

# BEYOND HEALTH<sup>®</sup> *News*

July-August

2005

**“People who ate the most animal-based foods got the most disease  
...plant-based foods were the healthiest.”**

T. Colin Campbell, PhD  
*The China Study*

## **Beyond Health Show – New Radio Station**

*Starting August 7th...*

The Beyond Health Show will be broadcasting on a new San Francisco station starting Sunday, 7 August. The new station is KNTS at 1220 on the AM dial. The new time is 10 a.m. every Sunday morning. KNTS has a strong signal to the south and will make the Beyond Health Show available to an expanding audience south of San Jose. If you live in that area, please tell your friends and neighbors of this new opportunity.

For those living outside the normal broadcast areas, the Beyond Health Show is available 24/7 on our website at [www.beyondhealth.com](http://www.beyondhealth.com). Just click on “Radio Show.” This show features host Dr. Raymond Francis and some of the

top scientific and medical minds in the world. Dedicated to helping listeners get well and stay well by supplying critical life-saving information, Beyond Health is one of the finest and most informative health shows in America.

## **GMOs Increasing**

*Safety still questioned...*

According to the Grocery Manufacturers of America, the amount of Genetically Modified Organisms (GMO)-contaminated food in a supermarket has increased to roughly 75 percent. As a practical matter, this means that virtually all the packaged foods sold in a supermarket—boxed cereals, frozen dinners, cooking oils and others—contain genetically modified contaminants.

More than 80 percent of the soy and 40 percent of the corn raised in the United States are genetically modified varieties. Even worse, virtually all organically-grown corn, soy and Hawaiian papayas are now contaminated with GMOs. BHN no longer considers these organic products to be acceptable foods. Yet in a survey by Rutgers University, fewer than half the people interviewed were aware that GMO foods are being sold in their supermarkets. Other surveys have found that the vast majority of people would like foods containing GMO components to be so labeled.

There are many compelling reasons to completely avoid genetically-modified food ingredients. Children particularly should be protected by avoiding

soy, soy oil, corn, potatoes, squash, canola oil, cottonseed oil, papaya, tomatoes and dairy products. The work of Dr. Alpad Pusztai in the United Kingdom has shown that genetically-manipulated foods can, when fed to animals, cause gradual organ damage and immune system damage. Additional experiments, conducted by Dr. S.W.B. Ewen, at the University of Aberdeen, confirmed immune system and organ damage in animals fed genetically-modified potatoes. Because of the potential for enormous and unprecedented harm, more than 600 scientists from 72 countries have called for a moratorium on the environmental release of genetically modified organisms (GMOs). Many European countries have banned GMOs from their food. GMOs are inherently unpredictable in their biological effects and dangerous for humans, animals, the environment, and for the future of sustainable and organic agriculture. A British molecular scientist, Dr. Michael Antoniou, maintains that gene-splicing has already resulted in the “unexpected production of toxic substances in genetically engineered bacteria, yeast, plants, and animals with the problem remaining undetected until a major health hazard has arisen.” In 1999, Cornell University researchers discovered that pollen from GMO corn was poisonous to Monarch butterflies. There is a growing body of evidence that GMO crops are adversely affecting a number of beneficial insects, including ladybugs and lacewings, as well as beneficial soil microorganisms,

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bees and possibly birds. In 1989, a genetically engineered brand of the dietary supplement L-tryptophan killed 37 people and permanently disabled more than 5,000 others. GMO foods clearly have the potential to be a toxic threat to human health.

In addition to being toxic, GMO foods can also be less nutritious. A 1999 study in the *Journal of Medicinal Food* found that concentrations of beneficial phytoestrogen compounds thought to protect against heart disease and cancer were lower in GMO soybeans. Milk from cows given genetically-modified bovine growth hormone contains higher levels of saturated fat (in addition to higher levels of pus and bacteria).

Environmental havoc has already been created by "genetic pollution" from GMO field crops. Wind, rain, birds, bees, and insect pollinators have begun carrying genetically-altered pollen into adjoining fields, polluting the DNA of organic crops and other non-GMO crops.

