

BEYOND HEALTH[®] News

May — June

2004

"Food companies will make and market any product that sells, regardless of its nutritional value or its effect on health."

— Marion Nestle

Food Politics

San Francisco TPED

Off and running...

The San Francisco chapter of TPED (The Project to End Disease), a project of Health-e-America Foundation, is off to a successful beginning in the shining city by the bay. TPED-SF meets at 7:15 pm the first Thursday of every month at the School for Self Healing. TPED's mission is to end the epidemic of chronic and degenerative disease in America through education. Utilizing the revolutionary health model presented in *Never Be Sick Again* to facilitate this objective, TPED plans to build a national organization similar to AARP with millions of members and chapters in every major city and town in America.

The next great advance in the health of the American people will be determined by what people are willing to do for themselves. But they have to know what to do! This is why we must educate. The health of the American people

is in a long-term downtrend. This trend is accompanied by dramatic increases in disease-care costs as an aging population and an unprecedented epidemic of chronic disease are making costs spin out of control. Combined, these factors are threatening to overwhelm the economic and social structures of the United States. With the percentage of young taxpayers shrinking, it is projected that providing health benefits to the elderly will overwhelm the national budget within 30 years. Be part of this important and historic movement. Start a TPED chapter in your community. Call Beyond Health at: 415-453-7588. Tax-deductible donations to Health-e-America Foundation are welcomed!

Antibiotics Cause Cancer

Doctors do it again...

Among the epic blunders of modern medicine such as vaccinations, x-rays, prescription drugs, and unnecessary surgery, antibiotics may be the biggest blunder of all. In *Never Be Sick Again*, Raymond Francis identified antibiotics as a class of drugs to be especially avoided. These deadly toxins are significant contributors to making medical intervention our leading cause of death. Taking even one course of antibiotics in a lifetime can lead to an amazing cascade of biological consequences, damaging health irreversibly. Tragically, modern medicine's irrational abuse of antibiotics has had a devastating effect on the health of our population, causing disease of every description.

Given how dangerous these drugs are, it is not a surprise that a 2004 study in the *Journal of the American Medical*

Association has found a link between antibiotics and breast cancer. Four years ago, a study in Finland found an association between breast cancer and antibiotic use. Following up on that, researchers at the University of Washington in Seattle decided to have a look for themselves. What they found corroborated the study in Finland and is what BHN would predict—*antibiotics cause cancer!*

Examining data on more than 10,000 women in a large Washington state health plan, researchers found that taking antibiotics *even once* increases the risk of breast cancer one and a half times. Taking a lifetime dose of 25 or more prescriptions *more than doubles* the risk. What the average person doesn't realize is that taking antibiotics even once can damage health for life and make one more susceptible to all disease, not just cancer.

Most of our poorly-trained physicians are oblivious to the hazards of antibiotics. They are unaware how destructive antibiotics are to the normal, beneficial bacteria in the digestive system and what that means to health. Even one treatment with antibiotics can cause massive disruption to the bacteria in our digestive tract, resulting in cellular deficiency, toxicity, and disease. Abnormal gut flora contributes to cellular deficiency by inhibiting digestion, reducing production of critical nutrients, and by causing malabsorption. As our bodies become more toxic through the production of abnormal bacterial and fungal endotoxins, these toxins interfere with protein synthesis and the production of energy, causing fatigue and ultimately

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increasing cell death. Furthermore, certain of these abnormal bacteria can metabolize amino acids found in foods to produce the toxic organic solvent toluene, putting yet another load on the liver. Patients must look out for themselves and refuse antibiotics. Children especially must be protected. It is criminal to give antibiotics to a child, damaging their health for life and increasing their risk of cancer in later years.

