

BEYOND HEALTH[®] *News*

March-April

2005

“Most of us are so accustomed to eating only what we like that the idea of eating for health comes as a shock.”

— *Russell Blaylock, M.D.*
Natural Strategies for Cancer Patients

Healthy Babies and Choline

Choline is essential...

In 1998, the National Academy of Sciences added choline to the official list of essential nutrients, meaning 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, liver and soybeans. A new study in the September 2004 *American Journal of Epidemiology* found that choline is essential for pregnant women to have healthy babies. Choline specifically plays a critical role in brain and nervous system development. This latest study shows that women with the highest levels of choline were at 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 regulate the movement of nutrients in and out of cells. It also helps 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 produce a significant amount of choline in their livers. However, during pregnancy and 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. BHN recommends supplementing with Perque Choline Citrate.

Amphibians Declining

Weed killer blamed...

There has been a worldwide decline in amphibians for reasons unknown, but long thought to be caused by environmental factors. Whenever other species are being harmed, it is cause for concern to us humans. A 2002 study at U.C. Berkeley sheds light on this subject. Published in the *Proceedings of the National Academy of Sciences*, the study found that atrazine, the most commonly used weed killer in the world, disrupts sexual development in male frogs at very low levels of 0.01 ppb (parts per

billion). U.C. researchers believe atrazine could be a factor in explaining the widespread decline in amphibians. The use of atrazine has even been banned in most of Europe.

Atrazine is the second most common contaminant detected in drinking water, and at this point there is virtually no place on earth that is not contaminated with atrazine. The EPA standard for drinking water is 3 ppb. According to the U.S. Geological Survey, groundwater levels run as high as 21 ppb, and surface waters in the Midwest during the growing season run at 42 ppb. As you can see, if frogs are damaged at only 0.01 ppb, these amphibians are being exposed to extremely high levels.

One can only wonder at what level humans are being damaged. This is one more reason to use Beyond Health's reverse osmosis system to purify your drinking water.

Vitamins Are Necessary

But not all are created equal...

The most comprehensive study ever done on vitamins was conducted at Harvard Medical School and published in a 2002 *Journal of the American Medical Association*. Researchers concluded that *most people do not get the nutrients they need from their diet*. This is the exact opposite of what doctor's have been telling their patients for decades. The study further concluded that less than optimal levels of vitamins are not only "common in the general population," but represent "a risk factor for chronic diseases...especially among the elderly."

Malnutrition is our leading cause of

THIS ISSUE...

News in Review

..... 1

What You Don't Know About Excitotoxins Can Kill You!

..... 4

Questions & Answers

..... 6

Subscribe a Friend

..... 8

disease and most Americans are literally starving to death—plenty of calories but little nutrition. These Harvard researchers advised, “it appears prudent for all adults to take vitamin supplements.” BHN would add that it is even more appropriate for children to take them, as they are still growing.

Chronic diseases such as heart disease are nutritional-deficiency diseases. Vitamins such as C, E, B6, B12, and folic acid are known to both prevent and reverse heart disease. Folic acid works to prevent neural tube birth defects as well as preventing colorectal and breast cancer. Vitamin D contributes to stronger bones and fewer fractures. Remember that deficiency is one of two causes of disease, and if you give your cells what they need, they will function normally and you will not be sick.

The problem has been defined as inadequate nutrition. Vitamin supplements have been suggested as a solution. The problem then becomes selecting the most effective vitamin supplements. Almost half of all supplements do not dissolve soon enough to be of use to the body. Most of those that do dissolve are

only marginally bioavailable, and too many are even toxic. Most are made from synthetic molecules that can even interfere with the metabolism of natural vitamins from food, causing malnutrition. Most brands do not contain sufficient amounts of vitamins and minerals to supply what is needed to keep you healthy.

For all the above reasons, Beyond Health carefully researches supplement products and selects only the very best, a unique and valuable service. After years of study, one of the conclusions about supplements is that the very best are also the most economical. With higher biological activity at the cellular level, the very best, gives you more of what you pay for. This makes them the cheapest option for your wallet and the best option for your health. BHN recommends using only Beyond Health-approved products.

Got Gout

Don't drink alcohol...

