

BEYOND HEALTH[®] *News*

January-February

2005

“If you ignore your health, it will go away.”

— *Charlie Fox*

Vitamin Propaganda

Vitamin E is good...

The campaign to discredit vitamins has begun. Not long ago, front-page news in thousands of newspapers announced the conclusion of a study finding that vitamin E supplementation increased death rates among the chronically ill. Unfortunately, this won't be the last of such negative propaganda. Nutritional supplements have proven to be safer and more effective than drugs in treating disease.

The drug companies are fighting back, and they are winning—so watch out! This poorly done, statistically-invalid study has already been discredited, but *that* fact has *not* been in all the newspapers. The damage to vitamin E's reputation has been done and done well, and this was the intention.

First, this study measured only a

small, four percent increase in risk. So even if the study were valid, the increased risk didn't amount to much. Second, the study was so flawed that even professors of statistics have called it statistically invalid. Further, there are hundreds of studies showing the benefits of vitamin E supplementation.

This study was actually a review of 19 previous studies on vitamin E supplementation that included over 100,000 people. In every case, the studies the researchers chose to evaluate contained major flaws. In one study, other nutrients were used at the same time. These other nutrients were in inappropriate chemical forms that were capable of having toxic effects. In another study, the group chosen for placebos was substantially healthier than the vitamin E group. The vitamin E group had higher blood pressure, higher cholesterol, severe coronary artery disease, diabetes and other problems. One would expect these sick people to have a higher death rate than the healthier placebo group and they did, but not because they were taking vitamin E. Of the 19 studies, only one large study used natural vitamin E; all the others used synthetic vitamin E. The study using natural E did not show an increase in mortality. Synthetic vitamin E is known to be less biologically active than natural E. Furthermore, synthetic E can even interfere with the metabolism of natural E, causing a vitamin E deficiency. BHN recommends you continue to take high-quality, natural vitamin E.

How could such a highly-flawed study, which showed a small increase in risk based on questionable data, get

front page news all over the country? The answer is simple: The drug companies are preparing to outlaw most vitamin supplements. The quickest way to soften the resistance is to discredit vitamins and convince people they are dangerous. Read about Codex on page three.

White Bread

Makes you fat...

In *Never Be Sick Again*, Raymond Francis cautions against the Big Four—sugar, milk, processed oils and white flour. Research from Tufts University published in June of 2003, on what happens to people who eat a lot of refined white bread, supports avoiding white flour.

Producing white flour involves removing the fibrous bran and the oil-rich germ. This process also ends up removing most of the vitamins and minerals while leaving the whitish-colored meat of the kernel called the endosperm. In the body, the carbohydrates in the endosperm are quickly broken down into simple sugars. When blood sugar increases, insulin levels rise to remove the sugar from the bloodstream and to store it in cells, usually as fat.

In this study, researchers tracked a group of healthy, middle-age people for three years. The white-bread eaters expanded their waistline by one half inch per year. In addition to not looking good, people with bigger guts have an increased risk of heart disease and other diseases. As to why the fat goes to the gut, no one knows. One theory is that abdominal fat cells are more sensitive to insulin than other fat cells in the body.

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Sugar, white flour and other refined grains end up as fat around the middle. Excess fat spells trouble because of its disruptive effect on body chemistry. Fat cells produce a flood of pro-inflammatory chemicals, which is why overweight people have more of all kinds of disease and die younger.

Rocket Fuel Anyone?

In your water, milk and food...

Perchlorate, a toxic chemical used for rocket fuel, has been found at unsafe levels in milk. Perchlorate has been found in drinking water in 20 states and has been found in Colorado River water, a major source of drinking and irrigation water in southern California and Arizona. Young children and pregnant women who drink this water or milk from California cows may be exposed to unsafe levels. People in other parts of the country who eat produce irrigated with this water will also be affected.

