

BEYOND HEALTH[®] *News*

March-April

2006

“Good health as we know it is in reality a prolonged incubation period for a variety of killer and intractable diseases.”

Dr. Edward Howell, *Enzyme Nutrition*

Vitamin D Again

Protects your heart...

Vitamin D has been in the medical news often in the past couple of years as new data has indicated that most Americans are short vitamin D and that vitamin D is essential to preventing a number of diseases including breast, prostate, and colon cancer, multiple sclerosis, and diabetes. Now, heart disease has been added to the list.

A study in the October 2005 *British Journal of Nutrition* has found that vitamin D helps to protect against heart disease by promoting the body's production of anti-inflammatory chemicals and suppressing the calcification of blood vessels. Because most Americans are deficient in vitamin D, it is important to supplement, get plenty of sunshine, and measure your vitamin D level to assure it is sufficient. Ask your doctor to measure your 25-hydroxy vitamin D levels.

This is a simple blood test, and your vitamin D should be in the range of 35- to 65-ng/ml.

Sunlight is a principal source of vitamin D, and this is why BHN has always recommended regular sunlight exposure. Sunscreens defeat this purpose. It is not a coincidence that cancer rates are the highest in communities where the most sunscreen is used. It has been estimated that avoiding the sun has caused an additional 50,000 cases of cancer per year in the U.S. In addition to regular sunlight, BHN recommends supplementing with a high-quality multi like Perque 2, along with a daily tablespoon of high quality cod liver oil to help keep your vitamin D levels in the normal range.

High Cholesterol?

How's your stress...

Stress can raise your cholesterol, according to a study in the November 2005 *Health Psychology*. A study of middle-age adults found that cholesterol will increase in response to a stressful task. In some people, this effect is very pronounced. People with the highest response were 13 times more likely to develop excessively high cholesterol levels.

There appear to be two mechanisms at work. Stress temporarily inhibits the body's clearance of cholesterol from the blood, and stress appears to cause the liver to produce excess LDL cholesterol. Prior studies have linked stress to heart disease, so it makes good sense to practice stress management techniques such as meditation.

Pets Overweight, Too

They eat the same processed foods...

A new study shows that 60 percent of the cats and dogs in America are overweight. These animals will live shorter lives and suffer much more disease and debilitation. Not surprisingly, half the owners of overweight pets think their pets are at an ideal weight! Overweight animals are now developing the same health problems as their overweight owners: arthritis, cancer, diabetes, general aches and pains, heart disease, high blood pressure, and inflammatory diseases of all kinds. Lean pets live longer and have fewer health problems. Lean dogs live up to two years longer and, most importantly, those extra years are not spent with pain, disease, and expensive vet bills.

Why is this happening? We are feeding our pets the same kind of nutritionally-deficient, toxic, processed junk foods that we eat. Pet food is *not* food! These animals need to eat the diet they were genetically designed to eat: fresh organic animal protein and some greens.

New Research on Alzheimer's

Don't eat sugar...

Raymond Francis and BHN have warned for two decades about the dangers of consuming the deadly poison known as sugar. In these pages, we have also identified sugar as probably the single largest cause of Alzheimer's.

A recent study in the *Journal of Alzheimer's Disease* indicates that Alzheimer's may be a form of diabetes,

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which we know is sugar related. Dr. Suzanne de la Monte, a professor of pathology at Brown University Medical School had this to say, “[M]any of the unexplained features of Alzheimer’s, such as cell death and tangles in the brain, appear to be linked to abnormalities in insulin signaling....This work...demonstrates that Alzheimer’s disease is quite possibly a Type 3 diabetes.”

When the researchers analyzed insulin and insulin receptor function in the brain, they found that as the levels of insulin receptors and the brain’s ability to respond to insulin decreased, the severity of Alzheimer’s increased. In the most advanced stage of Alzheimer’s, insulin receptors were found to be nearly 80 percent lower than in a normal brain.

