

BEYOND HEALTH[®] *News*

September-October

2005

“Half the women getting care from primary care physicians are not getting sufficient vitamin D.”

— Ethel Siris, M.D.

Columbia University College of Physicians and Surgeons

Vitamin C Destroys Cancer

And prevents it too...

The importance of vitamin C to human biochemistry has been appreciated for decades. People with higher intakes of vitamin C have less cancer as well as other diseases. It has also been known that intravenous vitamin C would shrink cancerous tumors. One would think that anything that was known to shrink tumors safely and inexpensively would be in widespread use, but it is not. Instead, modern medicine uses expensive, toxic, dangerous and ineffective chemotherapy.

Cancer cells use large quantities of sugar to generate energy. This requires extra glucose channels on the surface of the cancer cell. These same channels also bring in vitamin C. Therefore, if vitamin C is available in sufficient quantity, cancer cells will absorb abnormally

large amounts of vitamin C. A 1969 study published in *Oncology* found that this extra vitamin C produces large amounts of hydrogen peroxide, which normal cells can neutralize, but cancer cells cannot neutralize because they lack the necessary enzyme. Going unneutralized, the hydrogen peroxide damages and kills the cancer cells.

Anyone with cancer should at least consider the vitamin C option. It is clear from this study and others that large amounts of vitamin C are beneficial to normal cells and deadly to cancer cells. Intravenously administered C is necessary to get the blood levels high enough to kill the cancer cells.

Olive Oil Prevents Disease

Adding to what we already know...

Research continues to shed light on the old observations that olive oil prevents disease and adds to longevity. New research reported in an August issue of *Nature* concluded that olive oil contains a particularly powerful anti-inflammatory chemical called oleocanthal that helps to prevent inflammation and disease. The biochemical pathway used by oleocanthal appears similar to the mechanism used by synthetic drugs that are known to reduce the risk of developing some cancers and to prevent blood platelets from clumping together, which can block arteries. It's interesting that the drugs use the same biochemical pathways. When people don't eat the right food, they end up needing the drugs that merely perform the tasks that the food should be doing. Another recent study in the *British Medical*

Journal found that adherence to a Mediterranean type diet, which relies on plant foods and olive oil, is associated with a significantly longer life expectancy, and may be particularly appropriate for elderly people, who represent a rapidly increasing group in Europe.

Both the scientific and medical literature is filled with evidence linking olive oil to good health and longevity. One of the protective mechanisms involved is the prevention of free radical damage to the body. Free radicals cause serious problems for human health through a process called lipid oxidation, which damages cells by destroying unsaturated fatty acids in the cell membrane. Free radicals also damage DNA, which accelerates the aging process and can lead to cancer. Olive oil contains antioxidants that help to prevent this damage. Very simply, olive oil protects against aging and disease. One class of antioxidants is called phenols, and Greeks and Italians, who consume large quantities of virgin olive oil, take in significant amounts of phenols per day. A seven country study showed that Greece had the highest olive oil consumption and also the lowest number of deaths from coronary heart disease.

Very importantly, unlike most supermarket oils which contain too much omega-6 oils, olive oil does not disrupt the ratio between omega-6 to omega-3 fatty acids. It is very important that omega-3 and omega-6 be present in the body at specific levels. Americans consume far too much omega-6s in their regular oils, and the imbalances in these ratios lead to inflammation and the pro-

THIS ISSUE...

News in Review

..... 1

Vitamin D and Your Health

..... 4

Questions & Answers

..... 6

Subscribe a Friend

..... 8

gression of many diseases, especially those of the heart, the immune system and cancer.