Perchlorate is known to affect thyroid function. This is why pregnant women must avoid perchlorate. Low thyroid will damage the fetal brain and produce

a child with a lower IQ.

Texas Tech University found perchlorate in 31 of 32 milk samples purchased in Los Angeles and Orange counties. The average level was 1.3 parts per billion, almost a third more than the 1 part considered safe by the U.S. Environmental Protection Agency. This is one more reason to purchase a Beyond Health reverse osmosis water purifier and one more reason to stay away from milk and dairy products.

Heart Protective C

Vitamin C works...

Like most diseases, heart disease is a vitamin and mineral deficiency disease. Some researchers believe that heart disease results primarily from vitamin C deficiency, in other words, from subclinical scurvy. Recent research helps to support that. A huge study in the *Journal of the American College of Cardiology* found that vitamin C supplementation significantly reduces the risk of developing heart disease. Researchers at Children's Hospital in Boston followed 85,000 women for 16 years. They determined that the risk of heart disease declined as vitamin C consumption increased.

Another study at UCLA found that men with high levels of vitamin C in their diets had a 45 percent lower risk of heart disease and that they lived, on average, six years longer than those with lower levels. Eighty percent of cardiologists take supplemental antioxidants, yet, despite overwhelming evidence in prestigious journals, hardly any of them recommend antioxidants to their patients. We know that adults who consume high levels of antioxidants are less prone to disease and are more likely to live past age 79. BHN recommends that healthy adults consume 6 to 12 grams of vitamin C per day and even more for those with health problems.

More on Coffee

It's inflammatory...

The dangerous toxin known as coffee has been associated with causing a num-

ber of diseases including osteoporosis, heart disease and cancer. Raymond Francis devoted a segment in *Never Be Sick Again* to the dangers of coffee, and BHN has warned repeatedly against coffee consumption. Now, a new study in a 2004 *American Journal of Clinical Nutrition* sheds additional light on why coffee is so dangerous.

One of the common factors involved in almost every disease is a destructive process called inflammation, which damages DNA and tissue, causing aging and disease. Putting anything in the body that promotes inflammation promotes disease. Coffee promotes inflammation. Researchers have found that drinking even moderate amounts of coffee will increase the biochemical markers of inflammation in the body.

In a study of more than 3,000 people, coffee drinkers consistently had higher amounts of inflammatory chemicals in their blood compared to nondrinkers. For example, women who consumed more than seven ounces of coffee per day had 54 percent higher interleukin (IL-6) and 38 percent higher C-reactive protein. These are powerful markers of inflammation, and people who have chronically high inflammatory markers age prematurely and are sitting ducks for disease of every description. Very simply, coffee causes aging and disease and is unfit for human consumption. Coffee becomes even more unfit when people add additional toxins such as sugar, artificial sweeteners, artificial cream and dairy to an already dangerous beverage. Occasional use of coffee may not cause great harm, but daily use will. Why put anything in your body that is known to be harmful?

Every molecule we put into our bodies has to be processed in some way. Toxins tax our systems; they deplete antioxidants, overload detoxification mechanisms and contribute to toxic buildup. Only by avoiding known health stressors, such as coffee, can we support the body's self regulating and self-repairing capacities and keep ourselves healthy.

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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Codex Alimentarius: Taking away your sovereignty...

by Raymond Francis

Translated from the Latin, *Codex Alimentarius* means “food law.” Most Americans have never heard of the Codex Alimentarius Commission, but this Commission is about to have a big impact on our lives. A deluge of studies have shown that vitamins and minerals are safer and more effective than prescription drugs. More and more people are turning to nutrients and away from drugs, and this is having an impact on drug profits. Codex intends to turn this around and make most vitamin products into prescription drugs. Unfortunately, this may well become the law of the land in America.