Gout is a disease caused by too much uric acid in the blood. Uric acid forms crystals in joints, particularly those of the big toe, feet, and ankles. The pain can be excruciating and severe cases can even cause kidney failure. A 2004 study in the *Lancet* has confirmed the wisdom of the ages: drinking alcohol, and particularly beer, can cause gout.

The connection to drinking alcohol has been observed for centuries, but this is the first time a scientific study has confirmed it. The study followed over 47,000 men for 12 years and found that the higher the daily alcohol consumption, the greater the risk of developing gout. The risk was twice as high in those who drank the most alcohol. Beer was the worst offender, it is the highest in purine which metabolizes in the body to uric acid, which causes gout. Each additional daily serving increased risk by 50 percent. Distilled spirits were next in risk, and wine was the safest.

This study demonstrates that reducing alcohol consumption is one way to prevent gout. If you have gout problems, avoid all alcohol except perhaps for some occasional wine.

Plastic Fallout

In the oceans...

Ever wonder what happens to all the plastic that finds its way into the oceans? A 2004 study in *Science* has some disturbing news. These plastics can end up as microscopic fiberlike fragments, and these fragments have been steadily accumulating in the oceans since the 1960s. Plastics such as nylon, polyester and polyethylene erode to form microscopic fibers that can be ingested by marine life. Experiments have shown that barnacles, lugworms, and amphipods can and do ingest these tiny particles. No one knows what effect these particles may have, but you can be certain they can't be good ones.

Continuing to build up the concentration of these particles is not a good idea. We need to protect our oceans from this pollution, and dispose of plastics properly.

Exotic Pets Proliferating

And so are the problems...

About 60 percent of American households have at least one pet. A growing number of households now have an exotic pet. A recent article in *Internal Medicine News* called attention to the growing number of medical problems related to these pets.

Infectious disease experts caution that exotic pets such as iguanas, gerbils, hedgehogs, chinchillas, flying squirrels, prairie dogs, cockatoos, and macaws can cause allergic reactions, and carry dangerous pathogens capable of serious infections. After an outbreak of monkeypox last year prairie dogs are now banned as pets. Prairie dogs can also carry plague. Dr. Ted Rosen, a professor of dermatology at the Baylor College of medicine had this to say about a particular infection spread by hedgehogs, “It is absolutely astonishingly horrible.” Gerbils, the more common of exotic pets, are a major reservoir of *Leishmania* and *Giardia*.

Prevention is the best policy. If you have any of these pets be extra careful. Do not handle them if you have any scrapes or cuts on your hands. See your

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.

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

WEBSITE
 www.beyondhealth.com

PRODUCED BY
 Raymond Francis, Publisher

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.

doctor if one of them scratches or bites you. Wear rubber gloves to handle their litter. Do not let young children handle them.

Olive Oil Prevents Cancer

Inhibits bad genes...

It has been long known that a Mediterranean diet is associated with lower rates of chronic disease. Numerous researchers have noted the lower rates of heart disease, cancer, and aging among people eating Mediterranean diets. Olive oil has been identified as one of the most important factors in achieving this desirable result.

New research in a January *Annals of Oncology* offers one reason why olive oil is so good for you. A particular gene known as Her-2/nue has been identified as triggering cancer, especially very aggressive cancers with poor outcomes. Olive oil inhibits the expression of this gene, thus offering cancer protection.

Indeed, olive oil contains a number of healthy nutrients and is a good addition to almost anyone's diet. That's the good news. The downside is that it is difficult to obtain *real* olive oil. Most oil on the market has been adulterated or is of low quality, reducing its health-giving properties, and even making it toxic. Unaware of this, the public continues to purchase low-priced olive oil, mistakenly thinking they are purchasing something healthy.

BHN recommends Beyond Health Olive Oil. This is the one way to be sure you are consistently getting the highest quality olive oil that meets exacting standards for flavor and health-giving properties.

Flu Shot Nonsense

Don't get them...

New research puts another nail in the coffin of flu shots, but you wouldn't know it by the number of people who stand in line to get them. A February 2005 study in the *Archives of Internal Medicine* concluded that, "observational studies substantially overestimate vaccination benefit." Translated from diplomatic "doctor speak" into plain English,

flu shots don't work very well. This study attributed the decline in influenza-related mortality to "the acquisition of immunity." In other words, gaining herd immunity is what has protected us from flu epidemics, not vaccinations.

