

BEYOND HEALTH[®] *News*

March — April

2004

"Nutrition can alter the course of high risk genes, not only by turning these genes off but also by inhibiting the resulting bad effects produced by them."

— Russell L. Blaylock, M.D.
Health and Nutrition Secrets

Radio Show Expanding Again

More listeners...

The *Beyond Health* radio show is proud to announce it is expanding its listening audience in both San Francisco and Phoenix. Beginning April 6th, Bay Area listeners can tune in on Tuesdays, 9 a.m. to 10 a.m. on KYCY 1550AM. Changing the show time from Sunday to Tuesday will expand the Bay Area listening audience by 400 percent. In addition, the show has added a new Arizona station - KMYL, NBC 1190AM. The show will broadcast there on Fridays 11 a.m. to noon, beginning April 2.

"We are excited that even more people will be able to benefit from the cutting-edge health information you don't hear anywhere else," said Raymond Francis, host and producer of the show.

Why Beyond Health News

The world is changing...

Every now and then it's good to sit

back and ask yourself why you are doing something, and whether it is worth continuing. The next issue of *Beyond Health News* marks our eighth birthday, and we decided to ask ourselves why we are doing this, and whether it's worth the enormous effort it requires. We concluded that BHN is a unique resource, and that it is worth the effort. We would like to share with you some of the thoughts that went into that conclusion.

The world is in the midst of the greatest change ever. Humanity has commenced building an entirely new civilization based on quantum physics. This new world will be so different that even science fiction writers will be hard pressed to conceive of what it will be like. A time of fundamental change is always a time of confusion and uncertainty. Along with everything else, healthcare will undergo radical change. Conventional medicine is in crisis. It is imploding, and the system is falling apart. We think that BHN has a contribution to make by cutting through the confusion and helping our readers to make better-informed health choices.

Over the last few decades, millions of Americans have come to the conclusion that conventional medicine is obsolete, ineffective, unscientific, too expensive, and dangerous. By emphasizing toxic prescription drugs and indiscriminate surgeries, medicine has lost sight of its true purpose—to keep people well. Instead medicine has become one of our leading causes of disease and our leading cause of death.

Over the past eight years, BHN has consistently reported cutting-edge med-

ical news that you have a right to know. Decades ahead of most physicians, our in-depth, carefully researched articles have been acclaimed around the world. At least one article has been used to train medical students at a major medical school. Our Q&A section gives readers a chance to participate and have their personal questions answered.

Our goal is to serve our readers by providing only the most accurate, most up-to-date health information to help you manage your health and *go beyond health as you know it*. In an era of information overload, we strive to separate the wheat from the chaff and to present valid, clear, and actionable information that will enhance health and minimize disease. We hope we are succeeding.

It is always good to hear from our readers. If you have any comments, good or bad, we would like to hear them. And remember to use our Q&A section. Without your questions, there can be no section. Send your comments or questions by email to bhn@beyond-health.com, or mail to our address printed on the back of this newsletter.

Disability Increasing

Among younger people...

The health of the American people is in a long-term downtrend. One result is more disability among younger people in the prime of their working lives. A study in the January issue of the *Journal of Health Affairs* looked at people ages 30 to 49 and found a 40 to 50 percent increase over the last two decades in people whose ability to care for themselves is impaired by disability.

This disturbing trend and the magni-

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tude of the increase present serious challenges to both employers and policy makers who are already struggling with the skyrocketing costs of healthcare. Health insurance plans rely on healthy younger workers to pay for the costs of less healthy older workers. If the younger workers are sick as well, the whole system is in big trouble. Researchers at the think tank Rand Corp. believe the primary reason for this increase in disability is the obesity epidemic. Overweight people are much more likely to become sick and disabled. Diabetes is associated with obesity, and the incidence of diabetes doubled over the course of the study. As younger Americans get sicker and sicker, it does not bode well for our future. Since health is a choice, it doesn't have to be this way.