The Codex Alimentarius Commission (Codex), headquartered in Rome, is an international standard-setting body recognized by the World Trade Organization (WTO) for setting global food standards. It was established as a voluntary standard-setting body in 1962 by the World Health Organization and the U.N. Food and Agriculture Organization. Codex’s mission is to facilitate international trade of food and agricultural products. Codex initially set out to boost trade by helping developing countries set food-related standards. This was a needed contribution and all well and good. However, since then, numerous agribusiness, chemical, food and pharmaceutical companies have sought a role at Codex. Now, these interests are running the Commission to further their own agenda. *Their agenda is to eliminate vitamins as competitors to prescription drugs.*

Here’s the problem for us Americans: When the U.S. became a member of the World Trade Organization (WTO), we signed a treaty obligating us to abide by the rules of the WTO. As soon as the new Codex rules on vitamins are finalized and adopted by the WTO, these rules can override U.S. law. Unless we fight for our liberty, vitamins will become prescription drugs!

A self-proclaimed expert organization, Codex has essentially become a tool of the pharmaceutical industry. The members of this commission are now mostly concerned about protecting the market for pharmaceutical drugs by limiting access to vitamins and other food supplements (more than half of all Codex Commission members receive income from the drug industry).

The only vitamins that will be allowed for sale over-the-counter will be those that contain essentially the RDA. Unfortunately, these amounts of vitamins and minerals are therapeutically useless; those with health problems need substantially more. Supplements with higher levels of nutrients will be sold at much higher prescription drug prices. It will simply become illegal to keep yourself healthy with supplements containing biologically effective doses of nutrients, unless you have a doctor’s prescription and are willing to pay more. By making vitamins less accessible and more expen-

sive, drug profits will be protected. Many thousands of existing supplement products will become illegal to sell over-the-counter. With pharmaceutical drugs coming under increasing attack for their toxicity, morbidity and mortality, such protection is critical to maintaining drug company profits.

The Codex directive goes into effect in Europe just months from now in August. The effects of Codex can already be seen in Germany. Vitamin C pills in excess of 500 mg are now a prescription item in Germany. Codex plans to establish this as the standard for the world. Some have even proposed that amounts over 50 mg be made a prescription item. BHN recommends 6,000 to 12,000 mg of vitamin C per day for most adults, so you can see the problem. Ostensibly, all of this is being done to “protect the public.” But, from what?

The FDA studied vitamin safety during the period 1983 to 1990, and over these seven years *not one single person in the U.S. died* from taking vitamins. Meanwhile, close to *one million people died* from taking properly prescribed prescription drugs during that same period—a virtual massacre. Prescription drugs are the third leading cause of death in the United States! Yes, the public needs to be protected, but from prescription drugs not vitamins!

Almost completely ignored by the U.S. media, Codex is an enormous abuse of power. It is a threat to the liberty of every American, not to mention our health. It will place substantial restrictions on our ability to choose alternative therapies—lives will be lost. If they get away with this, what next? A handful of unelected foreigners representing special economic interests are attempting to make U.S. law, telling Americans what we can or cannot do regarding our health. This is outrageous!

Congress gets too much drug company money and will do nothing until it hears from the people. But Congress is not hearing from the people because few people are aware of Codex, and the drug cartel owns the companies that would normally donate to funding an anti-Codex campaign. Call or write now to your elected representatives. Tell them of your concerns about Codex. So far congressional staffs are writing back that there is no problem with Codex and that the public is fully protected. This is not true. Please do something about this. Call or write your representatives now! Time is short. We must act immediately. Our forefathers fought and died for our liberty. Let’s not throw it away by our inaction.

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.

Alzheimer's

by Raymond Francis

Some months ago our nation mourned the loss of former president Ronald Reagan. Reagan died of a tragic disease called Alzheimer's. Alzheimer's progressively damages brain cells leading to impaired memory, thinking and behavior. A tragic, costly and growing disease among our elderly, Alzheimer's is now affecting younger people in their 30s, 40s and 50s. It is time to think about how to prevent and mitigate Alzheimer's.

