### BEYOND HEALTH® News

May-June 2006

"Yesterday's thoughts have created your present.

Today's thoughts are creating your future."

— James Newman, Astronaut

### Laughter Is Good

Improves circulation...

Decades ago, Norman Cousins, former editor-in-chief of *The Saturday Review*, employed laughter to help cure his life-threatening autoimmune disease. It is well known that laughter and positive emotions are good for you and that stress and negative emotions are harmful. A new study in the February issue of the medical journal *Heart* has measured the effect of laughter on blood circulation.

Researchers measured blood flow in volunteers who watched a funny movie and found that the increase in circulation was equivalent to that achieved by aerobic exercise. They speculate that laughter may increase the body's production of nitric oxide, a chemical that helps dilate blood vessels. The same volunteers also

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watched distressing movies; blood circulation was found to be 50% better after watching a funny movie.

A number of studies have linked poor heart health to stress and negative emotions. This has been attributed to persistent elevations of stress hormones. The inspiring movie Patch Adams, based on the true story of a medical student of the same name, illustrates how humor, happiness, and laughter were used with medicine to help children and adults recover from illness. Britain actually opened a Laughter Clinic in the fall of 1991, and thousands of doctors, nurses, and medical professionals have attended training events there. There have been television news stories on hospitals incorporating "laughing rooms" where patients view funny movies, read joke books, and engage in laughter-promoting entertainment. Reports reveal that patients who take advantage of these "laughter rooms" seem to have better chances of recovery and quicker recoveries.

One way laughter is therapeutic is that an exuberant "belly laugh" thoroughly exercises all of the muscles, nerves, and organs in our core body. This exercise not only burns calories, but releases hormones called endorphins throughout our bodies. Endorphins have a morphine-like effect. They incite feelings of joy and well-being, giving us a natural "high." Laughter not only exercises us, it lightens "heavy" moods pro-

duced by stress, discouragement, and tension. Further, our lungs drink deeply of oxygen as we engage in hearty laughter, and our circulation is enhanced as blood vessels are opened.

Laughter even has a profound effect on the immune system. Just as suppressed anger, hatred, and bitterness hinder immune function, laughter strengthens the immune system. Research experiments at Loma Linda University School of Medicine have shown that laughter stimulates the immune system to produce white cells called "T" cells that prevent infection. Laughter was also proven to increase natural killer cells, which are virus- and tumor-eroding lymphocytes, along with Gamma-interferon, which is a disease-fighting protein.

Other benefits of laughter are its inherent abilities to relax us and make us feel happy, carefree, and hopeful. It also promotes a sense of unity or bonding among those who enjoy it together. Brain function is improved as we indulge in regular laughter because it stimulates both sides of the brain, keeping us alert. Laughter energizes, making it another positive for those seeking weight loss. Most people don't even stop to think that a movie can have an effect on their health, but it does. Choose funny and uplifting movies for best results.

Most of us take life too seriously. Our health demands that we learn from little children. The average preschool child laughs between 300 and 400 times a day. Most adults are fortunate if we laugh 11 times in a day. Robert Holden, a stress consultant, wrote an article published on the internet called "A Dose of Laughter Medicine" in which he states, "We don't stop laughing because we grow old; we grow old because we stop laughing."

### **Bird Flu Update**

It's a hoax...

In the November/December 2005 issue of BHN, our article on the "Avian Flu Threat" advised, "Don't panic; this is a manageable problem." We promised to keep you informed. As more evidence accumulates, and as international warnings continue to become more shrill, we thought it is time to contribute some balance and reason to all the hype.

We see no scientific evidence to

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support the current concern regarding bird flu. An epidemic requires that the infectious agent be easily transmitted from one person to another. This is not the case with bird flu. An epidemic is impossible given what we currently know about the transmission of the virus. A little over 100 people have died from bird flu, and all were in continuous and intimate contact with the sick birds. Transmission of the virus to humans is difficult. This makes it *very difficult* to have an epidemic.