Because aging and almost all diseases involve inflammation and because olive oil helps to prevent inflammation, it is not a surprise that research finds that olive oil helps to protect against aging and almost all diseases. People who consume large quantities of olive oil and vegetables have a reduced risk of rheumatoid arthritis. A study at the University of Oxford showed that olive oil has a protective effect against intestinal cancer. These researchers discovered that olive oil enters into a reaction with stomach acid that prevents intestinal cancer from beginning. A study in the *Archives of Internal Medicine* showed that women who consume high levels of olive oil have a lower risk of developing breast cancer. Another study by scientists at the University at Buffalo demonstrated that b-sitosterol, a fat found in olive oil, helps prevent the formation of prostate cancer cells. Another

study published in the *Archives of Internal Medicine* found a beneficial effect of olive oil on high blood pressure. The vitamins E, A, D and K contained in olive oil are particularly important for assisting bone development in adults and children, and in strengthening the bones by fixing calcium. Olive oil strengthens the immune system. Another study found a protective effect against some types of malignant tumors: prostate, breast, colon, squamous cell, and esophageal. Olive oil helps to prevent insulin resistance and enhances glucose control in the blood. Olive oil is more effective than a low-fat diet in controlling and treating obesity, leading to longer-lasting weight loss. Olive oil is good for the skin, and it is helpful to the liver and gall bladder.

As you can see, there is an enormous amount of evidence that olive oil is beneficial to human health, but here is the rub. Almost all of the olive oil on the market consists of low quality and adulterated oils. These oils do *not* contain sufficient amounts of the beneficial nutrients that are present in real olive oil to produce the health enhancing effects of olive oil. Many of them contain dangerous trans fats. BHN recommends using Beyond Health's olive oil, which we know contains what you need.

Shampoo Lowers IQ

Children getting dumber...

We are in danger of becoming a nation full of brain-damaged people. We continue to dumb down academic performance tests, and the number of brain-damaged children in special education classes continues to increase. Something must be done to address these problems or the effects will be catastrophic. A new study by the University of North Carolina sheds some light on one possible cause. A common ingredient in shampoo, soaps, lotions and creams is capable of damaging the developing brain of a fetus or young child.

Diethanolamine (DEA) and its chemical cousin triethanolamine (TEA) are chemicals used to provide creamy con-

sistency in lotions and creams and a rich lather in shampoos. Like many other such chemicals, these two are absorbed through the skin and an expectant mother who shampoos just a couple of times per week may have enough DEA in her blood to damage the growing brain of a fetus.

A growing brain needs a nutrient called choline. Choline plays a critical role in construction of memory cells in the developing brain. DEA and TEA block choline, and young animals deprived of choline exhibit abnormal brain development.

The impact of toxins on our health and performance is growing every year. Fortunately, most of these toxins are under our personal control. We can all choose to use personal-care products that are safe as well as effective. Toxins accumulate in the body daily and the only proven way to get rid of oil-soluble toxins is to sauna on a regular basis. Beyond Health spends an enormous amount of time, energy and money to select the safest and most effective products in the world. If you want safe personal-care products, this is where to shop. In addition, Beyond Health has a safe and effective home sauna that took two years of research to find and approve. Since its inception, BHN has been warning its readers about the toxic chemicals contained in personal care products. Use products that have been approved for safety and effectiveness by Beyond Health. Women of child-bearing age must pay attention to these problems if they want healthy children.

Babies Soaked in Chemicals

An average of 287 toxic chemicals...

Children are being born soaked in toxic chemicals and then we wonder why they are brain damaged and sick and why cancer is the leading cause of death for children after accidents. A report by the Environmental Working Group testing umbilical cord blood found an average of 287 contaminants in the blood. Of these 287, 217 are toxic to the brain (including diethanolamine and triethanolamine), 208

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
 Joan Carole, Editor
 Michelle Garcia, Production

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.

cause birth defects and 180 are known to cause cancer.

Once again, here is reason for all women of child bearing age to carefully avoid putting toxins into their bodies and to follow strict detoxification protocols including supplements and regular saunas. After the child is born, infants and young children must be protected from toxins. Plastic baby bottles, processed foods, food packaging, toys, mattresses, soaps, lotions, shampoos, carpets, and drinking water can all be sources of toxins. It is essential to become educated on how to avoid them. Reading *Never Be Sick Again* would be a good place to start educating yourself.

Aspirin and Heart Attacks

It causes them...

BHN has long recommended not using prescription or over-the-counter drugs to treat disease. Drugs are toxic to the body; they injure and kill people rather than being helpful. Regardless, doctors have long recommended that heart patients take aspirin to prevent heart attacks and strokes. This is a bad idea, and recent studies have proven how bad it is. Unfortunately, this life-saving information has received little or no attention from the media.