In my book *Never Be Sick Again*, I related how Dr. Morton Walker questioned members of a long-lived native population about dementia. These healthy people typically lived well into their hundreds; yet they had no knowledge of dementia. *They had never experienced anything like dementia and, therefore, did not have a word in their language to describe it.* These people lived nearly half a century longer than we do, yet we are told that Alzheimer's is a disease of aging and the price we must pay for living so long.

Alzheimer's is no different than other chronic diseases. It is something we have created with our modern diets and lifestyles. Since we created it, we can uncreate it. Like any so-called disease, Alzheimer's is nothing more than malfunctioning cells. The questions to ask are these: Why are these brain cells malfunctioning, and what can be done to prevent and reverse it? Here are some of the factors to consider:

Recent research, including a study in a 2004 *Proceedings of the National Academy of Sciences*, has determined that Alzheimer's results from free radical activity in the brain which produces "a neurodegenerative cascade that leads to clinical disease." Free radicals play a role in virtually every disease. They damage DNA and cellular machinery, causing cellular malfunction. So, where are these free radicals coming from? Alzheimer's is characterized by the formation of beta-amyloid peptides around brain cells. Beta-amyloid is the protein fragment considered by many experts to be the prime suspect triggering nerve cell degeneration in Alzheimer's patients. Research shows that when beta-amyloid peptides accumulate, they cause high levels of destructive free-radical activity.

If beta-amyloid peptide accumulation creates damaging free radicals, it would be useful to understand how this comes about so we can prevent it. A study in the May 2003 *Proceedings of the National Academy of Sciences* offers one explanation that has to do with the deadly metabolic poison known as *sugar*. Sugar causes every imaginable disease, including Alzheimer's. Eating sugar increases blood sugar levels, causing an increase in blood insulin. The enzyme *insulysin* degrades insulin so as to restore normal insulin levels. However, this same enzyme also degrades beta-amyloid peptides in the brain. The researchers believe that regular sugar consumption creates chronically high insulin levels.

High insulin uses up too much of the available insulysin capacity, thereby preventing the normal degradation of amyloid peptides. This leads to an accumulation of beta-amyloid peptides in the brain—resulting in Alzheimer's. President Reagan was well known for his high consumption of sugar in the form of jelly beans. There is even another mechanism at work. The body's reaction to high blood sugar results in low blood sugar (hypoglycemia), and hypoglycemia makes the brain substantially more susceptible to damage from toxins.

High homocysteine levels generate brain-damaging free radicals. According to a study in a February 2002 *New England Journal of Medicine*, people with high levels of homocysteine have double the risk of Alzheimer's compared to those with normal homocysteine. People who are deficient in vitamins B6, B12 and folic acid often develop high homocysteine. In a March 1997 study in the *Journal of Gerontology and Biological Sciences*, Alzheimer's patients were found to be deficient in both vitamin B12 and folate when compared to age-matched controls. In fact, supplemental B12 has been shown to completely reverse memory loss in some older people. About 15 percent of the population has a gene that puts them at high risk for dementia when deficient in B12. Supplementation with B12 will both prevent and reverse this dementia. B vitamins are critical to controlling homocysteine and B vitamins are depleted by eating sugar, the major component of jelly beans.

Magnesium deficiency plays a vital role in the development of neurological diseases. This is because magnesium deficiency not only encourages the production of free radicals; it also magnifies the extent of the damage. Low magnesium levels have been shown to double the amount of free radical activity in the body. Most Americans are deficient in magnesium and magnesium is depleted by eating sugar, the major component of jelly beans.

Food additives in the form of flavor enhancers such as MSG, artificial sweeteners such as aspartame, artificial colors, and artificial flavors all damage brain cells and contribute to neurodegenerative diseases like Alzheimer's. These dangerous neurotoxins are found in all manner of processed foods including breakfast cereals, sodas and jelly beans.

