

BEYOND HEALTH[®] *News*

November - December

2004

“If an unfriendly foreign power had attempted to impose on America the mediocre educational performance that exists today, we might well have viewed it as an act of war.”

— *The National Commission on Excellence in Education*

Flu Shot Tragedy

Millions injured...

Fortunately there is a shortage of flu vaccine. As a result, millions of Americans will be spared the damage caused by these unnecessary, ineffective, and dangerous vaccinations. That's the good news. The bad news is flu vaccine is being reserved for those who are the most vulnerable to its ill effects: the very young, the old, and those with chronic diseases.

The largest study ever conducted on flu vaccinations found them to be worthless. The CDC finally decided to have a look. In January of 2003, the CDC admitted that the effectiveness of flu vaccine during the previous year ranged from only zero to 14 percent, and the

truth may be closer to zero. Is it worth getting a flu shot when the benefits may be zero while the risk of permanent health damage is almost 100 percent?

All vaccines are a witch's brew of toxic chemicals, foreign proteins, and viruses that can set up housekeeping in your body and put a permanent and dangerous burden on your immune system. For example, it is now established that millions of people are at risk for cancer as a result of monkey viruses in polio vaccinations.

Flu vaccine contains Thimerosal, a mercury compound used as a disinfectant and preservative. Thimerosal can cause permanent brain injury and promote autoimmune disease. Thimerosal is the primary reason why people who get flu shots five years in a row increase their risk of Alzheimer's disease by 1,000 percent. Aluminum is another contaminant. It is used to promote antibody response, but it too is associated with Alzheimer's, as well as seizures, and is known to promote cancer.

The problem is that the long-term effects of injecting people with this toxic brew of chemicals and microorganisms have never been studied. Yet indications are that vaccines are mostly ineffective and dangerous, doing permanent damage to the immune system and making us more susceptible to virtually all disease. Given there may be no benefits from flu vaccine, this is a risk no one should be taking.

The most important thing you can do to stay healthy is to keep your immune

system strong. Do this by avoiding vaccinations, and by removing sugar, white flour, hydrogenated oils, and dairy from your diet. Take extra vitamin C and E plus cod liver oil, and be sure to get plenty of exercise and sleep while utilizing stress reduction techniques such as meditation.

Cancer and High Carbs

Sugar causes cancer...

The deadly poison known as sugar contributes to virtually all disease. Known to be a cause of colds, flu, diabetes, heart disease, osteoporosis, allergies, and Alzheimer's, a new study provides even stronger links between sugar and cancer.

The August issue of *Cancer Epidemiology Biomarkers and Prevention* found that women who consumed the most carbohydrates had a breast cancer risk 2.2 times higher than those who consumed the least. The strongest associations were for sugar consumption. The effect appeared to be moderated in other types of carbohydrates by higher fiber content and reduced glycemic response.

Carotenes and Salad Oil

Use that olive oil...

Oil on your salad enhances the nutrition. A 2004 study in the *American Journal of Nutrition* found that eating a salad with oil dressing greatly enhances the absorption of carotenes. Researchers fed volunteers salads with oil-based dressing or fat-free dressing. They found

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that in the subjects eating the fat-free dressing there was negligible increase of carotenes in the blood. However, the oil-based dressing measurably increased blood levels of alpha-carotene, beta-carotene, and other carotenoids.

It would appear that people using low-fat or no-fat dressings on their salads are being deprived of the full nutritional value of their food. Using oil-based dressings results in substantially greater absorption of health-giving carotenoids. BHN suggests using Beyond Health olive oil or flaxseed oil on your salad.

High Blood Pressure?

Lower it with food...

A study tested the impact of lifestyle changes on blood pressure. A 2003 study in the *Journal of the American Medical Association* found that it was possible to reduce pressure with diet alone. Out of more than 800 people with an average age of 50 who were on blood-pressure medications, at the end of six months only 27 still required medications. What did these people do?

They reduced salt, increased exercise, and ate more fresh fruits and vegetables while consuming less sugar and bad fats. Simple to do!

About 60 million Americans suffer from high blood pressure. Blood pressure can easily be elevated by a poor diet and lack of exercise. Likewise, it can be easily lowered by eating a good diet and exercising regularly. Basically, people need to get off all the bad stuff. Get off the Big Four: sugar, white flour, processed oils, and milk products. Most especially, get the sugar, bad fats, coffee, and salt out of your life.