Preventing Cancer

Most are clueless...

A recent study by the American Society of Clinical Oncology has found that most Americans have no idea how to lower their risk of cancer. Only one out of three people believed that main-

taining a healthy weight would help to prevent cancer. Only half believed that exercise would help. A mere 38 percent thought that a diet rich in fresh vegetables and fruits would reduce cancer risk. In fact, all of these are known to reduce cancer risk.

Eating lots of fresh, organic vegetables is probably the single most important thing anyone can do. Regular consumption of fresh vegetable juice is a great idea for everyone. A 2003 study in the *Journal of Biological Chemistry* found that men who eat more cruciferous vegetables, such as broccoli, brussels sprouts, cabbage, cauliflower, and kale, are less likely to develop prostate cancer. In addition to nutrients, vegetables contain fiber. A 2003 study in *Lancet* found that the fiber in a diet of whole vegetables, fruits, grains, and beans helped to prevent colon cancer. Those who consumed the most fiber had a 40 percent reduction in risk over those who consumed the least.

ADHD and Nutrition

Shortage of omega-3s...

Since malnutrition is our leading cause of disease, it should not be a surprise to find yet another nutritional link to disease. A study in a 2003 *Journal of American Physicians and Surgeons* (JAPS) suggests that attention deficit-hyperactivity disorder (ADHD) is a birth defect caused by an omega-3 fatty acid deficiency.

The National Institute of Mental Health estimates that about 5 percent of school children have ADHD. However, new findings suggest that the number is much higher. ADHD is characterized by an inability to concentrate or focus on tasks, hyperactivity, impulsiveness, disruptive behavior, and poor learning ability. In addition, as children with ADHD age they exhibit high school-dropout rates, delinquency, and criminal behavior. The most common treatment is psychiatric intervention and the use of drugs such as Ritalin.

While the exact causes of ADHD are unknown, the JAPS article said, "...there is compelling scientific evidence that ADHD is a birth defect caused by defi-

ciencies of maternal DHA (an omega-3 fatty acid) during pregnancy and while nursing." Half a century ago, ADHD was almost unknown. One of the most significant dietary changes we have made in that period is the enormous switch from traditional fats and oils high in omega-3 fatty acids to the consumption of about 66 pounds per person per year of fats and oils derived from vegetable seeds (soy, sunflower, safflower, canola, etc.). These oils are high in omega-6 fatty acids and low in omega-3 fatty acids. Omega-3s are essential for brain and nervous system development. In addition, many of these omega-6 oils are hydrogenated. Hydrogenated oils are known to interfere with the metabolism of essential fatty acids.

Pregnant and nursing mothers must avoid the usual oils in all their forms, including salad dressing. They must supplement with flaxseed oil and fish oil. DHA is a component of mother's milk and fish oil, and American mothers have the lowest DHA levels in the world. Infant formula in the U.S. is usually devoid of DHA. The JAPS article said, "...this DHA shortage represents a real risk to the mental capacity of future Americans." DHA is critical to brain structure, and the children with the worst ADHD symptoms are those with the lowest plasma levels of DHA. In addition, these children have brains that are 3 to 4 percent smaller than normal.

What do you do if someone already has ADHD? Remove all the standard fats and oils from their diet. Feed them large amounts of fish oil; one successful study used 10 to 15 grams per day. It is important to avoid sugar and white flour. These cause high insulin levels. High insulin results in high cortisol and low serotonin and dopamine levels in the brain. Low serotonin is common in ADHD patients and results in depression, impulsive behavior, and violence. Low dopamine results in violence and inability to focus on a task. All these are symptoms of ADHD.