Another apparent contributor to Alzheimer's is aluminum. A study by the University of California focused on a region in northwestern Italy that is known to have a high concentration of aluminum in its drinking water. In fact, some of this water contains six times the maximum amount of aluminum recommended by most environmental agencies. The study concluded that this region of Italy had an above average death rate from Alzheimer's, *and* that even minute amounts of aluminum accelerate cellular death.

Almost all municipal water supplies in the United States contain aluminum, not to mention toothpaste tubes, aluminum cookware, and food and beverages packaged in aluminum including fruit juices, beer and sodas. Adding fluoride to our drinking water and toothpaste compounds the problem. Fluoride, a dangerous toxin in its own right, is known to enhance the absorption of aluminum by reacting with it to form aluminum fluoride, a powerful neurotoxin which is easily transported into the brain. Combining aluminum, fluoride and aspartame in a soda creates an enormously powerful mixture of brain toxins. Unfortunately, numerous processed foods including soups, breakfast cereals and jelly beans are made using tap water containing aluminum fluoride.

Mercury produces free radicals and poses a particular risk. A study in the April 2001 issue of the British journal *NeuroReport* stated: "Seven of the characteristic markers that we look for to distinguish Alzheimer's disease can be produced in normal brain tissues...by the addition of extremely low levels of mercury." Alzheimer's patients are known to have higher than average mercury levels, and *the American people have 557 tons of mercury in their dental fillings!* Even the mercury contained in vaccines contributes; *having a flu shot five years in a row will increase your risk of Alzheimer's by 1000 percent.*

High cholesterol is a risk factor. High cholesterol increases the level of certain proteins that are abnormally processed by people with Alzheimer's. This sets off a chain reaction resulting in forming beta-amyloid peptides. Sugar consumption increases cholesterol.

Another risk factor for Alzheimer's is the now highly-discredited hormone replacement therapy (HRT) for women. A May 2003 *Journal of the American Medical Association* reported that *HRT doubles the risk of Alzheimer's disease.* "No one anticipated this outcome," said Dr. Marilyn Albert, a professor of neurobiology at Johns Hopkins. This news was just the latest from a series of studies finding that the supposed benefits of HRT do not exist and that HRT increases the risk of serious diseases—including those it was supposed to prevent! Because of HRT, millions of women are at risk for everything from cancer to heart disease to Alzheimer's (another of modern medicine's epic blunders).

Other sources of brain-damaging free radicals include fluoride in toothpaste, recreational drugs such as marijuana, pesticides and herbicides, all of which are capable of doing permanent brain damage. As you can see, much is known about the risk factors that contribute to Alzheimer's. However, we also know a lot about how certain substances can slow its progression and improve function in patients. Knowing what we know now, we can prevent almost all cases of Alzheimer's as well as slowing and even reversing its development in those already afflicted. All that is necessary is to put this knowledge to work.

Since Alzheimer's results from free radical damage to the

brain, the need to supply the body with antioxidant nutrients such as vitamins C and E is obvious. There is overwhelming evidence that antioxidants are highly protective in both prevention and treatment of Alzheimer's. In a recent animal experiment vitamin E was found to prevent beta-amyloid peptides from killing brain cells.

To prevent or mitigate Alzheimer's, start your own program now. Begin with a good diet. First, get the Big Four *out* of your life: sugar, white flour, processed oils and milk. These products are huge contributors to our epidemic of chronic and degenerative disease. Eat at least nine half-cup servings of fresh, organic fruit and vegetables every day. Avoid all processed and fast foods. Avoid coffee, carbonated drinks, snack foods, and french fries. Eliminate supermarket oils from your kitchen. Supplement with omega-3 fats; people with the highest intake of fish oil have 70 percent lower risk of developing Alzheimer's.