Genetic engineering will inevitably result in unanticipated outcomes and dangerous surprises. Researchers at Michigan State University have found that genetically altering plants to resist viruses can cause the viruses to mutate into new, more virulent forms. What is needed is a moratorium on GMO foods until their safety can be assured. Do not shop in supermarkets. Do not eat processed foods. Consume organic foods as much as possible, and let the folks in Congress hear from you.

**Milk and Parkinson's**

*Don't drink it...*

BHN has long warned against drinking milk. One of many reasons is that milk protein is a very powerful cancer promoter. Now a March 22 study in *Neurology* adds fuel to the fire. It appears that drinking one or two glasses of pasteurized milk per day may double the risk of Parkinson's disease later in life. In truth, drinking milk increases the risk of many diseases. Animal protein itself appears to have a detrimental effect on the body. When pasteurized, milk protein appears to have an especially toxic effect. This may be why calves fed pasteurized milk die in a matter of weeks.

To prevent Parkinson's disease, eating more vegetables is one of the most important things you can do. In addition, getting regular exercise and avoiding pesticide exposure as well as exposure to other environmental toxins is crucial. Supplementing with extra coenzyme Q10 may also be helpful.

**Vitamin D and Parkinson's**

*D is protective...*

Recent research is constantly reinforcing the disease-protective effects of vitamin D. New research in the June *Journal of Korean Medical Science* has found that vitamin D is protective against Parkinson's. Vitamin D has already been shown to protect against cancer, heart disease, diabetes, multiple sclerosis, osteoporosis and other dis-

eases, and now Parkinson's has been added to the growing list.

Meanwhile, research coming out of Tufts University in 2004 found that periodontal disease is closely associated with low levels of vitamin D. There was a significant association between tooth loss due to periodontal disease and low blood serum levels of vitamin D. As an anti-inflammatory, vitamin D protects against the free-radical damage that occurs in Alzheimer's, and research from the University of Southern California has found that people with Alzheimer's are four times more likely to have developed periodontal disease. Insufficient vitamin D is constantly being linked with disease.

Researchers always appear surprised when a nutrient is found to protect against disease. They simply don't seem to understand that disease is caused by lack of nutrients. So, naturally, nutrients will protect against disease. Unfortunately, recent research has shown that most Americans are deficient in vitamin D along with numerous other nutrients. BHN recommends daily sunshine to get your vitamin D. Daily cod liver oil is also a good idea. Don't believe the propaganda that the sun is dangerous. Safe and sane doses of sunlight are highly beneficial. *Anything* in excess is harmful, but not getting enough sunlight causes far more disease than getting too much.

**Sunscreen Hazards**

*They're dangerous...*

In the last issue of BHN, we advised readers to get more of the essential nutrient called sunlight and to avoid sunscreens. Since then, more evidence has come to our attention showing why sunscreens are dangerous and should be avoided.

Skin cancer is a worldwide epidemic. Malignant melanoma has been growing at the rate of 7 percent per year in the United States. In Australia, an estimated 66 percent of the population will get skin cancer by age 75. Australia has the

**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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highest melanoma rate in the world, with the rate for men doubling in the seven years from 1980 to 1987. And the highest melanoma rate in Australia is in Queensland.

Queensland is the melanoma capitol of the world. One might ask why, and here is a possible answer. The medical establishment in Queensland has had the strongest campaign anywhere for using sunscreens. In April of 1992, a study in the *American Journal of Public Health* found that populations that have experienced the highest increases in melanoma are the very ones that have most heavily promoted the use of sunscreens.

Insight into escalating skin cancer rates is provided by a June 1994 study in *Cancer*. This study found that rates for developing skin cancer were 83 times higher for patients who were being treated with ultraviolet light for psoriasis than for the general population. This is an enormous increase!

Psoriasis patients were first being treated with a chemical called psoralen. When activated by ultraviolet light, psoralen becomes a free-radical generator. These free radicals damage genes and tissues, making psoralen a powerful carcinogen. So what does this have to do with sunscreen? Most sunscreens contain a chemical called benzophenone or one of its derivatives such as oxyphenone.