Prevention is always the best remedy. It is obvious we are looking at a new and serious problem. There is every reason to believe that this problem is caused by

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ADDRESS
 Beyond Health News
 P.O. Box 150578
 San Rafael, CA 94915
 415.459.2050
 bhn@beyondhealth.com

WEBSITE
 www.beyondhealth.com

PRODUCED BY
 Raymond Francis, Publisher
 Sue Addy, Editor and Production

Beyond Health News is not engaged in rendering medical advice; this material is for information only. For specific personal health needs, readers should seek advice from competent medical professionals.

the processed fats and oils in the American diet. The solution is simple: stop eating these supermarket fats and oils and supplement with good oils like fish and flaxseed. Beyond Health carries all the right oils.

Milk and Cancer

Don't drink it...

In *Never Be Sick Again*, Raymond Francis lists milk products as one of the Big Four dietary contributors to disease. While most people understand that sugar and white flour are not good for them, a significant minority have a problem understanding that milk is not good for them. This is why BHN has decided to revisit this issue, especially regarding cancer.

Cow's milk is the perfect food for calves. However, it is not appropriate for humans or other animals. Humans have difficulty digesting the casein (milk protein) in cow's milk, and this causes problems. Milk has been associated with many diseases including diabetes, allergies, and prostate cancer. We know that exposing children to milk before age two is a major cause of juvenile diabetes. Men who drink milk have been shown to have a higher incidence of prostate cancer. Milk is known to contain cancer-related viruses and there is evidence to indicate these viruses promote cancer in humans. Over the last fifteen years, a number of well-done studies at prestigious institutions including Stanford University, Cornell University, University of Oxford (UK), University of Alberta (Canada), and Nagoya University (Japan) have all arrived at similar conclusions: casein from cows promotes cancer in other animals, and the longer the exposure and the higher the amount of casein consumed, the greater the number and the more aggressive the tumors.

In the above studies, animals fed varying amounts of casein were given powerful carcinogens. What the researchers found, over and over again, was that the animals consuming the lowest amounts of casein developed the fewest tumors and the ones fed a high-casein diet developed the most tumors

by far. The number of tumors increased sharply with increasing amounts of casein, and the tumors took less time to develop. The risk was clearly dose related. One study found that reducing dairy protein in the diet of animals with existing tumors led to tumor regression. Another study at Stanford University looked at the effect of casein on persistent hepatitis B infection. The researchers found that hepatitis B viral activity was substantially inhibited in animals on a low casein diet and that liver injury was much more severe in those on a high casein diet.

Cow milk is harmful to animals and humans, most especially the highly-processed milk sold in stores containing hormones, antibiotics, and other drugs as well as dioxins, PCBs, pesticides, and numerous other toxic chemicals. Humans were never intended to consume cow's milk. Our digestive systems are not designed to do the job. The huge amount of pus, viruses, and bacteria in milk put an unnecessary load on our immune systems.

Milk consumption has also been associated with heart attacks and stroke. Yet the public is kept unaware of all this. With tens of thousands of men dying from prostate cancer every year, one would think that the solid evidence associating milk with prostate cancer would be widely promulgated. It's not. Instead we see ads telling us milk "does a body good." What a tragedy!

Colon Cancer and Carotenes

Beta-carotene lowers risk...

Beta-carotene reduces the risk of recurrent colon cancer. A 2003 study in the *Journal of the National Cancer Institute* has concluded that colon cancer patients who took beta-carotene supplements had a 44 percent lower risk of recurring cancer. However this significant reduction in risk did not apply to patients who both smoked and drank alcohol daily.

Carotenes are known to have anti-cancer effects, but before rushing out to

purchase beta-carotene know that all beta-carotene is not created equal. Most products contain synthetic beta-carotene. This molecule is fundamentally different, and it does not have the same beneficial biological effects as natural beta-carotene. In fact, it can have a negative effect by interfering with the metabolism of other carotenes. In nature, carotenes exist as a mixture of carotenoids. Some of the other carotenes in this mixture are turning out to be just as important, if not more important than beta-carotene. It is best to have this mixture rather than beta-carotene alone. Beta-carotene alone can reduce vitamin E levels. BHN recommends a natural mixture called Caroplete, available at Beyond Health.