Beyond eating right, supplementing with high quality Beyond Health-approved nutrients is essential. Vitamins A, C, D, E, K, carotenes, quercetin, lipoic acid, CoQ10, N-acetyl-L-cysteine, acetyl-L-carnitine, phosphatidylserine, glycerophosphocholine, plus magnesium and manganese are all highly protective. The latest research points to quercetin as a potent protector of brain cells. Vitamin B complex including B1, B2, B3, B5, B6, B12 and folic acid is a must; new research shows that people with the highest intake of B3 have 80 percent lower risk. Adding the herb ginkgo biloba to the above is also recommended. Recent studies have shown ginkgo to be just as effective as prescription drugs in treating Alzheimer's and, of course, without the side effects. All this may sound like a lot, but many of these nutrients come together in one pill. Consult with Beyond Health to get what you need.

Exercising your brain is important as well. If you don't use it, you lose it. Read about new things, do crossword puzzles, play chess, learn new skills, and keep socially engaged. Regular saunas are helpful to reduce toxic load. Regular exercise has been found to be good for brain function. Exercise for at least 30 minutes daily and definitely include rebounding in your regimen. Everyone needs to be rebounding!

We can and must stop this unnecessary epidemic of Alzheimer's. To prevent and arrest Alzheimer's, one of the most important things anyone can do is stop eating sugar—an incredibly dangerous poison. Then get the mercury, fluoride, aluminum and all processed foods and oils out of your life. The combination of good food and supplemental omega-3 fats, B vitamins, magnesium and vitamins C and E will give you enormous protection from this dreaded and debilitating disease. Call Beyond Health to get on a good program.

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: What would you recommend for allergies in place of antihistamines?

G. B. — San Anselmo, CA

Answer: Like most drugs, antihistamines are toxic. They damage the body and make you sicker. More sensible and quite effective are vitamins C and E, B vitamins, zinc, magnesium, quercitin, glutamine and cod liver oil. A 2004 study in the *Annals of Allergy, Asthma, & Immunology* found that, “Nasal symptoms were significantly reduced in patients taking the vitamin E supplementation compared with placebo.”

Quercitin is particularly effective in reducing allergic response, and when combined with vitamins C, E and glutamine it becomes even more effective. The patients in this study used 800 milligrams of vitamin E per day. Vitamin C alone up to bowel tolerance has had dramatic effects on allergy symptoms. In short, antihistamines are not necessary. Nutrients can do the job just fine.

Question: Is ice cream okay if you make your own?

A. M. — Baltimore, MD

Answer: I see where you are coming from, since there is a huge difference between traditional ice cream and commercial ice cream. It is okay to make some homemade ice cream on very special occasions, if you can obtain real eggs, unprocessed sugar and organic cream. Traditional ice cream was made from cream, eggs and sugar. It was so hard to make using ice, salt and a hand crank that people didn't eat much of it or very often. Ice cream was reserved for special occasions. Furthermore, by using real eggs and pure cream, it wasn't terribly harmful when used occasionally. Unfortunately, these days some people eat ice cream every day, and it's not what grandma was making.

Modern ice cream is made with cream that is highly contaminated with toxins such as growth hormones, antibiotics, pesticides, herbicides, flame retardants, PCBs and dioxins. Egg yolks were traditionally used as an emulsifier to make ice cream. Today, yolks contaminated with toxins are used in high-quality ice cream, and synthetic emulsifiers such as the sorbitan ester Polysorbate 80 and diethyl glycol are used in all the others. Diethyl glycol is also used as a paint remover. Each scoop of ice cream is loaded with a half cup of the deadly metabolic poison known as sugar. The fact is most ice cream products are loaded with synthetic chemicals, including colors and flavors, which are not required to be listed on the label. A cheap substitute for vanilla flavor is piperonal, which is also used as an insecticide. Amyl acetate is used for banana flavor and as a paint solvent. Ethyl acetate is used for pineapple flavor and as a cleaning solvent. Butyraldehyde is used for nut flavor and in rubber cement. Aldehyde C17 is used for cherry flavor and in plastics and rubber. Carrageenan is used

as a thickener, but it is also allergenic and known to be a powerful promoter of cancer growth and spread. This is one reason why ice cream consumption is associated with cancer. There are hundreds of FDA-approved chemicals used in ice cream, and I can't think of a single one I would want to put into my body.