The fact is insulin-signaling impairment happens early in Alzheimer’s, causing a reduction in critical neurotransmitters such as acetylcholine, poor cellular energy production, and biochemical abnormalities that are known

to contribute to Alzheimer’s. Both insulin and its signaling molecule (insulin-related growth factor-I) lose the ability to bind to cell receptors, causing the cells to malfunction and die. This looks very similar to diabetes. However, not all Alzheimer’s is the same, and mercury and other toxins can contribute to brain-cell death as well. Nonetheless, these new findings are significant and provide further proof that sugar plays a major role in Alzheimer’s. Why would anyone want to eat something so dangerous?

Nightlife Causes Cancer
Artificial light a problem...

Female night shift workers have a higher rate of breast cancer. In fact, breast cancer risk is about five times higher in industrialized nations than it is in underdeveloped countries. A new study in the December 1, 2005 scientific journal *Cancer Research* helps to explain the epidemic rise in breast cancer incidence in industrialized countries. Nighttime exposure to artificial light stimulated the growth of human breast tumors by suppressing the levels of a key hormone called melatonin. This study also showed that extended periods of nighttime darkness greatly slowed the growth of these tumors.

“This is the first experimental evidence that artificial light plays an integral role in the growth of human breast cancer,” said David A. Schwartz, M. D., director of the National Institute of Environmental Health Sciences. Les Reinlib, Ph.D., a program administrator at NIEHS, said, “These results suggest that the increasing nighttime use of electric lighting, both at home and in the workplace, may be a significant factor.”

Previous research showed that artificial light suppresses the brain’s production of melatonin, a hormone that helps to regulate a person’s sleeping and waking cycles. The new study shows that melatonin also plays a key role in the development of cancerous tumors. Melatonin is known to suppress tumor

development and growth. *Melatonin-rich blood collected from volunteer subjects, while in total darkness, inhibits the growth of the tumors, while melatonin-depleted blood from light-exposed subjects stimulates tumor growth.*

Melatonin also exerts a strong influence on the body’s circadian rhythm, an internal biological clock that regulates the sleep/wake cycle, body temperature, endocrine functions, and a number of disease processes including asthma, heart attack, and stroke. Disruption of circadian rhythms is associated with cancer in humans, and interference with the internal timekeeping can tip the balance in favor of tumor development.

These findings have a profound message for night shift workers, as well as for night owls. It is best to minimize the use of artificial light as much as possible and to keep your bedroom as dark as possible. We have to bear this in mind and try to compensate for the fact that we have, in a very short period of time, fundamentally changed our diet, environment, and lifestyle. While we may think these changes are normal because we grew up with them, they are having a dramatic and negative impact on our health.

Teens Out of Shape
One third flunk fitness test...

A new study in the *Journal of the American Medical Association* has determined that one out of three American teenagers would fail a treadmill fitness test, showing poor levels of cardiovascular fitness. This finding should not be a surprise because previous studies have shown that about one third of U.S. teens are overweight and about half of those are clinically obese. Meanwhile, another new study blames sodas for the obesity epidemic among our children. One out of five calories in the American diet comes from nutritionally worthless sodas, which teens drink more than adults. We have to wonder where these children are getting all those sodas. Are parents buying and sup-

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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
Brian Douglas, Production

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plying them to their kids, not knowing what damage they are inflicting? One 12 oz. can of Coke has more than 9 teaspoons of sugar – and just 2 teaspoons are sufficient to throw your body chemistry into chaos.

Biotech Safety Concerns

Serious health effects...

Studies from Russia and Australia have demonstrated serious health effects when GMO (genetically modified) foods are fed to laboratory animals. BHN has repeatedly warned about the potential hazards of consuming GMO foods, and the potentially cataclysmic effect they could have on your health, as well as all life on the planet. Yet about 75 percent of the foods in our supermarkets either are GMO or contain GMO ingredients.