The largest study of flu vaccinations was published in *Lancet* and involved over 100,000 people for a period of three years. The study concluded that flu shots do not confer any protection. However, far worse than being useless, flu shots are dangerous. It is established that the risk of developing Alzheimer's disease goes up by 1,000 percent in people who have 3 to 4 flu shots within five years. In addition, to damaging the brain by contributing to Alzheimer's, Parkinson's and ALS, vaccinations are known to do permanent damage to the immune system as well.

Health Starts Early

A profound responsibility...

It has been said that 50 percent of our health is determined by what happens to us in the womb, infancy and childhood. There is now overwhelming evidence that health is profoundly affected during this early period of life, and that life before kindergarten is as strong a determinant of adult health as diet and lifestyle in adulthood.

A new study in *Science* by researchers at the University of Southern California concluded that children who suffer childhood infectious diseases have higher rates of adult diseases. The infections appear to trigger the production of inflammatory chemicals that damage and age the body. All infections leave a legacy, which is why even a cold is a serious disease, and Americans who had serious infections as children are twice as likely to have cancer as adults. Levels of dangerous inflammatory chemicals in the blood have a relationship to how many different antibodies are present. Fewer childhood infections result in fewer antibodies, decreasing risk of disease in later life. The study concluded, "Decreased inflammation during early life has led directly to a decrease in...mortality

resulting from chronic conditions in old age."

Nutrition in the fetus and during early life is critical to health. Low birth weight is associated with a significantly higher risk of heart disease and diabetes. Insufficient nutrition in the fetus is known to cause kidney disease; malnutrition reduces the number of cells in the kidney making them work harder so the cells wear out faster, causing blood pressure to increase. A liver with insufficient cells may lead to an increase in cholesterol and toxins. Poor fetal nutrition turns bad genes on, while good nutrition keeps them turned off.

Women of childbearing age have an awesome responsibility to eat a good diet and take only the highest-quality supplements to optimize their nutrition. The Big Four must be avoided: sugar, white flour, processed oils, and milk products. Learning how to avoid toxins and taking regular saunas to detoxify are also necessary. Children also need supplementation and a superior diet while avoiding the Big Four.

Ozone and Health

Adverse effects on mortality...

Ozone, a common air pollutant in urban areas, has been associated with numerous adverse health effects including increased rates of hospital admissions and decreased lung function. The EPA's maximum 8-hour standard for ozone is 80 parts per billion (ppb). A new study in the *Journal of the American Medical Association* found that even a 10 ppb increase in ozone levels over the previous week will result in increased mortality, even if within the "safe" standards.

For those who live in urban areas, about 40 percent of the U.S. population, it is important to compensate with a powerful antioxidant program to protect yourself. Likewise, many Americans today have purchased air filters for their homes and offices that actually produce ozone. These filters must be used with care; keep rooms well ventilated and don't run them at their high speed.

What You Don't Know About Excitotoxins Can Kill You!

by Russell L. Blaylock, M.D.

Excitotoxin and excitotoxicity are words most people have never heard before. Among neuroscientists, excitotoxicity is something that is connected with virtually everything bad that can happen to the brain—strokes, brain injury, brain tumors, severe hypoglycemia, multiple sclerosis, asphyxia, heavy metal poisoning and most of the neurodegenerative diseases (Alzheimer's, Parkinson's and Lou Gehrig's disease). Excitotoxicity is considered to be the central mechanism for all these disorders of the brain.

So, what is excitotoxicity? Brain cells communicate mostly by way of special chemical messengers called neurotransmitters. By secreting small amounts of these special chemicals, brain cells can "excite" nearby brain cells, thereby sending signals.

A Frightening Discovery

Dozens of these communicating neurotransmitter chemicals have been identified. Until fairly recently, we thought these chemical messengers were benign. Then in 1969, neuroscientist Dr. John Olney discovered that two of these neurotransmitters, glutamate and aspartate, could damage the brain. Ironically, both of these neurotransmitters are now used in food products (monosodium glutamate - MSG) and artificial sweeteners (NutraSweet, Equal). Foods containing these chemicals must be avoided or at least minimized because they result in excessive exposure and brain damage.