Benzophenone is also activated by ultraviolet light whereupon it becomes an extremely powerful free-radical generator. It will do the same kind of damage as the psoralen, only worse. This goes a long way toward explaining why sunscreen causes cancer.

In addition to generating free radicals, sunscreens also block the ultraviolet light necessary to produce vitamin D in the body. This contributes to our epidemic of vitamin D deficiency, which in turn contributes to our epidemic of skin, breast and prostate cancer. Sunlight yes, sunscreen no!

## Diabetes and Infections

*Supplements help...*

Diabetics are much more likely to develop infections than nondiabetics. But taking vitamin and mineral supplements can significantly reduce the risk of infections and lost work days. A 2003 study in the *Annals of Internal Medicine* found that only 17 percent of the diabetics taking a vitamin and mineral supplement developed infections during the test period as opposed to 93 percent of those not taking supplements.

Diabetics commonly have nutritional deficiencies in essential fatty acids, vitamins and minerals that make them more susceptible to infections as well as to other health problems. Taking a high-quality vitamin and mineral supplement makes all the sense in the world for diabetics. BHN recommends taking Perque because it is the purest and most highly bioactive supplement we have ever seen.

## For Sugar Cravings

*Take fish oil...*

A study in a 2004 *Journal of Nutritional Health and Aging* has found that supplementing with omega-3 fatty acids, found in fish oil, helps to reduce sugar cravings. A deficiency of omega-3 fatty acids has been shown to decrease the level of perception of a sweet taste, requiring a larger quantity of sugar to satisfy one's sweet tooth.

## Toxic Chemicals and Health

*An emerging consensus...*

A consensus is emerging in the scientific community that toxic environmental chemicals are far more dangerous than previously believed. Over the last ten years, long-held assumptions about toxic chemicals and human health have repeatedly been found to be wrong. New research is consistently finding that these chemicals affect health at much lower levels than previously thought. Furthermore, combinations of chemicals—and this is the way we are exposed to them—are especially toxic.

Combinations are synergistic and produce effects much more powerful and any of them alone. A developing fetus or a child is especially vulnerable. More than a decade ago, the National Academy of Sciences found that children were much more susceptible than adults to toxins in pesticides and that policies governing pesticide exposures failed to protect them. The same holds true for a myriad of industrial and commercial chemicals that our children are exposed to at home, in school and in automobiles.

Meanwhile, tests of blood and human tissue are showing increasing and alarming amounts of toxins. Fire retardants are now showing up in tissue at levels that are known to cause disease in animals. Chemicals such as bisphenyl-A and phthalates are everywhere in our environment. Yet we now know they cause profound health effects at exceedingly low levels. Over the last two decades, the incidence of chronic disease among children has increased dramatically. From 1980 to 1994, the incidence of asthma in children under the age of four has exploded by 160 percent. Birth defects have become the number one killer of infants in America. The number of low birth weight and premature babies has been increasing since 1980. Brain cancer in children has increased by more than 25 percent between 1973 and 1996. The most common childhood cancer, leukemia, has increased by more than 15 percent over the last two decades. Recent studies have confirmed earlier research demonstrating the link between home pesticide use and leukemia rates in children.

Fortunately, we have some control. We can significantly reduce our exposure to toxins and the toxic load in our bodies. Begin by purchasing only unprocessed organic foods. Be careful of products brought into the home such as new carpets and mattresses. Beyond Health makes nontoxic personal care and household products available.



Personal products used daily such as toothpaste and shampoo can be especially toxic. New cars are extremely toxic and will contribute to breast and prostate cancer as well as neurological damage; keep the windows open and air them out as much as possible. Purchase a household reverse osmosis system to help reduce exposure to toxins in your drinking water. Portable air filters can help to reduce the amount of toxins found in household air. Taking regular saunas can help to reduce the toxic load already the body, as well as prevent additional accumulation. Supplements such as vitamin C, Thiodox, and Perque LivaGuard will support the body's detoxification system.