The Australian study, conducted at the Australian Commonwealth Scientific and Industrial Research Organization as part of a safety review system, found that animals eating GMO peas, engineered to resist pests, developed inflammation of the lung tissues. This study shows clear evidence that GMO foods can contain new toxins that are harmful to health. This was part of a ten-year safety study, and the GMO peas were prevented from being sold in Australia. Unfortunately, no such long-term testing procedures exist in the U.S., and the U.S. consumer is essentially unprotected. This is why it is so important to eat only organic foods and no processed foods. We have to protect ourselves.

The Russian study, conducted by Russian Academy of Sciences, was even more disturbing. When pregnant rats were fed GMO soy, more than half of their babies died in the first three weeks of life. The death rate was six times the rate of the control group. Most of the soy consumed in the U.S. today is GMO. In fact, even organic soy is now so contaminated with GMO soy, it can

no longer be thought of as a food. The same contamination problem exists for corn. Pregnant women should be especially careful to avoid all GMO foods. This means that no processed or non-organic supermarket foods may be consumed.

It is time that American consumers demand protection. Many countries have rejected GMO crops. Kraft Foods has announced it will stop selling foods with GMO ingredients in China, starting next year. Kraft has also removed GMO ingredients in foods sold to European Union countries. Kraft says it makes these decisions on a market-by-market basis. It is time to demand they do it in *our* market!

Biotech Regulation Blasted

By USDA Inspector General...

In a shocking report last December, the Inspector General of the U.S. Department of Agriculture found that the branch of the USDA that is supposed to regulate biotechnology was not complying with the regulations it is supposed to be following regarding monitoring field trials of biotech crops. Further, the regulations had not been updated to reflect the Plant Protection Act of 2000. It appears that the USDA is unaware of the location and disposition of many trials. In short, our government is not properly monitoring and not protecting us from the potential hazards of biotech crops. In a situation where the stakes are so high for human health, this is totally unacceptable, but unlikely to change unless the public demands protection.

One Third Endangered

By fine-particle air pollution...

In January, the U.S. Public Interest Research Group issued a report called “Plagued by Pollution,” concluding that one third of all Americans live in areas with unsafe levels of fine-particle pollution. Because of their very small size, fine particles can bypass the body’s natural defenses, such as coughing and

sneezing, and lodge deep within the lungs or even pass into the bloodstream, causing serious respiratory and cardiovascular problems, such as asthma attacks, heart attacks, and lung cancer. The report concluded that fine-particle pollution is the nation’s deadliest air pollutant and one of its most pervasive.

The two largest sources of fine-particle pollution are diesel engines and coal-burning power plants. Fine-particle pollution cuts short the lives of tens of thousands of Americans each year, according to EPA. In fact, the EPA estimates that particle pollution shortens the lives of its victims by an average of 14 years. California, Georgia, Ohio, Pennsylvania, and Utah were the states with the worst fine-particle pollution.

California Has the Worst

Fine particle air pollution...

Fine particles from the exhaust of trucks, cars, trains, ships, power houses, and other combustion sources have been linked to cancer, heart disease, lung disease, and premature death. These microscopic particles are capable of penetrating lungs and other tissues, causing a variety of biological damage, including damage to genes.

Now, a new study by the Environment California Research and Policy Center has found that California’s Riverside-San Bernardino metropolitan area has the nation’s worst fine-particle air pollution. Pollution from particles 2.5 microns or smaller averaged 50 percent more than the EPA contends is healthy. According to the Center, six of the 10 most-polluted areas in the country are in California, including Los Angeles, Bakersfield, and several agricultural communities in the Central Valley.

Anyone who lives in an urban area, which is most of us, needs to be aware of the fine-particle pollution problem, especially those in the before-mentioned worst areas. Because we cannot see

these microscopic particles, we are unaware of them, and few of us give them any thought. Yet they are extremely damaging to health. Beyond Health has researched and approved a HEPA air filter that should be used in your work and sleeping spaces. Air filters, water filters, and saunas have become necessities, due to the polluted environment we have created.