With cancer being an out-of-control epidemic, we have to ask where this epidemic is coming from. Unfortunately, a large part of it is coming from the irrational practices of our medical establishment. Antibiotics are not the only way doctors cause cancer. In previous issues of BHN, we have explained why women who live in affluent communities have more breast cancer. The answer is simple, the affluent get better medical care. They get more mammograms and other x-rays, and x-rays are known to cause cancer; x-rays have been cited as an essential contributing factor in 80 percent of breast cancer. The affluent also get more birth control pills, hormone replacement therapy, antibiotics, and

prescription drugs in general. The affluent get better dental care and thus more exposure to carcinogenic local anesthetics, mercury, and nickel. All this adds up to more disease and cancer.

Prevention is always the best policy. It is clear that antibiotics are dangerous and unnecessary, and even if you have taken them in the past, it is wise to avoid doing additional damage. Taking adequate amounts of vitamin C (6,000 to 12,000 mg for most adults) daily will avoid most infections. Daily cod liver oil will also help. Once an infection is present, taking even more vitamin C will usually solve the problem. Natural antibiotics such as olive leaf extract and oregano oil are also helpful. Of course removing the Big Four (sugar, white flour, processed oils, and milk products) from your diet will help to prevent infections in the first place because the Big Four suppress immunity. The bottom line is: infections are unnecessary, antibiotics are a tragedy, and there is now an established link between antibiotics and cancer. Don't put yourself at risk.

Aspirin Causes Cancer

Modern medicine strikes again...

Ready for another medical blunder? Many patients have been advised by their physicians to take aspirin on a daily basis to reduce the pain of arthritis and other chronic problems, as well as to reduce the risk of blood clots, heart attacks, and strokes. BHN has always recommended against using aspirin because it is a dangerous toxin, and even one aspirin is capable of causing intestinal bleeding. While doctors recommend aspirin, it has never been an effective treatment strategy because it does not address the causes of these problems; it merely suppresses symptoms—at a high cost to the patient. There are safer and far more effective ways of addressing each of these conditions with diet and supplements.

Now there is one more reason not to take this dangerous drug—aspirin causes cancer! A 2004 study in the *Journal of the National Cancer Institute* has reported that regular aspirin use increas-

es the risk of cancer. Women who reported regular aspirin use for 20 or more years had a 58 percent higher risk of pancreatic cancer. Those who took the most aspirin (two or more tablets per day) had an 86 percent increased risk. The more you take and the longer you take it, the higher the risk.

General Motor's Liability

Topping \$60 billion...

General Motor's healthcare liability for its retirees is now at \$63.4 billion, even after recent Medicare legislation that reduced its obligations. Healthcare is now one of GM's single largest annual expenditures and it adds about \$1400 to the cost of each vehicle produced. This is several times the healthcare cost of each Japanese vehicle, putting U.S. automotive manufactures at a competitive disadvantage. The staggering size of GM's liabilities will continue to weigh on the company's credit ratings, cash flow, and earnings. Both our businesses and governments are staggering under the burden of health costs. There is an urgent need for a national campaign to teach people how to be healthy so as to reduce these costs to manageable levels. (Join a TPED chapter in your community.)

Health Spending

New highs...

Projected to bankrupt the United States government, health spending is up again, and there are fewer people to pay for it. In 1950, there were 16 workers supporting one retiree; today there are 3.3 and by 2025 it is expected to be 2.25. There is no way two workers can support one retiree without severe economic disruption. According to some economists, healthcare spending will reduce the U.S. to third-world status in just a few decades.

The latest statistics from the federal Centers for Medicare and Medicaid Services show that health spending in 2003 amounted to more than \$5,800 for every American, adding up to \$1.7 trillion. Healthcare spending now amounts to more than 15 percent of the national

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economy, and is expected to grow faster than the rest of the economy for the foreseeable future; these costs are the highest in the world by far. By 2013, spending is expected to reach \$3.4 trillion and amount to more than 18 percent of the national economy. And by the way, these projections do not include the projected spending for the new Medicare drug benefits, which will become effective in 2006. Increases in prescription drug spending are expected to outpace all other health spending.