One study in the *American Heart Journal* found that patients prescribed aspirin were *twice* as likely to get a second heart attack or stroke as the controls given placebos. Another study has found that aspirin increases the risk of pancreatic cancer. Still another found that aspirin interferes with bone and tissue healing. Aspirin anyone?

Fortunately, there are safe and effective alternatives to all drugs. Drugs are simply not necessary. Heart and stroke patients should be on vitamins C and E along with fish oil, garlic, all the B vitamins, magnesium, and zinc. In addition, eat more fresh vegetables and get off the Big Four, sugar, white flour, processed oils, and excess animal fat and protein, all of which increase platelet stickiness. Proteolytic enzymes are also helpful.

Long Lasting Toxic Effects

Several generations...

Shocking new information in *Science* coming out of the Washington State University indicates that exposure to a toxin can affect the health of your children, grandchildren, great grandchildren and beyond. Animal experiments found that animals exposed to toxins such as pesticides and fungicides passed on their damage to four generations and that the negative impact on health was not reduced with time. This means that someone who develops cancer due to a toxic exposure can pass their cancer on to future generations even though none of those future children had ever been exposed to that chemical.

About 70,000 man-made chemicals are in current use, and only a fraction has ever been tested for safety. In addition, we now know that even extremely low doses of certain chemicals can have profound health consequences and that these chemicals acting in combination can have an effect thousands of times greater than any of them alone. The need to avoid toxins is becoming critical. With careful choices, 80 percent of your toxic exposures can be eliminated. Even more can be eliminated with use of high-quality supplements, air filters, water filters, and frequent saunas.

Our King Poisoned

So what else is new...

Our king, back when we had a king, George III is remembered for a number of historically significant events. One such event was his celebrated victory over Napoleon; another was his unfortunate loss of the American colonies. Sadly, he is also remembered for his madness. George III reigned for 60 years and during that time he suffered five episodes of long illness and mental derangement.

In 1969, a study of George's medical records linked his problems to an inherited disease called porphyria. King George experienced mental disturbances, abdominal pain, lameness, and

discolored urine. All of these symptoms match those of porphyria. However, the late onset of his symptoms and their severity did not match porphyria. This dichotomy prompted a new study, which appeared in the July 23 *Lancet*, and the mystery of the madness of King George may at last be solved.

The new study found that, in genetically susceptible people, arsenic poisoning can cause the same symptoms as porphyria. So was the king poisoned with arsenic? It appears he was! Samples of the king's hair were analyzed—they were loaded with arsenic. How was it possible for the king to be poisoned? No, the butler didn't do it—his doctors did it! As you might imagine, being the king, George got the best medical care available. The king's physicians took very good care of him and often prescribed an emetic tartar made from potassium antimony tartrate. In nature, antimony is often found together with arsenic. In fact, the emetic they were giving the king contained up to 5 percent arsenic. Based on the amount of emetic prescribed for the king, this was not enough to kill him, but enough to make him chronically ill. When the king would feel ill, guess what would his doctors do? They did what most doctors do—they gave him more medicine! The sicker he got, the more medicine he received, the more poisoned he would become and the sicker he would get. This explains why the king suffered such deep and prolonged illnesses.

Sadly, the only thing we seem to learn from history is that we don't learn from history. Little has changed in the medical world since George was our king. Physicians still prescribe poisons for the sick and as the patients get sicker, they prescribe more, thus making them even sicker. Doctors rarely stop to think that the reason for the patient's deterioration is what *they* are doing. Is it any wonder that medical intervention is now our leading cause of death? As a small consolation for this carnage, at least we are all being treated like kings.

Vitamin D and Your Health

by William Grant, Ph.D.
www.sunarc.org

Humans evolved with the sun. That is obvious from the variation of skin pigmentation depending on ancestral roots: skin is very dark in the tropical plains regions of Africa, brown in the tropical forests, becoming paler with increasing latitude in Europe.