The bottom line—people are far more vulnerable to toxic chemicals than we ever knew. We need to take active measures to protect ourselves and our children. Fluoride needs to be outlawed along with excitotoxins added to foods. Mercury fillings need to be outlawed. Flame retardants need to be removed from mattresses. We need a number of new laws to govern the use of these toxins.

### More on Cell Phones

*Four times more likely...*

A new study released in July by the Insurance Institute for Highway Safety has concluded that drivers who talk on cell phones while driving are 400 percent more likely to be involved in an injury-causing accident. Further, the study found that using hands-free phones was no safer than holding the phone. It is the driver's mental distraction that makes it dangerous, not the act of holding the phone.

The Institute used cell phone records, accident reports and interviews with injured drivers to arrive at its conclusions. Because of the very conservative way in which the timing of the calls was handled in the study, the actual risk of injury is most likely higher than reported. Several states, including New York, New Jersey and Connecticut, have laws banning hand-held phones while driv-

ing, but this study and others prove that these laws are just window dressing and offer no protection to the public. The Institute is recommending laws that make it illegal to use a cell phone of any type while driving, and it also recommends educating the public about the dangers of driving while talking on the phone.

In the last issue of BHN, we reported that using a cell phone in a vehicle greatly increases your exposure to radiation. The radiation inside the metal cage of the car is especially intense. The substantially increased danger of injury-causing accidents combined with the negative effects on health caused by cell phone radiation should be enough to give a reasonable person pause. For your own safety and the safety of others, please do not use a cell phone while driving. If you must answer a call, keep the conversation very brief and return the call at a later time, or else find a place where you can safely stop the vehicle.

### Teflon Questioned

*Suspected carcinogen...*

An Environmental Protection Agency scientific advisory board has found "suggestive evidence" that perfluorooctanoic acid (PFOA), a component of Teflon, is a potential human carcinogen. PFOA can outgas when Teflon is heated to high temperatures.

DuPont has been accused of withholding toxicity information on PFOA and has reached an accommodation with the EPA on this matter. The EPA is being pressured to do additional studies to assess the human risk for liver, breast, pancreatic and testicular cancer as well as toxic effects on the immune system. PFOA remains in human tissue for years and is one of the hundreds of man-made chemicals that Americans are bioaccumulating due to eating foods cooked on Teflon.

Birds, such as parrots, appear to be particularly sensitive to the fumes given off by Teflon cookware. There are reports of hundreds of pet birds dying

every year from exposure to PFOA in the kitchen where their cages are kept. The lungs of exposed birds hemorrhage and fill with fluid, suffocating them. Remember that miners used to bring canaries into the mines to test for toxic air. If it's bad for the birds, it can't be too good for us.

What to do? The safest course of action would be to stop using Teflon-coated cookware or to use it only occasionally and at low temperatures. Since raw food is much healthier, we should be cooking less anyway.

### Broccoli Kills Bad Bacteria

*Another reason to eat broccoli...*

*H. pylori* is a bacterium that is associated with stomach ulcers and with increasing the risk of stomach cancer. A study in the *Proceedings of the National Academy of Sciences* has found that a chemical in broccoli suppresses *H. pylori*. Sulforaphane, which is found in cruciferous vegetables such as cabbage, kale and broccoli, appears to eradicate the *H. pylori*, even those hiding in the cells of the stomach lining. Another food that suppresses *H. pylori* is coconut oil. Those suffering from ulcers would be wise to include broccoli and other cruciferous vegetables and coconut oil in their diets. It may be valid to assume that these foods will also prevent infection by *H. pylori*.

### Prostate Cancer and Cholesterol

*Lower is better...*

High cholesterol has been long associated with prostate cancer. A new study in the *March Journal of Clinical Investigation* sheds light on why this is so. High blood cholesterol causes an accumulation of cholesterol in cell membranes. The cholesterol appears to change cell signaling affecting a cell's ability to communicate and send signals to cancer cells telling them to die and stop multiplying.