If these costs are not alarming enough, the real increases in spending will occur after 2013 as the Baby Boomers start retiring. In March, the Medicare Board of Trustees announced that Medicare will go broke by 2019, seven years earlier than formerly expected, mostly due to added drug benefits. Such costs are not sustainable and severe damage to the economy is certain unless we do something to stop this from happening.

In the midst of all this, health coverage is disappearing. In April, the Equal Employment Opportunity Commission voted to allow employers to reduce or eliminate health benefits for retirees once they become eligible for Medicare at age 65. Such employer-sponsored health plans help retirees to pay for medical expenses not covered by Medicare. These huge health costs make it difficult for American companies to compete in the global marketplace, forcing jobs to be outsourced. There are now 12 million Medicare beneficiaries who also receive health benefits from their former employers.

We must teach people how to stay healthy. We must educate our senior citizens how toxic, hazardous, and totally unnecessary prescription drugs are. These out-of-control costs can be substantially reduced with even a modest amount of health education. We need TPED chapters all over America!

Weight Gain a Barometer

Breast cancer risk...

New research released in February by the American Cancer Society concludes that the amount of weight a women

gains after age 18 is a strong indicator as to whether she will develop breast cancer. The study found that older women who had gained 20 to 30 pounds after high school graduation were 40 percent more likely to get breast cancer. According to this study, "even modest amounts of weight gain lead to significantly increased risk of breast cancer." The cancer society estimates that weight contributes to between one-third and one-half of all breast cancer.

You are probably wondering how weight gain could cause cancer. The connection is easy to understand. All cancer is the result of damaged genes and malfunctioning cells. Our genes are damaged by free radicals, which are created in excessive amounts by fat cells. In addition, fat cells produce estrogen and excess estrogen drives breast and prostate cancer. Unfortunately, most people think that being overweight is a cosmetic problem when it really is a gigantic health problem. Losing weight is essential because it stops the production of excess free radicals and estrogen. Fortunately, losing weight is easy; get off the Big Four (sugar, white flour, processed oils, and milk products), eat more vegetables, and get regular exercise.

Summer Is Coming

Avoid sunscreen...

Summer will soon be upon us, and something else that may soon be upon us is sunscreen. Since its inception, BHN has warned against the use of these dangerous products. However, new subscribers may not be aware of this. So once again, we are reminding you.

Few people stop to think that since the introduction of sunscreen products, and their widespread use, we have experienced an ever increasing epidemic of skin cancer. There is a good reason for this increase. Moderate sun exposure is good for you, and blocking it is not. Among natives in tropical countries, where the sun is most intense, the incidence of skin cancer is extremely low. We have more skin cancer partly because we use sunscreens and sun-

screens contribute to cancer!

One of the things that typical sunscreens do is block the sun's rays that help the body to produce vitamin D. Vitamin D works to prevent cancer, getting less of it is not a good idea. Sunscreen also inhibits the formation of melanin, the brown pigment that produces a tan. Lack of melanin, the body's natural protector from sun damage, leaves you more vulnerable to sun damage. In addition, there are chemicals in sunscreen that can become carcinogenic when exposed to the sun, as well as other chemicals that can mimic estrogen and thus stimulate tumor growth and spread.

The best sunscreens are the phytochemicals in fruits and vegetables; beta-carotene is called "nature's sun umbrella." Putting Beyond Health Olive Oil on the skin is also protective under moderate exposure. Another popular alternative we do here at BHN is to freshly mix up some Perque C in a little water or in a BHN-approved skin cream and apply the mixture to the skin. Reapply the C hourly or immediately after being in the water. In addition to protecting you, the vitamin C is good for the skin and helps to keep it in repair. BHN recommends using it year round. The one thing that must be avoided is sunburn—use the sun intelligently.

Preventing Children's Allergies

Fish oil in the fetus...

