

# BEYOND HEALTH<sup>®</sup> *News*

November-December

2005

**“Start by doing what’s necessary, then what’s possible,  
and suddenly you are doing the impossible.”**

— Saint Francis

## Preventing Alzheimer’s

*Tea and spice...*

A February 2005 research report in *Chemical and Engineering News* indicates that chemicals in common foods such as green tea and the spice curcumin may not only help to prevent Alzheimer’s, but may help to treat it as well. Ingredients in green tea, which have not yet been identified, inhibit an enzyme that breaks down a neurotransmitter (acetylcholine) that is necessary for memory and cognition. Acetylcholine levels are low in the brains of Alzheimer’s patients, and increasing it is beneficial. Green tea also helps to prevent the formation of beta amyloid plaque, which is a suspected cause of Alzheimer’s. Curcumin, on the other hand, not only inhibits the formation of beta amyloid plaque, it appears to break it down as well. Thus two com-

mon foods play a role in disease prevention and treatment. In fact, almost all disease can be prevented and treated with food.

## Green Tea at Beyond Health

*Supplement grade...*

Green tea does a lot more than help to prevent Alzheimer’s as reported in the above news item. It may also be a powerful weapon against cancer, which is why, after years of research, Beyond Health is now making available a supplement-grade green tea with superior flavor.

Recent research presented at the International Research Conference on Food, Nutrition and Cancer, and published in the September 2005 *Biochemistry*, has found that a major component of green tea interferes with the development of cancer cells in a way that no one has yet been able to replicate in a pharmaceutical product. Turning cancer on requires a number of complex biochemical steps. Interfering with any of these steps will keep the cancer turned off, and it appears that green tea does this.

Cancer cells accumulate an unusually high level of a normal protein called Hsp90. Hsp90 ordinarily has a stabilizing effect on other proteins, but it can also send specific biochemical signals that trigger cancer. A component of green tea, EGCC (epigallocatechin-3-galate), binds to Hsp90 and prevents it from passing on signals to genes that can turn on the cancer process. In this way, EGCC and green tea block cancer.

Asians who drink green tea have lower cancer rates than Americans. Dietary differences have long been suggested to explain these differences, and green tea consumption is certainly one of them. Where green tea is a dietary staple, average consumption is about 3 to 4 cups a day. Taking advantage of the proven health benefits of green tea appears to be a sound idea, especially for those at risk for cancer. The number of Americans drinking green tea has more than doubled in the last four years—nine percent of the population and continuing to rise.

As with any health product, finding a high quality green tea is a challenge. Imported tea is being measured with disturbingly high levels of pesticides and fluoride. Fluoride is an extremely dangerous toxin and a powerful carcinogen. Tea leaves accumulate more fluoride than any other edible plant, and the fluoride content in tea has risen dramatically over the last 20 years. Some teas contain alarming levels of fluoride due to the use of fluoride-containing fertilizers and pesticides. Then people compound this problem by brewing their tea with fluoridated water. Raymond Francis has spent three years looking for a high quality tea. He has finally found one that meets his standards; it minimizes fluorides and contains exceptional levels of health-enhancing antioxidants. This extraordinary organic tea averages about *three times* as much antioxidant polyphenols as other teas because of its organic production, as well as the fertile soil and favorable climate. This flavor-

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ful, supplement-grade tea is now available at Beyond Health and makes a great holiday gift. Call 800-250-3063.

**Sugar and Alzheimer's**

*More evidence...*

BHN has repeatedly cautioned our readers regarding the deadly-poison sugar and its connection to Alzheimer's and most other diseases. The U.S. is experiencing an epidemic of Alzheimer's and brain dysfunction diseases, while scientific evidence regarding the role of sugar in causing Alzheimer's continues to accumulate. A new study in the October 2005 *Archives of Neurology* has found that even moderately high insulin levels from eating sugar causes a significant rise in biochemical markers of free radical activity and inflammation in the central nervous system. Such free radical activity plays a key role in damaging brain function and in the development of Alzheimer's.

