

BEYOND HEALTH[®] *News*

September — October

2004

"The person who takes medicine must recover twice, once from the disease and once from the medicine."

— *William Osler, M.D.*

Never Be Sick Again

In China...

In early 2003, *Never Be Sick Again* by Raymond Francis joined the ranks of the best health books ever published when it was nominated for best health book by the U.S. publishing industry. The revolutionary *one disease* model of health presented in this book has been called the most important medical discovery in over 200 years. This powerful concept takes the mystery out of disease and is helping people around the world to understand and reverse so-called "incurable" diseases.

More recently, the breakthrough technology presented in *Never Be Sick Again* has captured the imagination of the largest country in the world—China. *Never Be Sick Again* has been translated into Chinese, and will be published in China by the end of the year. Publishers

usually have all they can do to publish books from their own country. Seldom do they look for books from a foreign country. Foreign books are distractions which present numerous and costly translation, editing, and marketing problems. It is only when something of singular significance comes along that publishers are willing to take that kind of risk and make that kind of effort. With this in mind, it is a great honor for *Never Be Sick Again* to be selected for publication in China.

The translation commenced last fall and was completed in June. This translation is now in the midst of its third rewrite. Raymond Francis, who was once a high-level business consultant to the government of China, maintained direct contact with the translator, Yulin Zu.

Yulin said she was attracted to work on this project because she was "moved and inspired" by Raymond's personal story of near death and "the fearless fighting spirit" and "love of life" he displayed in his journey back to health. She felt that her own mother and over a billion Chinese people could benefit from knowing this story and the teachings in the book. Yulin believes the Chinese will find this book appealing because, "The Six Pathway theory systematically summarizes the true meaning of Chinese philosophy applied to human health in a modern way. Chinese medicine focuses on a balanced Qi...this balance is very much the philosophy behind the Six Pathway theory." Yulin thinks the Chinese will easily adopt this way of thinking about health because "it is really very close to what Chinese philosophy and traditional Chinese medicine promote."

Yulin provided Raymond with a new appreciation for the complexity of the Chinese language and the challenge of translating technical concepts into Chinese characters. Yulin said the most challenging parts of the translation occurred when a particular passage required a Western cultural background in order to understand it. One example of a translation challenge was taking the concept of "brain fog" and translating it into meaningful Chinese; it took some help from Raymond to get through that one. BHN extends kudos to Yulin for a job well done. Raymond is planning a promotional tour of Chinese cities.

If you have not read *Never Be Sick Again*, get yourself a copy of this must-read book. For a limited time, *autographed* copies are available at Beyond Health at the discount price of only \$9.95 plus shipping. Call 800-250-3063 now and ask for this special BHN offer. These autographed books make wonderful gifts, and this book is truly *health in one lesson*.

Saunas from Luxury to Necessity

A household necessity...

Sherry Rogers, M.D., an internationally known expert in environmental medicine and author of *Tired or Toxic* has announced that saunas have become "a household necessity." Dr. Rogers had this to say on the topic:

"A sauna used to be thought of as a luxury. But studies now confirm that diet and environmental chemicals cause 95% of cancers. Furthermore, as the first generation of man exposed to an unprecedented plethora of daily chemicals, we have learned that stored chemicals can mimic any disease. 'Incurable' chronic diseases that were thought to

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have no known cause often disappear when toxic chemicals are gone."

The problem is we are all bioaccumulating hundreds of toxic, manmade chemicals in our fatty tissues, and the body has no efficient way to get rid of them. We now know that these chemicals, acting in combination, can be thousands of times more toxic than any of them acting alone. These accumulated chemicals are causing massive cellular malfunction and disease of every description. Many of these chemicals are known carcinogens. Many of them are hormone disrupters. Fat cells make hormones and fat cells are bioaccumulating known hormone disrupters. Ever wonder why so many of us have hormonal abnormalities, why children are entering puberty at younger and younger ages, or why so many have hormone-driven cancers such as breast and prostate cancers?