Studies published last year in the *Journal of Allergy and Clinical Immunology* and in *Clinical Experimental Allergy* have indicated that allergies in children could be prevented if pregnant women took fish oil supplements. At one year of age, the children of women who took fish oil supplements were three times less likely to have any allergy and ten times less likely to have a severe allergy. In addition, children whose mothers supplemented during pregnancy and lactation also had higher IQs. However, not all fish oils are created equal. It is always best to use a product approved by Beyond Health as fish oils can contain many contaminants including mercury.

More on Cell Phones

Kills brain cells...

As more information becomes available on cell phone use, the cause for concern deepens. One of the most urgent concerns is what cell phones may be doing to the brains of our young people. Developing brains are more susceptible to damage, and our young are using cell phones more and more every day.

Last year, a Swedish study found that *cell-phone radiation killed brain cells in rats*. The microwave radiation emitted by cell phones has never been adequately tested to measure its safety in repeated use over a period of years. In 1993, the FDA issued an advisory stating that the danger of cell phone use was "probably small." Nonetheless, the FDA advised that people keep their calls short. Last year, an internal FDA memo surfaced saying that "at least under some circumstances these exposures do indeed accelerate the development of cancer by some unknown mechanism." Leif Salford, a Swedish researcher who has studied this problem called cell phones, "the largest biological experiment in history." Whether and how to participate in this experiment is up to you. BHN advises only occasional use and keeping calls very short. Children and teenagers are best advised not to use cell phones at all.

Children's Nutrition

Good nutrition vital...

Good nutrition is vital to health, most especially for our children. Malnutrition is the leading cause of disease in America and many health problems including heart disease, cancer, high blood pressure, and diabetes have their origin in childhood.

Poor nutrition in childhood sets you up for a host of health problems in later life. Here is just one example. With heart disease our number one health problem, it is noteworthy that the beginnings of artery damage can be found in American children as young as age three. By the age of 12, 70 percent of our children exhibit arterial abnormalities. By age 21, almost all young adults have these problems, setting them up for

heart attacks and other cardiovascular problems in the coming decades. Childhood obesity is now epidemic.

No sane parent would deliberately give their child heart disease or cancer. Yet this is exactly what most parents do by feeding their children disease-causing foods such as sugar, white flour, milk, ice cream, cookies, candy, cakes, fruit juice, sodas, pizza, breakfast cereal, french fries, and salt. These so-called "foods" are causing measurable problems as young as age three. Unfortunately our schools aren't doing any better than the parents. Most school lunch programs routinely consist of juices, milk, sodas, pizza, french fries, and sugar-loaded desserts, which all contribute to poor school performance and impaired social skills.

Center stage in a healthy diet should be fresh vegetables. Traditionally, we have all been brought up to think of vegetables as side dishes to the main course of meat and dairy products. It needs to be the other way around! Fresh, organic, unprocessed whole vegetables, fruits, grains, nuts, and seeds need to become the center focus. Children who grow up on plant foods have a tremendous health advantage and are much less likely to develop health problems as they age. A variety of vegetables should be consumed as they all contain different and valuable nutrients.

At least two to three servings of green leafy vegetables should be consumed daily. These contain calcium, iron, and many other minerals and vitamins that children need. The calcium in these plant foods is far more bioavailable than the calcium in milk. If possible, purchase your vegetables from the organic farmers at a local farmer's market. Growing your own is also a good idea. A variety of fresh organic vegetables is the best health insurance you can buy. Grains such as whole brown rice, oats, quinoa, amaranth, and millet can also be added to the diet. Gluten-containing grains such as wheat, rye, and barley should be avoided since a large percentage of the population is now allergic to gluten. High-quality supplementation is a must, so don't forget the vitamins.

Spreading Infections

Doctors do it...

Infections are rampant in our hospitals. Of course infections only happen to sick people, but then hospitals are filled with sick people. However, there is a preventable factor at work. Most hospital infections are transmitted from one patient to another by doctors, nurses, and other healthcare workers. The result is these medically-caused infections kill at least 90,000 patients per year and add more than \$4.5 billion to healthcare costs.