In the Jan/Feb 2005 issue of BHN, we told you about how Alzheimer's results

from free radical activity in the brain which produces "a neurodegenerative cascade that leads to clinical disease." We also told you how regular sugar consumption creates chronically high insulin levels. High insulin prevents the normal degradation of amyloid peptides which leads to an accumulation of beta-amyloid plaque in the brain—resulting in Alzheimer's.

Sugar also causes magnesium deficiency, which plays a critical role in the development of neurological diseases. Magnesium deficiency fosters the production of free radicals and also magnifies the extent of the damage. Low magnesium levels double the number of free radicals in the body, thus damaging the brain and other tissues. Most Americans are deficient in magnesium, and magnesium is depleted by eating sugar.

Sugar is instrumental in a myriad of diseases, everything from cancer to heart disease, diabetes and the common cold; the damage is so colossal, sugar should be outlawed. BHN has long maintained that sugar is a deadly addictive drug. It should be a controlled substance such as cocaine and heroine. At the very least, sales to minors should be restricted, similar to alcohol and tobacco, which are both safer than sugar. None of this will happen without the public demanding it. Since most of us are addicted to sugar, to one degree or another, this will be a long time in coming. Meanwhile you are on your own in protecting yourself and your loved ones from this deadly metabolic poison.

**Sugar Causes Cancer**

*A new understanding...*

The deadly-poison sugar causes every imaginable disease from the flu to Alzheimer's to cancer. Sugar has been known to make the body acidic, which fosters cancer. It is also known to feed cancer cells. New research out of the University of Sydney in Australia sheds additional light on how sugar causes cancer. There is a compound called IGFBP-3 (insulin growth factor binding

protein-3). IGFBP-3 reduces the proliferation of cancer cells and also triggers the death of cancer cells. This is good stuff to have around! Insulin suppresses the production of IGFBP-3, and eating sugar increases insulin. If you eat sugar every day, guess what? Meanwhile, healthy fruits and vegetables increase IGFBP-3.

**Cell Phone Update**

*Makes you senile...*

Regular BHN readers know that we are committed to keeping you up-to-date on cell phone research. BHN continues to advise that cell phone use be kept to an absolute minimum, and that calls not exceed a maximum of two minutes. Cell phones that employ speakerphones would be a preferred choice, so as to keep the phone away from your head. Children and teenagers should never be allowed to use cell phones.

Research on cell phone health issues has focused on cancer. While there appears to be an increased risk of cancer, the results have been inconclusive. A more certain risk appears to be brain damage and senility. A call lasting even two minutes is capable of altering brain tissue permeability, opening the blood-brain barrier and allowing toxins directly into the brain. Brain capillaries, which are responsible for delivering essential nutrients to the brain, become more permeable when exposed to cell phone radiation. This breakdown allows a protein called albumin and other chemicals into the brain, which can trigger the destruction of brain cells, doing permanent damage. Younger brains are more susceptible to this damage, and new research suggests that a whole generation of teenagers now face premature senility as a result of cell phone use.

Spanish researchers have found that cell phone radiation penetrates more deeply into younger brains, and that brain wave patterns become abnormal and stay that way for a long period after a call. This can affect mood and ability to learn. In fact, cell phone use has been

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linked to aggressive behavior in children. Other studies have found that anyone using a cell phone is more likely to experience “radical changes” in mood and behavior. Meanwhile, Swedish researchers have found that cell phones and neighborhood relay towers destroy parts of the brain that are responsible for memory and learning, leading to premature senility.

There have been many negative research findings on cell phones, but this research has been actively ignored and swept under the rug. The March/April 1995 *EMF Health Report* reported on increased depression and violence from cell phone radiation, which was even more pronounced in adolescents. Professor Leif Salford, a neurosurgeon and researcher at Sweden’s prestigious Lund University says, “We see reduced brain reserve capacity.” This means that people who might get dementia in old age will get it much sooner. Professor Salford calls the use of cell phones “the largest human biological experiment ever.” Cell biologist Fiorenzo Marinelli in Bologna, Italy has found increased rates of leukemia in those living and working in the vicinity of cell phone towers. A 2001 study in *Epidemiology* found that cell phone radiation increases the probability of developing eye cancer. A 2002 study in the *Journal of Cellular Biochemistry* concluded that cell phone radiation interferes with DNA repair and could cause brain cancer. A 25 percent increase in asthma in Sydney, Australia, and a 5 percent increase in death rates has been linked to cell phones. There are many other studies we could cite, but you get the picture—use these devices with caution.