As far as we can tell, this crisis has been invented and is 100% driven by drug companies and the medical establishment for economic reasons. Many billions of dollars are at stake in huge government contracts to prepare for the coming pandemic. Both states and the federal government are projected to stockpile billions of dollars of worthless, toxic drugs and vaccines, which will all be trashed at their expiration dates. This will be a bonanza for some, but a tragic waste for the rest of us.

What should you do? First, express your displeasure to your elected representatives about the waste of taxpayer funds to support this boondoggle. Second, do what everyone should be doing in the first place, and that is to stay healthy and keep your immunity strong. Do not eat the immune-suppressing, deadly poison known as sugar. Sugar is a significant cause of colds, flu, and other infectious diseases. Nutrients that are known to support immune function include vitamins A, C, E, B6, and B12, magnesium, selenium, and calcium. Adequate amounts of vitamin C are crucial. Unfortunately, most of the vitamin C on the market is in a form that is not biologically useful; it also contains oxidized ascorbate. damaging Beyond Health is your best resource for high-quality supplements.

### **Aging Slowly**

Cut calories...

The fact that low-calorie diets slow aging and extend life among laboratory animals is well established. A new study in the January 2006 Journal of the American College of Cardiology confirms this for the first time in a human study.

The average American consumes about 2,400 calories per day. Volunteers ate a 1,670-calorie diet that met the RDA for nutrients, for six-and-a-half years. Those eating the calorie-restricted diet demonstrated a significantly slower decline in heart function than that which normally occurs with aging. Further, their blood pressure was lower than those eating a regular diet.

The truth is: Americans eat far too many calories, and it is making us fat, sick, and old. Almost anyone can cut calorie intake by eliminating the Big Four (sugar, white flour, processed oils, and excess animal protein). Eat more fresh fruits, vegetables, legumes, grains, nuts, seeds, and sprouts. These are naturally lower in calories, as well as richer in nutrition.

### **Pet Food Recalled**

It's our problem too...

Last December, the Diamond Pet Food Company issued a recall of its premium dog food after dogs that ate it died from aflatoxin poisoning. Aflatoxin is a powerful toxic chemical produced by mold. In this case, the dog food contained corn that was contaminated with aflatoxin.

Unfortunately, the risk of being damaged by aflatoxin is not restricted to dogs. Humans are also regularly exposed to this dangerous toxin, which is a powerful, colorless, odorless, and tasteless carcinogen. Aflatoxin is found on figs, grains, nuts, and seeds – and especially on peanuts, corn, walnuts, and pistachios. Grains, nuts, and seeds must

be purchased as fresh as possible, or they may be too moldy and toxic. Liver cancer is widespread in countries such as China, where rice is often stored in warm, humid conditions, encouraging mold growth. Commercial peanut butters are usually contaminated with aflatoxin, making them a poor choice. Corn products are often contaminated with aflatoxin, which includes not just corn itself, but also corn syrup, corn starch, corn meal, corn flakes, corn chips, and corn tortillas. To reduce mold growth, keep food refrigerated.

Consumers need to know that this powerful carcinogen is in our food supply. While food companies try to minimize it, they are not always successful. It is up to the individual to exercise caution and avoid foods, such as peanuts and corn, that have unusually high contaminations.

### Fat Damages the Brain

Alzheimer's risk increased...

People who are overweight in their 40s have a far higher risk of developing Alzheimer's as they age. Data presented in April 2006 at the annual meeting of the American Academy of Neurology added to a growing body of evidence that excess pounds damage the body in many ways, even contributing to Alzheimer's.

Fat cells produce a flood of dangerous inflammatory chemicals that damage tissues throughout the body, including blood vessels and the brain. Fortunately, weight is something that is easy to control. The key to weight control is to eat lots of food (real food). Raymond Francis' forthcoming book on weight control will make a major contribution to the literature on this subject.

### **Ginkgo Against Cancer**

Regulates cell growth...

Ginkgo biloba is an adaptogenic herb with a number of beneficial effects. Traditionally, Ginkgo has been used for memory problems, and it is currently being studied for potential treatment of Alzheimer's. However, new research indicates that it is also useful against cancer.