The evolution of human skin pigmentation was a balancing act between the health benefits and the risks of solar ultraviolet (UV) radiation. UV light produces vitamin D, which has many health benefits, including enhancing immunity. On the other hand, it also produces free radicals involved in skin aging and skin cancer, destroys folate and vitamin A, and damages immunity. As long as people lived in their ancestral homelands and spent plenty of time out of doors, they produced enough vitamin D for optimal health.

The only exception to the requirement of sufficient UV light for vitamin D production was for those living near the poles, who obtained their vitamin D from fish and ocean mammals.

In modern times, things changed. People started spending more time indoors. Dark skinned people moved north and light skinned people moved south. People accustomed to less sunlight have lighter skin. These people produce vitamin D quickly, but are also more vulnerable to skin cancer from too much sunlight. People with darker skin produce vitamin D slowly and when they move north, getting less sunlight, they are more prone to vitamin D deficiency.

So, what are the health benefits of vitamin D? Vitamin D is essential for bone health and is known to help regulate calcium absorption and metabolism. However, it is now realized that vitamin D has effects that go far beyond calcium and that higher levels are recommended for optimal health.

One of the more important roles of vitamin D is reducing the risk of death from cancer. Vitamin D was first proposed as having this role by Cedric and Frank Garland in 1980 after observing that colon cancer death rates were lowest in the desert Southwest and highest in the Northeast.

They used to hike in Arizona and New Mexico and knew that it was quite sunny there. They reasoned that since the most important physiological effect of solar radiation was production of vitamin D, vitamin D must be the active agent. It wasn't until the late 1990s that the mechanisms were identified. Vitamin D does such things as increase cell differentiation and apoptosis and reduce angiogenesis around tumors and metastasis. Solar ultraviolet B (UVB) and vitamin D are associated with reduced risk for at least 18 types of cancer. The poster that Cedric Garland and I presented at the annual meeting of the American Association for Cancer Research on

April 18, 2005, is available for download from www.sunarc.org.

Interest in the effects of vitamin D on cancer survival took a big step forward when Edward Giovannucci, Wei Zhou, and David Christiani of Harvard University reported in April 2005 that higher vitamin D levels were associated with better survival of lung cancer. These results were anticipated by other researchers who observed that Norwegians whose cancer was discovered in summer or fall in (when their vitamin D levels were higher) had a better prognosis than those for whom the cancer was discovered in winter or spring (when D levels were lower from lack of sunlight). These results strongly suggest that those diagnosed with cancer should have their serum vitamin D levels measured.

Another disease linked to vitamin D insufficiency is multiple sclerosis (MS). It is well known that the incidence of MS increases the further north you live. The only exception is that countries with high fish consumption have lower MS rates than indicated by latitude alone. It has also been shown that the seasonal variation of MS symptoms is very likely related to seasonal variations of serum vitamin D. Thus, those with MS should be encouraged to have adequate vitamin D levels.

Maternal vitamin D levels during pregnancy and nursing are also important for the health of both mother and fetus/infant. Women in all ethnic groups have paler skin than men, and this is thought to be due to greater need for vitamin D during pregnancy and nursing. Black infants nursed by their mothers in the U.S. still develop rickets at a higher rate than whites. A number of birth defects and mental disorders are associated with seasonal variations in birth rate. These include type 1 diabetes, bipolar disorder and anxiety neurosis. Vitamin D supplementation in infancy has been shown to reduce the risk of type 1 diabetes.

Whether the numerous birth defects and mental disorders are related to maternal vitamin D levels or some other factors are still the subject of active research. However, there is enough known about vitamin D requirements during this period that higher vitamin D intake or production during pregnancy is recommended.

There are a number of other diseases and conditions for which vitamin D is beneficial as well. A number of reviews on the health benefits of vitamin D can be found through PubMed. The paper by Grant and Holick [2005] is now freely available from the publisher.

There are, of course, adverse effects from excessive UV exposure, but these risks have been overblown by the dermatologists. The most worrisome are skin cancer and melanoma.