### **The Precautionary Principle**

*A better way...*

There is a new way of thinking that is spreading around the world and it is called the *Precautionary Principle*. In the U.S., the leading proponent of the *precautionary* approach is the Science and Environmental Health Network.

Their website at [www.sehn.org](http://www.sehn.org) and it is a good source of environmental information.

This new way of thinking says that: “When an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically. In this context the proponent of an activity, rather than the public, should bear the burden of proof.”

The *Precautionary Principle* has three elements:

- 1) Reasonable suspicion of harm
- 2) Scientific uncertainty
- 3) Duty to take action to prevent harm

The usual risk-assessment question is “How much harm is allowable?” The *precautionary* approach asks, “How little harm is possible?” Faced with reasonable suspicion of harm, the *precautionary* approach urges a full evaluation of available alternatives for the purpose of preventing or minimizing harm.

BHN couldn’t agree more. With almost all Americans in toxic overload, and almost all of us sick, it is time we all started to think this way.

### **Monsanto’s Roundup Unsafe**

*New studies revealing...*

Two new studies in reputable journals, *Environmental Health Perspectives* and *Ecological Applications* have both arrived at alarming conclusions. The herbicide glyphosate sold by Monsanto as “Roundup” has been found to be far more toxic than previously thought. It appears that glyphosate injures human placental cells at concentrations ten times less than Monsanto claims to be safe. It was also found that glyphosate kills tadpoles at concentrations one-third of what is commonly found in waterways—no wonder the frogs are disappearing.

Previous studies of glyphosate exposure, both in the U.S. and Canada, have indicated increased risk of non-Hodgkin’s lymphoma, miscarriage and attention deficit disorder. About 25 mil-

lion pounds of this toxin are released into the environment each year.

### **Organic Foods Best**

*Especially for children...*

Organic food, produced without pesticides and herbicides, is known to be a healthier choice because it is more nutritious and less toxic. A brand new study in *Environmental Health Perspectives* has measured the effects of organic food on the pesticide levels in schoolchildren. Children are known to be more susceptible to toxins than adults, so measuring what is going on in children is important because pesticides are neurotoxic and can damage their developing nervous systems.

Children ate their normal diets and were then measured for pesticide levels in their blood. Then the children were fed organic foods for five days and measured again. The pesticide levels dropped to negligible levels in just five days. One child went from 263 ppb of malathion to 1.66 ppb. The researchers said, “In conclusion, we were able to demonstrate that an organic diet provides a dramatic and immediate protective effect against exposure to organophosphate pesticides...” A USDA study in 1990 found that 75 percent of conventionally-grown food contained pesticide residues, while only 23 percent of organic foods measured positive. If you must eat conventionally-produced food, at least wash it well and peel when able.

### **Zinc Increases Performance**

*Most of us are deficient...*

Whether you are a high-performance athlete or just want to stay active by walking or working in your garden, adequate amounts of zinc are critical to your performance. A new study by the U.S. Department of Agriculture has found that zinc deficiency is associated with fatigue, poor muscle strength, and overall lack of performance. Is this something we need be concerned about? Yes it is because the USDA has found

that 73 percent of all Americans are zinc deficient.

Zinc is critical to many important biological functions, including immunity. One function is helping the body get rid of carbon dioxide, which builds up during exercise and physical activity. The body is dependant on the enzyme carbonic anhydrase to expel carbon dioxide, and the enzyme is dependant on zinc for its function. In the absence of adequate zinc, this leads to excess carbon dioxide and a buildup of too much acid in the system.

More than a half-century of chemical farming has left our soils depleted of zinc. This is why zinc supplementation is a sound idea. Just two Perque 2s a day will supply the body with 25 mgs of zinc per day. The addition of Bone Guard will supply even more. Supplementation is recommended.

