

BEYOND HEALTH[®] News

January-February

2006

“It is dangerous to be right in matters on which the established authorities are wrong.”

— Voltaire (1694-1778)

Adding New Stations

Radio audience expanding...

Since the beginning of January, the Beyond Health Show has been broadcasting on new stations in Phoenix and Las Vegas. We are pleased and happy to be helping thousands of new listeners to go “beyond health” as they have known it. Phoenix listeners can tune in at 10 am every Sunday on KKNT, 960 on the AM dial. The Las Vegas broadcast is at 8 am every Sunday on KLAV, 1230 AM.

The Beyond Health Show offers its listeners cutting-edge health information that is decades ahead of conventional medicine. Tune in and hear Dr. Raymond Francis interview some of the top medical thinkers in the world, including leaders like Russell Blaylock, T. Colin Campbell, Russell Jaffee and Bruce Lipton.

For those who miss a show, or live

outside the normal broadcast areas, this program is available 24/7 on the Beyond Health website. Simply go to www.beyondhealth.com and click on Radio Show. To make it even more convenient, the show is now downloadable so you can store shows, copy to CDs and even email them to others.

More On Milk

From a reader...

In *Never Be Sick Again*, Raymond Francis identified milk products as one of the “Big Four” that must be avoided for good health. Milk protein is one of the most powerful cancer promoters known. Pasteurized milk strips calcium from your bones. The bacteria and viruses contained in milk can put a huge and continuing load on the immune system. Some milk viruses have been associated with cancer, Type 1 diabetes and other diseases. Recently, one of our readers sent the following testimonial. We thought we should share it with you, so we asked the sender for permission to reprint it in BHN. Here is an unedited copy of what this man wrote:

“People in general don’t understand cow’s milk or the process it goes through. As a person who spent years working on farms and dairies I know first hand what happens to milk. How do you feel about drinking cow urine, poop, puss, milking equipment cleaning acid that is strong enough to literally eat your throat out. (It happened at a dairy I worked in, a child got a hold of a glass of it that was suppose to be dumped into

the milking equipment, he thought it was water, had to eat and drink from a tube in his throat for the rest of his short life.) What do you think happens to the sucking tubes when they fall off of the teats, or get kicked off by the cow and fall on the floor where the cow is urinating and pooping, it just keeps on sucking, it happens at almost every milking. All those goodies go immediately into the milk, no way of separating it out, the filters catch the large particles only. You drink the rest. What about when a cow gets mastitis (infection in her bag-puss), it can be caused by a lot of different things, just as people get infections from slivers, injuries, lying in the manure, etc. so do cows, the person doing the milking usually doesn’t notice the infection until it has gotten bad enough that it is bleeding into those sucking milking tubes and the milk turns pink—woops too late it is already in the 3000 gal milk tank all mixed in. Or they may not even catch it until the bag gets lopsided from the huge swelling going on. So the government makes dairies use acid to clean the equipment between milkings. This acid is never completely rinsed out. Don’t believe me? Go to a dairy and buy a gallon of milk after they begin a new batch, all you can taste is acid, STRAIGHT ACID. It gets diluted eventually, but you are still drinking this acid. Do you know the cows are medicated constantly, forced to eat salt, minerals and other additives to make them produce more without falling over dead (which I’ve seen happen)? It seems

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everyone blames milk or pasteurizing for allergies or loss of nutrients or lactose intolerance problems. I couldn't drink store milk without running straight to the bathroom and emptying my entire intestines. Our government workers are not smart enough to figure out what it is that is bad for you in the milk. But now you know."

In reality, milk is a toxic soup containing undesirable hormones, antibiotics, pesticides, herbicides, PCBs, dioxins, viruses and excessive bacteria, not to mention cancer-promoting casein. No one should be drinking this dangerous beverage or eating products made from milk. Paul Nison, author of *The Raw Life* says, "Dairy is the cause of most disease in the world today." Dr. Russel Bunai, a prominent Washington, DC based pediatrician, when asked in an interview what single change to the U.S. diet could provide the greatest health benefits, replied "the elimination of milk products." Mindful of Dr. Bunai's state-

ment, BHN believes that the deadly-poison sugar causes more health damage than milk, but milk is not far behind.