There are a number of factors that contribute to hypertension. Magnesium deficiency is a factor. Magnesium has consistently been found to be low in people with high blood pressure. Alcohol consumption will also elevate blood pressure. Heavy metals such as lead and mercury will also contribute to elevated blood pressure. Chronic stress is yet another contributor.

Lifestyle changes are imperative. If you have high blood pressure, you cannot continue to live life as you have. Permanent changes must be made such as not smoking; keeping alcohol to a minimum; regular exercise; stress management such as yoga, meditation, and Qigong; and a diet high in fresh fruits and vegetables. A high-quality supplement program and adding fresh or aged garlic to your diet is also recommended. Even CoQ10 supplementation has been shown to be helpful. A 1999 study in the *Journal of Human Hypertension* found that only 120 mg per day of CoQ10 lowered systolic blood pressure by an average of 16 points. This is a significant reduction.

High Blood Pressure

From milk formula...

Breast-fed babies grow up to have lower blood pressure than formula-fed babies. A study in the *American Journal of Clinical Nutrition* found that adults who were fed dried milk baby formula developed higher blood pressures than those who were breast fed. Those who

were fed the most dried milk had a systolic blood pressure that averaged 6.1 mm Hg higher and a diastolic 2.3 mm Hg higher.

BHN has always advised against consuming milk and dairy products. The above study is just more reason not to consume health-damaging milk products and most especially not to feed them to infants.

Papayas Contaminated

Cross off the menu...

Tragically, we have lost yet another food. Word is out that organic Hawaiian papayas are now contaminated with genetically engineered varieties. Many of you know that there is no longer any GMO-free organic corn, soy, or canola available. If there is U.S.-grown soy in your diet, you are consuming GMO-contaminated soy!

BHN advises against the consumption of these former foods. Unfortunately, we have now lost Hawaiian papayas, and no doubt the list will continue to grow with time. The question is will there be any real food left to eat?

GMO foods are a catastrophe waiting to happen. It is only a matter of time before something awful happens, and it may already be happening; only we won't find out for 20 years! One example of what can happen occurred to a whole village in the Philippines. Occupants of this village suddenly developed a mysterious disease, exhibiting respiratory, intestinal, and skin problems as well as fever. What happened? They lived next to a field where genetically modified corn was growing. The pollen from this corn was causing immune reactions in these people. This was the first time GMO corn was grown in this valley, and it immediately caused unprecedented harm. Many scientists have been concerned that GMO foods will produce adverse immune effects in humans.

Genetic modification is a very imprecise science, about which we know little. Genes are not always spliced into

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where you want them to go. Furthermore, even when they do go where you want them, unwanted changes occur as well: the expression of other genes is also altered. In one experiment, 20 percent of the host genes were no longer expressing normally. This is an enormous change, far greater than the intended change when inserting one gene. The truth is this technology offers a gigantic opportunity for unpredictable changes and unintended side effects. The opportunity exists to create problems of truly epic proportions for which there may be no solutions.

In the midst of such peril, one would expect some oversight of this dangerous activity. For all practical purposes, there is none.

There has been only one human experiment done with GMO foods, and that one was truly alarming. Soy was fed to human volunteers and it was found that genes in the soy transferred to the bacteria in the stomach. We have always been told by the GMO industry that this was *impossible* and could not happen. But it did happen, and the implications are frightening. *This should have been sufficient reason to shut down the entire industry until proper safety testing can be done.* Naturally, this hasn't occurred. The GMO industry has a lot of political clout.

We are totally dependent on the bacteria in our gut for good health. They perform many useful and critical tasks, including the production of essential vitamins. To eat GMO foods and to genetically modify these bacteria in ways that change their normal activity could imperil human health and life. Normal bacteria not only could stop performing critical tasks, they could start producing dangerous toxins. The population could be decimated. More than 60 percent of the soy produced in the U.S. is genetically modified, and the remaining 40 percent is contaminated to one extent or another. To avoid this hazard, avoid all foods known to contain soy and all processed foods. Do not purchase food in a supermarket. About 70

percent of supermarket foods are GMO contaminated.