The solution to this problem is simple, doctors need to wash their hands between seeing patients. Improved hand washing reduces infection rates by at least a third. Hospitals have hand-washing guidelines, but they are seldom followed. Studies show that hand-washing guidelines are followed less than 40 percent of the time and sometimes substantially less. What to do? If you are a hospital patient, ask the doctors and nurses if they have washed their hands prior to an examination. Remember, they work for you and they should be following the established guidelines.

Fattest and Fittest

New ranking out...

The 2004 ranking for the fattest and fittest cities is out. Detroit is the fattest city in the nation, followed by Houston and Dallas as numbers two and three. Chicago, Miami, Phoenix and New York are included in the top 25. Among the fittest are Honolulu as number one, San Francisco number two, and Denver, Colorado Springs, and Tucson among the top 25.

Fat is not good! The obesity epidemic is one of the greatest threats facing our nation. Obesity is caused primarily by eating the Big Four (sugar, white flour, processed oils, and milk products). By eliminating the big four and eating more fresh fruits and vegetables, calories will be reduced automatically. Some moderate exercise will complete the prescription for a leaner and healthier you.

Coconut Oil

by Raymond Francis

Unjustly maligned for decades, coconut oil is reemerging as a miracle fat that boosts energy, burns fat, is antibiotic, and helps with thyroid problems. In the past, poorly done, misleading studies were used to discredit the saturated fats in coconut oil in order to displace it in our diet with soybean oil. Now that soybean oil has caused an epidemic of health problems, healthy coconut oil is being reintroduced. After a year-long study of coconut oil, I recently approved a superior product and added it to my own diet.

Coconut oil has been safely used for thousands of years. Natives in tropical climates who consume lots of coconut oil don't suffer from the heart disease, cancer, colon problems, and other health challenges that we do. Because it is highly saturated, coconut oil is very stable, stores well, and is suitable for cooking. But don't let the saturation bother you. These saturated fats are different. The medium-chain fatty acids in coconut oil are easy to absorb, digest, transport, and metabolize in the body. Unlike other saturated fats, the medium-chain fatty acids in coconut oil speed up the body's metabolism and are used by the body to produce energy rather than being stored as fat. Coconut oil does a body good. Let's have a look at the reasons why:

Heart Healthy

Population studies show that coconut oil lowers cholesterol, and reduces risk of heart disease. Americans consistently have higher cholesterol levels than coconut-eating cultures.

Weight Control

Coconut oil helps you to lose, maintain, or gain weight, depending on your body's need. It contributes to weight loss by speeding metabolism and being used as fuel rather than stored as fat. For underweight people, coconut oil helps to gain weight, especially useful to those suffering from AIDS or cancer.

Infection Fighting

The medium-chain fatty acids and monoglycerides found in coconut oil are the same as those in human mother's milk, and they have extraordinary antimicrobial properties. By disrupting the lipid structures of microbes, they inactivate them. About half of coconut oil consists of lauric acid. Lauric acid, its metabolite monolaurin, and other fatty acids in coconut oil are known to protect against infection from bacteria, viruses, yeast, fungi, and parasites. While not having any negative effect on beneficial gut bacteria, coconut oil inactivates undesirable microbes such as H-pylori, Candida albicans, and Giardia. Natives in Southeast Asia who drink filthy water, loaded with bacteria and parasites, are nonetheless healthy, mostly due to the protective effect of the coconut oil in their diets.

Thyroid Support

Coconut oil helps people with low thyroid function. Regular oils such as soybean, canola, safflower and corn suppress thyroid function. The medium-chain fatty acids in coconut oil stimulate metabolism, boost energy, and promote weight loss. While not a cure, some people have been able to reduce and even eliminate their thyroid medications.

Cancer Protective

Coconut oil appears to protect against cancer and not to promote cancer. Animal studies have shown that when animals are fed carcinogens and a variety of oils, the animals that do not develop cancer are those on coconut oil.

