

# BEYOND HEALTH<sup>®</sup> *News*

January — February

2004

## "Vitamin C is the premier antioxidant and arguably the premier nutrient in the body."

— Thomas E. Levy, M.D.

*Vitamin C, Infectious Diseases, & Toxins*

### Colorado Radio Listeners

*Now on Saturday...*

The *Beyond Health Show* has changed broadcast time in Colorado. Hear us Saturdays from 11 am to noon on KLMO, 1060 AM in Denver and Boulder; KWYD, 1580 AM in Colorado Springs; KSKE, 610 AM in Vail; KDMN, 1450 AM in Buena Vista; and anywhere in the world 24/7 at beyond-health.com.

### On Diet and Obesity

*Good and bad news...*

The good news is Americans are consuming more fruits and vegetables. A new study by a market-research firm NPD Group, Inc. has found that Americans are eating 5 percent more vegetables and 6 percent more fruit than last year. Salad consumption at restaurants grew, mostly as a result of salads being offered at fast food chains.

Now here's the bad news. Americans also ate dessert more often in 2003. Pizza consumption also rose to 5.8 per-

cent of all dinners; this is double the percentage in 1985. More pizza and more desserts equal more fat. Sure enough, Americans are not just getting fatter; they are ballooning to *extreme* obesity at an alarming rate.

Researchers at Rand Corp. have found that the number of extremely obese adults has increased twice as fast as the number of ordinary obese adults. Extreme obesity, once a rare condition, is now becoming commonplace. Lack of exercise and overeating the wrong foods are having a devastating effect on our population. Sugar and white flour are the two biggest contributors to this tragic epidemic.

### Exercise Boosts Brains

*Fitness slows decline...*

Previous studies have found that exercise improves problem solving and other cognitive abilities in older adults. Now differences in brain structure have been measured. A study in a 2003 *Journal of Gerontology: Medical Sciences* used magnetic imaging technology (MRI) to measure physical differences in the brains of older adults who exercised versus those who didn't. Turns out, there were distinct differences, and exercise helped to prevent decline in the density of gray and white matter. Furthermore, the observed decline in these tissues closely matched measured declines in cognitive performance.

For those who are feeling remorse over not exercising more, here is some good news. A 1999 study in *Nature* found that people over age 60, who were previously sedentary, were able to significantly improve their mental-processing abilities by walking rapidly for 45 minutes three days a week. BHN suspects that rebounding would help as

well. Cells must be moved and stretched every day or they will not function normally. Exercise is not an option, it is a must! Both physical and mental health depends on it.

### Destroying Your Food

*Microwaving does it...*

BHN has reported extensively about the problems associated with microwaving food, including the production of toxins and the extensive loss of nutrients. Raymond Francis devoted a section of his book *Never Be Sick Again* to the hazards of microwave cooking.

Now, a new study in the November issue of the *Journal of the Science of Food and Agriculture* adds to what BHN has been telling you. This study found extensive loss of nutrients in microwaved vegetables, including the destruction of precious, cancer-fighting antioxidants. For example, microwaved broccoli lost a whopping 97 percent of its flavonoids. Flavonoids are a class of compounds found in fruits and vegetables that exhibit diverse beneficial biochemical and antioxidant effects including: antitumor, anti-inflammatory, antioxidant, antiviral, anti-allergic, and antiplatelet (inhibiting the aggregation and adhesion of blood platelets). Higher intake of flavonoids is associated with lower rates of stroke, heart disease, and cancer. We need to maximize the amount of flavonoids in our diet rather than destroying them through microwaving.