Breast Cancer

Environmental causes...

Released in January, a new "State of the Evidence" report issued by the San Francisco-based groups Breast Cancer Fund and Breast Cancer Action analyzed the findings of more than 350 ecological, epidemiologic, and experimental studies assessing breast cancer. Their conclusion is that as many as half of all new breast cancers may be the result of pollutants such as bisphenyl-A.

This new report reinforces what many researchers increasingly suspect: repeated exposure to low doses of certain chemicals, particularly in early childhood, chemicals normally considered harmless, can have a profound effect on breast cancer risk. Researchers believe less than one in 10 cases occur in women born with a genetic predisposition for the disease. Instead, the report says, recent science makes it very clear that cancer arises from a multitude of factors, ranging from slight genetic mutations to altered hormone production and even radiation such as medical X-rays.

Bisphenyl-A is a hormone-like chemical that is used in plastics. A study at Tufts University found that exposing pregnant mice to extremely low levels of bisphenyl-A altered the development of the mammary gland in their offspring at puberty, and that the alteration made the gland more susceptible to breast cancer. Bisphenyl-A leaches from the plastic linings of canned goods, from plastic baby bottles and from the large water bottles that people purchase to avoid

toxic tap water. It is disheartening to see people purchase drinking water in large polycarbonate bottles that will leach bisphenyl-A. They think they are doing the right thing, but they are putting their family at risk. They would save money and be far better off with a Beyond Health reverse osmosis system.

BHN has repeatedly warned about the cancer risks of radiation. The irresponsible use of X-rays by physicians and dentists has been identified as an essential co-factor in over 80 percent of breast cancer cases. This is why mammograms constitute malpractice. Research by the National Academy of Sciences has concluded that there is no safe level of radiation. Even the lowest possible dose increases cancer risk. Yet, despite the science, the American Cancer Society still recommends mammograms.

Antidepressants Hurt Infants

New FDA findings...

In February, the FDA announced new findings regarding the safety of antidepressants. Expectant mothers who took antidepressants such as Prozac were significantly more likely to give birth to infants with breathing problems. Babies who were exposed to antidepressants, especially in the last few months of pregnancy, were six times more likely to develop a potentially fatal lung disease called persistent pulmonary hypertension. The FDA called these findings "very worrisome."

After a constant barrage of negative findings on drugs, with many being removed from the market, one would think that people would wise up and stop taking them. Unfortunately, about half our population is on drugs. All drugs are toxic and should be avoided. There is a safer, less expensive and more effective alternative to every drug. There is no rational reason to take these dangerous toxins, other than to improve drug company profits.

Prescription drugs are officially the third leading cause of death in America. These unnatural molecules injure and kill people because they place a toxic load on the body. This disrupts normal body chemistry and causes cellular malfunction and disease.

Forcing the body to detoxify drugs depletes the body of essential nutrients and overloads the body's detoxification pathways, leading to a buildup of other toxins in the body. Body levels of precious glutathione are depleted. Synthetic chemicals are not part of nature, and our bodies were never designed to cope with them. In fact, they can be impossible to detoxify, and they end up accumulating in our tissues, causing long-term problems.

Oil Fights Cancer

More omega-3s...

Excessive amounts of omega-6 fatty acids found in supermarket oils such as canola, corn, peanut, safflower, soy and sunflower oils, as well as processed foods, have long been known to promote cancer, inflammation, and all manner of chronic diseases.

Pioneers such as Dr. Johanna Budwig used omega-3 oils to successfully treat cancer decades ago. More recently, a study in last November's *Medical News Today* reported how a 78-year-old man diagnosed with terminal lung cancer and given only months to live was able to put his cancer into remission by taking fish oil. Five years after his diagnosis, he is doing well and his cancer has shrunk to only 10 percent of what it was.

This man started taking high doses of fish oil, while drastically reducing the amount of omega-6 oils and corn-based foods in his diet. Research shows that omega-3 fats can significantly depress the growth of cancer cells. BHN recommends, at the least, that most people take a tablespoon of high-quality cod liver oil every day.