Because we cannot see or easily measure this problem, most of us are unaware it is happening. Unfortunately, we have few defenses against these toxic chemicals; the body never developed a way to get rid of them because

the problem didn't exist prior to the recent widespread use of synthetic chemicals. It is essential that this enormous threat to health be addressed, and there is a way. The regular use of an infrared sauna is the safest and most effective way to remove these chemicals; infrared saunas are 2 to 3 times more efficient than conventional saunas at removing toxins. Indeed, saunas have become "a household necessity," equivalent to stoves and refrigerators. The chemicals in our environment are so pervasive; it is not possible to avoid them. This is why regular saunas are now necessary for both preventing and reversing disease.

Raymond Francis used saunas for detoxification to reverse his own disease process. Last year he successfully identified a safe and effective home sauna, now available at Beyond Health. For more information go to www.beyondhealth.com or call 800-250-3063.

Food Additives and Hyperactivity *The dumbing of America...*

Common food additives contribute to children's hyperactivity-related behavior problems according to a study in the June *Archives of Disease in Childhood*. Children were fed foods with and without these common food additives: food colorings and sodium benzoate (a preservative frequently used in fruit drinks and carbonated beverages). Parents were asked to rate their children's disruptive behavior. Neither the children nor the parents knew which children were on the additives and which were not.

The researchers found that when the children were consuming the additives they exhibited significantly more disruptive behavior. The behavior stopped when the additives were withdrawn; it returned when the additives were added back.

Most parents have no idea how toxic additive-containing processed foods can be. A child can easily be exposed to dozens of food additives and absolutely no one understands how they all interact in the body. We do know that certain chemicals when combined in the body

can become thousands of times more toxic than any of them alone.

As additive use has increased over the last 50 years, so have behavioral problems and poor academic performance. School administrators cry out for more funding and staff to cope with these problems, meanwhile dumbing down tests and engaging in grade inflation. Yet we continue to feed food additives to children that we know disrupt their brain structure and function. A few parts per trillion of certain food additives can either activate or shut down receptor sites for neurotransmitters. When this happens, brain signals go haywire. This affects the ability to learn, think, and remember as well as causing inappropriate and even violent behavior.

No one in history has ever consumed the diet of processed foods that we eat today, and when asked, most people have no idea what a healthy diet should be because we have come so far from experiencing one. As we have made these drastic dietary changes, they have affected the structure and function of our brains. This in turn has led to poor academic performance and abnormal, hyperactive, and violent behavior.

It is good to have a well-done study to support the movement to feed children healthy foods and keep them away from additive-loaded junk foods. In addition, food allergies today cause many of the same symptoms observed with the additives. If a child is off additives and still abnormal, taking them off common allergens such as chocolate, sugar, wheat, eggs, oranges, and milk products may be the missing link.

To ensure the future of our nation, children should not be eating processed foods. Only fresh, whole, organic foods should be allowed. Children should not be exposed to the Big Four: sugar, white flour, processed oils, and milk products. We must do all we can to protect our young from toxic foods such as candy, ice cream, french fries, snack foods, fast foods, pizza, sodas, milk, and breakfast cereal.

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BEYOND HEALTH *News*

is published bi-monthly by Beyond Health Corp., which is dedicated to cutting through the confusion and bringing you high quality information, products, and services to enhance the quality of your life.

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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.

Reverse Osmosis from Beyond Health

by Raymond Francis

Consider this: The human body is 70 percent water. To maintain health, we must get adequate water every day. Tragically, *there is not much water available in America that is fit to drink*. Clean water is one of our body's most important needs. Yet according to the U.S. Centers for Disease Control tens-of-millions of Americans are drinking water that violates the EPA's contamination standards. Regretfully, it is far worse than that!

Any water containing chlorine or fluoride is unfit to drink. In other words, most of the water in the country. Chlorine is added to water to kill bacteria, but it kills and injures your cells as well. While toxic, chlorine at least does something of value. Fluoride does only harm; it is an exceedingly dangerous toxin that is having catastrophic effects on both physical and mental health. These health-destroying toxins *must* be removed from your water. In a more rational society, they wouldn't be there in the first place. More than 700 chemicals have been identified in drinking water, and studies have found that one-out-of-four large public water systems exceed the standards for one or more of these toxins. Meanwhile, studies in the *American Journal of Epidemiology* indicate that negative health effects occur at concentrations lower than existing standards.

My solution to the toxic water problem has been to drink distilled water that is delivered to my home in glass bottles. This water is very pure, but it costs almost \$4 per gallon—more expensive than gasoline. For most people, and now for myself, a *reverse osmosis system* is the most practical and economical solution for clean water. Almost two years ago, I set out to find a reverse osmosis (RO) system that would meet my standards for safety and effectiveness. The result: Beyond Health now markets a superior RO system.