Fresh vegetables are an essential part of a healthy diet. Microwaved vegetables may still look the same, but their nutrient value has been mostly destroyed. Even water heated in a microwave may be detrimental to health. Previous studies have shown that

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microwaved water retains abnormal energy that is released in the body and that microwaved food has health-damaging effects, damaging the immune system and the blood's ability to carry oxygen. Preferably, vegetables should be eaten raw; eat lots of salads. For those who insist on cooking, steaming vegetables for only a few minutes will result in the least damage to the nutrients. Steaming broccoli causes an 11 percent flavonoid loss compared to as much as to 97 percent in the microwave. Taking supplemental flavonoids (quercetin) is a good idea. Among its many properties, quercetin is known to inhibit cancer, and the highest quality quercetin is available through Beyond Health.

**Parents Harming Children**

*Children fed toxic garbage...*

The diet being fed to American children is catastrophic. About one third of children under two years of age eat no fruits or vegetables, and among the other two thirds who eat vegetables, health damaging french fries are the most common selection.

A shocking study presented in October at a meeting of the American

Dietetic Association found that by 19 months of age, 70 percent of our children were fed dessert or candy at least once a day. Forty percent had a sugary fruit drink and 10 percent had a soda, every day. Seventeen percent were being fed fruit juice before six months of age. Significant numbers of our infants and toddlers were found to be "drowning in french fries, pizza, candy, and soda." Twenty percent were being fed toxic and allergenic cow's milk before 12 months of age.

The result is our children continue to get fatter and fatter and sicker and sicker. Children between the ages of one and two require about 950 calories per day. This study found that the median intake in this age group was 1,220 calories—an excess of nearly 30 percent! No wonder childhood obesity and diabetes are skyrocketing. The health of the American people is in a long-term decline. The decline will continue as long as we continue to feed toxic garbage to our children.

**Abortion Bombshell**

*Too sensitive to touch...*

Since 2001, there has been convincing evidence that *abortion causes cancer*. So why haven't you heard about it? This information is simply not being disseminated to the public. George Lundberg, M.D., former editor of the *Journal of the American Medical Association*, told an interviewer that abortion is a sensitive issue that has been on the AMA's "don't touch" list for many years. In fact, the AMA "doesn't have a policy at all" for informing women about abortion/breast cancer research.

Out of 37 abortion/breast cancer research studies, 27 have now determined a link between abortion and breast cancer. To cap it off, in 2001, an especially troubling report was prepared and published by a group of collaborating researchers from the National Cancer Institute, the Centers for Disease Control, the American Cancer Society, and the North American Association of Central Cancer Registries. The report concluded that *abortion and breast cancer are linked*. A review of the report by Joel Brind, Ph.D., professor of biology and endocrinology at City University of New York, caused him to conclude:

"Abortion can explain the entire rise in breast cancer since the mid 1980s."

Unfortunately, due to the politics of the situation, this information is being kept under wraps, and women are being put at risk unknowingly. BHN believes strongly that information such as this should be made available to the public. Such important decisions should be made with all the available information.

**Skin Cancer Risk**

*Doubles with sun lamps...*

In the midst of winter, tanning with the aid of sunlamps can be very tempting. Don't succumb to the temptation! About one million people are diagnosed annually with skin cancer in the U.S., and tanning lamps can more than double the risk of common types of skin cancer. A study in the *Journal of the National Cancer Institute* found that people who used tanning devices were up to 2.5 times more likely to develop skin cancer.

The tanning industry has always maintained that as long as you didn't burn, you were OK. This study shows this is not true. Dr. James Spencer, vice chairman of the department of dermatology at Mt. Sinai Hospital in New York said, "It is actually worse to go to the tanning parlor and get a little bit each day than it is to get infrequent sunburn."

Animal studies have long indicated this problem, but this is the first study that actually measured what happens in people. Sunlamps increased the incidence of both basal cell and squamous cell cancers.

**Weight Gain and Heart Attacks**

*Gain increases risk...*

Overweight people who gain as little as four to eight pounds significantly increase their risk of heart attack according to a study in the *New England Journal of Medicine*. Amid growing scientific recognition of the dire health consequences of extra weight, our population continues to add pounds. Obesity doubles the risk of heart attack, and being more than ten pounds over your normal weight increases your risk of all disease.