### **Cows Polluting**

*More than cars...*

Cows in California's central valley are producing more smog-producing and greenhouse gases than the cars in the valley. A report from the Organic Consumers Association identifies the 2.5 million cows living in the San Joaquin Valley as environmental hazards. It seems that each cow produces an average of 20 pounds of polluting gas per day, adding to local smog. Sixteen percent of the schoolchildren in the Fresno school system now carry inhalers.

### **Ending Fluoridation?**

*Scientists blow the whistle...*

At the end of August, unions representing over 7000 employees of the Environmental Protection Agency, including scientists and public health professionals, called on congress to legislate a moratorium on adding fluoride to drinking water. These environmental professionals want a full review of the scientific data regarding the risks and benefits of fluoridation before anyone is exposed to more fluoride.

The EPA employees also asked their management to recognize fluoride as a serious health risk. The unions acted after it was uncovered that a study at the Harvard Dental School linking fluoridation to fatal bone cancer in young boys was suppressed, and that the study falsely reported that fluoride was safe. This apparent cover-up by Harvard puts additional children at risk for cancer, and that pushed the EPA employees over the top. The unions also asked the Congress and the Department of Justice in investigate why Harvard failed to report the seven-fold increased risk of cancer they found in the study.

Fluoride is a very dangerous toxin. It is known to suppress the thyroid, cause cancer and osteoporosis, suppress immunity, and damage teeth, bones, kidneys, muscles, nerves and the brain. Most people are unaware that fluoride has never been approved by the FDA. FDA approval requires proof of safety and effectiveness, and since fluoride is both dangerous and ineffective, there is no way it could ever get approval. We have been putting this stuff into our drinking water for over a half century without any proof that it is safe or effective. Nonetheless, millions of Americans are exposed daily to this powerful toxin, thinking that the government is looking out for them. As a small consolation, at least the EPA employees are trying to look out for us.

Perhaps you are asking yourself how is it possible that hundreds of millions of Americans have been exposed to a powerful cancer-causing toxic drug, on a daily basis, for 60 years without government approval? The answer is a bureaucratic mishmash that only government could achieve. Drugs that were on the market prior to the 1938 law requiring approval were "grandfathered." It was assumed they were safe and no testing was required. Aspirin is such a drug, and like aspirin, sodium fluoride was grandfathered. Astoundingly, fluoride was not on the market prior to 1938 to stop cav-

ities or for any medical reason—it was sold as a rat poison! Since fluoride is FDA approved as safe and effective to kill rats, through what leap-of-logic are we now selling this rat poison as a drug for dentists, physicians and water departments to prevent tooth decay in children? In addition, over 90 percent of fluoridated water now contains cheaper silicofluorides, which again have never been FDA approved or safety tested in animals or humans, but have recently been found to increase children's serum lead levels.

Fluoride has done so much damage to health that one of the major forces keeping it on the market is the almost unthinkable legal liability of admitting it was wrong in the first place. Entire municipalities would go bankrupt for poisoning their citizens. Most dentists would be sued out of existence. Toothpaste manufacturers would all be in bankruptcy, and this includes some of the largest companies in America. Liability insurance companies would go bankrupt. It would make the tobacco and asbestos lawsuits look like amateur night because almost every American has been damaged to some degree by fluoride. Keeping fluoride in the water is seen as the better alternative, but thanks to the EPA employees, that day may be ending.

Everyone should be making an effort to strictly limit the amount of fluoride they are exposed to. This means avoiding processed foods and drinks, not using toothpaste with fluoride, not allowing dentists to use fluoride, and not drinking fluoridated water. Using a reverse osmosis filter system for your drinking water solves that problem. Call Beyond Health for safe toothpaste and for help in selecting an effective RO system.

*For more cutting-edge health information, visit us online at [www.beyondhealth.com](http://www.beyondhealth.com)*

# Avian Flu Threat

By Raymond Francis

**G**overnments around the world are concerned by the catastrophic threat posed by the avian flu virus. Avian flu transmits from birds to humans, but not yet from humans-to-humans. However, virologists expect the virus to eventually mutate and pass among humans. Predicted is a catastrophe that could kill a billion people and turn some cities into ghost towns, causing worldwide disruptions of travel, trade, and food supplies. Unfortunately, our government's response to this challenge is to spend seven billion dollars stockpiling worthless antibiotics and flu vaccine.