There are many RO systems on the market, including cheap, inferior imports. These all come with different prices and often confusing and misleading technical specifications, making it difficult to compare products. To understand how I made my selection, let us first understand a little about reverse osmosis. Without getting too technical, the heart of the RO system is a membrane with microscopic holes in it. Water pressure forces water molecules through these holes while excluding contaminants with larger molecules. The challenge is to find an RO system that does this well and economically, under a wide range of different conditions, without adding more toxins to the water than it removes.

It is important to select a reliable, high-quality system, or you may be defeating your purpose. Many RO units are made with plastics that leach toxins into the water. While no plastic is perfect, the system I selected is the best available and is

approved by NSF International, a world leader in product safety standards.

The membrane is the key component in an RO system. It is essential that this be top quality, and not all membranes are alike. Membranes perform differently under varying conditions. Most require frequent replacement. This is why membrane selection is critical, and the membrane unit in Beyond Health's RO system is superior. More costly to manufacture, our membrane is made of composite materials that give it special properties. For example, it is less susceptible to bacterial growth, and it filters out 98 percent of impurities, versus 93 percent for many other systems. Our filter is made of spiral-wound membrane sheets that are shorter and more numerous.

This superior construction gives our filter many advantages. It is less susceptible to damage from high water pressure, and it operates efficiently at lower water pressures. It is faster, filling your glass twice as fast as other systems. It wastes less water. Many RO systems will waste 8- to 9- gallons of water to make one treated gallon; our unit uses only 3.5 gallons. In most RO systems, the membrane unit must be replaced every 1- to 2- years, whereas Beyond Health's superior unit will last 4- to 5- years, saving you time and money.

There are many other advantages to Beyond Health's RO system. Most RO systems are installed using a piercing valve. However, these valves are subject to clogging. Our unit includes an easy adapter with ball valve that will not clog or loosen with age. Beyond Health's carbon filters need replacement only once-a-year versus every six months for other systems. And there are fewer filters to replace; other systems require more filters to help compensate for their lower quality. In addition, Beyond Health's filters are more practical and easier to replace. Most RO systems have permanent canister filter housings that can weaken and burst with age, which could flood your home. Our filters are built into the filter housing for quick and easy annual filter changes by simply unplugging—no wrenches necessary. Installation is relatively easy, and renters can take the RO unit when they move.

For good health, most Americans need purified water. Reverse osmosis is a safe, reliable, economical and practical way to obtain such water. Beyond Health's under-the-counter RO system was selected after careful research to find a system that meets our high standards for quality, durability, and water purity. Beyond Health RO systems can be purchased by calling: 800-250-3063 or online at www.beyondhealth.com.

Raymond Francis is an M.I.T.-trained scientist, a registered nutrition consultant, 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.

Olive Oil from Beyond Health

by Raymond Francis

Why Beyond Health Olive Oil? For those who have asked this question, the answer lies in Beyond Health's mission: To improve the health of the American people by supplying cutting-edge health education and carefully researched, world class, health-supporting products. Toward this end, Beyond Health searches for the highest-quality products and makes them available to the public—all in one place. This is a unique and valuable service, and selecting healthy olive oil is just one example of that service. The health benefits of olive oil are well established, which is why I recommend it. The challenge is to find real olive oil.

The world is awash in phony food products. For example, new genetic tests indicate that 77 percent of the fish sold in the U.S. as red snapper consists of other illegally mislabeled species. The problems with olive oil are *far* worse. A 1996 study by the FDA found that 96 percent of the extra virgin oils they tested had been adulterated with cheap, inferior oils. When I wrote *The Olive Oil Scandal* in 1998, I began a quest to find real high quality olive oil that would be healthy for Beyond Health's customers. Putting the Beyond Health label on olive oil is a continuation of this quest. Olive oil is a natural product with annual fluctuations in flavor and antioxidant content due to changing weather conditions. By branding its own oil, Beyond Health is free to research each annual harvest for the best combination of flavor and health-giving properties. The best of the best can be supplied without having to switch brands and confuse customers.