Anti-Inflammatory Effects

Coconut oil appears to have anti-inflammatory effects. For the past 20 years it has been known that coconut oil has been beneficial to patients with inflammatory bowel diseases such as Crohn's disease. Coconut oil appears to have a direct effect in suppressing inflammation and repairing tissue, and it may also contribute by inhibiting harmful intestinal microorganisms that cause chronic inflammation.

Good for the Skin

Coconut oil rejuvenates skin and wrinkles and slows the aging and wrinkling of skin. Used as a lotion, it protects against sun damage, and strengthens underlying tissues. It moisturizes, heals sores and injuries, and prevents production of "liver spots," (oxidized oils). When liver spots occur, this same oxidative damage is also happening in other tissues such as the brain, heart, eyes, and blood vessels.

Among other properties, coconut oil:

- Does not require refrigeration, and is stable at room temperature from one to five years.
- Increases lung function by increasing the fluidity of cell surfaces.
- Regulates blood sugar and prevents hypoglycemia by providing a supply of fuel not affected by insulin.
- Boosts energy in chronic fatigue and suppresses herpes and Epstein-Barr viruses.
- Doesn't oxidize easily, thereby protecting the body from lipid peroxidation.

Selecting a healthy, high-quality coconut oil was no easy task. Obtaining reliable information about production techniques and quality was difficult. These products come from far away third-world countries, and from small producers who may speak poor English and have difficulty answering technical questions. I found that even some usually reliable sources in the U.S. were not offering the best oil because they ran up against the same problems, didn't do their homework, and made poor choices.

The virgin coconut oil I have approved is the least processed oil on the market. This extraordinary oil is not heated above normal air temperature, and it is made from freshly harvested coconuts. Most oils are made from copra (dried coconut), which can be contaminated with mold. Coconut oil is a sensible addition to anyone's diet, and the purity, flavor, texture and quality of the oil I have selected is truly superior. A therapeutic dose is three tablespoons a day. To order Beyond Health Coconut Oil, call 800-250-3063.

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: There is talk about the potential for biological attack against the United States. Is there anything alternative we can do to protect ourselves?

C. G. — New York, NY

Answer: Yes, there are things you can do to protect yourself from biological attack. Most important of all is to keep your immunity strong. Unfortunately, most of us are sitting ducks as average immunity in the U.S. has been dropping for decades. We all need to work on boosting our immunity.

The most important thing you can do to rebuild immunity is to **get off the Big Four** (sugar, white flour, processed oils, and milk products). Sugar is immediately damaging to immunity, yet most people eat it every day. Eating a diet high in fresh organic fruits and vegetables is essential. Taking high quality supplements is also essential. For adults, 6000 to 12,000 mg of vitamin C per day is advisable, as are omega-3 fatty acids, B vitamins, vitamin E, zinc, magnesium, and selenium. Daily cod liver oil is recommended, but it must be high-quality oil. Regular exercise, adequate sleep, controlling stress, and minimizing toxins are also important.

While designer viruses sound downright scary, one has to put things in perspective and keep in mind that all viruses use similar techniques for attaching to cells, entering cells, replicating inside cells, and then exiting cells to infect other cells. The good news is the body has designed exquisite mechanisms for preventing all this from happening. The bad news is our modern diet and lifestyle thwart these mechanisms. Our job is to help the body do its job.

In order to penetrate a cell, a virus has to attach to a receptor on the cell membrane. Attaching and penetrating becomes much easier when the cell membrane is improperly built, when its electrical potential is down, or when it has been damaged by free radicals. All these problems result from nutritional deficiencies brought about by our diet of processed foods. Stop eating processed foods! Do not shop in a supermarket; *there is no food in a supermarket.*

The correct oils must be eaten to make healthy cell membranes. The hydrogenated and other processed oils so prevalent in our diet all work to impair the integrity of cell membranes. Margarine, all hydrogenated oils, and almost all salad and cooking oils must be removed from the diet; they depress immunity. Adding coconut oil to the diet would be a good idea as it also has antibiotic properties. Furthermore, excessive salt in our diet lowers the electrical potential of cells making them less able to repel invaders. The Big Four generate free radicals, causing oxidative damage to cell membranes, and the lack of anti-oxidant nutrients in our diet leaves cells more susceptible to oxidative damage, thus weakening their defenses. This is why supplemental anti-oxidant vitamins and minerals are essential. Should anyone actually become infected, intravenous vitamin C, olive leaf extract, and oregano oil would be the best strategy for dealing with the infection, as it is for any serious infection.