Sodium, Potassium, and Health

By Raymond Francis

Unknown to most people, a leading cause of disease is common table salt. In my book, *Never Be Sick Again*, I outlined cellular malfunctions that contribute to the epidemic of disease in our society. One of these was upsetting the ratio of sodium to potassium inside our cells. Eating too much salt results in an excess of sodium and a deficiency of potassium, causing cellular malfunction and disease.

Sodium and potassium are minerals critical to cell function, but they must be in balance. Modern dietary practices create serious imbalances. Our ancestors consumed low-sodium/high-potassium diets. Their sodium/potassium ratio was a healthy 1:4, the result of eating plenty of fresh fruits and vegetables. Our current ratio is reversed to an unhealthy 4:1, the result of too much salt and too few fresh fruits and vegetables.

Cells function as little batteries. They have an electrical charge created by the difference in the amount of potassium inside the cell and the amount of sodium outside. By changing the sodium/potassium ratio in our diet and in our cells, we damage the “battery of life” and interfere with the body’s self-regulation and repair functions. *Preventing and reversing this common cause of disease is simple: eat less salt and eat more fresh fruits and vegetables.*

One of the major reasons the health of the American people has entered into a long-term decline is that we have *fundamentally* changed our diet. One major change is the amount of salt (sodium chloride) we eat. Natural foods are rich in potassium, but low in sodium. This is the diet we were designed to eat. Unfortunately, we have changed to a sodium-rich diet, and it is making us sick.

Here’s an example of how easy it is to get too much sodium. I obtained nutritional information from a soup and salad restaurant. Surprise! Eating at a “healthy” salad bar can be a *big* health hazard. Consider this: If you have a bowl of their split-pea soup, you will consume 1,430 mg (milligrams) of sodium. A serving of their “healthy” non-fat Italian salad dressing adds another 1,350 mg. Two “healthy” low-fat muffins add another 1,400 mg. A serving of their mushroom marinara sauce on your hot pasta adds another 318 mg. Choosing a couple of the salad offerings adds another 400 mg, and chocolate pudding for dessert adds another 177. This adds up to a whopping 5,075 mg of sodium – at just one meal! To balance your cell chemistry with potassium from just this one meal, you would need to eat 18 bananas. How easy it is to overdose on sodium. You have to choose food carefully if you want to stay healthy.

When your sodium intake is too high, you can get weak bones. For every 2,000 mg of salt you eat, you will lose about 23 mg of calcium in your urine. Unless you replace these calcium losses – and most people don’t eat enough bioavailable calcium to fully replace them all – then eating an average of 5,000 mg of sodium per day could result in losses as high as two-and-a-half per cent of your skeleton annually for a total of 25 percent in only ten years. This is an important reason why so many older people have weak bones.

Other ramifications of excess sodium include chronic fatigue, colorectal cancer, premature aging, stomach cancer, and weight gain. Weight gain is often a combination of water retention and fat storage. Excess sodium can cause water retention. Growth hormone helps to keep us young, but excess sodium reduces the production of growth hormone. Neurological disorders are another problem. Potassium deficiency lowers the electrical potential of cells and interferes with nerve cells sending electrical impulses throughout the body. Immune function is impaired; cells need a high electrical potential to ward off infectious microbes. (Increasing the dietary sodium of laboratory animals is known to accelerate cancer metastasis.)

It takes a lot of awareness to eat a low-salt diet, but it can be done. Most importantly, maintain the correct ratio of potassium-to-sodium. Human milk contains three times as much potassium as sodium. This is a good guideline. The human body requires only about 220 mg of sodium per day, while a teaspoon of regular refined salt contains about 2,300 mg of sodium. Try to eat at least three times as much potassium as sodium, and try to keep sodium intake to less than 1,000 mg per day – less than a half teaspoon. (In special circumstances, such as excessive sweating or diarrhea, higher levels may be necessary.) To reduce sodium, eat a diet of *fresh* fruits, vegetables, nuts, seeds and grains.