Most olive oil is *not* what you think it is, and it is *not* healthy. There is not enough space in this article to describe all the differences between *real* extra virgin olive oil and the adulterated products normally sold in stores. Suffice it to say the difference is vast, and these oils should be avoided. The problems with olive oil begin with the demand exceeding supply. To meet the demand, the international olive oil market is fraught with fraud. Adulteration is rampant, and *more olive oil is sold than is produced*. This is why finding *real* olive oil is not a job for the average shopper. The good intentions of adding healthy olive oil to your diet can quickly become a bad choice, both for your pocketbook and your health.

Most olive oil today is adulterated with other highly-processed oils. *Such oils are not health supporting and most are toxic*. They often contain toxic trans fats, solvent residues, pesticides, and other contaminants. Highly refined, solvent extracted, hazelnut oil is the most common adulterant because it is cheap, and its presence is extremely difficult to detect even with the best analytical methods. In fact, much of the olive oil on the international market is up to 50 percent hazel

nut oil, often containing toxic solvent residues from its manufacture and, of course, lacking the health benefits of real olive oil. Even the portion that is olive oil is not high quality. These blended oils are often made with low-quality olives grown in poor soils or hot climates and are lacking in antioxidants. Low-quality olives include those that are harvested late and are overripe, or those not processed quickly enough after harvesting to prevent damaging fermentation. Low quality olive oil is usually highly processed to improve its apparent quality. Techniques such as steaming, bleaching with peroxide, and adding food coloring are often employed. Adding a small amount of higher-quality oil is a way of adding flavor. Such processed and adulterated oils are manipulated to meet certain technical and taste requirements in order to appear to be higher quality, but they are not healthy. Labeling such oils as "extra virgin" is both fraudulent and commonplace. In fact, the words "extra virgin" and "cold-pressed" on the label are meaningless in today's market.

Consumers are not adequately protected because the laws have not kept pace with the development of the industry. Olive oil was once a cottage industry based on family-owned farms that took pride in their oil. Today it is a giant global industry. This transition is why many of the abuses in this industry are not yet illegal. For example, *there is no law that says extra virgin olive oil has to be 100 percent olive oil*. Even so, the FDA has rejected olive oil shipments from places like



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Lebanon, Tunisia and Turkey due to egregious adulteration and contamination. Recently in a Whole Foods market, I saw one-liter bottles of Italian, extra virgin, olive oil selling for \$6.99. One can only guess what is in those bottles. In Italy, *just the labor and bottling costs for a liter of high quality, extra-virgin oil can be \$10*. Such oils normally sell for up to \$50 per liter in the United States. Low price means low quality, but even price is no guarantee of quality. I have seen low-quality oils selling in gourmet specialty shops for premium prices. One distributor who was prosecuted for selling adulterated oil said in his defense: "I'm a crook, but not in a wrongful way. My customers knew from the lower price that I wasn't selling them 100 percent olive oil."

High quality, extra virgin olive oil contains generous amounts of flavonoids, polyphenols and squalene. Researchers have identified these constituents of olive oil as protective against cancer, which is one reason why olive oil is among the healthiest oils you can consume. Flavonoids, polyphenols and squalene are antioxidants that help protect cells from damage by free radicals. Squalene also contributes to the body's detoxification and defense systems. Finding flavorful oil that optimizes these antioxidants is what you want, but *not* what you get with most olive oil.

The exceptional health-giving properties of olive oil have been cited in numerous studies as contributing to the well-known health benefits of the Mediterranean diet. The Mediterranean diet is rich in fresh vegetables, fruits, nuts, and olive oil; people on Mediterranean diets often obtain *one third* of their calories from olive oil. In addition to the health benefits of these good foods, olive oil itself is known to reduce cholesterol, prevent oxidation of LDL cholesterol, lower blood pressure, and prevent cancer as determined by studies in numerous journals including the *American Journal of Cardiology*, the *Archives of Internal Medicine*, the *Journal of Epidemiology and Community Health*, and the *European Journal of Clinical Nutrition*.