Basal cell carcinoma (BCC) is very common, but easily treated and seldom fatal. Squamous cell carcinoma (SCC) is least common but is associated with about 2000 deaths per year in the U.S. Melanoma is discovered on about 55,000 Americans annually and is responsible for about 8000 deaths annually. SCC is related to total lifetime solar UVB irradiance. BCC and melanoma are linked more to solar UVA and sunburning, especially in childhood. Unfortunately, sunscreens sold in the U.S. do not have much UVA blocking, so probably do not protect against BCC or melanoma.

There is good reason to believe that vitamin D insufficiency is a national public health problem. This is why it is a good idea to ask your doctor to measure your vitamin D. Ask to measure your **serum 25-hydroxyvitamin D (25(OH)D)**. This is a simple and readily available blood test. The consensus of scientific understanding appears to be that vitamin D deficiency is reached for serum levels less than 16 ng/mL (40 nmol/L), insufficiency in the range from 20 to 32 ng/mL, sufficiency in the range from 32 to 80, with normal in sunny countries at 54–90, and excess greater than 100 ng/mL.

As for sources of vitamin D, UVB from the sun is the natural way. Artificial lamps that simulate the solar UV spectrum and have 3-5% of the UV in the UVB spectral region, such as in most modern sunbeds, are an alternate source, and have been shown to greatly increase the vitamin D production among those who use sunbeds 2-3 times a week. The primary natural food source is cold water oily fish. Many foods are fortified including milk and orange juice. There is an effort to get bread fortified. However, fish are being depleted and many contain mercury, and milk is associated with risk of a number of diseases, and orange juice has too much sugar.

Supplements are also a good source of vitamin D, and one should seek vitamin D3, which is several times more effective than vitamin D2. For younger people optimal vitamin D levels can be maintained with 400-600 international units (I.U.) of vitamin D per day in the absence of UVB irradiance and 1000-2000 IU for older people.

People who are deficient may require as much as 3000 I.U. of vitamin D3 per day to reach normal blood levels. (These values represent those of an evolving scientific consensus; increases in official recommendations are expected in the near future.)

Try to avoid supplements with vitamin A, as it is antagonistic with vitamin D. However, some vitamin A may be useful in summer since UV degrades vitamin A in the skin.

It should be noted that the ratio of solar UVB to UVA changes as a function of the solar elevation angle: the higher the sun is in the sky, the more UVB you get. Therefore, the best time to be in the sun is near solar noon: the beneficial effects of solar radiation are highest then and the amount of time required for vitamin D production is minimal. Note,

however, that the time required to produce adequate levels of vitamin D from solar UVB depends on a number of factors including amount of skin surface area exposed, skin pigmentation, age (production declines with age), body mass index (fat absorbs 25(OH)D), geographic location, season, smog levels and cloud cover, surface reflectance, etc.

As little as 10 to 15 minutes several days a week with 25% of the body exposed may be adequate for those living in the sunny southwest, but it is impossible to produce any vitamin D during the “vitamin D winter” for 4 to 5 months each year in Boston. Also note that for states from the Rocky Mountains to the west, there is generally more UVB at the surface than to the east due to higher surface elevation and thinner stratospheric ozone layer (see the UVB map at www.sunarc.org).

Grant WB, Holick MF. Benefits and requirements of vitamin D for optimal health: a review. *Altern Med Rev.* 2005;10:94-111. www.thorne.com/altmedrev/.fulltext/10/2/94.pdf

William Grant obtained a Ph.D. in physics from UC Berkeley, had a 30-year career in optical remote sensing of the atmosphere and atmospheric sciences, and turned his attention to health studies in 1996. His achievements in the health field include the first paper linking dietary factors to risk of Alzheimer's disease and identifying over a dozen types of vitamin D-sensitive cancers. He retired from NASA in early 2004 and established Sunlight, Nutrition and Health Research Center (SUNARC) (www.sunarc.org) to extend his health studies.



Listen to the Beyond Health Show

with host, Raymond Francis

“Your health talk radio show!”

San Francisco Bay Area - KNTS 1220 AM
every Sunday, 10 to 11 a.m.

Southeastern Florida - WWNN 1470 AM
every Thursday, 10 to 11 a.m.

Also available any time on the Internet.

Just log on to www.beyondhealth.com.

Question: What is the safest way to get rid of heavy metals?