Irritable Bowel Syndrome

Hypersensitivity...

It has long been known that allergies play a major role in irritable bowel syndrome. A new study in last July's *American Journal of Gastroenterology* looked at 16 common foods to determine which ones are the most frequent offenders. Not surprisingly, wheat came in at the top of the list. The other top offenders are beef, pork, and lamb. Potatoes, rice, fish, chicken, tomatoes and shrimp were not found to be significant antigens in the patients tested. Wheat has become such a common allergen, it is a good idea for anyone with a chronic health problem to eliminate wheat and see if their health improves. However, eliminating wheat is no easy task; it's everywhere and in everything. It would be a good idea for anyone wanting to do this to do an internet search on how to avoid the wheat-protein gluten.

Water Contaminated

Use an RO system...

A December report issued by the Environmental Working Group analyzed drinking water quality from 40,000 water utilities serving 231 million people. Over 250 toxic chemicals were found in the water. Nineteen of those chemicals exceeded EPA's unenforced safety guidelines for tap water systems. The EPA never established safety limits for 119 of them. Jane Houlihan, EWG's vice president for research, said the group's findings show that the United States allows millions of people to be exposed to some chemicals for which EPA either has never considered the risks or if it has, has no enforceable limits.

The top 10 states, listed in order of the most contaminants in their drinking water, were: California, Wisconsin,

Arizona, Florida, North Carolina, Texas, New York, Nevada, Pennsylvania and Illinois, according to EWG, which listed the biggest sources as agriculture, industry and urban and sprawl developments. Most common among the chemicals found were disinfection byproducts, nitrates, chloroform, barium, arsenic and copper.

The average American is bioaccumulating three-to-five hundred man-made chemicals in their bodies. In addition to the contaminants mentioned above, most water utilities deliberately add toxins to the water in the form of chlorine, fluoride and aluminum. For the average person, it would be safe to assume that their water is toxic and unhealthy. BHN recommends Beyond Health's *reverse osmosis* (RO) system to solve this problem. On a cost per gallon basis, RO is the least expensive and most convenient way to obtain pure drinking water.

New EPA Regulation

On microscopic particles...

The Environmental Protection Agency has proposed stricter daily limits for how many microscopic particles of air pollution, or soot, are safe for all Americans to breathe from the nation's smokestacks and tailpipes. At stake are public health standards addressing fine pollution particles 2.5 micrometers or smaller, which lodge in people's lungs and blood vessels. Once the EPA finishes its rule-making next September, states must order cleanups in at least 50 counties, mainly in southern California, the Midwest, the South and the Northwest. The proposed new health-based air standards represent one of government's most far-reaching decisions, affecting millions of lives and forcing states to make industries spend billions of dollars to clean up coal-burning power plants, diesel-powered equipment, trucks and industrial boilers.

Critics said, however, that the differences between the current and proposed

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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EPA standards are not good enough. They said the new limits are too soft and show EPA catered to intense lobbying from electric utilities, rather than satisfy the health and environmental groups who had sued the agency in March 2003. If the EPA had set the tougher limits that a panel of scientists recommended, at least 147 counties—most of them scattered throughout the East—would have been affected, according to EPA data. That would help address sooty air in large urban centers like Houston and in some of the larger cities in the interior West.

The average American breathes in about two heaping tablespoons of airborne particles each day. The smallest of these particles are capable of lodging deep in the lungs where they remain and cause serious problems. In May of 2004, Canadian researches reported in the journal *Science* that fine airborne particles can cause genetic mutations that are passed on to future generations. In 1999, a study in Los Angeles indicated that 71 percent of the cancer risk from air contaminants came from diesel emissions. Fine particles from these emissions cause DNA damage, and DNA damage is the first step in the development of cancer. Fortunately, using a HEPA (High Efficiency Particulate Air) filter to clean the air prevents this damage. BHN recommends anyone living in an urban area use a Beyond Health-approved air filter in their office and bedroom.