The city of London is already acquiring extra morgue space to house the victims of this expected epidemic. Dr. Irwin Redlener, director of the National Center for Disaster Preparedness at Columbia University's School of Public Health said, "I think we would see outcomes that would be virtually impossible to imagine."

Avian flu is killing about half the people it infects. The death rate is high because this virus has never before affected humans; we have no antibodies, no natural immunity to protect us. To date, 60 humans have died from this flu after being infected by birds. Each infection represents one step closer to the mutation that would allow human transmission. That is what happened in 1918 when the global epidemic called the Spanish flu killed an estimated 50 to 100 million people. Spanish flu was cited as the most devastating single epidemic in recorded world history.

Dr. Malik Peiris, the scientist who discovered the SARS virus, had this to say about avian flu, "Unlike the normal human flu, where the virus is predominantly in the upper respiratory tract so you get a runny nose, sore throat, the H5N1 virus seems to go directly deep into the lungs so it goes down into the lung tissue and causes severe pneumonia." Laurie Garrett, a senior fellow on global health policy at the Council on Foreign Relations said, "That makes it the most lethal flu we know of that has ever been on planet Earth affecting human beings."

Given the gravity of this situation, what should each of us be doing? The answer is we should be doing what we should be doing in the first place—keeping our immunity strong. While the Spanish flu wiped out millions, not everyone died. Those with the best nutrition and strongest immune systems either didn't get the flu or survived it. Even among avian flu victims, half die, not everyone. *There is no reason for anyone to die from this or any other flu.*

Optimize your immunity by eating fresh fruits and vegetables and eliminating the Big Four from your life—sugar, white flour, processed oils, and excess animal protein. Just two teaspoons of the deadly-poison sugar depresses your immunity for most of a day; sugar is the cause of many cold

and flu infections. Stress also damages immunity. Learn to control it, your life may be at stake. Lack of adequate sleep depresses immunity, and most Americans don't get enough sleep.

Supplements are important contributors to keeping your immunity strong. Lots of vitamin C is crucial. In times of threat, everyone should be at bowel tolerance on vitamin C. Other key virus-fighting nutrients include selenium, vitamins B6, B12, and E, and calcium, magnesium, and zinc. Keep in mind that in the event of an epidemic with millions of people dying, entire communities quarantined, and enormous disruption of normal commercial activities, you will not be able to count on getting the supplements you need. When and if avian flu mutates and looks threatening, it would be advisable to stockpile supplements and rotate your stock, keeping them fresh. Keeping them frozen will greatly extend shelf life. Stockpiling natural antibiotics, such as olive leaf extract and oregano is also a good strategy.

For anyone with the flu, a large amount of oral vitamin C is crucial. Stay at bowel tolerance—that is as much vitamin C as the body will tolerate until you get diarrhea. Take C as frequently as every 30 minutes during the day, and take additional C should you awake during the night. For serious cases, get intravenous vitamin C in large doses. According to renowned expert Dr. Robert Cathcart, "I have not seen any flu yet that was not cured or markedly ameliorated by massive doses of vitamin C."

Start now to identify a doctor in your area who administers intravenous vitamin C. Check them out before you need them. The damage and deaths caused by viruses are the result of free radicals. Vitamin C neutralizes the free radicals, thus shutting off the damage. People who die of the flu and other infections often die from "acute induced scurvy." The infection uses up all their vitamin C, and they die from free radical tissue damage and internal bleeding due to the scurvy. Adequate amounts of intravenous vitamin C will cure just about any infection.

Should the avian flu virus mutate, transmit among humans and get out of hand, call Beyond Health and a nutrition consultant will help you to stockpile the appropriate supplements. Meanwhile, don't panic, this is a manageable problem. Stay off of the Big Four, take good supplements, get adequate sleep and regular exercise, and keep your immunity strong. This will not only protect you from the flu, but every other disease as well.