S. A. — San Anselmo, CA

Answer: Heavy metals (lead, mercury, cadmium, arsenic, thallium, chromium) are one of our biggest health problems. Heavy metals bioaccumulate in our bodies, so even small exposures over time add up to serious problems—eating fish frequently can be a problem. Tiny amounts of mercury have been shown to damage the brain of a developing fetus or child, and almost every American has too much mercury. Heavy metals cause problems by displacing other minerals that are required for essential body functions. For example, cadmium can replace zinc in key enzymes, causing those enzymes to malfunction and critical biological functions to not be performed.

Many physicians today use a treatment called chelation to remove heavy metals. While I am not against chelation, it does have to be done carefully. Not many practitioners use adequate care. Chelation can cause problems because it puts a burden on the eliminative organs and depends on their adequate functioning. However, in many cases, the eliminative organs are themselves malfunctioning because of deficiency and toxicity. In such cases, the kidneys can be overloaded and damaged, and the possibility arises for the heavy metals to redeposit in critical organs, causing even more problems.

Another problem with chelation is the removal of essential minerals. Chelating chemicals are not specific to the undesirable metals. They remove a variety of metals including those required for normal cell function. Many of the hazards of chelation therapy are associated with depletion of these essential minerals. Supplementation with highly bioavailable minerals such as those contained in Perque is absolutely essential if you are doing chelation.

A safer and more natural choice for heavy metal detoxification would be to use nutritional supplementation along with frequent saunas. This approach takes longer, but it avoids the potential problems with chelation while getting rid of oil-soluble and other toxins at the same time. Sauna therapy is effective, much safer, and less expensive.

Saunas have actually become a household necessity. They are the only way we know to reliably get rid of oil-soluble toxins. Living in the petroleum age, immersed in such toxins, a regular sauna has become essential to good health. In addition, saunas do a great job of getting rid of heavy metals. Using the sauna avoids kidney damage as the metals are eliminated through the skin and not the kidneys. Saunas increase circulation and improve energy by delivering more nutrients to cells while eliminating toxins.

Saunas have a long history of safety going back thousands of years. They also improve the skin. A sauna helps to relax

the sympathetic nervous system, reducing stress and causing relaxation. Saunas help to fight infections by increasing the temperature, even eliminating old chronic infections.

I think that saunas are the best single approach to getting rid of heavy metals. They combine a number of beneficial effects that together produce wonderful results. If at the same time you get on a supplement program, such as the Beyond Health Comprehensive Program that supplies minerals to help replace the heavy metals, you will be very successful. Anyone can join a gym or health club that has a sauna. If you can afford it and have the space, it is best to have your own sauna—you will use it more often. Unfortunately, most home saunas are themselves toxic due to the materials used in construction. It took me two years of research to select a sauna that met my standards for safety and effectiveness. I sauna twice a week for an hour and twenty minutes, and the sauna I use is on sale through Beyond Health.

Question: I am 41 years old and in good health. I am very active in mountain biking and hiking. After reading the “book,” I have just started to eat properly...or as good as I can. My problem is on my right side. I have a pushing feeling in it all the time. It is not a pain it is just very uncomfortable. It is worst after I eat anything. Please help. THANK YOU

R. P. — Internet

Answer: It sounds like you are having a problem related to the digestive system. There are many potential causes for the symptoms you describe. It would be a good idea to have this checked out by a competent physician.

One possibility is that you are eating something you are allergic to. You can experiment with this on your own by completely eliminating certain foods from your diet for a week, and see if that helps and whether problems recur when you reintroduce that food. Another cause could be improper digestion. Since you have read my book, read the part about food combining and don't mix foods together that are difficult to digest. Another cause could be a yeast infection or abnormal bacterial overgrowth. If there is nothing mechanically wrong such as blockages of digestive fluids due to stones, then it is probably something close to the causes I have just described. Have it checked out.

Question: Could you recommend a good brand of aloe for healing my irritable bowel.