Strengthening Immunity

Take probiotics...

Antibiotics are one of modern medicine's greatest blunders, and they have had a devastating effect on the health of our population. By altering the natural balance of the bacteria in the gut, antibiotics cause lifelong health problems, including impaired digestion, food allergies, and damaged immunity including autoimmune diseases. Many people take probiotics to aid digestive function, but

new evidence proves that this practice also has a beneficial effect on the immune system.

A study in a 2005 issue of *Clinical Nutrition* has found that, "Probiotics are not just good for the gut, they are also a good immune stimulator." Study participants who took supplemental probiotics daily for at least three months experienced shortened bouts of the common cold by almost two days, and reduced the severity of symptoms such as headaches, coughing, and sneezing. Since most of us are already damaged by antibiotics, it would be wise to add a daily dose of probiotics to your arsenal of supplements to strengthen your immune system.

However, you have to be careful when choosing your brand of probiotics. Not all probiotics are created equal. Studies have shown that 85 percent of the probiotics on the market are biologically useless and some are even dangerous. You have to be very careful as to what kind of bacteria you are putting into your body. BHN recommends the Perque and Natren brands of acidophilus.

Good News on GMOs

But not from America...

In November, 55.7 percent of the voters in Switzerland voted for a five-year ban on growing genetically modified crops. While the United States has led the production and consumption of genetically modified crops, Europeans consumers have been largely adverse to this practice. However, there is no doubt that such a vote would win in America as well, but we have never been asked. Our government has simply approved GMOs with no real debate. In 2003, the United States took Europe to the World Trade Organization, claiming that its ban on genetically modified foods amounted to unfair protection, and was not based on scientific evidence that genetically modified organisms affected

human health or the environment. Meanwhile, these crops are being released throughout our environment and deployed with only superficial or no risk assessment at all. Seventy-five percent of our supermarket foods are either genetically modified or contain GMO ingredients. This is one reason why it is so important to purchase organic foods and not to shop in commercial supermarkets or consume processed foods.

Genetically modified crops are produced mostly by large-scale farmers in the United States, Canada, Argentina, Brazil and China. Proponents say the technology, which involves using genetic modifications to help plants combat insects and herbicides, could help boost yields and reduce prices over the long term. However, that has not been the experience thus far. Further, there are many legitimate concerns regarding these crops.

This is not just apples being crossed with apples. This is apples being crossed with pigs, tomatoes with oak trees, fish with horses, butterflies with worms, and orchids with snakes. This is happening with lightning speed in an unregulated environment, affecting millions of years of evolution. A four-year study at the University of Jena in Germany conducted by Hans-Hinrich Kaatz revealed that bees ingesting pollen from GMO rape-seed developed bacteria in their gut with modified genes. This phenomenon is called a "horizontal gene transfer." Should this happen in the human gut, bacteria which we depend upon for life can be mutated. This risk has unknown and possibly catastrophic consequences for the human race, and it may already be happening. At the very least GMO foods should be labeled as such. The industry has fought this because they know it would have a negative impact on sales. Both corn and soy are now so contaminated, that anyone wishing to avoid GMOs can no longer eat these foods, even if they are organic.

Cancer – Turn it On or Turn it Off

By Raymond Francis

America has one of the highest cancer rates in the world, and cancer is the most dreaded disease in our society. Once rare, affecting less than one in a thousand, by 1900 cancer affected 30 in a thousand. Today almost 500 in a thousand will develop cancer in their lifetimes. The situation has become so bad that almost all Americans over the age of 50 have cancer! For example, it is known that after age 50, 40 percent of men have prostate cancer and 40 percent of women have breast cancer, and these are just two cancers. Cancer is also increasing among children and, after accidents, it is their biggest killer. We need to teach people how to prevent and reverse this tragic disease.