The Fire Retardant Crisis

Poisoning our children...

Alarming levels of flame retardants are building up in human breast milk and tissue. The concentration in human tissue has been doubling every five years and has now reached levels that harm laboratory animals. When Laura Gerber volunteered out of curiosity to have her breast milk tested for flame retardants, she found her milk contained three times the national average and 60 times the average level in Europe. Women in the San Francisco Bay Area were found to measure 6 to 20 times higher than women in Europe, where these compounds are used more sparingly. Babies born to such women are being exposed to high levels of these toxic compounds. Laura is now an activist calling for removal of these toxins from common products.

The current flame retardants of choice are polybrominated diphenyl ethers (PBDEs). These chemicals are added to a wide variety of products including foam seat cushions, mattresses, upholstery fabric, carpet padding, curtains, drapery, paints, and a large number of plastic products including computers and hair dryers. PBDEs were never adequately tested for safety. Their utility as fire retardants overwhelmed concerns over safety, and it was simply assumed they were safe. However, animal testing is showing some alarming results. Feeding low doses to mice resulted in permanent defects in their ability to learn and remember. Other studies have indicated that PBDEs delay puberty and testicular development in rats. A study at the University of Texas found neurotoxic and carcinogenic effects.

How do these chemicals get into our bodies? Sources include water, food, and household dust. PBDEs are fat soluble and store in fatty tissue. A study in *Environmental Science Technology* found that the highest levels were in

fish, meat and dairy. However, some researchers believe that indoor air is the source of most PBDE exposure. The University of Toronto found that indoor dust contained high concentrations of PBDEs. It appears these chemicals escape from the products they are in and get into the air. Every time you sit on your couch, you are pumping PBDEs into your household air and breathing them in. PBDEs escaping from foam seating and fabrics is one source of exposure, but high concentrations have been found in the dust around computers and printers. Babies crawling around on carpets engaging in hand-to-mouth activities may be getting high doses of PBDEs.

What to do? Work at the political level to ban these dangerous chemicals. Then protect yourself by using a Beyond Health approved home air filter. In addition, use Beyond Health's far-infrared sauna to get the oil soluble chemicals out of your body and lower your overall toxic load. Saunas have truly become a "household necessity."

Calorie Restriction

Extends life...

We have known for decades that restricting the calorie intake of animals extends their lives much longer than normal. Now, new research published in a 2004 *Proceedings of the National Academy of Sciences* sheds some surprising additional light on this subject. As it turns out, life can be extended even in older animals by restricting their calories. Animals in late middle age were put on a diet that reduced their calories to 60 percent of normal. Those on the calorie-restricted diets lived substantially longer, and the death rate from cancer among these animals dropped significantly. These animals developed positive changes in gene activity, becoming similar to the genetic activity of those who had been on a low-calorie diet for a lifetime. However, the genes reverted back to unhealthy changes when caloric intake was increased.

The researchers wrote that when

calorie restriction was introduced even in late middle age, it “was as effective as calorie restriction begun early in life at decelerating mortality rate, extending remaining lifespan, and delaying the onset and/or progression of disease as a cause of death.” This is good news for a lot of our older population. We know that a calorie-restricted diet is good for us, yet most Americans eat a high-calorie diet. Sugar is a huge contributor to this problem. Cutting sugar out of your life will go a long way to improving health and longevity.

One caveat if you decide to go on a low-calorie diet is that you have to be careful to eat only high-quality, organic, whole foods. With fewer calories to consume, each calorie must be packed with nutrients. A high-quality supplement program, such as the Beyond Health Comprehensive Program, will help to ensure you are getting the nutrients you need.

Why does this work? One reason is that normal metabolism generates free radicals that damage DNA and other cellular components, causing the body to gradually become damaged beyond repair. Processing fewer calories reduces the number of free radicals produced, thereby preventing damage to cell structure and function and thus preventing aging and disease. To ensure health and longevity, children must be started on low-calorie diets after weaning.

Adolescent Bone Development

More exercise...