High cholesterol is also known to increase estrogen levels in men, and excess estrogen is known to promote

## pH is Critical

by Raymond Francis

In *Never Be Sick Again* and in BHN, I have written about the importance of maintaining normal cellular pH. However, judging by the number of inquiries I get, it is obvious that most people still do not comprehend the importance of pH or how to control it. To clarify pH, let me say this: *If your pH is not normal, you are sick!*

There are certain cellular abnormalities that I call “common denominators” of disease. Abnormal pH is one of these. While there are many pH levels in the body, high acidity in the stomach for example, the interior of cells must be kept at about 7.4 (slightly alkaline). Even small deviations from this will cause cells to malfunction. Cellular machinery is designed to operate at a particular pH.

For example, enzymes (special molecules that the body uses to make new molecules or to take molecules apart) operate within a certain pH range. If the body is too acidic, some enzymes will be disabled and others will overwork. Tasks critical to health and to life itself are compromised; production of energy and hormones can be diminished and digestion impaired. This is disease!

How do you know what your pH is? There is an indirect, simple and inexpensive test that provides an indication of whether cells are in the normal range or not. This test uses pH paper (available at Beyond Health) to measure first-morning urine. Here is your guide to pH:

6.5 to 7.5	Acceptable Range
6.8 to 7.4	Ideal Range
6.0 to 6.5	Unhealthy Range
Below 6.0	Dangerous Range
Above 7.5	Dangerous Range

Keep a diary of the foods you eat, including first-morning pH. This will allow you to monitor how different foods affect your pH. First-morning pH should consistently run in the acceptable range, better in the ideal range. Occasional readings outside the acceptable range are okay, but consistent readings below 6.5 are not good, and readings below 6.0 are dangerous. Occasional readings above 7.5 are okay, but consistent readings are not, and a pH of 8.0 is alarming. Most Americans run too acidic. When this acidosis happens, body chemistry changes, and the body becomes unbalanced. Cells will no longer properly communicate, self-regulate and self repair. This is the essence of disease.

How do we become too acidic? The largest contributor is the bizarre American diet. About eighty percent of our normal diet consists of acid-forming foods such as sugar, white flour (bread, pasta, cookies and pastries), meat, milk and cola

drinks. Stress, allergic reactions and toxins, such as prescription and over-the-counter drugs, also contribute to acidosis. In addition, our diets are lacking in alkaline foods such as fresh fruits and vegetables that help to neutralize these acids.

Let’s examine some of the things that can happen when pH is out of control: One is gallbladder surgery. This operation is the most common operation in North America. Every year, more than 500,000 people in the United States undergo surgery to remove their gallbladders. Most often this is the result of gallstones, but all too many people are marched off to surgery for gallbladder removal simply because they are too acidic. Acidic pH impairs critical detoxification by inhibiting liver enzymes. As a result, toxins are dumped from the liver into the gallbladder causing inflammation and pain. All that is required to get well is to restore normal pH. Instead, they get surgery.

The liver’s ability to detoxify and to produce hormones is dependent on pH sensitive enzymes. Changing the pH will cause some enzymes to shut down and others to work when they shouldn’t. This causes many dysfunctions including diminished hormone production. Enzymes are further inhibited when acidosis strips the body of critical minerals such as zinc, magnesium and calcium, which are necessary to enzyme function. When liver detoxification is inadequate, toxins will overload the kidneys. This will produce fatigue, headaches, skin rashes, back and shoulder pain and other problems.

Here are some other things that happen. Viruses thrive in acidic cells making infection more likely. Acidity diminishes the ability of the blood to carry oxygen, lowering the competence of the entire body. If the body is too acidic, the stomach produces less acid, affecting our ability to properly digest foods.

If you are too acidic, what should you do? First, get off acid-forming foods such as meat, dairy, sugar, white flour and cola drinks. Keep a good food diary. Get on more alkaline foods. Fresh fruits and vegetables are generally alkaline, while grains and animal proteins are generally acidic. Work to identify allergies as allergic reactions are acid producing. Reduce stress. Magnesium is a critical mineral inside cells that regulates pH. When pH is too acidic, one technique I use to get more magnesium into cells is to take Perque Magnesium Plus along with one teaspoon of Perque Choline Citrate in water.