As you can see, ice cream has gone way beyond what grandma was making on those special occasions. Commercial ice cream is a toxic soup unfit for human consumption. Children need to be especially protected from this dangerous product.

Question: Is there any alternative treatment for bipolar disorder?

R. I. — Santa Barbara, CA

Answer: There is always an alternative to drugs. A 2001 study in the *Journal of Clinical Psychiatry* found that nutritional supplementation in a group of bipolar patients resulted in up to 79 percent improvement in depression scores and a 63 percent drop in the need for medications.

To reproduce what these people were taking include: Perque 1, Perque 2, Perque C, Perque Bone Guard, Pain Guard, Vessel Health Guard, L-Glutamine, and Choline Citrate, plus cod liver oil and ginkgo biloba. In addition, I would add: fish oil, Acetyl-L-Carnitine, and phosphatidylserine.

Question: What do they mean when they say rebounding is good for the lymph system?

D. E. — Louisville, KY

Answer: Rebounding helps to drain the lymph system. One thing that gets little attention from modern medicine, unless something goes wrong with it, is the lymphatic system. Yet this system is critical to health and we have to care for it. More than just the lymph vessels and nodes, the lymph system also includes the tonsils and adenoids as well as the spleen, appendix and thymus gland. Lymph vessels carry all kinds of toxins and wastes from cells and tissues. Encouraging this process is essential for health and critical for restoring health.

If the circulatory system is like the water system coming into your house, the lymphatic system is like the drainage system leaving your house. What would happen to your house if all the drains plugged up? Pretty messy! The same thing happens in your body, and today's sedentary lifestyle does not encourage lymphatic drainage. Almost everyone can use some help in this regard.

Rebounding is enormously beneficial to lymphatic flow. The circulatory system has the heart to pump and move the blood. The lymph system relies mostly on muscle movement to encourage flow. Our ancestors did a lot of physical work so

they didn't have to worry about this, but we do. Lymphatic drainage is one reason why exercise is so beneficial to health. In rebounding, a hydraulic pressure is created by going from a state of weightlessness at the top of the bounce to landing at twice the force of gravity at the bottom. This moves the lymphatic fluid, while one way valves in the vessels prevent the fluid from moving backwards. Daily rebounding has proven beneficial in alleviating all manner of disease problems including allergies, infections, sinus conditions, edema, inflammation and skin conditions.

Look at it this way, if your drain pipes are working efficiently and toxins are being moved out of the system, the system is going to be cleaner, work better, and give you better health. In addition, rebounding will also help to strengthen bones and muscles. Best of all, rebounding is done in the privacy of your home, takes only a few minutes a day, and can be done while watching TV. Most rebounders are not properly constructed and can do harm to nerves and joints. If you want to improve lymphatic drainage, call Beyond Health to get one of my approved rebounders. I rebound almost every day and I encourage everyone to do the same.

Question: I am a universal reactor. Many alternative practitioners do not believe my severe reactions to minute doses of chemicals. Why don't they understand this phenomenon?

A. M. — Demarest, NJ

Answer: Having been a universal reactor myself, I can understand what you are talking about. The problem is there is no known biochemical mechanism to explain how such minute quantities of substances can have such enormous biological effects. You have to look beyond the biochemistry. Reactions in people with these conditions have to do with the nervous system and biological learning. The body has learned to react in a certain way to a certain substance, and upon exposure to even minute quantities of that substance, the nervous system will throw the body into a full-scale response. I knew a woman who was so sensitive to eggs she would go into a full scale reaction if she drove past a restaurant cooking eggs. It is amazing how sensitive the nervous system can be. Most medical doctors know less than nothing about these syndromes, usually referring such patients to psychiatrists to have their head examined—a sad commentary on these doctors' ignorance and the abject failure of modern medicine. Unfortunately, many alternative practitioners know little more than our physicians because they don't do their homework.