Weak bones and bone fractures are epidemic in our older population. This is one reason why it is so important to build strong, healthy bones in our youth. Exercise signals bones to grow stronger so it is no surprise that a new study in the June 2004 *Journal of Pediatrics* has found that there is a “significant association between sports exercise and young adult bone mass and strength.” This study found that exercise is more important to bone development in young people than calcium supplementation.

With bone fractures exceeding 1.3 million per year, developing a preventive strategy with modifiable lifestyle factors should have a high priority. We now know that exercise among our youth is a critical part of that strategy. Sitting in front of the TV is not.

Malnutrition Ages and Kills

Damage similar to radiation...

A shortage of even one nutrient will cause cellular damage similar to radiation. Malnutrition is the leading cause of disease in America. As most Americans continue to die of starvation (on full stomachs, of course), new research is helping us to understand the mechanisms by which we are damaged by malnutrition. A 2004 paper in the *Archives of Biochemistry and Biophysics* helps to shed light.

Historically, people starved when they were unable to obtain enough calories to sustain life. This is not a problem for Americans. The American diet, consisting mainly of processed foods, is rich in calories but woefully deficient in the critical nutrients needed to sustain healthy life. The optimum intake of nutrients gives cells what they require to operate as they were designed. Getting less than the optimum amount causes subtle metabolic damage. A shortage of even one nutrient will lead to a cascade of biological repercussions resulting in disease. Our epidemic of chronic and degenerative disease is the direct result of almost every American being chronically deficient in at least one and usually several nutrients.

One might ask, for example, how does nutrient deficiency cause cancer? Well, now we know. One known cause of cancer is DNA damage, and it is now proven that a deficiency of even a single nutrient such as vitamin B3, B6, B12, C, folic acid, or zinc can mimic radiation and cause single and multiple breaks in DNA. Such breaks cause aging and disease. This may explain why the cancer rate is double in those who eat the fewest fresh fruits and vegetables. Yet,

more than seven out of ten Americans do not get even the minimum recommended five servings of fruits and vegetables per day.

Deficiencies in nutrients result in oxidative damage similar to the damage caused by radiation. Thus, evidence continues to accumulate that a high quality multivitamin and mineral supplement is something everyone should be taking.

VIOXX Removed

Heart attacks and strokes...

In September, Merck & Co. voluntarily removed VIOXX from the market. Used for arthritis and acute pain, VIOXX was launched in 1999. Since that time there have been stories of VIOXX causing cardiovascular problems, but not enough proof to force removal from the market. However, Merck made a strategic error in entering VIOXX into a clinical trial to expand their market by showing that VIOXX could prevent recurrence of colorectal polyps. Solid data collected in this trial indicated the increased risk of heart attacks and strokes.

Arthritis and acute pain are best treated with Perque vitamin C and quercetin. This is a logical switch for anyone who took VIOXX as the combination of C and quercetin not only helps to suppress the pain but to rebuilds the tissue—a win/win situation.

With one more prescription drug biting the dust, we all need to remind ourselves that properly prescribed prescription drugs are the third leading cause of death in America. These deadly poisons kill and injure people by the millions, causing unimaginable pain and suffering. To protect your health, say “no” to prescription drugs. There are always safer, more effective, and less expensive alternatives.

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Toxic Chemicals Lowering IQ

by Raymond Francis

Why is educational performance so bad? One reason is American children are getting dumber. SAT scores have been declining for decades. In response, our educational establishment has progressively lowered standards and dumbed down achievement tests to avoid embarrassment, but the scores continue to drop anyway. Despite the fact that we are spending more money than ever before on education, numerous studies show a decline in cognitive ability—our ability to think and reason. For a country whose prosperity is founded on superior technology, these are ominous trends. Why are these things happening and what can we do about them?

As our children continue to suffer problems with intelligence, learning, poor academic performance, behavior, violence, and suicide, some insights are being provided by the National Children's Study into the causes of these problems. The study identified a number of common environmental chemicals that can cause pregnant women to have children whose IQs are up to ten points lower than they should be—*this is a significant reduction in intelligence; it is dumbing down our population.*

It is now believed that many learning disabilities and behavioral problems in children are the direct result of the mother's exposure to common chemicals that impair the mother's thyroid, causing subclinical hypothyroidism. Thyroid hormone is essential for normal brain development of the fetus. Lack of it lowers IQ as well as causing behavioral problems.