Unfortunately, modern medicine is of no help. Since 1971, when President Nixon declared “war” on cancer, we have thrown 200 billion dollars at cancer research. What has this money bought us? More cancer! The public has yet to grasp the colossal gap between how much money the cancer industry is spending, and the paltry results it is achieving. Research is only part of the billion dollar-a-day cancer industry whose treatments with drugs, surgery and radiation are not only ineffective but dangerous. These conventional treatments do nothing to address what caused the cancer, and they suppress the immune system. Suppressed immunity allows cancer to grow and metastasize—*modern medicine’s treatment of cancer promotes cancer!*

Fortunately, we can protect ourselves. If you are over age 50, you are probably past preventing cancer, you already have it! Now you need to keep it under control. Don’t turn the cancer on, and if you already have active cancer, turn it off. Can this be done? Sure it can, and it is done every day by people who take charge of their health.

Last September, businessman Paul Orberon told his story on the Beyond Health radio show. Mr. Orberon had been diagnosed with advanced kidney cancer. Given only months to live, he read my book *Never Be Sick Again—and put his cancer into remission*. Fifteen years ago, my brother was diagnosed with advanced prostate cancer and given months to live. He, too, put his cancer into remission and is living a high-quality life. Medical school professor and author Dr. Lorraine Day reversed her highly-advanced breast cancer. There are countless such stories.

To prevent and reverse cancer, it helps to understand something about what causes and promotes cancer. The cancer process occurs in three stages: *initiation*, *promotion* and *metastasis*.

Initiation

Cancer begins with damaged genes. Initiation occurs when the DNA in a normal cell is damaged. If the DNA is not repaired before the cell divides to form a new cell, it results in

a permanent genetic alteration in those new cells.

DNA can be damaged by a variety of means, including viruses, chronic infections, foreign bodies, nutrient deficiency, radiation and toxic chemicals. Numerous natural and man-made chemicals have been identified as *carcinogenic*. Upon exposure, these chemicals can, *in a matter of minutes*, cause potentially permanent damage to DNA. Such chemicals include many common household chemicals, pesticides, herbicides, food additives, fluoride and metals such as mercury and lead. We live in a sea of carcinogens and *must* learn how to avoid them. Radiation is carcinogenic; it damages DNA. This is why mammograms cause breast cancer, and why medical X-rays play a major role in our cancer epidemic.

Due to our exposure to carcinogenic chemicals and X-rays, most of our older population and many of our younger people have completed this initiation, and they have clusters of cancer cells throughout their bodies. This stage of cancer is not believed to be reversible. Given the right conditions, these cells will grow and then metastasize.

Preventing Initiation

DNA is being damaged and cancer is being initiated on a grand scale. Our best defense is to support DNA repair with good nutrition while avoiding carcinogenic chemicals and radiation. We have been irresponsibly exposed to radiation by our doctors and dentists. Decline routine X-rays. Allow only those that are absolutely necessary, and there are very few of those. We have been exposed to DNA-damaging viruses through vaccinations. Avoid vaccinations. Vaccine-induced, DNA-damaging viruses are showing up in a variety of cancers including lymph, lung, brain and bone. Avoid foods that have been heated to high temperatures, such as barbecued meat, as this causes formation of powerful carcinogens. Any food that has been blackened is dangerous, including toast. Avoid peanuts and corn products as these are often high in aflatoxins, which are potent carcinogens. Fluoride can inhibit DNA-repair enzymes. Avoid fluoridated water, toothpaste and processed foods. Beyond Health has approved a reverse osmosis system that effectively removes fluoride.

Defects in DNA repair will increase the risk of developing cancer after being exposed to X-rays and chemicals. Certain nutrients are known to support the DNA repair process. These include vitamins B3, B6, B12, and folate, zinc and L-carnitine. Most Americans are deficient in one or more of these nutrients. According to the USDA, 73 percent of Americans are deficient in zinc, and 40 percent are deficient in B12. To optimize DNA repair, eat a diet rich in fresh, organic vegetables and fruits, and take high-quality nutritional supplements. Everyone should, *at the very least*, be on a superior vitamin/mineral formula like Perque 2.