Dr. Olney's early studies found that both of these neurotransmitters could kill brain cells, as well as retinal cells of the eye, by exciting them to death, hence the name excitotoxin. While glutamate is the most abundant neurotransmitter in the brain and spinal cord, it won't hurt us unless it is outside the brain's cells. As long as it is tucked away safe inside brain cells, all is well. The brain has an elaborate system to make sure any released glutamate or aspartate is quickly whisked away to safety.

We can get into trouble, however, when too much glutamate or aspartate is ingested from our food or under certain conditions released by the brain itself. Especially vulnerable are areas of the brain called the hypothalamus and the hippocampus. Hypothalamic injury disrupts the endocrine system, leading to low levels of growth hormone, thyroid hormone, the sex hormones and the adrenal hormones. Hippocampal injury affects memory and emotions. But other brain cells are also injured—in the cortex, the cerebellum and a special emotional control system called the amygdala. Even the spinal cord can be damaged.

The Neurodegenerative Diseases and Excitotoxins

Experiments have shown that exposing brain cells to excitotoxins can produce the exact type of injury we see with diseases such as Alzheimer's and Parkinson's. Likewise, when scientists examined the brains of people dying from these diseases they found excitotoxic injury. It took scientists many

years to finally agree that excitotoxicity was a major, if not the major mechanism causing these diseases. The only question now is what is causing the excitotoxicity. There are a number of possibilities.

We know that certain heavy metals, such as mercury, iron, lead and aluminum can interfere with the special mechanism that protects the brain against glutamate excess. Free radicals and lipid peroxidation products can also cause glutamate to build up in toxic concentrations. This explains why Alzheimer's disease and Parkinson's disease are significantly less common in people who eat a healthy diet and take nutrient supplements. (Nutrients that block excitotoxicity include antioxidants, alpha-lipoic acid, acetyl-L-carnitine, DHA, flavonoids, curcumin, Ginkgo biloba, vinpocetine, methylcobalamin and magnesium.) Viruses can also trigger excitotoxicity by causing immune cells in the brain to release glutamate and other damaging chemicals.

The Vaccine Connection

A recent study found that the incidence of Alzheimer's disease increased 1000 percent in those over age 55 who took the flu vaccine 3 to 4 times over a 5-year period. Another recent study found that people taking the Hepatitis B vaccine are 300 percent more likely to develop multiple sclerosis within three years of taking the vaccine than the general public.

There is compelling evidence that excessive vaccination, especially with vaccines containing mercury (Thimerosal), can produce significant long-term brain damage. This is because by overstimulating the body's immune system, you also overstimulate the brain's special immune system, which then releases a torrent of excitotoxins as well as damaging immune chemicals.

In other words, the excessive immune stimulation over a prolonged period of time injures the brain by excitotoxicity. Mercury does its damage by interfering with the brain's special mechanism for protecting against excessive amounts of glutamate, even at very low doses. But mercury also tends to accumulate in the brain, compounding the problem. In addition, mercury itself activates the brain's immune cells.

Another way mercury gets in the brain is by the vapor released from dental fillings made from amalgam. These silver-looking fillings release mercury vapor, which is then absorbed into the tissues of the mouth, and enter the olfactory nerves in the nose. The olfactory nerves lead directly to the hippocampus. The site at which mercury enters the brain is also the site of the earliest changes in Alzheimer's disease.

Babies Are Special

While excess glutamate and aspartate are toxic to adult brains, the baby and infant brain is five times more sensitive to damage. Both babies and the elderly have weaknesses in their protective blood-brain barrier, making them more vulnerable to excitotoxins present in the blood. (There are also a

number of conditions in which this barrier is impaired, including hypertension, diabetes, exposure to pesticides and herbicides, mercury, lead, fluoride, heat stroke, head injury, brain tumors, strokes and exposure to cell phone microwaves.)

What makes babies different is that their brains are undergoing rapid development, especially during the last three months of pregnancy and the first two years after birth. Excess glutamate and other excitotoxins have been shown to alter how the brain is formed, leading to varying degrees of brain maldevelopment, from mild behavioral and learning problems to full-blown ADD, ADHD or autism.

Pregnant women drinking diet cola sweetened with aspartame are exposing their babies to high levels of excitotoxins as well as other toxins. In addition, most pregnant women and small children are consuming diets loaded with a number of excitotoxins added to processed foods, such as MSG, hydrolyzed proteins, soy products, natural flavoring, broth and textured proteins.