J. G. — Austin, TX

Answer: Aloe is a therapeutic cactus-like plant that has a long history of safe use. There are over 240 different species of Aloe containing hundreds of biologically active com-

pounds. Four of these species are recognized as having the most value. Aloe has gained a significant following in recent years, due to its ability to relieve everything from joint pain to acting as an anti-inflammatory. Unfortunately, I cannot suggest a brand. I have not had the time to properly investigate Aloe products and to select one that meets my standards. However, it is perhaps useful to understand that most Aloe products are biologically worthless.

Most of the products in this market have been diluted and or adulterated in ways that make them undesirable. All of them contain preservatives, some of which are quite toxic. Labels will usually say "100% Aloe Vera," but what does this mean? It usually means that some part of the product may be 100% Aloe vera, but that part may be quite small. A quality test done in 1993 found that "less than one percent of readily available brands contain acceptable levels of Aloe vera." Most of the products are highly diluted with water and adulterated with cheap non-Aloe solids, such as maltodextrin, so the consumer has no easy way to detect the dilution. One well-known U.S. brand was found to contain no Aloe at all.

Unfortunately, unscrupulous manufactures trying to make a quick buck abound in the supplement industry. I takes me months to years to approve a product for sale by Beyond Health. It is not easy to meet my exacting standards for quality and effectiveness. Hopefully, one of these days I will approve an Aloe product. For now, caveat emptor!

Question: A few months ago I had a tetanus shot and have had one infection after another since then. I was wondering if there might be a connection.

P. V. — Santa Cruz, CA

Answer: It is not possible to say with certainty whether there is a connection between the tetanus vaccination and your infections, but there is certainly a good probability. I have been preaching for years about the dangers of vaccinations. I don't even think of having a vaccination. I always refuse them because they are too dangerous and ineffective as well. So, naturally, we give lots of vaccinations to innocent children who are too young to know any better.

Regarding your situation, it may be interesting to note that back in 1984, there was an entry in the *New England Journal of Medicine* that reported significant drops in T-helper cells following tetanus vaccinations in healthy people. After receiving tetanus booster shots, all of these healthy subjects experienced reductions in T-helper cells. In 36 percent of them, the T cells dropped to levels seen in active AIDS patients! There is no question this will make you susceptible to infection.

This may be what may have happened to you. Your T cells were significantly reduced, whereupon you got an infection and that infection further lowered your immunity making you

susceptible to the next infection and so forth. You need to rebuild your immunity. Get off the Big Four (sugar, white flour, processed oils and animal protein including all milk products). Get on the Beyond Health Comprehensive Program and get up to bowel tolerance on vitamin C. You can also supplement with olive leaf extract and Oregacin.

When we stop and consider what happens to healthy adults when they get a vaccination, one can only wonder about how much damage is done to *unhealthy* seniors with flu shots as well as the potential damage to infants and children whose immune systems are not yet fully formed. There is mounting evidence that children's immune systems are crippled by vaccinations and that autoimmune reactions are promoted. For example, a 1985 study reported in *Science* found that measles vaccines contain proteins similar to those in myelin sheaths. This could induce the body to produce antibodies against its own tissue, resulting in diseases such as multiple sclerosis. The ominous trend in the deteriorating health of American children certainly coincides with the huge increase in vaccinations over the last half century.

In *Never Be Sick Again*, I quoted Dr. Vera Scheibner, a world authority on immunizations, as saying that vaccinations have "caused more suffering and more deaths than any other human activity in the entire history of medical intervention." Dr. Scheibner also said, "There is no evidence whatsoever that vaccines of any kind...are effective in preventing the infectious diseases they are supposed to prevent." Perhaps we should be paying attention.

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.

Share Your Story and Get the Joy of Rewarding Others

Has your life changed dramatically due to proper diet and nutrition? Then here's an opportunity to help others by sharing your experience. Tell us how your life has changed with the help of diet, nutrition and supplementation. Join the thousands who like your self have a story to tell. Become part of the **Miracle Club**, call Beyond Health at **800-250-3063** and please ask for Michelle.



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 _____

auto renew —\$21.00 mail —\$34.95 e-mail —\$14.95

e-mail _____

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

BEYOND HEALTH

1.800.250.3063

www.beyondhealth.com

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

BEYOND HEALTH[®] News

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