*Raymond Francis is an M.I.T.-trained scientist, a registered nutrition consultant, author of Never Be Sick Again, host of the Beyond Health Show and an internationally recognized leader in the emerging field of optimal health maintenance.*

**Question:** I am 69 years old and have recently developed numbness and tingling in my hands and feet. I am also experiencing problems with my sense of balance and memory. My doctor says I am in good health for my age and this is happening because I am getting older. After reading *Never Be Sick Again*, I know better than to believe that. I was wondering what you think.

B. M. — Asheville, NC

**Answer:** As you know from reading my book, there is only one disease and only two causes of disease. There are a number of possibilities to explain your problem, including the toxic side effects of a variety of prescription drugs. If you are on drugs, work with your doctor to get off these dangerous toxins. Assuming you are not on drugs, what you are experiencing is not uncommon in older people. This is why your doctor thinks it is the result of normal aging. In reality, it is very often the result of B vitamin deficiency. Get on the Beyond Health Comprehensive Program plus Vessel Health Guard which contains extra folic acid and vitamin B12. This program is rich in B vitamins and other nutrients, and there is a good chance that your problems will disappear within a few weeks of getting better nutrition.

**Question:** I recently read that the chlorine in drinking water can cause cancer. Is this true and if so what should I do about it?

E. G.. — Washington, D.C.

**Answer:** What you read is correct, and now that we know this we should not be putting chlorine in our water, but changing such habits takes a long time. Chlorine is added to about 75 percent of U.S. drinking water. It has been used to disinfect our water for almost 100 years, and has significantly reduced the incidence of typhoid and other water borne infectious agents. Everyone thought chlorine was wonderful until 1974, when it was discovered that chlorine reacted with organic compounds in water to form trihalomethanes, which are powerful carcinogens. This is one reason why most European countries do not use chlorine to disinfect water.

Trihalomethanes, which are in a family of compounds called organochlorines, are stable compounds and do not degrade easily. As a result, these fat-soluble molecules bioaccumulate in fatty tissue such as the breast. So it is not a surprise that organochlorines have been linked to breast cancer. Organochlorines have been found in body fat, blood, mother's milk and other fluids and tissues. They are known to cause mutations, suppress immune function, and interfere with the natural controls governing cell growth. Women who have high tissue levels of organochlorines have high rates of breast cancer. In Israel, a reduction in breast cancer rates followed a

reduction in the use of organochlorine pesticides. Rectal and bladder cancers have been linked to long-term consumption of chlorinated water.

What to do? Don't drink the water. Beyond Health sells a reverse osmosis system that I spent two years researching and approving. This filter not only takes out the chlorine, it takes out the fluoride as well as other dangerous contaminants.

**Question:** Is there a way to prevent PMS?

C.T.. — San Francisco, CA

**Answer:** Premenstrual syndrome, or PMS, is one of the most common hormone-related conditions in women. PMS encompasses a wide variety of symptoms including headaches, mood swings, irritability, cramps, depression and intestinal bloating. Because this condition is so common, affecting about 60 percent of women, many people think it is normal. It is not normal, it is a disease. Healthy people do not have PMS.

Like any disease, PMS is caused by deficiency and toxicity and it can be both prevented and reversed by removing the causes. The deadly-poison sugar is a major cause of PMS. Sugar generates hormonal imbalances including the production of excess estrogen, which causes PMS. Sugar also causes vitamin and mineral deficiencies, which also contribute to PMS. Women who consume more refined carbohydrates, sugar, milk products and salt have more PMS. To prevent or reverse PMS, get these toxins out of your life.

On the positive side, exercise is known to be beneficial. Eat a diet of fresh, organic fruits, vegetables, legumes, nuts, seeds, fish and whole grains. Supplement with cod liver oil, magnesium, vitamin B6, B complex, vitamin C, vitamin E and bioflavonoids. You might add some evening primrose oil to your regimen. Call Beyond Health if you need some help with this.