Most of our salt comes from eating processed foods; do not eat processed foods. In restaurants, soups often contain a lot of salt; avoid them. Chinese restaurants often use too much salt; request less. Read labels carefully. Stay away from foods containing salt, eat more fresh fruits and vegetables, and your body will thank you with the gift of good health.

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 optimal health maintenance.

Question: I am very confused about what kind of calcium I should take and how much I should take. Could you give me some guidance?

R. W. – Denver, CO

Answer: I don't blame you for being confused. Almost everything you read in the popular press about nutrition is wrong. One reason you see so many different recommendations for calcium is that most calcium supplements are close to worthless and even toxic. In addition, no matter how much calcium you take, it will do you little good if you keep pulling calcium out of your bones. Most people eat an acid-forming diet containing sugar, white flour, sodas, coffee, and excessive animal protein in the form of meat, milk, and dairy products. These are disastrous to health. It is not reasonable to expect to be healthy when eating such a diet.

Doctors recommend that people take a lot of calcium to make up for the losses caused by an acidic diet. Unfortunately, most calcium supplements consist of calcium carbonate, made from inexpensive, ground-up seashells that have been harvested from polluted waters and contain toxins such as lead. In children, infants, and fetuses, even low levels of lead can adversely affect neurobehavioral development and cognitive function. In adults, lead at somewhat higher levels can cause elevated blood pressure and anemia – and adversely affect the nervous and reproductive systems.

Lead is of particular concern during pregnancy, as the mother can deliver it to the fetus. Not only is this cheap form of calcium toxic, it also has very low biological activity. Only about 10 percent of calcium carbonate is actually available for use by the body. In addition, this source of calcium is devoid of the magnesium required to help it metabolize properly, so instead of ending up in your bones, it can accumulate on your artery walls.

You can spot a low-quality formula when the label lists carbonates, phosphates, oxides, and sulfates. Some formulas will use amino acid chelates or proteinates, instead of the more effective and expensive specific amino acid transporter. Better formulas will combine the mineral with the correct amino acid in a highly purified form. Doing it right costs more, and doing it wrong gives buyers little benefit for what they pay.

Junk products, like the highly-advertised Coral Calcium, will not supply what the body needs. To obtain adequate calcium, avoid all the acid-forming foods listed above. Eat more fresh fruits and vegetables, especially green vegetables high in calcium. Then a good supplement is essential. A recent study found that the amount of calcium in common vegetables had dropped in half over the last 50 years. This means you have to eat twice as much broccoli today to get the same calcium you were getting just a few decades ago. So how many people are eating twice as much broccoli?

I take and recommend Perque Bone Guard. This is the best calcium/magnesium formula in the world, and the average person should do quite well with just two or three tablets per day. If first-morning urine pH is still too low after taking Bone Guard, additional magnesium supplementation may be advised.

Question: I know that artificial colors are toxic, but what about more natural caramel coloring. Is that okay?

N. S. – Brooklyn, NY

Answer: Caramel coloring was invented in 1880 by Charles Sethness, who started a flavor and syrup business in Chicago. Within a few years, he was heating sugar in iron kettles to produce caramel color for whiskey. Although the single largest use of caramel coloring is in soft drinks, it is also used in an incredible number of other foods. Processed foods from cookies to beer, juices, and snacks contain caramel coloring. Today caramel coloring is made by heating corn syrup, usually under pressure, in large stainless steel containers. Because caramel coloring predated the FDA, it was grandfathered in and never had to be proven for safety. Unfortunately, there appears to be a safety problem affecting immunity.