Drug Report Barred

More FDA hanky panky...

A Food and Drug Administration scientist has been barred from publicly presenting the findings of his research. Researcher Andrew Mosholder was asked to investigate the safety of antidepressant drugs after a series of reports regarding high rates of suicidal behavior among children taking drugs such as Paxil and Effexor. Mosholder found that the drugs do in fact increase suicidal behavior. However, the FDA has suppressed the information saying the data will not be presented until it has been "finalized." Whatever "finalized" may mean, drug companies are concerned about a wave of lawsuits from parents whose children committed suicide while on antidepressants.

BHN believes this kind of research is a waste of money. It is a fact that prescription drugs are toxic and that they are one of our leading causes of disease, and officially the third leading cause of death. Why do we need to do research? What more do we need to know? There are cheaper, safer, and effective alternatives to all prescription drugs. In a more rational society, these dangerous toxins would not be allowed on the market in the first place.

Understanding Disease

by Raymond Francis

The enormous pandemic of chronic and degenerative disease sweeping the world today is characterized by complex neuro-immuno-hormonal-gastrointestinal dysfunctions. Complexity aside, all disease occurs at the molecular and cellular level, and we now know that virtually all disease has common causes and common solutions.

The next major advance in health will be determined by what people are willing to do for themselves. However, willingness is only part of the equation—the other is knowing what to do. In my book *Never Be Sick Again*, I outlined a new model of health based on the revolutionary concept of one disease. As varied and complex as "diseases" appear to be, all disease is the result of malfunctioning cells. Cellular malfunction is then the one disease. Modern medicine believes there are thousands of diseases, but viewing all diseases as one presents a profound opportunity—the opportunity to take the mystery out of disease and to gain power over it.

There is only one disease and there are only two causes of disease: deficiency and toxicity. Cells lacking what they need or exposed to something harmful will malfunction. Unless cells malfunction, there can be no disease. The thousands of different diseases we experience are merely the effects of thousands of combinations of deficiencies and toxicities acting through a combination of inherited genes, the environment, and our beliefs, thoughts, and emotions. *Preventing or reversing disease is about preventing and reversing cellular malfunction.*

The amount of disease in America today is astonishing. More than three out of four Americans have a diagnosable chronic disease. This is happening because almost all Americans are in toxic overload and are chronically deficient in one or more nutrients. Our unprecedented exposure to toxic chemicals is impairing cellular machinery, causing cellular malfunction and disease. Chronic deficiency of even one nutrient will decrease the efficiency of all the others, causing cellular malfunction and disease.

As the amount of deficiency and toxicity in our society continues to increase, illnesses that used to affect only the elderly are now epidemic in younger people. Children are born with defective brains and immune systems. Historically, cancer affected only 0.1 percent of the population. A century ago it was 3 percent. Today, half our population will get cancer in their lifetime. Unless we get this chronic disease epidemic under control, the economic and social effects on our nation will be catastrophic.

Fortunately, we have the knowledge to end this epidemic. By addressing how to prevent and reverse the two causes of cellular malfunction, we can prevent and reverse almost all disease. But first we must educate—prevention being our

most important tool. Let us examine some of the cellular malfunctions that are common denominators of disease and explore how we can prevent and reverse them. First, let's examine the sodium/potassium ratio in the cell.