Two out of three Americans are now overweight or obese. This is a national health problem that is getting worse every year and affecting younger and

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younger people; we have the fatter children in the world. Fortunately, losing weight is very simple: Get off the Big Four (sugar, white flour, processed oils, and milk products), take high-quality supplements, eat lots of fresh vegetables, fast one day a week, and exercise daily.

## Medicine Waking Up

*Placebos are in...*

For years, some researchers have postulated that the perceived benefits of prescription drugs resulted almost entirely from the placebo effect and not to any benefits from the drugs themselves. Given how toxic prescription drugs are, it is a wonder there have ever been any benefits at all. At long last, the pharmaceutical industry is waking up to this reality. Their response: market placebos. Placebos will do just as much good without the toxic side effects, which kill and injure millions of people every year.

The FDA has approved placebos for a variety of ailments, and drug companies are marketing them. Eleven major drug companies have developed placebos. Drug analysts are projecting that sales will top \$25 billion this year (yes, you read it right, that's \$25 billion for sugar pills). Here is what a spokeswoman for the AstraZeneca drug company has to say, "Studies show placebo to be effective in the treatment of many ailments and disorders, ranging from lower-back pain to erectile dysfunction to nausea. We couldn't be more thrilled to finally get this wonder drug out of the labs and into consumer's medicine cabinets." "Wonder drug"? "Out of the labs"? Are these people living in *Alice in Wonderland*? When you call a placebo a wonder drug, this is the ultimate admission of the failure of prescription drugs.

As the absurdity of modern medicine continues to unfold to the public, drug companies are even arguing over whose placebo is the most effective. "All placebos are not the same," claimed Giles French, a spokesman for Eli Lilly. French went on to say that Lilly's product Pacifix was superior because "it is the only placebo that's green and shaped like a triangle." Perhaps the standard American diet has done even more brain damage than we think.

## Heart Disease and Alzheimer's

*New connection...*

During the last year, much to the surprise of modern medicine, connections were found between Alzheimer's and diabetes and between Alzheimer's and heart disease. If only these researchers were up to date and knew that there is only one disease, that all diseases are the same, they would save a lot of time and money and we would all be better off.

As it turns out, a wealth of new evidence suggests that what is good to prevent heart disease is also good to prevent Alzheimer's. It seems that diet, exercise, blood pressure, cholesterol, and other parameters play a much larger role than previously thought. A diet rich in fish, antioxidants like vitamins E and C, vegetables, whole grains, and low in processed fats and oils was protective against both diseases. The researchers were wondering what the connection was between heart disease and Alzheimer's, and *if it was possible that healthy living was good for all parts of the body*. BHN says if they have to wonder about that, we should wonder what schools these people went to and how they managed to graduate.

## Trans Fatty Acids

*No safe amount...*

New findings by the institute of Medicine at the National Academy of Sciences claim that *there is no safe level of trans fatty acids*. With the exception of very small quantities in some dairy products, trans fatty acids are not found in nature. They are formed when an oil is hydrogenated (never consume a hydrogenated oil) or when oils are processed at high temperatures (this is why processed supermarket oils are on our Big Four list to avoid).

Margarine, vegetable shortening, and most baked goods contain trans fatty acids. Foods cooked in oils at high temperatures will also contain trans fatty acids. This is one reason why "foods" such as french fries, fried snack foods such as potato chips, doughnuts, and other fried foods are so dangerous to health.

The FDA has calculated that if trans fats were removed from all margarines and from just three percent of commercial baked goods, it would prevent

17,000 heart attacks annually. In truth, it would save a lot more than that because trans fats also cause cancer and diseases of every description. Just imagine what would happen if we removed them from 100 percent of our foods. Since there is no safe level, removing them completely from our diet would have a substantial and lasting effect on the health of our people.