A 2005 study in *Science* found that there are chemicals in caramel coloring that can affect the body's ability to defend itself against infection. One chemical in caramel coloring has been shown to suppress immune response by blocking the migration of white blood cells from lymph nodes to the lymph and blood circulation where they are needed to fight infection. Because average immunity has been dropping for decades, perhaps we should be paying more attention to those things in our diet that are capable of impairing immunity. Most caramel coloring is found in soft drinks and processed foods. For this and other reasons, cutting these bad choices out of your life will go a long way toward supporting your health and longevity.

Question: Is there a natural treatment for cataracts?

E. I. – Sebastopol, CA

Answer: Cataracts have been linked to vitamin, mineral, and protein imbalances. In addition to the aging process, there are a number of known risk factors including radiation, infrared light, and medications such as steroids. High levels of vitamin C along with vitamin A (cod liver oil) and reduced glutathione (Thiodox) are known to be helpful. In addition, certain herbs such as Bilberry have proven successful, even to the point of reversing the need for surgery. Adequate hydration is also essential. Some say that dehydration is a factor in cataract formation.

It is interesting to note that while cataract surgery is com-

mon here in the U.S., it is rare in France. In France, eye doctors routinely recommend extra vitamins A and C and glutathione to their patients. Apparently, this has been very effective in preventing cataracts.

Question: Is there any way to arrest the deterioration in Parkinson's disease?

D. T. – Gulfport, MS

Answer: It is known that vitamin E supplementation can slow the progression of Parkinson's. Naturally, it has to be real vitamin E and not the standard junk bought at the store. Restoring a proper fatty acid balance could also be helpful.

Parkinson's was a very rare disease prior to the adoption of modern high-fat diets. In 1997, there was an interesting study in the *New Zealand Medical Journal* that looked at dietary saturated fat and its relation to Parkinson's. It seems that high saturated-fat diets can impair essential fatty acid metabolism, causing changes in the membrane structure of the mitochondria. This impairs the function of the mitochondria, leading to increased free radical formation and oxidative stress. This in turn could explain the DNA mutations seen in Parkinson's disease.

Given the above, it would be reasonable to put a Parkinson's patient on a low-fat diet that contains adequate amounts of omega-3 fatty acids (fish oil) plus supplementing with antioxidants including vitamins A, C, and E – plus carotenes, CoQ10, glutathione, lipoic acid, and selenium.

Question: I have been experiencing abnormal menstrual bleeding and cramping. My doctor recommends either birth control pills or surgically scraping the uterine lining. I don't want to do either of those. Do you know of any alternatives?

P. R. – San Rafael, CA

Answer: I agree with you. Surgery and pumping your body full of artificial hormones are not rational solutions to any problem. Dr. Jonathan Wright in Washington state has used vitamin A very successfully for such conditions. Wright has found that 50,000 units of vitamin A per day will return most women to normal in just a month or two. After normal patterns are returned, the dose can be reduced to 15,000 to 20,000 units per day for maintenance. Naturally, being on a comprehensive supplement program, including essential fatty acids, will be synergistic with this treatment because all nutrients act as a team and do not work as well in isolation. In addition, your doctor should monitor your condition.

Question: I have been diagnosed as being insulin resistant and pre-diabetic. Is there something I can do to reverse this?

M. N. – Novato, CA

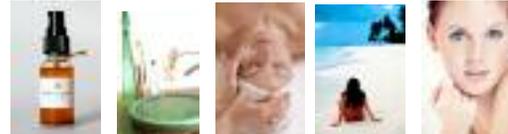
Answer: Fortunately, insulin resistance is both 100 percent preventable and reversible. Read *Never Be Sick Again*, get off

the Big Four, and get on Beyond Health's Comprehensive Program. Start a regular exercise program. Even a few hours of exercise a week will be very helpful. A March 2003 study in *Diabetes Care* reported that walking for 30 minutes, three to seven times a week, increased insulin sensitivity even with no loss in weight.

I advise brisk walking for 30 minutes every day, until you get your insulin under control. After that, three to four times a week may be sufficient. Exercise is so important to our biochemistry; we should look on it as an essential nutrient that we must have to be healthy

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