Sodium and potassium are minerals critical to cell function, but they must be in balance. Modern dietary practices create serious imbalances. Our ancestors consumed low sodium, high-potassium diets. Their sodium/potassium ratio was a healthy 1:4, the result of eating plenty of fresh fruits and vegetables. Our current ratio is reversed to an unhealthy 4:1, the result of too much salt (especially in processed foods) and too few fresh fruits and vegetables. Cells function as little batteries. They have an electrical charge created by the difference in the amount of potassium inside the cell and the amount of sodium outside. By changing the sodium/potassium ratio in our diet, and consequently inside each cell, we damage the "battery of life" and interfere seriously with the body's self-regulation and repair functions. For example, increasing the dietary sodium of laboratory animals will accelerate cancer metastasis. *Preventing and reversing this common cause of disease is simple: eat less salt and eat more fresh fruits and vegetables.* That's how easy it is to achieve power over disease!

Another common denominator of disease is abnormal cellular pH. Normal cellular pH is 7.4; maintaining it is critical. If your cells become too acidic or too alkaline, certain functions are inhibited and others enhanced. This causes cellular malfunction and disease—cancer is commonly a disease of too much acidity. Where is this acidity coming from? It's coming from a diet rich in acid-forming foods such as sugar, white flour, milk products, and cola drinks. Colas combine sugar with phosphoric acid producing a powerful acidic effect. *Cutting acid-forming foods from your diet, while eating a diet rich in alkaline foods such as fresh fruits and vegetables, and supplementing with minerals will work to balance pH and to prevent and reverse disease.* It's that easy!

Improperly constructed cell membranes are another common cause of disease. Each cell has a wall called the cell membrane. Everything that goes in or out of the cell has to pass through the membrane, a "gatekeeper," making sure only the right things go in and out. Improperly constructed cell membranes cause cellular malfunction and disease. To prevent and reverse disease, the billions of new cells we create every day must be constructed with the proper building materials. The vegetable and hydrogenated oils common to our diet are the wrong building materials. Historically the ratio of omega-6 to omega-3 oils in our diet was a healthy 1:1. Today it is an unhealthy 20:1. Fish and flaxseed oils are the pre-

ferred building materials. *Cut out all processed oils and supplement with healthy oils.* How easy it is!

Common to almost all disease is a process called inflammation. Inflammation generates free radicals, which damage cell membranes, DNA, and cellular machinery. The result is aging and disease. To prevent or reverse aging and disease, it is necessary to prevent or reverse inflammation. Inflammation is caused primarily by eating the standard American diet. Sugar, white flour, milk products, farmed fish and meat, and processed oils are all pro-inflammatory. By consuming a diet high in pro-inflammatory chemicals and low in anti-inflammatory chemicals, most of our population is now suffering from chronic inflammation and disease. Making matters worse, the American diet makes people fat. Two out of three Americans are overweight, and fat cells produce a constant flood of inflammatory chemicals. *To prevent and reverse inflammation, avoid inflammatory foods and eat a diet rich in fresh vegetables, fruits, and antioxidant supplements.* It's that easy!

Tragically, children today do not have to wait to get sick. They are born sick. The deficiencies and toxicities of the parents affect the health of the fetus, thereby affecting that child's health for a lifetime and the health of grandchildren yet to come. In the early 20th century, Francis Pottenger, M.D. proved that eating processed foods affected the health of the children and grandchildren of parents eating such a diet. Today processed foods are the staple of our diet. That's why most of our children are born with abnormal brains and bodies, even if it's not immediately apparent. For example, throughout human evolution, our brains grew larger. Now the process has reversed. The brains of our children are getting smaller, and reduction in brain size has been accompanied by an epidemic of behavioral disorders, violence, suicides, and poor academic performance.

To maximize lifelong health, a growing fetus must be supplied with all the raw materials it needs, and it must be protected from toxins that could disrupt its delicate construction process. Unfortunately, this rarely happens in America today. Instead, fetuses are commonly deficient in essential raw materials and are exposed to numerous toxins. Poor nutrition in utero and during infancy programs genes for the early onset of major chronic diseases. Good nutrition is also required for detoxification. Without nutrients to support detoxification pathways, toxins persist and do more damage.