## Migraines and Oils

*Substantial improvement...*

Virtually all disease is inflammatory in nature. Working to prevent and reverse inflammation is a good strategy for any disease, including migraine headaches. A study in the *Journal of Adolescent Health* found that feeding migraine patients anti-inflammatory omega-3 fish oils and olive oil helps to reduce the frequency, length, and severity of migraines. After two months on the program, 87 percent of the patients had fewer migraines, 74 percent had shorter, and 83 percent suffered less severe headaches.

It appears that the highly inflammatory American diet helps to promote migraines. Getting off the inflammatory Big Four (sugar, white flour, milk products, and processed oils) is essential. The highly inflammatory oils in our diet, oils such as corn, sunflower, safflower, soy, most olive oil, and all hydrogenated oils should be avoided by everyone, not just migraine patients. High quality fish, coconut, flaxseed, and olive oils are recommended. (Check with Beyond Health for approved brands.)

## Metal Allergy Epidemic

*Linked to body piercing...*

For more than a decade, the number of Americans getting their bodies

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pierced has been steadily increasing. As the body-piercing movement continues to grow, physicians are seeing an ever-increasing number of metal allergies caused by intimate exposure to body jewelry containing chromium, cobalt, and nickel. Body jewelry made of nickel and stainless steel are the worst offenders while pure gold is the least.

As reported in *Internal Medicine World Report*, many people are experiencing a poison ivy type reaction with weeping and oozing at the site of contact. Most of these reactions are not serious, but some of them are and they should be avoided. Most young people are not aware of the risks.

Nickel is the most allergenic, and it is also a known carcinogen. In addition to nickel, the cobalt and chromium found in most of the jewelry used in body piercing are also allergenic. The quality and the mixture of metals play a role as well. Surgical-grade stainless steel and titanium are less allergenic than the alloys commonly used for costume jewelry. Piercing is not a good idea, but if people want to do it, pure gold is the best choice of metals.

### CA Pesticides Up 14%

*Carcinogens up too...*

In October, the California Department of Pesticide Regulation issued its latest annual report, and the news is bad. Pesticide use in California increased 14 percent in 2002. In 2002, 172 million pounds were used, up from 151 million in 2001.

It is staggering to contemplate what 172 million pounds of highly toxic chemicals being sprayed into the environment are doing to us. Is it any wonder that the amount of disease in America is astonishing? In addition to polluting the environment, these chemicals also kill the useful bacteria in the soil that help to make minerals bioavailable to the plants; so we lose in two ways. The use of these chemicals results in both deficiency and toxicity—the two causes of disease.

Analyzing the components of the total pesticide tonnage yields even more bad news. The amount of pesticides classified as carcinogens increased by 3.4 million pounds, those classified as reproductive toxins increased by 1.8 million pounds, and the amount classi-

fied as ground-water contaminants increased by 220,000 pounds.

All of this craziness could be stopped almost instantly. All we have to do is stop shopping at supermarkets and insist on organically grown food, which is better for you anyway.

### Preventing and Arresting AMD

*Use antioxidants and zinc...*

A study in the November Archives of *Ophthalmology* found that if all people at risk for age-related macular degeneration (AMD) took supplemental antioxidants and zinc, there would be a considerable health impact over the next five years. The combination of antioxidants and zinc have been shown to both prevent and to reduce the progression of AMD. In truth, this combination would do much to prevent all disease, not just AMD.

Vitamin C is critical. Vitamin C is highly concentrated in the eye and has been shown to absorb UV radiation in a dose dependent manner. Also important are vitamins A, B complex, and E. Mixed carotenes, fish oil, and zinc are also essential parts of the total synergistic package. To prevent and reverse AMD, BHN recommends getting on the Beyond Health Comprehensive Program along with the extra supplements specific to AMD.