There is an emerging consensus that people are highly vulnerable to the effects of environmental toxins and that old assumptions regarding toxins and human health are wrong. Scientific findings during the last decade indicate that common environmental chemicals affect health at substantially lower levels than previously thought. In addition, different chemicals acting together can have an impact thousands of times greater than any of them acting alone. Children have been found to be especially susceptible to chemical exposure. A 2000 report by the National Academy of Sciences estimated that *more than 25 percent of developmental and neurological problems in children were due to these environmental chemicals.* To make matters worse, alarming levels of toxic chemicals are being found in human tissue. Common chemicals such as bisphenyl-A, perchlorate, PCBs, and flame retardants have been found to bind to thyroid receptor sites and to disrupt normal thyroid hormone function.

Bisphenyl-A has been found to have profound health effects at very low levels. This chemical is found in canned beverages and foods, large water bottles for home use, and other sources.

Perchlorate is a contaminant in the drinking water of at least 20 states. Farm crops irrigated with such water will result in contaminated crops, and such crops are being sold to the public all over the country—even organic crops.

PCBs are found in drinking water, fish (especially farmed fish), meat, and milk. In July 2003, the Environmental Working Group released a report stating that farmed salmon purchased in

the United States contain the highest level of PCBs in the food supply system. They reported that farmed salmon have 16 times the PCBs found in wild salmon, 4 times the PCBs in beef, and 3.4 times the PCBs in other seafood. Most of the salmon on the market is now the farmed variety. Know what you are eating!

Flame retardants are found in fish, drinking water, cow's milk, mother's milk, clothes, mattresses, electronic appliances, and furniture. These retardants are used to make furniture, foam, and electronics and are now showing up in human breast milk. In fact, American women were found to have the highest levels in the world, 10 to 20 times higher than European women. These chemicals are now everywhere, contaminating the air we breathe in our homes, cars, and workplaces. Anywhere from 5 to 35 percent of products like carpets, draperies, sofas, foam upholstery, appliances, TVs, and computer components consist of flame retardants. These chemicals are being found in household dust that people are breathing, and some of the highest levels have been found in the dust near computers.

Still another problem is fluoride. Fluoride suppresses thyroid function and also directly damages brain cells. The effects on brain function are both severe and cumulative. Studies have shown that children born in high-fluoride communities have lower IQs (ten-point drops) and fewer really bright people than those born in low-fluoride communities. Fluoride is found in tap water, toothpaste, soft drinks, fruit juice, and almost all processed foods. Fluoridated drinking water also does something else. Because of its chemical activity, fluoride doubles the amount of lead in tap water. Even in very small concentrations, lead will damage brain function, causing problems with learning and behavior. Lead is well associated with crime, violent behavior, substance abuse, and hyperactivity.

The other component of the IQ equation that needs to be addressed is nutrition. A growing brain must be supplied with all raw materials it needs for its proper construction. Few women today supply the required building blocks to their fetus or to their young children. Most especially lacking are critical vitamins, minerals, and essential fatty acids.

The connection of brain damage to environmental chemicals is an alarm bell ringing. Pregnant women must be especially careful to avoid these chemicals. Frequent saunas are necessary to reduce the overall load of bioaccumulated toxins; saunas have become a "household necessity." Air filters, water filters, and organically produced foods are necessities as well. Limiting toxic exposure is essential. Safe, effective, nontoxic products such as high-quality saunas, air filters, reverse osmosis water filters, supplements, foods, and personal care products are available at Beyond Health.

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.

Question: After reading your article on olive oil in the last issue, I was wondering if you saw the evaluations on olive oil in the September *Consumer Reports* and what you thought about them.

W. C — Palo Alto, CA

Answer: Yes I did see that article, and I was very disappointed in the unprofessional quality of their work. *Consumer Reports* (CR) tested 18 extra-virgin oils, including some very inexpensive oils costing 12 and 16 cents per ounce up to a premium product selling for \$1.54 per ounce. Keep in mind that high quality extra virgin olive oil will sell in the range of \$1.30 per ounce, plus or minus some. Despite the absurdly low prices, CR found that not a single oil had been adulterated. They said, “Despite longstanding rumors of adulteration in the olive-oil supply, our lab tests found none.” Wow!