Among the many toxins passed from mother to child causing disease in the unborn today is mercury. Mercury, from dental fillings, vaccinations, and fish interferes with enzymes that control how the fetal brain is structured. Even minor changes in brain structure will affect behavior, learning, higher-level thinking, and other brain functions, including control of the immune, hormonal, and digestive systems. Fluoride is another problem. Fluoridated water, toothpaste, and fluoride-contaminated foods pose an enormous health risk to the unborn, lowering their IQs and dumbing down our population.

Aspartame, another common hazard, is an artificial sweetener found in diet drinks and foods. It breaks down into a number of highly toxic chemicals that can damage fetal DNA, alter brain function, and contribute to cancer. *To ensure the health of the unborn, we must supply a fetus with everything it needs and protect it from harm.*

No discussion of disease would be complete without addressing how modern medicine contributes to deficiency, toxicity, and disease. Medical intervention is one of our leading causes of disease, and arguably our leading cause of death. Medicine's archaic and unscientific approach to health and disease has led to a series of epic blunders—x-rays, vaccinations, unnecessary surgery, and prescription drugs—which cause cellular malfunction and have devastating effects on health.

X-rays, which are mostly unnecessary, damage DNA and cellular machinery and have been cited as essential cofactors in 60 percent of cancers and 70 percent of heart disease. Vaccinations have been cited as "a medical assault on the immune system." Perhaps the greatest blunder of all has been antibiotics. Antibiotics fundamentally alter body chemistry, causing disease of every description.

Antibiotics alter the microbial balance in the gastrointestinal tract, leading to a cascade of events with devastating effects. The gastrointestinal tract functions both as a brain and as a master endocrine gland that controls the immune system. Changing the balance of microorganisms in the gut alters its chemistry, affecting both the nervous and the immune systems. The resulting malfunctions are largely responsible for our epidemic of neurodegenerative disorders (Alzheimer's, ALS, Multiple Sclerosis, Parkinson's, etc.) and immune disease (allergies, asthma, arthritis, lupus, AIDS, etc.). Abnormal gut flora contributes to cellular deficiency by inhibiting digestion and the production of critical nutrients, and by causing malabsorption. It contributes to toxicity through the production of abnormal bacterial and fungal endotoxins. These toxins interfere with protein synthesis and the production of energy, causing fatigue and ultimately increasing cell death. *Since antibiotics are almost completely unnecessary, there being safer and better alternatives, it makes sense to avoid them.* How easy it is!

Knowing that disease is the result of malfunctioning cells and understanding what makes them malfunction gives us the power to prevent and reverse disease. By paying attention to providing our cells with what they need, avoiding toxins, and living a good lifestyle, we can put an end to our epidemic of chronic disease. Begin today to make these changes, and you will go *beyond health* as you know it.

Raymond Francis 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: A family member has Myasthenia Gravis. He suffers fatigue, muscle weakness, and frequent infections. His thymus gland was surgically removed and he is on drugs, but he is no better. Is there anything alternative that can be done to help him?

D.W. — San Francisco, CA

Answer: First we should establish that there is no such thing as Myasthenia Gravis (MG). There is only one disease—malfunctioning cells. There are cells that work right and those that don't. When cells don't work right, symptoms are produced. The group of symptoms modern medicine calls Myasthenia Gravis includes extreme muscle weakness, fatigue, and impairment of motor nerve impulses, especially in the face, neck, tongue, and respiratory muscles. MG, like every disease, is caused by cellular malfunction, which in this case results in immune dysregulation and an autoimmune syndrome where the body attacks itself. The cellular malfunction observed with MG often results from dietary deficiencies of B vitamins and manganese as well as antibiotic and pesticide exposures. There is a lot that can be done to help this person by working to restore normal cell function.