### Meditation Boosts Immunity

*Ancient wisdom upheld...*

People in Eastern societies have known for thousands of years that meditation is good for you. However, in Western culture, only a minority practice it. Modern science has consistently found that meditation is good for you, and a new study in the *Journal of Psychosomatic Medicine* has found that meditation has a beneficial and lasting effect on the immune system. Dr. Richard Davidson and colleagues at the University of Wisconsin have found that even a short eight week training program in meditation can boost the body's immune system for up to four months. In addition, the meditation changed brain activity in areas associated with positive emotion, more electrical activity was measured in the areas of the brain associated with positive emotions.

BHN highly recommends daily med-

itation for everyone. Children should be taught this practice at an early age so they can benefit for a lifetime.

### Cancer Protection

*Vitamin B6...*

New research reported in the *Journal of Experimental Biology* suggests that additional dietary vitamin B6 could lower the risk for at least several types of cancer. Vitamin B6 plays a critical role in DNA synthesis and repair, and daily repairs of DNA are essential to prevent cancer. The researchers found that as the amount of vitamin B6 in the diet increased, body levels of the vitamin increased and DNA damage decreased. Benefits were observed beginning in the first month of consuming increasingly higher levels of B6.

This study also suggests that the RDA for B6 is too low. In the fourth month of the study, when the best results were observed, participants were taking *seven times* the RDA. BHN has always recommended at least two Perque 2s per day, which supplies enough B6 for most people.

### Generosity Is Good

*Virtue—its own reward...*

It is more blessed to give than to receive according to a recent University of Michigan study in Psychosomatic Medicine. The evidence suggests that helping others improves physical well-being, longevity, and mental health. Among a group of elderly couples, those who helped others, even if it was only emotional support, were only half as likely to die as those who did not.

Researchers have long known that social contact is healthy. Isolated and lonely people are more likely to have higher levels of stress hormones, such as cortisol. This is immunosuppressive and damages health. Helping others appears to release good hormones called endorphins, which enhance health and make you feel good. Generosity has always been a good idea, and now science is confirming that it enhances the health of the giver.

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# Amazing C

by Raymond Francis

Vitamin C is perhaps the most miraculous molecule you can put into your body. Yet almost all Americans are deficient in vitamin C, and this is contributing significantly to our epidemic of chronic disease. This amazing vitamin is very special because it has the ability to donate or accept electrons easily, thereby facilitating the flow of electricity (electron flow) in the body. Electron flow controls and regulates the body's functions by promoting cell-to-cell communications. Disease happens when electron flow is impaired; life ends when electron flow stops. Insufficient vitamin C will impair flow, and this is why vitamin C deficiency is a significant contributor to disease. It is also why adequate C will both prevent and reverse disease. When electron flow is optimized, health and vitality are optimized; adequate vitamin C is vital to health. The problem is this: most of us do not get enough C on a daily basis. To make matters worse, many vitamin C supplements are potentially harmful.

Vitamin C's many roles in the body are so basic to healthy function that it is almost a universal wonder drug. It is a powerful antioxidant, anti-inflammatory, antiviral, and anticancer compound. No matter what ails you, adequate amounts of vitamin C will help. Many "incurable" conditions have been cured simply by providing sufficient vitamin C.

According to Thomas Levy, M.D., author of *Vitamin C, Infectious Diseases, and Toxins*, "vitamin C is the single most important nutrient" and vitamin C deficiency "will facilitate the development of nearly all chronic degenerative diseases." Levy also proposes that vitamin C deficiency is the primary cause of most infectious diseases.

Almost all infectious diseases can be both prevented and reversed by adequate amounts of vitamin C. Infections deplete vitamin C. This is why people who die of infections often die of complications caused by depleted vitamin C, such as internal bleeding. Levy writes, "Vitamin C is undoubtedly the ideal agent for treating any viral infection...prompt administration of very large doses of vitamin C can bring back heavily infected individuals from even comatose states, resulting in complete cures." While modern medicine administers health-damaging antibiotics and vaccinations to protect us from infections, adequate amounts of vitamin C will safely prevent and reverse almost all infections.