*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 rec-*

**Question:** I started taking MSM for my arthritis and it did a great job reducing my pain. However, my brittle nails and my psoriasis have also gone away. I'm wondering if there's a connection.

P. C. — Scottsdale, AZ

**Answer:** Yes, there is a connection. MSM (methylsulfonylmethane) is a natural molecule that is present in almost all fresh food and it is known to do the things you described. MSM has far-reaching biological effects because it works at a very fundamental level by supplying the body with organic sulfur. Sulfur is basic to life, and it plays an essential role in human nutrition. It is contained in every cell in the body and is required for a variety of tasks. Sulfur is a structural component, particularly in the connective tissue of the joints, the walls of blood vessels, and in the hair, nails and skin. Sulfur was once abundant in our food, but today most people are deficient because of depleted soils and because organic sulfur is lost when foods are even moderately processed, heated or dried.

Sulfur is used to create bonds that hold protein molecules together, and it is critical to the synthesis of enzymes. Because sulfur is essential to so many body functions, including energy production and immune function, it is not a surprise that it helped your arthritis, brittle nails and psoriasis. It is known to be effective for a variety of health problems. For example, MSM is known to help, sometimes very dramatically, with acne, allergies, asthma, athletic injuries, arthritis, cancer, gastrointestinal problems, inflammation, leg cramps, lung diseases such as emphysema, lupus, parasites, skin problems, removing scars, sunburn, tendonitis, and wound healing.

Sulfur is essential to human health, and supplementing with MSM is extremely safe with no known side effects. For most people, 500 mgs. a day is sufficient. Specific conditions may warrant 1000 to 6000 mgs. per day. High-quality MSM is available through Beyond Health.

**Question:** I have been having a skin rash on my face for two years, and I was diagnosed with eczema. The steroid cream that my doctor prescribed for me did help to keep down the itch, but it comes back again. I don't know what causes the rash and I wonder if you have any suggestion for me.

L. Q. — San Mateo, CA

**Answer:** First understand that there is no such thing as eczema. Eczema means you have a chronic inflammatory skin condition. But you already knew that. That's why you went to the doctor. Doctors use fancy words like eczema to tell you what you already know, while sounding knowledgeable, so they don't have to admit that they are clueless about the cause or the solution to your problem. This is why a trip to the doc-

tor is usually a waste of time and money as well as being dangerous.

As for the steroid cream, it is irresponsible to prescribe such dangerous drugs. Steroids do not cure anything. All they do is suppress symptoms, and this comes at a cost. The steroid is absorbed through the skin and causes systemic effects as well as local effects at the site. One effect, adrenal suppression, diminishes the body's own production of steroids. This makes the patient more susceptible to infection or to shock from surgery or an accident. Another is atrophy or thinning of the skin, as the steroid suppresses collagen production, the basic support protein of the skin. Then there is the rebound effect. If you use the steroid for a while and go off it, the eczema can suddenly come back much worse than before. Steroids offer only short term relief while doing long-term harm.

As to what to do, there are no simple solutions, but here are some thoughts. Eczema can be caused by such straightforward problems as direct chemical irritants, a zinc deficiency, a B vitamin deficiency or mercury toxicity. Perhaps more often, eczema occurs as a result of allergic reactions, sometimes driven by digestive disorders and lack of hydrochloric acid production.

You must be careful not to use anything on your face—soap, shampoo, skin cream—that is not approved by Beyond Health. Use only environmentally safe laundry products and put your clothes and bedding through an extra rinse cycle to get the chemicals out. Get on the Beyond Health Comprehensive program plus some extra cod liver oil and B12 to be sure you are getting the nutrients you need. Take some Evening Primrose Oil as well. Sometimes applying some primrose oil to the lesion can be very helpful and much safer than steroids. Identify any allergies and get off those allergens; get off common allergens such as wheat and dairy. Address any digestive problems with appropriate nutritional support. Reduce stress levels with meditation. If you do all this well, you may find your eczema will disappear.