**Question:** Given the grave threat of avian flu, should we consider getting flu shots when they are available?

M. P.. — Louisville, KY

**Answer:** Not being a medical doctor, I can't give you medical advice. All I can say is I wouldn't get a flu shot. In my opinion, vaccinations are one of modern medicine's greatest blunders. There is no scientific proof that vaccinations are safe or effective and plenty of evidence to indicate they are dangerous and do permanent harm.

A study by U.S. National Institutes of Health found that *flu shots for the elderly did not save lives*. A recent analysis of 40 years of research found that flu shots are not as effective in the elderly as commonly believed. A study this September in *Lancet* concluded that vaccines against influenza are only

“modestly effective” in long-term care facilities and even less effective among the elderly in the general population. “The vaccine doesn’t work very well at all,” said Dr. Tom Jefferson, an epidemiologist who authored the *Lancet* study. Another study of over 50,000 postal employees compared absences due to sicknesses in both the vaccinated and unvaccinated. It was concluded that the flu shots were ineffective and did not result in reducing flu. Immunization expert, Dr. Marc Siegel, said “We have set up a situation where a fear is created, and then we try to create the treatment for this fear. The public gets the idea that the flu is going to kill them and the vaccine will save them. Neither is true.”

Those with good memories may remember the “Swine Flu Fiasco” back in 1976. Doctors warned that swine flu would be one of the worst epidemics in medical history. Congress appropriated millions of dollars to develop and administer swine flu vaccine. How did that work out? *Sixty* people died from the vaccine, 565 suffered paralysis due to Guillain-Barre syndrome, and thousands of others were injured by “side effects” ranging from blindness to impotency. As for the epidemic—there were *six* cases of swine flu reported!

Then there is the work of Dr. Hugh Fudenberg to consider. Dr. Fudenberg is the world’s leading immunogeneticist and the author of 850 papers in peer review journals. Dr. Fudenberg studied the ten year period between 1970 and 1980. He found that anyone who had five consecutive flu shots increased their probability of getting Alzheimer’s disease by 1000 percent.

As you can see, even the medical community is divided about the value of flu shots and is willing to admit these shots are mostly ineffective (some studies have found them to be *totally* ineffective). Then there are the risks, which are seldom explained to anyone, and which no one actually measures. The FDA estimates that less than 10 percent of vaccine adverse effects are reported, and these are only for short-term reactions. It is the long term damage to the immune system that is the real concern. For example, there is a large body of evidence linking flu shots to Guillain-Barre syndrome (which causes muscle weakness, pain and paralysis). There is a strong link between vaccines and allergies. Adults have shown a worsening of allergies after getting flu shots; in one study this happened to six out of seven people who got the shots. In truth, no one knows what the true risks are. Why take such risks for something that is apparently worthless in the first place?

**Question:** Is there any proof that electrical fields can make you sick?

E. E.. — Medford, MA

**Answer:** In my opinion, it is absolutely certain that electrical fields can make you sick. You have to understand that the

biggest single change we have made to the environment is the introduction of manmade electromagnetic pollution. Since humans are electromagnetic in nature, why on earth should we think we are not affected by this pollution? A big problem in studying this matter is that we are all exposed to electrical fields. Unless you go to another planet, where do you get a control group? It may be interesting to note, however, that two countries now recognize a condition called electrosensitivity. This condition is a heightened reaction to electrical energy manifesting as memory loss, dizziness, irregular heartbeat, and other symptoms.

Both Britain and Sweden now recognize electrosensitivity as a physical impairment. The British Health Protection Agency has recently reported that increasing numbers of people are suffering from this syndrome. Sweden estimates they have 300,000 sufferers in their population of 9 million.

In Sweden, people with electrosensitivity receive government support to help them reduce exposure in their homes and workplaces. This includes replacing electric stoves with gas appliances, installing shielded electrical cables, and covering walls, roofs, and floors with aluminum foil to minimize the electromagnetic fields in their homes. Some people have had to move to remote areas where the electromagnetic pollution is lower.

These recognitions by foreign governments will fuel legal action by people who claim that cell phone antennas have made them sick. It also calls into question the wisdom of placing such antennas near schools and hospitals.

*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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