The amounts of these excitotoxins being added to foods doubles every ten years. Many foods contain two to as many as five different forms of excitotoxins. Why do they add these toxic products? They enhance the taste of foods. This is why Doritos are so delicious. Our children are gorging themselves on these harmful products on a daily basis.

The Obesity-Diabetes Connection

One of the initial observations when animals were fed MSG was that they became grossly obese. Since then, dozens of independent laboratories have confirmed the connection between gross obesity and exposure to MSG early in life. It occurs in all animals tested.

This obesity has some special characteristics that closely resemble what we are seeing in our children today: the obesity epidemic is resistant to dieting and exercise; the animals prefer “junk” high calorie foods to nutritious foods and the obesity lasts for a lifetime.

More recent studies have also found that exposure to MSG early in life induces type-2 diabetes. In genetically prone animals, it will also induce type-1 (insulin dependent or juvenile) diabetes. Gross obesity and type-2 diabetes occur in the same exposed animal. In fact, the animals develop Syndrome-X, which includes hypertension and abnormal blood lipids. We have a society that has dramatically increased its intake of excitotoxin-containing foods *and* is experiencing an explosion of childhood gross obesity and type-2 diabetes.

Glutamate as a Cancer Fertilizer

While early research concentrated on the effects of glutamate on the brain, more recent studies have discovered that glutamate receptors exist throughout the body and they act much like the receptors in the brain. The first study connecting glutamate to cancer growth was concerned with primary brain tumors. It was found that glutamate caused brain tumors to grow much faster and spread further.

Then scientists discovered that glutamate also made some other tumors grow faster, especially cancers of the breast,

colon, lung, ovary and pancreas. It was like putting fertilizer on crab grass. Not only did the tumors grow faster, but they were more likely to metastasize all over the body.

Despite these ground-breaking discoveries, oncologists do not tell their patients to avoid excitotoxin-containing foods. In fact, a review of the diets suggested by oncologists show that many recommended foods are filled with numerous types of excitotoxins.

Other Dangers

Because glutamate receptors are found in so many organs and tissues, high levels of food-borne excitotoxins pose many other threats. The insulin-secreting cells of the pancreas contain glutamate receptors, which explain the diabetes connection. The ovaries contain glutamate receptors, which may explain reproductive problems seen in many young women.

The adrenal glands also contain glutamate receptors. Several recent studies have shown that MSG can cause the release of adrenal stress hormones, which is connected to Alzheimer’s disease. It is also adrenal stimulation that causes hypoglycemia symptoms. This means a diet high in excitotoxins will greatly magnify problems associated with low blood sugar.

One of the most frightening connections is with sudden cardiac death. It is known that the heart’s electrical conduction system contains a number of glutamate receptors, as does the heart muscle itself. If these receptors are overstimulated, fatal arrhythmias can result. Many have suffered fatal heart attacks after consuming glutamate-containing restaurant food.

Low magnesium levels can greatly magnify the effect of excitotoxins on the heart. Numerous studies have shown that most of us are deficient in magnesium. Many medications, including birth control pills, can lower magnesium levels. Under such conditions, excitotoxins can result in sudden cardiac death. This may explain the dramatic rise in sudden cardiac death in young athletes, as they lose magnesium through sweating and the stress of exercise.

Conclusions

The full impact of our obsession with excitotoxin-containing foods and beverages has yet to be realized. What we do know is that such enormous consumption of excitotoxins can damage the developing brain of babies. It can at least add to the damage associated with the neurodegenerative diseases. There is a strong connection to childhood obesity and diabetes. There is a strong connection between cancer growth and spread and glutamate in the diet. Despite this powerful research, the public is being told nothing. Truly, our lives, and the lives of those we love, are in our own hands.

Dr. Russell Blaylock is a board certified neurosurgeon and a former clinical assistant professor of neurosurgery. He is the author of more than 25 scientific papers and of the groundbreaking books Health and Nutrition Secrets, Excitotoxins, and Natural Strategies for Cancer Patients.

Question: My college-student daughter suffers from anorexia. We are very concerned about her health. Is there anything you can recommend?