CR does a good job evaluating mechanical things like cars and washing machines, but on a number of occasions, including their evaluations of vitamins, they have exhibited profound ignorance when it comes to understanding chemistry. To a degree, they did their homework. They did consult with industry experts. In the article they said, “*Our reporter interviewed olive-oil-company representatives and most were adamant that trickery is rampant.*” They also consulted with the president of the California Olive Oil Council, who said, “*Adulteration is an enormous issue.*”

Think about it. The people who spend their professional lives in the olive oil industry are all saying adulteration is rampant. So after talking with the experts who know olive oil best, CR contradicts them saying they “found no evidence of adulterated or refined oil.” Hello? CR didn’t even appear to question their contradictory results. If CR had bothered to do some additional homework, they would have found that most olive oil adulteration is hard to detect. This is why refined hazelnut oil is a preferred diluent for olive oil; it is not only cheap but extremely difficult to detect.

The International Olive Oil Council in Madrid has offered a reward to anyone who can find a way to reliably detect hazelnut-oil adulteration. Chemists have been working for years to find better ways to detect the presence of hazelnut and other highly refined adulterants, but to date no one has claimed this reward. The refining process can remove chemical markers that might betray the presence of foreign oils. At levels up to 10 percent, hazelnut oil is impossible to detect, and even at higher levels it is still very difficult. Many olive oils in the international market are up to 50 percent hazelnut. (Canola oil, on the other hand, is very easy to detect so it is rarely used to dilute olive oil.) Only highly experienced laboratories that specialize in olive oil testing are likely to find this kind of adulteration. The laboratory *Consumer Reports* used was obviously not one of these, so they didn’t find anything.

Our own FDA found that 96 percent of the extra virgin olive oils they tested were adulterated. However, despite its own findings, the FDA does not have a regular testing pro-

gram and merely responds to complaints. CR did note that out of the 18 oils tested, only five did not suffer from “flavor imperfections.” Where do they think these “imperfections” are coming from, certainly not from high-quality oil! CRs “best buy” sells for only 24 cents per ounce and is packaged in clear-glass and filtered. However, dark glass is necessary because olive oil is sensitive to light, and the best oils are unfiltered and cloudy. This “best buy” olive oil may have tasted good to their taste panel, but is it *real* olive oil, and does it contain all the health-giving properties of real olive oil? At 24 cents per ounce, one has to wonder what is in that bottle. CRs top pick was McEvoy Ranch selling for \$1.54 per ounce. This product *is* 100 percent extra virgin olive oil, and the price reflects it. McEvoy is a *high-quality* oil, but it is more expensive than Beyond Health’s oil, and it is both filtered and packaged in clear-glass, thus not meeting my standards for *superior* quality.

There is an additional point. Even if a product is 100 percent, unadulterated olive oil, it may be cheap, low-quality oil depleted of flavonoids, polyphenols, and squalene and their health-giving properties. CR’s article rated the oils on flavor and even then found most of them wanting. They noted that most of the oils tasted “stale” and “fermented,” a sure sign of cheap, inferior oil. They also paid almost no attention to health issues, and this is what food is all about. The purpose of food is to give your cells what they need to keep you healthy. We have got to stop selecting food solely on the basis of taste and start making selections based on health.

I recommend that everyone purchase Beyond Health Olive Oil because I personally select this truly-superior oil for its excellent health properties and flavor. This oil is truly a “best buy,” and until the end of December it is *on sale* for only \$1.18 per ounce or \$19.95 per bottle. Outward signs of its quality are the dark bottle, the cloudy oil, and of course the world-class flavor. By the way, this very special healthy oil makes a unique and wonderful gift.

Question: My husband thinks I am nuts to be so careful about the skin cream, shampoo, and deodorant I purchase. Is there anything special I can tell him to make him understand why I am doing this?

J. L. — Potomac, MD

Answer: In my book *Never Be Sick Again*, I pointed out that one of the biggest threats to our health is the overall chemical load that we now have to sustain. This excessive load comes from many small exposures that add up. This is why reducing even our smallest toxic exposures is a wise thing to do—because they accumulate.

