inflammation. In fact, researchers use carrageenan to induce inflammation in experimental animals. Since inflammation is a common denominator of all chronic disease, it is likely that carrageenan contributes to disease of every description. In cancer research, animals given carrageenan develop more tumors that grow faster and spread more widely—carrageenan promotes cancer.

At the very least, anyone at risk for ulcers or colon cancer should not be consuming an inflammation promoting chemical that will be in direct contact with digestive system tissue. There is no reason to assume carrageenan is safe, and there are many animal experiments that indicate it is not safe. I prefer to err on the side of safety, and that means avoiding carrageenan.

**Question:** What can I do to prevent kidney stones?

N. R. — West Palm Beach, FL

**Answer:** Kidney stones can be an extremely painful disease, but like any disease, no one should have kidney stones. They are the result of eating a bad diet. The first thing to do is get off the Big Four: sugar, white flour, processed oils and milk products.

Sugar and white flour cause kidney stones by increasing the insulin content of the blood. This in turn increases the amount of calcium in the urine, which can be used to make stones. Cola drinks are known to contribute to kidney stones, both through the sugar and the phosphoric acid they contain. Coffee and acid-forming diets (high meat diets) are also known to contribute by causing calcium losses through the urine.

To prevent stones, eat an alkaline diet consisting of fresh vegetables, fruits, nuts, and seeds. Take high-quality supplements including B vitamins, vitamin C, vitamin A, vitamin E, selenium, magnesium, and lipoic acid. A new study in the *Journal of Nutritional Biochemistry* has found that vitamin E and selenium both act to suppress the levels of enzymes that are responsible for the formation of oxalates out of which most stones are made. At the same time, levels of beneficial SOD (superoxide dismutase), catalase, and glutathione peroxidase increased.

**Question:** I am using high-lignin flaxseed oil to prevent cancer. Am I doing the right thing?

L. J. — San Francisco, CA

**Answer:** It would appear you are doing the right thing. It has been known for some time that lignin helps to prevent cancer. However, two new studies in the *Journal of the National*

*Cancer Institute* add credence. Lignins are weak plant-based estrogens which act to block the activity of stronger estrogen hormones. This has an effect on estrogen driven cancers such as breast and endometrial cancers. In these studies, lignan was found to lower cancer risk by 43 percent in post-menopausal women. Lignan is contained in grains and seeds.

A chemical cousin of lignins are a class of compounds called isoflavones. Soy is the richest source of isoflavones. Japanese women consume 700 times as much isoflavones as do Americans, and isoflavones have been found to decrease cancer risk by 56 percent in post menopausal women.

**Question:** I recently got a job in a copy shop. I have not been feeling well since then. Is there anything in these shops that could be causing this other than a few toxic coworkers?

M. S. — Phoenix, AZ

**Answer:** Yes there are many things in a copy shop that can cause problems. The toner gives off a variety of toxic fumes. Another pollutant is ozone, created by the operation of the machines. A 2003 study in *Biomedical and Environmental Sciences* looked at the problem of ozone in copy shops and found copy operators had low blood levels of antioxidants such as vitamins C and E and also low levels of beneficial glutathione peroxidase and superoxide dismutase. As would be expected, these same people exhibited high levels of lipoperoxide, a marker of free-radical activity and damage. The researchers concluded, "there exists a series of free radical chain reactions and pathological oxidative stress induced by high dose ozone in the operators, thereby causing potential oxidative and lipoperoxidative damages in their bodies."

From the above, it would appear that a copy shop is not a healthy environment in which to be working. You might be advised to start looking for another job in a safer environment. At the very least, be sure to take high quality supplements such as Perques and Unique E.

Readers are invited to ask questions.

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

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