F. O. — Dallas, TX

Answer: Due to the bizarre and unnatural diet consumed by most Americans, it is not unusual for young women your daughter's age to have an eating disorder. Anorexia is a loss of appetite, and you are right to be concerned. Many young people diet by cutting the amount of food they eat. Such dieting can result in serious malnutrition that impairs appetite and leads to muscle wasting, disease, and even death. Anorexia is almost certain to affect your daughter's ability to learn, think and remember, thus impacting her college studies.

As for what to do about it, the answer is simple. There is only one disease and only one cure. All disease, anorexia included, is the result of cellular malfunction brought about by deficiency and toxicity. Address the deficiency and toxicity, restore cells to normal function, and the disease disappears.

Developing anorexia and losing one's appetite is usually caused by malnutrition. Dieting by cutting food intake, together with eating nutritionally deficient make-believe foods, results in malnutrition. Malnutrition results in deficiencies of vitamins and minerals that help to regulate the appetite. Once the appetite is lost, the malnutrition becomes even worse and so does the appetite. For example, it is well established that a zinc deficiency will result in loss of appetite, ditto for vitamin B1. In addition to these two, vitamins B12, D and E are often low in anorexics. Spectacular successes have been achieved by treating anorexics with vitamins and minerals, thus restoring their normal appetite mechanism. Call Beyond Health if you would like specific suggestions on supplement products.

Question: My dentist wants me to have a root canal. Are there any alternatives?

B. I. — Mountain View, CA

Answer: There are alternatives. One alternative is to heal the tooth if possible, and the other is to have it removed. It is always best to keep the tooth if its health can be restored. I know one person who when facing surgical removal of an infected tooth had it healed by electronic treatment with a Reif Machine. In general, avoid the Big Four, support your cell chemistry with a good diet, and get on the Beyond Health Comprehensive supplement program. These suggestions will help to optimize your immunity and general health, which will support your dental health. Another suggestion is to put a couple of drops of Beyond Health's oregano oil on your toothbrush when brushing your teeth. This will help to solve gum infections and reduce gum pockets.

The one thing you do *not* want to do is have a root canal. Studies have shown that virtually 100 percent of all root

canals result in residual infection. Bacteria get into the smaller canals of the tooth, and nutrients seep into the root canal through the porous channels in the tooth, feeding the bacteria. This results in the production of powerful toxins. These toxins put stress on the body producing a long list of medical problems. Such infections are not detectable on X-rays so dentists are unaware they exist; they can persist for decades without anyone being aware of them. All the while, they are putting stress on the body, depressing the immune system, and causing disease.

The late Dr. Weston Price, who was head of research for the American Dental Association, found that certain patients suffering from kidney and heart disease could be cured by removing teeth that had had root canals. Dr. Price found that root canals could cause hormone disturbances and diseases of the heart, kidneys, uterus and nervous system. Root canals are definitely not recommended.

Question: My son is using hormones to build muscle along with workouts at the gym. I have read that this might be dangerous, and I was wondering what you think.

F. P. — Pompano Beach, FL

Answer: What you read is correct. Hormones help to regulate the body and disturbing them will throw the body out of regulation. By taking supplemental hormones you can get some immediate and spectacular results, but this is not safe and it comes with a cost. My rule of thumb is don't play games with hormones because you can't win those games. Just look at HRT (hormone replacement therapy for women). Millions of women were given these extremely dangerous drugs and were told they were safe. We now know they cause cancer, heart disease, osteoporosis, Alzheimer's, and other unpleasant "side effects." HRT is one of modern medicine's epic blunders.

The problem is this: hormones work at very low concentrations and all hormones affect all other hormones. Normally, the body's feedback mechanisms regulate the amount of available hormones. By taking a supplement, you can easily unbalance this system by presenting the body with hormone levels far in excess of what it would produce on its own. This may get results, but it causes disturbances in the entire endocrine system, and that is not good. The result is biochemical chaos, and that chaos results in disease. The longer the hormones are used, the more damage is done. Even short term use may result in permanent damage.

Unfortunately, too many young men today are doing what your son is doing. They feel proud of their bodies. They get good results with the hormones and probably get more dates. That is all well and good, but there is a downside. There is a price to pay, one that is not usually taken into account by these young people. Bodybuilders are well known for their health problems in later years. Cancer, heart disease, digestive fail-

ure, and immune disorders are common problems among hormone-using bodybuilders as they age. Even Gov. Arnold Schwarzenegger had heart surgery just before becoming governor. The official explanation was to fix a “congenital problem.” The explanation among the informed was to fix heart damage caused by hormone use. I would strongly recommend that your son reconsider his use of these dangerous drugs.