Promotion

The next step in the cancer process is promotion. This is when a small cluster of initiated cancer cells grows larger. These cells will not grow unless a precise group of conditions are met, allowing their growth-control mechanisms to be overridden.

Certain foods are known to promote tumor growth and spread. Sugar, excess omega-6 oils and excess animal protein all promote cancer. Cancer cells differ from normal cells in that they are totally dependent on sugar to produce energy. So raising the sugar content of the blood feeds cancer cells and helps them grow. In addition, increased blood insulin is a powerful promoter of tumor growth and spread.

Oils high in omega-6s such as corn, safflower, sunflower, peanut, soybean and canola oils are known to support cancer progression. Never eat these oils, or any of the thousands of products made with them, including baked goods and salad dressings.

Perhaps the most significant factor of all is animal protein and most especially dairy protein. Animal protein, beyond what can be used for growth and daily repairs, promotes cancer, and the average American eats ten times too much. Excess animal protein is able to turn cancer *on* in experimental animals *100 percent of the time!* A high-protein diet increases estrogen, and excess estrogen is known to promote a number of cancers. Protein also acidifies the body and cancer thrives in an acid environment. Animal protein also contains large amounts of the amino acid methionine. Excess methionine is known to be a cancer promoter.

Preventing and Reversing Promotion

Cancer promotion can be reversed. By eliminating cancer promoters and maximizing cancer inhibitors, *it is possible to turn cancer off!* We know fresh fruits and vegetables are cancer inhibitors—eat lots of them. We know that sugar, omega-6 oils and animal protein promote cancer—avoid them. Omega-6 oils not only promote cancer, they also suppress the immune system. Eat plenty of omega-3 oils to offset this effect; supplement with flax and fish oils. Turn cancer *off* by avoiding animal protein; this means avoiding meat, eggs, dairy and fish except in very small quantities. Avoid fruit juices; they contain too much easily-absorbable sugar. Cancer is highly iron dependent. Avoid iron-rich foods such as red meat. Avoiding fluoride is also important as fluoride can increase tumor growth by 25 percent.

Fat soluble toxins bioaccumulate in the body. Their synergistic effect can be a powerful cancer promoter. The average person is accumulating hundreds of such chemicals, including pesticides, styrene, PCBs, dioxins, phthalates and fire retardants. The only reliable way to get rid of them is with regular saunas, which have become as necessary as regular exercise. (Beyond Health sells a sauna I researched and approved.)

Chronic stress substantially increases free radical formation and also severely depresses the immune system. Both promote cancer. Using stress-reducing techniques such as meditation are important.

Metastasis

The final stage of cancer is when it invades neighboring or distant tissues. Once again, a precise set of conditions must be met to allow this to happen. This stage of cancer causes death, but it too is reversible.

Preventing Metastasis

When cancer cells enter the blood stream and get transported to other locations, they become very vulnerable to attack by the immune system. Strong immunity is critical to prevention. Cancer cells require special enzymes to invade other tissues. Studies have found that inhibiting these enzymes stops the spread of the cancer. Plant flavonols found in fruits and vegetables, such as quercetin and luteolin, are known to interfere with these enzymes.

Nutrition

Eating lots of fruits and vegetables is probably the single most important thing you can do to prevent or reverse cancer. Evidence is overwhelming that common vitamins, minerals and plant chemicals interfere with the cancer process at *every* level. Many chemicals found in plant foods are capable of turning cancer cells back into normal cells. Certain flavonoids found in vegetables have been found to suppress and even to kill cancer cells. In fact, *food and nutritional supplements have a far more powerful effect on cancer than chemotherapy.*

Since almost all Americans are deficient in vitamins and minerals, supplements are necessary. Here is a list of the nutrients known to inhibit cancer: vitamins A, all the Bs, C, D, E, beta carotene, choline, selenium, acetyl L-carnitine, alpha lipoic acid, zinc, magnesium, flavonoids and omega-3 oils.