To get yourself out of this situation, you need to work with someone who is experienced in these matters and knows how to proceed. It took me two years to heal myself, but I started from scratch not knowing what I was doing. It can be done a lot faster. There is no reason for anyone to be in such a condition. There is only one disease, and the only cure is to give

cells what they need and keep them free of what they don't need.

Question: Is there a way to diagnose food allergies without expensive testing?

E. T. — Irvine, CA

Answer: No allergy test is 100 percent accurate. One reason is because there are different mechanisms by which the body metabolically rejects certain substances. However, there is a technique anyone can use to help determine allergies.

First you have to suspect any food that you really love or hate. Often this is a sign of allergy. Because people can become addicted to allergens, they often develop a craving for those foods to which they are most allergic. The most common allergens are: milk and milk products, citrus fruits, tomatoes, chocolate, sugar, eggs and grains. Among grains, wheat, corn, barley and oats are the most common reactors (often the culprit with wheat, barley and rye is gluten).

To test yourself for allergies, you should select those foods you intend to test and then scrupulously stay off of them for six days. Some people even do a water and vitamin C fast during that time so as to be sure they are not eating any of the allergens. At the end of the restriction period, you can reintroduce the foods, one at a time, and see if you react. Often, the foods you miss the most at the end of the period are the ones you are most reactive to. If you do suffer a reaction, taking two teaspoons of Perque C in a glass of water will usually help. If not, take more C along with some Perque Pain Guard (quercetin).

Readers are invited to ask questions— by email to mail@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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Question: May I substitute coconut milk for cow's milk?
Will coconut milk clog my arteries?

A. M. — Demarest, NJ

Answer: There is no need for anyone to drink cow's milk; it's intended for calves not for humans. However, coconut milk makes a fine substitute for cow's milk. You can use coconut milk on your cereal, in a smoothie, or in any recipe that calls for milk.

As for your concern about clogging your arteries, coconut milk contains between 17 and 24 percent fat, most of which is saturated. But there is nothing to fear. The saturated fats in coconut oil are what we call medium-chain fatty acids. These fatty acids are easily utilized by the body to produce energy and do not end up in your arteries. In fact, they help to prevent heart disease.

Healthy Babies and Choline

Choline is essential...

In 1998, the National Academy of Sciences added choline to the official list of essential nutrients. Essential means that humans must obtain most of what they need from their diets in order to stay healthy. Choline is a vitamin B-like nutrient found primarily in eggs, beef, chicken, chicken, liver and soybeans. Now, a new study in the September 2004 *O* has found that choline is essential for pregnant women if they want to have healthy babies. Specifically, choline plays a critical role in brain and nervous system development. This latest study shows that women who had the highest levels of choline had half the risk of having a baby with neural-tube defect.

Another 2004 study in the *Journal of Neurophysiology* found that pregnant rats given extra choline had offspring that performed 30 percent better on tasks relating to memory and attention. The choline-supplemented offspring actually had larger neurons that could make more neural connections.

Choline helps to regulate the movement of nutrients in and out of cells. It also helps to regulate the division of stem cells that form the memory areas of a baby's brain. Without adequate choline the stem cells stop dividing and brain construction suffers. Choline is also essential to the synthesis of the neurotransmitter acetylcholine, which is involved in memory and learning.

Women are able to make a significant amount of choline in their livers. However, during pregnancy and contin-

uing throughout breastfeeding, the demand for choline exceeds that ability. This is why the FDA now requires that choline be added to all infant formulas. Pregnant women who are vegetarians are at special risk for choline deficiency.

As researchers do more work with choline, you are certain to hear more about it. BHN recommends supplementing with Perque Choline Citrate.