Given all the problems, how does Beyond Health go about finding oil that meets my exacting standards for flavor and health-giving properties? The answer is we work at it. Quality in olive oil production is even more variable than wine production. Creating a quality olive oil is an art and is even more expensive than creating a quality wine. Beyond Health looks for a producer who is growing olives in rich soil. The farm must be located in a climate that is not too warm or too wet, which can lead to lower quality oil. Olives grown in colder climates have more antioxidants, while wet climates have more pests requiring the use of insecticides. Olives must be hand-picked, not mechanically harvested, because care must be taken to exclude leaves from the harvest and not to injure the olives. Injured olives begin to ferment, and while leaves add desired green color to the oil, the chlorophyll from leaves promotes oxidation, destroying precious antioxidants. The har-

vested olives must be crushed within hours, not days (as is often the case); olives begin to ferment and turn rancid within three to four hours of harvesting. All this extra care adds to cost.

To produce high-quality oil, traditional production techniques should be employed. A stone wheel should be used to crush the olives. This is slow, time consuming and costly, but results in a better product where, importantly, the oil and water fractions are easily separated. Crushing with faster, less expensive methods such as a high speed hammer mill causes the oil and water to become emulsified. This results in intimate contact between the oil and water that dissolves away precious water-soluble antioxidants. Emulsification makes it more difficult to separate the water from the oil and necessitates that the oil be filtered, because water can be absorbed on the small particles. *The best oils are unfiltered and cloudy because the small particles contain both flavor and antioxidants*. Most commercially produced oil is filtered and looks clear because their high speed production techniques introduce hard-to-separate water. Any water in the oil will cause it to oxidize and deteriorate much faster.

Olive oil should not be packaged in clear-glass containers. Producers do this as a marketing technique to display the oil, and to save money because clear glass costs less. Dark bottles are necessary because light catalyzes reactions in the oil that destroys antioxidants and causes rapid aging. Even light-protected olive oil is best consumed within eighteen months of its bottling date. Oil that is significantly older than two years will begin to turn rancid and lose its health-giving properties. This is why Beyond Health dates all of its bottles. Refrigerating the oil will help to prolong its useful life.

In an era when chronic disease is an out-of-control epidemic, it is essential to eat a healthful diet. Remember, the purpose of food is to give your cells what they need for good health, and *real* olive oil does this. We would all do well to emulate the Mediterranean diet. While there is no one Mediterranean diet, the common characteristics include six to nine servings of fruits and vegetables per day, as opposed to the two to three servings of the average American. Rich in fruits and vegetables, this diet also includes whole grains, nuts, beans, fish and olive oil. The Mediterraneans consume less sugar, red meat and dairy. Eating this diet has proven to reduce inflammation and blood clotting and to prevent heart disease, hypertension and cancer. Consumption of *real* olive oil is an essential part of this healthy diet. To obtain Beyond Health Olive Oil, go to www.beyondhealth.com or call 800-250-3063.

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Question: Some weeks ago, I read that a new study found dark chocolate to be good for your heart and blood vessels. I wondered if you were aware of this study and what you think?
I.S. — Oakland, CA

Answer: Chocolate is not a health food! Indeed, the June *Journal of the American College of Nutrition* contained a study conducted by the University of California, San Francisco finding that dark chocolate improved artery flexibility and also increased blood levels of an antioxidant that could help prevent blood clots. The study was conducted over a two week period.

Unfortunately, a lot of people are going to rush out and stock up on dark chocolate thinking it will help to prevent heart disease. This is just what the sponsor of the study — the Mars candy company — wants you to do. Not so fast! All natural substances like chocolate contain hundreds of biologically active chemicals producing numerous effects. To single out only two effects and measure them for only two weeks is not good science. It is the net effect of all of them over a long period that is defining.

The researchers gave two groups equal amounts of high-flavonoid dark chocolate and low-flavonoid dark chocolate. Improvements in artery flexibility and a platelet clumping inhibiting chemical were measured. The subjects eating the high-flavonoid dark chocolate did the best. If we analyze what this is saying, it's that flavonoids are good for you and the more the better. The problem is we already know flavonoids are good for us, and fruits and vegetables are loaded with them, along with a lot of other vitamins, minerals, and fiber as well.

Since flavonoids abound in plant foods, there is no need to eat chocolate. Remember chocolate is made with the deadly (but still unregulated) poison called sugar. Eating sugar is one of the most dangerous things you can do; any benefit offered by the chocolate is more than offset by the sugar. Then there is the problem of caffeine in chocolate and who knows how many other toxic chemicals. Not something I would recommend. Stock up on the fruits and veggies and forget the chocolate.