The treatment of MG by conventional physicians is an example of the tragic failure of modern medicine's scientifically-invalid approach to healthcare. Autoimmune diseases result from weak and dysfunctional immune systems. The solution is to rebuild and strengthen the immune system. Yet conventional physicians do the opposite. They look on the immune system as the enemy, and they treat MG by surgically removing the thymus gland and by giving the patient immunosuppressive drugs such as prednisone. The harm done by these irrational treatments is incalculable. The archaic practices of chopping sick people into smaller pieces and feeding them poison are not effective strategies for restoring health, yet they are the only tools conventionally-trained physicians have.

Since there is only one disease and only two causes of disease, MG is entirely preventable and reversible by addressing cellular deficiency and toxicity. However, instead of reversing this disease, conventional physicians make matters worse. (They permanently damage the immune system with immune suppressing drugs and surgical removal of the thymus gland.) The thymus is the master gland of immunity. Losing it damages immunity for life and makes the patient susceptible to infections and cancer. Thymus removal makes full recovery next to impossible. One can only hope that there may be traces of thymus tissue remaining that might regrow and help to mitigate the disease. However, even with thymus removal, improvement is possible and worth working toward.

Since all disease is caused by cellular malfunction, focus must always be on restoring normal cell chemistry and normal cellular function. While in this case restoring normal immune function is only a remote possibility due to loss of the thymus gland, normalizing as much cell chemistry as is possible will

result in improvement, and may even prevent further deterioration of the patient. Proper nutritional support is essential, and there are reports in the literature about people being cured of MG with good nutrition. It may be interesting to note that during World War II malnourished prisoners of war in Singapore developed MG. They were restored to normal health with a nutritious diet and high-dose vitamin supplementation.

All chronic disease involves a process called inflammation. Suppressing inflammation with antioxidant chemicals is a must. Patients must be given full nutritional support including lots of antioxidants such as vitamins A, C, and E along with CoQ10, quercetin, lipoic acid, selenium, and fish oil. In addition, eating a diet of raw, real food is essential along with supplemental vitamins B1, B5, B6, and B12. The Big Four must be avoided: sugar, white flour, processed oils, and milk products. All processed foods must be eliminated and fresh vegetable juices consumed. Allergies must be addressed, and avoiding common allergens such as gluten and dairy is strongly advised. Avoiding toxins, including aspartame in diet sodas, fluoride in drinking water and toothpaste, and mercury in dental fillings is a must. Stress-reduction techniques such as meditation should be practiced. Digestive health needs to be measured and addressed; intestinal infections with yeast, bacteria, and parasites must be treated. Supplementing with freeze-dried thymus is a good idea.

If your family member is willing, there is much that can be done. While in this case full recovery may not be possible, improvement is possible and should be vigorously pursued.

Question: My father died of prostate cancer and my brother has prostate cancer. It seems to run in our family. Is there anything I can do to protect myself?

E.A. — Grand Haven, MI

Answer: Yes, there is. Eat a good diet (get off the Big Four), get on the Beyond Health Comprehensive Program, get plenty of sunlight, exercise daily (rebounding will do), take frequent saunas, and if you have any mercury fillings, have them removed by a dentist trained in their safe removal.

Prostate cancer is an epidemic. Every three minutes, another American is diagnosed with prostate cancer and every fifteen minutes someone dies of this cancer. Mercury is one of the known contributors to prostate cancer. Any mercury amalgam fillings should be removed, as they are a constant source of mercury to the body's tissues. Eating organic foods is a must. The pesticides, herbicides, antibiotics, and hormones in regular foods greatly contribute to our cancer epidemic. Avoid the Big Four—sugar, white flour, processed oils, and milk products. At least sixteen studies have linked prostate cancer to dairy consumption. Modern milk is a toxic soup filled with all manner of agricultural and industrial chemicals plus hormones, all of which wreck havoc on your prostate. One study found that two and a half servings of dairy per day increased

prostate cancer risk by more than 30 percent.

If you get on the Beyond Health Comprehensive Program, you will be getting vitamin C, B vitamins, zinc, and essential fatty acids. You can add to that a tablespoon of cod liver oil daily and Perque Prost8 Vitality Guard. All these combined will lower your risk.