Nutrition improves immunity. Immune cells have a higher metabolic rate, and therefore, need more nutrients. Water soluble nutrients such as B vitamins and vitamin C are not stored well in the body and need constant replacement. When this does not happen, immunity is quickly affected. Whenever the immune system responds to a threat, billions of immune cells are needed quickly. These cells will be limited by the amount of nutrients available for their construction. Any vitamin or mineral deficiency will quickly be felt, impairing immunity. This is why the Beyond Health Comprehensive Program is a powerful anti-cancer regimen.

The bad news is that cancer is an out-of-control epidemic. The good news is that cancer is a complex disease requiring the successful completion of many steps to make it happen—this provides us with multiple opportunities for its prevention and reversal. *The most powerful preventive and healing tools are fresh fruits and vegetables plus high quality supplements.*

Question: I know that our bodies need sunlight, but what is the best time of day to be in the sun?

M.G. — West Palm Beach, FL

Answer: If you had asked me this question several years ago, you would have gotten a different answer. In fact, I wrote an article for BHN back in 1997 that recommended, "...stay out of the midday sun. Timing sun exposures to avoid the hours of 10 to 2 PM will cut ultraviolet exposure by 60% because the sun is less intense." This is still the recommendation given by most physicians and the American Cancer Society. However, the correct answer is more complex than that. It depends on the season, latitude, altitude and air clarity of where you are. You need a lot longer in the sun if the air is polluted or if you are at a high latitude. Sunlight at noon in Boston during the winter will have no vitamin D benefit. The same time and day in the California desert could cause a bad sunburn.

One of the things we have learned from recent research is the enormous epidemic of vitamin D deficiency. Some scientists are saying this is the largest single deficiency. The sun is our most important source of vitamin D, and the most vitamin D will be formed during the 10 to 2 timeframe. I now try to be out during this time, and I think the most important thing is to use the sun intelligently. Get regular sunlight, but be careful not to burn. Gradually build up a whole body tan.

Question: Is decaf coffee okay?

C. I — Pleasanton, CA

Answer: Coffee is toxic and most people think that removing the caffeine will make it safer. Far from being safer, decaffeinated coffee appears to have unique risks of its own. Research presented at the 2001 annual meeting of the American College of Rheumatology found that drinking more than a cup a day of decaffeinated coffee increases the risk of rheumatoid arthritis by 400 percent, versus those drinking regular coffee. Clearly, there is something about the decaf that makes it more dangerous.

My first guess would be that the special toxicity of the decaf has to do with solvent residues from the decaffeinating process. If so, then you have to be concerned about all the salad oils, vitamins and other solvent processed items in our diet—one more reason to avoid all processed foods.

Question: I feel slightly sick and dizzy from just a slight whiff of fumes from a passing motor vehicle while other people don't seem to be bothered. Also, synthetic fragrances affect me and formaldehyde can "tip me over the edge." What could be causing this and what can I do about it? My doctor has been of no help.

—Internet Question

Answer: You have what is called "Multiple Chemical Sensitivity Syndrome" (MCS). You can look this up on the internet to learn more about it. I know a lot about this syndrome since I suffered from it myself. In fact, I was one of the most chemically sensitive people I have ever met. For example, I could not use a conventional telephone because I could smell the fumes coming off the plastic, and it would make me very sick. Unfortunately, our obsolete medical establishment was of no help to me (they almost killed me) and they will be of no help to you. Conventional medicine is so far behind the technology, they still do not recognize MCS as a legitimate disease. Physicians are advised that this is a psychosomatic disease (originating from mental or emotional causes) and that clinicians should care "responsibly and compassionately" for patients experiencing this syndrome. Despite this incredible ignorance, MCS has achieved credibility in workmen compensation claims, tort liability, and regulatory actions.

There is only one disease and only two causes of disease, and the answer to every health problem is the same—to get well. MCS occurs when you hit bottom. Your functional reserves have been exhausted and instead of adapting to your environment, you are reacting to it. Your body is out of balance and your cells are no longer properly self regulating, self repairing and communicating. The common factor in the chemicals you react to is that they either are free radicals or they generate free radicals. This puts an oxidative load on the body, which the body is no longer prepared to defend against. Chronic stress is a contributing factor. There is also a nervous system component. The nervous system learns to react to these chemicals even though they are in very small doses.