**Question:** You say in you book, *Never Be Sick Again*, not to microwave food. My husband still microwaves food. What can I do to educate him?

I. H. — Victoria, Canada

**Answer:** First, get your husband to read my book. In addition, there is an article I wrote on this subject back in 2000. It is listed under "Free Articles" on the [www.beyondhealth.com](http://www.beyondhealth.com) website. Since then, a November 2003 study in the *Journal of the Science of Food and Agriculture* corroborated what I was reporting in 2000. In this study, broccoli lost 97 percent of its antioxidants when cooked in a microwave. By contrast, it lost only 11 percent when steamed. If consumed raw, it wouldn't



lose any. But microwaving does far more than damage nutrients; it makes the food toxic as well. It's the old story, you can lead a horse to water, but you can't force him to drink—all you can do is try to educate. The purpose of eating food is to get nutrition. Why eat food where the nutrition has been destroyed *and* the food rendered toxic? If you have a microwave, the best thing to do is dump it in the trash. These things are too dangerous to have around—someone might use them.

**Question:** I have been looking for a home water filter. Does the Beyond Health Reverse Osmosis system filter out parasites? Also I have been told that reverse osmosis does not filter out fluoride. Is that true? And what about alkaline water. I was told that reverse osmosis water was too acid.

T. C. — New York, NY

**Answer:** Let me begin by saying I spent two years trying to find the best possible water filter for my personal use. I had been purchasing high-quality distilled water in glass bottles, but it was costing almost \$4.00 a gallon—more expensive than gasoline. After extensive research, I finally selected what is now the Beyond Health Reverse Osmosis system. I chose this system because it offered the best combination of cost, effectiveness, safety and ease of maintenance.

Reverse osmosis will filter out parasites, and it will filter out bacteria and viruses as well. As to your concern about fluoride, the Beyond Health system filters out 94 percent of the fluoride. No purification system, even distillation, is perfect. All have tradeoffs, and that is one reason it took two years to select a system with the tradeoffs that made sense for most people. It is extremely unwise to drink fluoridated water or to use toothpaste with added fluoride, but fluoride removal of 94 percent is perfectly adequate and will protect you from fluoride poisoning.

As for alkaline water, when these alkaline units were first imported into the U.S., one of the importers gave me a unit for experimentation and I was not impressed. In fact, I returned it after six months. Alkaline water units are grossly overpriced (often \$1000), but there is little science behind them. The general idea is that they balance your body's pH, thereby preventing and reversing disease caused by too much acidity. Manufacturers of these units claim that alkaline water hydrates the body more effectively, is energizing, helps the body absorb nutrients and even improves the taste of food prepared with such water. It supposedly prevents everything from obesity to breast cancer—but there are no *proven* medical benefits.

Having looked at the science, I simply do not find these devices or claims to be credible.

I have an open mind, but until I see some scientific

evidence to support their claims, I'll stick with reverse osmosis. You would do well to get yourself a Beyond Health RO system. The pH of reverse osmosis water generally runs slightly more acidic than the original tap water. This is not *too* acidic. In fact mine runs about 6.0. Coffee and tea come in at about 5.3 and beer at 4.5. Cola drinks are extremely acidic at 2.6 and should be avoided.

**Question:** Can vitamin E help to prevent infections?

C. R. — Larkspur, CA

**Answer:** All nutrients act as a team, so they all help to prevent infection. A chronic shortage of even one nutrient will cause disease. That being said, a 2004 study in the *Journal of the American Medical Association* found that nursing home patients who took a vitamin E supplement daily for one year were 20 percent less likely to suffer a cold. If 20 percent of colds were prevented with only one vitamin, just imagine how many more could have been prevented if these patients took other vitamins as well. Extra vitamins A, C, B complex and magnesium and zinc would probably prevent 90 percent. Only sick people get sick, and you have to be pretty sick to get a cold.

*Readers are invited to ask questions— by email to [mail@beyondhealth.com](mailto: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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