Question: The only supplement my husband takes is vitamin C. I know that vitamins work together, but he only wants to take the C. I was wondering if taking only one vitamin was still better than taking none?

T.O. — Cincinnati, OH

Answer: Taking none may be better. Vitamin C is an antioxidant. It reacts with dangerous free radicals and neutralizes them. This is a good thing. However, in doing so, the vitamin C is oxidized and becomes a free radical itself. Fortunately, other antioxidants, such as vitamin E, will regenerate vitamin C from its oxidized form. If one is taking only vitamin C, then the oxidized form may build up in the body and do more harm than good. Likewise taking products such as Ester C may also do harm because they already contain a lot of oxidized vitamin C. I recommend that everyone take at minimum the Beyond Health Basic program and only Perque C because of its purity.

Another thing to watch out for is taking too little vitamin C. Vitamin C plays a critical role in the body's detoxification system. Sometimes people with numerous health problems come to me, and I find they are taking only 500 or 1000 mg of vitamin C per day. This is not a good idea, especially if you have health problems. The body stores toxins in its tissues, trying to protect you from them. Vitamin C will help the tissues to throw off toxins, but at low doses there may not be enough C remaining to detoxify those chemicals. When they are left circulating in the blood, they will do systemic damage. Most adults should be on 6000 to 12,000 mg per day.

Question: I noticed that Beyond Health has a selenium product. Why would I need this and should I be taking it?

C.M. — Carson City, NV

Answer: Yes, you should probably be taking extra selenium. I take an extra 400 micrograms (mcg) every day, above the 50 mcg I get in my two Perque 2s.

We have known for about 35 years that higher dietary selenium intake correlates with lower cancer rates. The selenium concentration in the blood of cancer patients is generally lower than average. Studies have shown that the lower the selenium level, the higher the number of primary tumors, the greater number of recurrences, the more metastases, and the shorter the survival time. One animal study showed that when a powerful carcinogen was fed to the animals, 90 percent of the control group developed cancer versus only 15 percent of those supplemented with selenium. Several studies found that selenium combined with vitamins A and E had

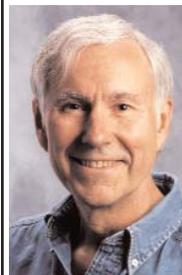
the most protective effect of all. Selenium has also been found to be protective against heart disease as well as infections, rheumatoid arthritis, muscular dystrophy, autoimmune thyroiditis, fatigue, depression, celiac disease, and anxiety.

Taking a normal dose of two Perque 2s per day supplies 50 mcg of selenium. The RDI for selenium is 70 mcg. Population studies of people ingesting higher levels of dietary selenium have shown protective effects in the range of 400 to 750 mcg. However, caution should be exercised when supplementing with selenium. While a number of studies have shown amounts up to 750 mcg per day are safe, too much can be toxic. Amounts under 1000 mcg per day are generally recognized as safe, and amounts up to 2000 mcg are most likely safe. The Food and Nutrition Board cautions that selenium toxicity can occur at levels over 2400 mcg.

Selenium-rich foods include seafood and meat. Fruits and vegetables are low in selenium, and both cooking and refining lower the selenium content of food. Refined-food diets contain less than half the selenium of the original food. For most people, taking extra selenium is a good idea, and for anyone exposed to toxic chemicals it is especially important. Selenium levels in people working with toxic chemicals are abnormally low because they use up selenium to neutralize the free radicals generated by the toxins. Some forms of selenium are quite toxic. It is important to take only those that are the least toxic, such as the very pure form contained in Perque 2. The average adult might be advised to supplement with 200 to 400 mcg of selenium per day.

Readers are invited to ask questions.
Answers will be provided by Raymond Francis on a space-available basis. Email to bhn@beyondhealth.com.

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