Unfortunately, personal care products account for more than small exposures. Most people don’t realize that many chemicals we put on our skin are capable of easily going through the skin and poisoning the entire body. Putting moisturizing cream on your hands or sunscreen on your back is not

benign. In fact, it is injurious to your health. In June of this year, the Environmental Working Group published a report finding that 70 percent of personal care products contained ingredients that could be contaminated with carcinogenic impurities. More than half the products violated the safety recommendations of the Cosmetic Ingredient Review Board. One out of three products contained at least one ingredient officially classified as a carcinogen. Seven out of ten hair dye products contained carcinogenic coal tar derivatives.

It has been estimated that on a daily basis the average American is exposed to nine personal care products containing 126 chemical ingredients. Are all these chemicals safe? How many of them go through the skin? How many are bioaccumulating to dangerous levels in your body? Some of these chemicals are known to cause cancer, interfere with hormones, cause allergic reactions, and damage a developing fetus. A few of the chemicals used in such products are known to have estrogenic properties. Estrogenic chemicals can cause breast and prostate cancer as well as migraines, breast cysts, PMS, and endometriosis. Reducing the toxic load imposed by personal-care products should be a priority for everyone. That is why Beyond Health takes pain to make safe personal-care products available to the public. Perhaps now your husband will appreciate the care you are taking to protect his health.

Question: Thank you, thank you! Your analysis of the hazards of marijuana in the May/June BHN has changed our lives. My husband smoked pot since his teens, and after reading your comments he stopped cold turkey. I want him to live a long, healthy life, and we both want our children to be healthy.

M.N. — Austin, TX

Answer: Thanks for your thanks. I am pleased to have been of service. Fortunately, cessation of use will help to prevent further damage to your husband.

It is well known that marijuana users have higher rates of disease and suffer permanent brain damage. However, even I was shocked at the extent of the brain damage when I saw the results of a study in a recent technical journal. I always knew that marijuana caused brain damage, but I was led to believe that such damage was slowly cumulative and took many years to develop. Perhaps this may have been true decades ago when this drug was less powerful, but certainly not today. A new study using a technique called SPECT (Single Photon Computerized Tomography) scanned the brains of marijuana users, and the resulting images were published.

To do this test, a small amount of a highly energized substance is injected into a vein, and within 15 minutes it becomes distributed throughout the brain. Areas of the brain that are damaged (less metabolically active) will pick up less of this substance. In the SPECT scan these less metabolically-active areas show up as holes in the brain. I was horrified when I saw the gaping holes that appeared in the brain after only *three years* of marijuana use. The difference compared to

normal brains was truly dramatic. This amount of brain damage ultimately affects the ability of the brain to manage and balance all of the body's functions. This is why marijuana users have higher rates of disease, especially neurological diseases such as depression, schizophrenia, and Parkinson's.

Question: Is there a natural approach to slowing the progression of Parkinson's?

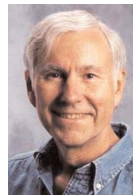
H. L. — San Rafael, CA

Answer: The one thing that we know will slow the development of Parkinson's is vitamin E. Naturally, other biochemical support to the cells is essential as well, including omega-3 fatty acids. However, equally important to *slowing* the progression is to *not speed up* the progression. Numerous environmental chemicals are known to accelerate the damage.

One thing to avoid is the Parkinson's drug L-Dopa. Like most all prescription drugs, L-Dopa provides some symptomatic benefits while doing long-term harm. Several studies indicate that patients on L-Dopa deteriorate faster. L-Dopa is a known neurotoxin and may do enough of its own damage to speed up the progression of Parkinson's. Likewise, known neurotoxins in foods must be avoided. As a practical matter, this means avoiding virtually all processed foods. Eat only organic, whole foods. Most especially, avoid anything with the following on the label: MSG, hydrolyzed vegetable protein, vegetable protein, natural flavoring, spices, or aspartame (NutraSweet).

Also to be avoided are neurotoxins such as the mercury in dental fillings, fish and vaccinations. Remember that the mercury in vaccines causes nerve damage, and someone who gets a flu shot five years in a row has a 1,000 percent higher risk of developing Alzheimer's. Also to be avoided is the neurotoxic fluoride in toothpaste and drinking water. Do not drink untreated tap water in San Rafael or anywhere else, use a Beyond Health reverse osmosis system.

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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