Question: A few years ago, you wrote about the scandal in the olive oil industry and how difficult it was to get real olive oil. I was wondering if anything had changed and if I had a better chance to find real olive oil in the store today?
C.B. — Cleveland, OH

Answer: See the article on olive oil in this issue. I wrote it partially in response to your question.

Unfortunately, not much has changed. It is still exceedingly difficult to obtain real olive oil, and the average consumer does not understand the technical details. That is precisely why Beyond Health has its own brand— to provide a reliable supply of high quality, healthy oil. Real olive oil is healthy and

that's why people should use it. The problem is the rising demand for it continues to outstrip the supply. The only way to meet that demand is to resort to all kinds of trickery and slight of hand. The sad fact is almost all the extra virgin olive oil on the market is not what you think it is. I would call most of it fraudulent, unhealthy junk. A study by the FDA found that 96 percent of it had been adulterated with other oils. These other oils have to be highly processed in order to make them undetectable to the user. Unfortunately, this means all the nutrition has been stripped from them and the molecules have been altered in ways that make them toxic.

If you want healthy olive oil, unless you pay a small fortune or know a lot of olive oil chemistry, you probably won't find any. I have seen gourmet oils selling for \$100 per liter that are of lower quality than Beyond Health's modestly-priced oil, which I personally select for its flavor, nutritional value, and superior antioxidant content—a best buy. I recommend it. As for most all the other olive oils on the market—caveat emptor!

Question: I have just put myself on the South Beach Diet. I am losing weight, but I wondered what you might have to say about Dr. Agatston's approach to weight loss.
L.S. — Toronto, Canada

Answer: Nobody needs a weight-loss book. What we need is a healthy-living book. Normal weight is merely a side effect of good health. Weight-loss diets are gimmicks. They sell books and products, but are not scientifically sound. The author of *The South Beach Diet* is cardiologist Dr. Arthur Agatston. Unfortunately, very few medical doctors know much about nutrition, including Dr. Agatston. While millions of these books have been sold and many people have lost weight on this program, I think it would be a very bad idea to stay on it for any length of time as it will screw up a lot of body chemistry. The South Beach diet gets you off of sugar, white flour, and other refined carbohydrates. This is a giant step in the right direction and is why the diet works at all. The book's problems are contained in its other dietary recommendations.

This is a high protein diet causing excess acidity and a mini-epidemic of kidney stones. Dr. Agatston recommends using canola oil, which is highly processed and contains an unhealthy amount of omega-6 fatty acids. Agatston talks about the hazards of trans-fatty acids, but goes on to use margarine in his recipes. He advocates dairy products if they are low-fat products, but dairy is not a healthy food. Half the population may be allergic to dairy, and low-fat milk causes increased heart-attack risk. This diet also removes too many saturated animal fats from the diet, possibly leading to a vitamin A deficiency. We do need some saturated fats and there is no evidence that saturated fats by themselves cause heart disease or obesity. Agatston recommends the use of the artificial sweetener aspartame, which is a dangerous excitotoxin. He also recommends peanut butter, a highly toxic product.

Losing weight is easy. Get off the Big Four (sugar, white flour, processed oil, and milk products), eat more fresh fruits and vegetables, and get some form of regular exercise. Eating a balance of real foods is the key to health and normal weight. Rebounding and regular saunas also help. How much more simple can you get? If you have a copy of my book *Never Be Sick Again*, you would do a lot better just following its recommendations for preventing and reversing disease. Overweight and obesity are diseases like any other disease. They need to be prevented and reversed the same way you prevent and reverse any disease—give your cells everything they need and keep them free of toxins. This simple formula will not only keep your weight normal, but will keep you happy and healthy while increasing your longevity.

Question: I have been taking Perque Glutamine plus PAK, but I just read that glutamine can be bad for you and damage the brain. I was wondering if you could comment on this.

D.R. — Oakland, CA

Answer: What you read was correct. Glutamine can metabolize into an excitotoxin called glutamate. Adding large amounts of glutamine to the diet, in foods or supplements, can significantly increase brain levels of glutamine, and hence, glutamate. This is not a good thing to do.