When you add it up, we are all hard at work eating a diet that damages our immunity, making ourselves susceptible to infection. If we put the same effort and expense into strengthening our immunity, there is no telling how healthy we could be. Perhaps we would not have to worry about terrorist germs,

and in addition, a strong immune system is our best protection against cancer.

Question: My son is 24 years old and smokes marijuana at least several times a week. He says it is less dangerous than smoking cigarettes. I am concerned, and I was wondering what you think?

E.A. — Grand Haven, MI

Answer: New research has revealed an increasingly dramatic impact on the body as the potency of marijuana has increased significantly since the 1960s. Adding to this body of evidence is a new study in the May 5, 2004 *Journal of the American Medical Association*. This study concluded that there has been a significant increase in marijuana use disorders from 1992 to 2002, especially among the young. The researchers noted that during this same period there has been a 66 percent increase in marijuana potency, which has led to greater addiction and it is cited as the direct cause of the increase in use disorders. The study also noted an increase in use disorders among 45 to 64 year-olds, the result of accumulated lifetime exposure from prior use. The researchers expressed concern regarding marijuana's contribution to disease in our aging population.

Parents don't realize that their children are using something far more toxic than existed in the 60s when the average marijuana cigarette contained about 10 mg of the active ingredient tetrahydrocannabinol (THC). Today it may contain as much as 150 mg. This means that previous studies on the hazards of marijuana are no longer applicable. Smoking marijuana creates a lot of free radicals; these will age you, cause cancer and other diseases, and most importantly damage the brain.

Marijuana is known to reduce workplace productivity and to play a major role in motor vehicle crashes. It is scientifically proven that marijuana suppresses the immune system, impairs motor control, and causes permanent brain damage. Marijuana simultaneously damages DNA and suppresses immunity, greatly increasing the risk of cancer. A study in *Cancer Epidemiology, Biomarkers & Prevention* found that marijuana smoking tripled the risk of head and neck cancer. Other studies have found increased risk of lung cancer. Marijuana smoke contains in excess of 50 percent more carcinogenic hydrocarbons than tobacco smoke, and it also contains high levels of an enzyme that converts certain hydrocarbons to their cancer-causing form. In addition, marijuana smokers inhale more deeply and hold their breath longer than cigarette smokers; this increases tissue exposure to the carcinogens. Cancer takes a long time to grow; your son may be initiating cancer now at age 24 that will catch up with him when he is 54.

Aside from the risk of cancer, marijuana changes the chemistry of the brain which relies on being chemically balanced in order to keep us healthy. With repeated use, these changes result in permanent damage. Studies of long-term users have found permanent changes in brain function similar to abusers of other drugs. Short-term effects include problems with memory and learning, difficulty in thinking and problem solving, distorted perception, impaired ability to complete tasks, and loss of coordination. Newly published research in the

British Medical Journal has determined there is a four-fold increased risk of later depression and a five-fold later risk of schizophrenia among regular marijuana users. As if this wasn't bad enough, marijuana changes the activity of dopamine-containing nerve cells, contributing to Parkinson's disease. The *Western Journal of Medicine* reported that marijuana smokers suffer more lifetime health problems and lost time due to illness. However bad these problems may be, they affect only your son. Here is something that will affect his children.