Toxicity is one of the two causes of disease. Vitamin C works to neutralize the effects of toxins. Toxins harm us by producing free radicals that damage DNA and body tissues and also by depleting vitamin C. By depleting vitamin C, the patient dies of vitamin C deficiency. Vitamin C interacts with toxins to render them harmless and also helps repair damage done by toxins. Vitamin C is the treatment of choice for virtu-

ally any toxic problem, be it snake bite, spider bite, carbon monoxide poisoning, pesticide exposure, or heavy metal poisoning.

Vitamin C may be the most important molecule we can put into our bodies to get well, stay well, and maintain optimal health. Regardless of diagnosis, vitamin C is so basic to human biochemistry that obtaining adequate amounts of vitamin C should be the foundation of any wellness strategy. The challenge is to make sure you are getting enough. Always take vitamin C on a daily basis, and always be sure to take enough. Dr. Levy recommends a minimum of 6000 mg of vitamin C per day. (How much are you taking?) Most adults will need more than 6000, perhaps 10,000 or 12,000. Anyone with a health problem would be wise to take an amount called "bowel tolerance." To determine bowel tolerance, take vitamin C in divided doses throughout the day until excessive gas or loose stools are encountered. Reducing the dose to where this does not happen is bowel tolerance. In some people that might be 10,000 mg. In an acutely ill person, it might go as high as 100,000 mg or more.

In acute situations involving serious infections or toxic exposures, it may not be possible to obtain sufficient vitamin C orally. In these cases, intravenous vitamin C is necessary. Problems such as AIDS, cancer, carbon monoxide poisoning, hepatitis, mushroom poisoning, polio, SARS, Lyme disease, or West Nile disease all require large doses of both oral and intravenous vitamin C. Intravenous doses as high as 50,000 to 100,000 mg per day may be necessary to address these problems.

When taking large amounts of anything it is essential to make sure that what you are taking is very pure. Unfortunately, this means you cannot go out and just purchase vitamin C off the shelf at the health food store. Most vitamin C is made from corn. Corn is a major allergen, and for those who are allergic to corn, corn-based vitamin C may stress the immune system. In addition, most vitamin C products are not manufactured and handled with sufficient care; they often contain too much oxidized vitamin C, which can be harmful. Products such as Ester C contain as much as 10 percent oxidized vitamin C—not a good choice. I take and recommend Perque C because it is the purest I have found. To reverse disease and to achieve optimal health, optimal amounts of vitamin C are essential.

*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.*

**Question:** I am considering the purchase of an Ionic Breeze air filter from the Sharper Image. I was wondering what you thought about these filters.

J.R.C. — San Francisco, CA

**Answer:** Sharper Image has sold a lot of these Ionic Breeze units, and there is no question they remove fine particulates from the air and have been of benefit to a lot of people with inhalant allergies. However, I do not recommend them. My concern is they produce ozone, which is a harmful air pollutant. In my opinion, it is all too easy with these units to become exposed to harmful levels of ozone. For example, running these units in a room with the doors and windows closed will build up concentrations to where you can smell the ozone. I don't think this is a good idea. I prefer to err on the side of safety since damage to lung tissue by ozone is irreversible.

Low-level exposures to ozone have been shown to cause significant temporary decreases in lung capacity. People with lung disease or asthma would be particularly at risk. Some asthmatics are particularly susceptible to ozone toxicity. Population studies on humans showed that long-term exposures to low-level ozone can lead to permanent reduction in lung capacity, while animal studies has shown that chronic high-level exposures can cause permanent structural damage to lung tissue. Research shows that long-term low-level exposure to ozone will reduce lung capacity. Humans exposed to 0.5 ppm (parts per million) for three hours a day, six days a week, for twelve weeks showed significant changes in lung function. Animals exposed to 1 ppm for just two days suffered lung damage.