To get well, you need to rebuild your cellular health. Avoid reactive chemicals as much as possible and take lots of antioxidants—beta carotene, vitamins C and E, and selenium were particularly helpful for me. You must be on a good diet, get off the Big Four, avoid processed foods, avoid foods you are allergic to, take pure high-quality supplements like Perque, take regular saunas to detox your body, and exercise regularly; these are all essential. You can always work with me or a good nutritionist to help you with this. Another problem to be addressed is your digestion. Abnormal gut flora, caused by antibiotics and poor diets are a major contributor to MCS. Working to normalize your digestive tract is critical. The good news is you can get well.

Question: Is there a reason why iron is not included in the Perque multi-vitamin.

D.H — Hollywood, FL

Answer: There is a very good reason why iron is not included in the Perque multi-*quality*. The Perque multi formula is the "gold standard" of the vitamin industry. There is

no better formula on the market. This is why Beyond Health sells it. No high-quality multi formula contains iron. When you see iron in a multi, you are looking at an inferior product. Iron is a free radical generator, and it will destroy the antioxidants in the formula.

Most manufacturers just dump an assortment of cheap vitamins and minerals into a pill and sell them to the public with a lot of marketing hype. The public doesn't know enough chemistry to know what they are buying. Far too many vitamin products mix antioxidants with oxidants in the same pill. This initiates a destructive process during the blending, production, and storage of these products, whereby essential antioxidants such as vitamins C and E are destroyed by the oxidants. Meanwhile, the consumer is clueless this has happened. For this reason, knowledgeable manufacturers like Perque exclude oxidants like iron, copper, iodine, sulfites and oxidizing preservatives from their multivitamin formulas. It is critical to prevent such destructive interactions, but this requires specialized knowledge and extra care and cost. Then again, it takes more than knowledge to keep the iron out of vitamins, it also requires ethics. I was a technical consultant to a vitamin company that had iron in their multi. I recommended they remove the iron because it was destroying the antioxidants in the formula. They decided to leave it in because they thought they could sell more product if it had iron in it. So much for ethics!

Question: Can reflux disease be helped with diet?
D. H. — Hollywood, FL

Answer: Gastrointestinal reflux disease (GERD) can be completely eliminated with diet. GERD is a chronic condition where stomach acid flows back up into the esophagus, causing heartburn. There are many contributing factors to GERD and most physicians are clueless on how to deal with it. Physicians often prescribe proton pump inhibitors (PPIs) that work by limiting acid secretion in the stomach. Unfortunately, this is usually the exact wrong thing to do because GERD is usually caused by a lack of acid, and not too much. In addition, stomach acid protects us against a variety of gastrointestinal infections. Long term blocking of this acid is a bad idea.

GERD is actually a common chronic problem, and up to 20 percent of the population suffers from it. The way to solve any problem is to address the cause. Improper food combining causes GERD. This prevents food from properly digesting, and so it sits in the stomach producing acids. Follow the rules for proper food combining outlined in *Never Be Sick Again*. For example, don't eat starches with protein. Another common cause is food allergies. Do not eat foods you are allergic to. Keep a food diary to learn how your body reacts to certain

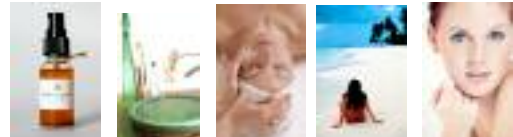
foods. Stress is also a cause, particularly if you are stressed as you eat. Meditation and exercise will help you deal with stress. Eating too many calories is also a cause. Cut down on portion sizes, and make better food choices.

In 2000 a study in the *European Journal of Gastroenterology and Hepatology* concluded that too many calories and not too much fat causes GERD. Physicians usually recommend that GERD patients avoid fats, but fats do not appear to be the problem. Rather cutting refined carbohydrates such as sugar and white flour appear to be the most effective response

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