Tetrahydrocannabinol is known to be highly genotoxic. Genotoxic means it damages DNA, and THC causes the worst kind of DNA damage—multiple breaks. Today's more powerful marijuana contains substantially more genotoxins than traditional marijuana. These genotoxins will not only give your son cancer and other diseases, but will genetically damage his sperm. His children's DNA will be permanently altered, affecting their health, intelligence, and longevity. Smoking marijuana is far more damaging to DNA than smoking tobacco, yet we know the children of cigarette smokers have a higher incidence of all cancers and a four times higher incidence of brain cancer. If relatively safer tobacco can do that much damage, pity the poor child of the highly-genotoxic marijuana user. If your son is planning to have children, smoking marijuana is among the worst things he can do to the long-term health and well being of those children.

Marijuana is addictive and that may be why your son tries to minimize its health effects; he's dependent on it. He needs to understand that he is dealing with a very toxic substance that will have a lifelong negative effect on himself *and* his children. He has already done irreversible damage to himself. How much more does he want to do? Some researchers believe that marijuana is one of the most difficult drugs to kick because of its powerful drug craving and unpleasant withdrawal symptoms. Professional help for this addiction is highly recommended and the sooner the better. There are a lot of good drug-rehab programs out there, get him into one!

Question: I have bipolar disorder, and I have been doing what is in the book *Never Be Sick Again* for 6 months without any medicines. I still have peaks and valleys, but they tend to be less severe by eating the right way and avoiding toxins. On occasion I have to seek medications. Of course I am worried about the toxic affect, but I don't know how else I will be able to function. What do you recommend? I use Udo's choice and it seems to help a little.

C.M. — Kenosha, WI

Answer: First off, go to www.beyondhealth.com and under Free Articles download a copy of my article, "Depression Epidemic." This article contains a lot of the basic chemistry you need to know. The way to approach this problem is to do everything you can to support your brain chemistry and avoid those things that can disturb brain chemistry.

To support brain chemistry, eat a good diet as outlined in my book and get on the Beyond Health "Comprehensive Program." Beyond that, add choline citrate, phosphatidylserine, and lots of salmon oil. You can also experiment with taking Perque Mood Guard and Rosavin; one of these may work

better for you than the other or both may work best of all.

To avoid damaging your brain chemistry, get off the Big Four (sugar, white flour, processed oils and milk products). Most especially, get off all refined sugar. Avoid powerful brain poisons such as Aspartame, MSG, and hydrolyzed vegetable protein. Get the mercury out of your mouth if you have any silver fillings. Allergies may also be affecting your brain. Try staying away from some of the most common allergens such as wheat, oranges, milk, soy, eggs, and corn. Avoid all processed foods containing artificial colors, flavors, preservatives, thickeners, and anticaking agents.

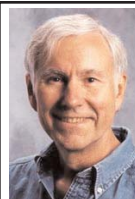
About 90 percent of brain growth takes place in the first three years of life. Good nutrition in the fetal stage and during the first few years is critical to developing a normal brain. Once the brain is formed, you have to deal with what is there and support it in the best way possible. Supplying the brain with the best nutrition possible and avoiding brain-damaging toxins will go a long way to improving the quality of your life. Regular exercise and meditation are also highly recommended.

Question: My husband has sleep apnea. Do you know of anything that would help with this problem?

C.F. — Tacoma, WA

Answer: Most doctors think that sleep apnea is caused by abnormalities in the tonsils, sinuses, or brain. However, the latest research indicates that the leading cause of sleep apnea is allergies. Your husband is best advised to get properly tested for allergies, (I recommend the ELISA/ACT test) and to stay away from substances he is reactive to. Likewise, he should pay attention to his digestive health since most food allergies start there. Leaky gut syndrome will facilitate all kinds of allergies. One thing he could do is go on a rotation diet, where he avoids certain foods for a period of time to see if it has any effect. Gluten and dairy would be two leading suspects.

Readers are invited to ask questions. Answers will be provided by Raymond Francis on a space-available basis. Write to us online at bhn@beyondhealth.com or to our mail address, Beyond Health News, P.O. Box 150578, San Rafael, CA 94915.



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