The U.S. National Ambient Air Quality Standard is an hourly average of 0.12 ppm. I think this standard is far too high. My rule of thumb is this: if you can smell it, it's too much. The odor of ozone becomes obvious at about 0.05 ppm. Short-term exposures to little more than this can cause increased sensitivity to airborne allergens and irritants. In one study, increased bronchial response was measured following seven hours of exposure to 0.08 ppm of ozone, and the effects lasted for 18 hours. Given that the effects at 0.08 ppm are not far above the 0.05 ppm detection threshold, one could easily be exposed to these amounts without being aware. To make matters worse, you can't always trust odor as a reliable indicator. Ozone will initially produce a sharp odor, but after a brief period of continuous exposure, it dulls the sense of smell. Ozone concentrations could increase and you would not necessarily detect it.

The Ionic Breeze units do produce detectible levels of ozone. If one were to put them in a room, close the door, and come back in several hours, the odor would be powerful. Depending on the size of the room and how much air is circulated, concentrations could be far too high. Sleeping in a bedroom with the door and windows closed would expose one to ozone concentrations that are, in my opinion, too high and unhealthy. Especially putting a unit in a small room, like a

bathroom, could produce substantial concentrations.

Should you decide to purchase a unit anyway or for people who already own one, there are some things you can do to protect yourself. First make sure you are taking plenty of antioxidants such as vitamins E and C. Continuous exposure to ozone does damage because it overwhelms the body's antioxidant defense system. Giving that system all the raw materials it needs to do its job will help a great deal to protect you from harm. Secondly, do not run the unit on high. Run it at the low or medium setting, thus producing less ozone. Thirdly, do not sleep or remain in a room with the door closed.

By the way, I am working on approving an air filter. Beyond Health will have them available for sale in the near future.

**Question:** What can I do for rheumatoid arthritis?

C.E. — McLean, VA

**Answer:** Rheumatoid arthritis, like all chronic diseases, is inflammatory and autoimmune in nature. The solution is to strengthen and normalize the immune system. This can be done, but how to do it varies with the individual because no two people took exactly the same pathway to the diseased state. The health of your digestive system has to be carefully evaluated.

Things that anyone can do to both prevent rheumatoid arthritis and lessen the impact of this disease are to eat a good diet and get on a lot of anti-inflammatory supplements. A Mayo Clinic study demonstrated that older women who took supplemental vitamins C and E were up to 60 percent less likely to develop rheumatoid arthritis. A Swedish study found that arthritis patients who ate a Mediterranean diet for three months had significantly less pain and better joint function.

Dealing with arthritis, an inflammatory disease, demands that the patient be on an anti-inflammatory diet and on lots of anti-inflammatory supplements. The olive oil, fish, vegetables, and fruits in the Mediterranean diet are all anti-inflammatory. The sugar, white flour, processed oils, and milk products in our diet are all inflammatory. Supplements should include: bowel tolerance on vitamin C, 1600 IU of vitamin E, 3000mg of fish oil, 400mg of selenium, 400mg CoQ10, glucosamine and chondroitin sulfate, evening primrose oil, and 2000mg of methylsulfonylmethane. In addition, be sure to take four to six Perque Bone Guard per day, which contain copper. Many people with rheumatoid arthritis have a copper deficiency. One study in the *Journal of the American Medical Association* found that copper supplementation had an anti-inflammatory effect superior to aspirin. Copper-rich foods include oysters, crabmeat, brown rice, spinach, and beans.

**Question:** My doctor keeps insisting that I have a routine mammogram. I don't know what to say to him. I know I shouldn't have them, but I am weakening. Help!

S. L. — Novato, CA

**Answer:** Your doctor is probably reacting to the guidelines issued last year by the Department of Health and Human Services. These guidelines strongly recommended mammograms and lowered the age to 40 from 50 for when women should start receiving them.