Question: I suffer from chronic fatigue and my doctor has given me injections of vitamin B12 for years. This has helped a great deal and keeps my mind clear, but I have to keep going back to the doctor for the injections and it is expensive. I noticed in your catalog that you have a B12 product and I was wondering if it would do the same thing. My doctor says it won't.

N. T. — Orlando, FL

Answer: Oral B12, in a high-quality product like Perque B12, is as good as injections. As I am sure you have noticed, B12 injections are inconvenient, painful, and costly. While American doctors use B12 injections exclusively, doctors in other countries, such as Sweden and Canada, have used oral B12 for decades with excellent, well-documented results. In Sweden, they have data going back to the 1950's showing equivalence between oral and injected B12.

Given your neurological symptoms, it is wise to note that low doses of oral B12 are not sufficient to affect neurological symptoms, but high doses are. For example, oral doses of 50 mcg of B12 per day, while clearly beneficial to health, are insufficient to affect neurological symptoms. However, oral doses of 1000 to 2000 mcg are just as effective as injected B12.

Unfortunately, most conventionally-trained physicians know next to nothing about vitamins or how to use them. The major reason oral B12 is not used is lack of awareness that it works, but the injections also result in more office visits and income for the doctor. The sublingual B12 product made by Perque is a superior product with high biological activity at the cellular level. I recommend that everyone over age 55 be on supplemental oral B12. Most older Americans are deficient in B12 and this vitamin is critical to DNA repair and synthesis, the formation and maintenance of the covering of the nerves, and other critical functions. The DNA-repair function alone is of singular importance. Damaged DNA causes cancer, not something you want.

Question: I have been troubled with skin cancer. Recently, I did an internet search and found several skin-cream products that claim to be useful. Is there one you would recommend?

M. O. — Los Angeles, CA

Answer: Basically, anti-cancer creams don't work and I do not know of any I would recommend. Most cancer creams

sold on the internet are based on a paste of zinc chloride, a cheap chemical that is often mixed with a few other things, such as flour, water, and herbal extracts, and then sold for high prices. Unfortunately, these products are indiscriminate in their destruction of tissue and are known to have resulted in some rather serious problems, causing sores that penetrate deep in the body's tissue. One has to remember that cancer is a systemic disease and the real cure is to get healthy by changing one's internal biochemistry with a good diet, a good supplement program, detoxification, exercise, and thinking good thoughts. Get on Beyond Health's recommended cancer-supplement program, and educate yourself by reading Dr. Russell Blaylock's *Natural Strategies for Cancer Patients*.

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 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 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.

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.



Listen to the Beyond Health Show

with host, Raymond Francis

“Your health talk radio show!”

- Tuesdays, 9 a.m. on KYCY-1550 AM in San Francisco
- Thursdays, 10 a.m. on WWNN-1470 AM, Southeastern Florida
- Fridays, 11 a.m. on KMYL-NBC-1190 AM in Phoenix, Arizona
- Sundays, 10 a.m. on KYCY-1550 AM in San Francisco

Also available anytime on the Internet.

Just log on to www.beyondhealth.com.

S U B S C R I B E

Renew your subscription NOW
and subscribe your friends to

BEYOND HEALTH

Auto Renew Subscription... Only \$21.⁰⁰
(Keep a credit card on file and we will automatically renew your subscription each year...you never have to miss an issue again.)

1 year subscription... Only \$34.⁹⁵

1 year e-mail subscription... Only \$14.⁹⁵
(Foreign subscriptions available by e-mail only.)

Name	_____	
Address	_____	
City	_____ State _____ Zip _____	
Phone	_____	
<input type="checkbox"/> auto renew —\$21.00	<input type="checkbox"/> mail —\$34.95	<input type="checkbox"/> e-mail —\$14.95
e-mail	_____	

P.O. Box 150578, San Rafael, CA 94915

BEYOND HEALTH

Make checks payable to
We gladly accept VISA/MasterCard/AMEX/Discover

1.800.250.3063

BEYOND HEALTH www.beyondhealth.com
P.O. Box 150578, San Rafael, CA 94915