Glutamine is essential to brain function as well as an essential component of structural proteins such as collagen and elastin and immune system proteins. Glutamine is essential to normal body metabolism, but its metabolite glutamate can cause certain brain cells to become excessively excited, to the point they will quickly die. This phenomenon is called excitotoxicity; other sources of excitotoxins to be avoided include food additives such as MSG, aspartame, soy protein extract and hydrolyzed protein.

The reason I selected the Perque glutamine product for Beyond Health is it provides all the benefits of glutamine without the problems. Health professionals often recommend glutamine to facilitate gut repair in people with leaky gut syndrome. Doses of 15 to 60 grams per day are typically required to achieve clinical benefit. Unfortunately, at these doses, enough glutamine can be transported to the brain that a potential exists to build up excess glutamate outside brain cells. When excess glutamate builds up *outside* and around nerve cells, neurotoxic effects can occur. These toxic effects can be magnified if there are not sufficient antioxidants, minerals, and other nutrients available. Some new studies indicate that excessive glutamine by itself can be dangerous. When brain glutamine levels increase, brain levels of free radicals also increase, which will damage brain tissue and function.

Fortunately, these toxic effects do not happen with the Perque glutamine product. Ahead of the crowd as usual, Perque's chemistry is unique. Perque pioneered the discovery that glutamate can be kept within normal safe levels when it

is recycled by using a particular, active form of pyridoxalalphaketoglutarate (PAK). Just 1.5 grams of pharmaceutical grade l-glutamine along with PAK gives the clinical benefit of 15 grams of free l-glutamine. This happens because each molecule of glutamine is, on average, enzymatically regenerated 10 times. By taking a much lower, but still biologically sufficient dose of glutamine, excess glutamine, glutamate or ammonia does not build up. This benefit only occurs when true PAK is given. Other products may add pyridoxine and alphaketoglutarate, but these taken together form only tiny amounts of PAK in the body and do *not* accomplish the above recycling benefit.

Glutamine in proper and balanced amounts is necessary and beneficial to the body. However, high-dose glutamine is not recommended. Through the ingenuity of Perque, the benefits of high-dose supplementation can be achieved at acceptable low doses. There is a lot of anecdotal experience in children with autism or with ADHD where Perque's glutamine plus PAK product has *routinely* helped to improve intestinal digestive and/or inflammatory problems.

I hope this answers your question. Feel safe to continue to use this excellent cutting-edge product.

Question: My husband loves peanut butter and refuses to stop eating it. Is there anything I can do to protect him?

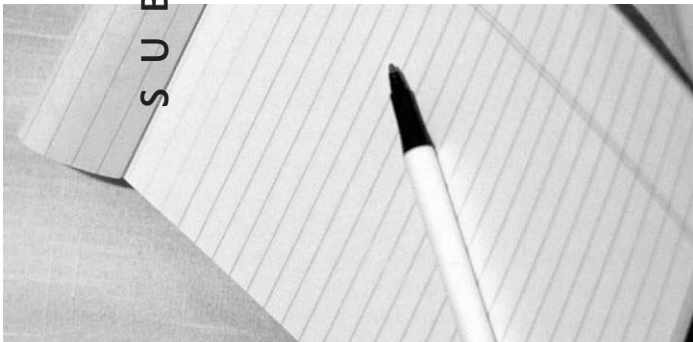
S.C. — New Orleans, LA

Answer: You are right to be concerned. Peanut butter is one of the most heavily contaminated products you can eat. The *FDA Total Diet Study* found that peanut butter contained 183 industrial and pesticide residues including aflatoxin. Aflatoxin is a known and very powerful carcinogen that is produced by molds that grow on the peanuts. This is an enormous toxic load to place on anyone, especially if they consume peanut butter as often as your husband appears to do.

Your husband should at least consider that he is allergic to peanuts and has become addicted to them, which is why he refuses to stop eating them. Addictions are very common in allergies. He should have himself tested for a peanut allergy. Beyond that, he needs a lot of protection from the large amount of toxins he is consuming.

Studies have shown that vitamin C protects guinea pigs from acute aflatoxin toxicity and also reduces mutations. I would say that a lot of vitamin C is a definite plus. In addition, taking products like MSM, Thiodox, and Perque Liva Guard are also highly recommended to support his liver function.

Readers are invited to ask questions—by email to bhn@beyondhealth.com, or by mail to our PO box. Answers will be provided by Raymond Francis on a space-available basis.



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