The question as to whether mammograms are effective in saving lives has been debated for years. The controversy was renewed in October 2001 when scientists in Denmark reported serious flaws in seven large studies that documented supposed benefits. While the Americans acknowledged the flaws and admitted they were "problematic," they continued to recommend them saying the flaws were not serious enough to dismiss the studies.

Ultimately, it's your body and you have to make up your own mind. As far as I am concerned, my interpretation of the existing data is that mammograms are a leading *cause* of breast cancer and should be avoided. In the hands of a fully-trained practitioner, thermograms are a superior way to go.

**Question:** I am thinking about purchasing one of your newly-approved infrared saunas. I wondered if saunas would reduce the risk of cancer.

T. C. — Seattle, WA

**Answer:** The answer is yes. Saunas will reduce the risk of cancer, along with every other disease, because they reduce your overall toxic load. The average American is in toxic overload and is bioaccumulating several hundred manmade chemicals in their tissues. I look on saunas as a necessity because they are the only efficient way to get rid of these chemicals. Saunas were instrumental in my struggle to restore my own health, and I have used a sauna regularly for the last 17 years. Now that I have my own home sauna, I sauna more frequently.

According to Dr. Michael Evans, a professor of medicine at the University of Illinois, up to 80 percent of all cancers are the result of exposure to chemicals that are not themselves carcinogenic, but become so when they interact with other chemicals and genetic factors. This is what happens when we bioaccumulate these chemicals in our bodies; they interact, and that's why we need to get rid of them by using a sauna. In addition, some cancer specialists are using infrared saunas in their treatment of patients and getting good results in lowering the biological markers of cancer.

**Question:** If I am supplementing with flaxseed oil, do I also have to take fish oil?

N. L. — North Port, FL

**Answer:** Yes, you need to take both. Flaxseed oil contains smaller molecules out of which the body manufactures a variety of important products, including a larger molecule called DHA (docosahexaenoic acid). DHA is a major component of fish oil and it plays an extremely important role in brain chemistry.

The body synthesizes DHA using the alpha-linolenic acid in flaxseed oil. However, when our genes were designed, DHA was plentiful in our diet and so our genetic capacity to manufacture DHA is limited. Significantly, dietary DHA levels have declined about 50 percent over the last half century. That is why today it is almost impossible for us to manufacture sufficient DHA to meet the body's needs. To make matters worse, our capacity to make DHA diminishes with age. This is why fish oil supplementation is essential and why I recommend it along with flaxseed oil.

Without sufficient DHA, your brain will become dysfunctional. There are a number of indications that many of the neurological, mental, emotional, learning, and behavioral problems faced by our population are a direct result of DHA deficiency. Beyond Health carries the fish oil I have approved for my own use. This is something everyone in our society should be taking.

**Question:** I read in a news report that coffee was good for you. You take the opposite position in your book and newsletter. I was wondering what you thought of this new study.

A. A. — Columbia, MD

**Answer:** I think this is an interesting piece of deliberately misleading propaganda. What these researchers did was to isolate certain antioxidants in the coffee, feed them to animals, and observe the beneficial results. Like most natural products, coffee is comprised of hundreds of biologically active chemicals. Almost anything will have some components that are beneficial to health. To take only those chemicals and use them in an experiment that concludes drinking coffee is healthy is not good science. It is scientific fraud. Coffee must be evaluated as a whole, the way we consume it. When this is done in well-designed studies, coffee comes off poorly. Coffee has been linked to all kinds of diseases including osteoporosis and hip fractures. In *Never Be Sick Again*, I quote Professor Brian McMahon of the Harvard School of Public Health who maintains that *coffee is responsible for half of all pancreatic cancer*.

I continue to caution against the use of this highly toxic and addictive drug. Coffee will not do a body good. Most of us are already in toxic overload, why add to that load? As an aside, there was a recent report about chocolate being good for you. Same problem, they looked at only the ingredients that were good for you, not at the total impact of the product.

Readers are invited to ask questions.

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

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