Experimental animals treated with Ginkgo showed a reduced risk of aggressive cancer. Ginkgo appears to regulate cell growth by decreasing the expression of the cell receptors associated with invasive cancer. Ginkgo has been demonstrated to slow the growth of breast tumors by 80% and to reduce the size of brain tumors.

### **Ginkgo Supplements Recalled**

A common problem...

Early last December, Consumer Lab tested 13 Ginkgo products. Out of the 13, 7 were found to be low in potency, based on the amount of Ginkgo biloba measured versus the amount of active ingredient listed on the label. Jarrow Formulas was one of the brands found wanting. It contained only 68% of the amount claimed. Jarrow recalled their products after the public announcement by Consumer Lab. In January, Olympian Labs recalled their Ginkgo product because it was found to be contaminated with lead.

In a similar vein, Consumer Lab found that a brand of children's chewable gummy bear vitamins contained excessive amounts of lead. Consumer Lab also found that the labels of most nutrition bars were misleading, with many containing undeclared carbohydrates. One protein bar contained 1/3 more carbohydrates than listed. A low-carb bar contained 50% more saturated fat, and an energy/nutrition bar contained 27% more saturated fat than listed. The FDA has sent warning letters to several manufacturers. In 2003, the Lab tested samples of CoQ10 and found one brand that contained no CoQ10 at all.

Unfortunately, discrepancies between label claims and actual potencies are a common problem. Fortunately, Beyond Health makes it our business to research and select only the highest quality products and make them available to the public—all in one place.

### **Shockwave Treatment and Diabetes**

Increases risk of diabetes...

A new study in the *Journal of Urology* followed Mayo Clinic patients for 19 years and discovered that shockwave treatment for kidney stones can increase the risk of developing diabetes by almost 400%. While magnified sound waves have been an effective treatment to break up kidney stones, the shockwaves appear to damage pancreatic cells. The risk of developing diabetes was proportional to the number of shocks and the intensity of the treatment. Another side effect was a higher risk of hypertension.

As always, the best way to treat a health problem is to prevent it. The best way to prevent kidney stones is to drink a lot of water, supplement with vitamin C, and do not eat the deadly-poison sugar, consume dairy products, or drink sodas.

### **Autos Found Toxic**

At long last...

The Environmental Protection Agency has called indoor air pollution one of the top five environmenpublic tal risks to health. Contributing to this problem, highly toxic interiors of automobiles are a significant health hazard. Confirming this fact is a report by the Ecology Center that was released in January 2006. Toxic at Any Speed reports that the air inside an automobile is 5 to 10 times more toxic than air in homes and offices, and the air in homes and offices is already 5 to

10 times more polluted than outdoor air

Cars were selected from 11 manufacturers, and they were all found to have worrisome levels of toxic chemicals, including fire retardants. Components such as seating materials, carpets, armrests, and wire coverings were all found to be outgassing toxic chemicals. Hyundai was found to have the highest amount of phthalates. Phthalates have been linked to liver, kidney, and reproductive problems, as well as developmental problems in children. BMW performed above average, while Mercedes, Chrysler, Toyota, and Subaru were found to have higher than average chemical concentrations.

Few of us want to give up our cars, but we must use them intelligently. Think of a car as a mobile poison-gas chamber, and always air it out before getting into it. When driving, always keep generous amounts of air flowing through the car. New cars must be baked out. Park the car in the hot sun with the windows rolled up. This increases the temperature and bakes out volatile chemicals. Air the car out every few hours while it is baking. Most of the toxins will bake out in the first year or two, depending on where you live and the amount of sunshine you get, but the car will continue to outgas for its useful life.

### **Chemical Mixtures More Toxic**

Tested one at a time...

A new study adds additional proof to what we already know: Combinations of toxic chemicals can be vastly more hazardous than a single chemical acting alone. Unfortunately, current safety testing procedures test one chemical at a time, significantly underestimating their danger.

New research from the University of California Berkeley published in

the online journal *Environmental* Health Perspectives has found that pesticides commonly found in agricultural runoff caused harm to experimental animals at levels 100 times below EPA standards. This is because they were acting in combination. What is significant about these findings is that chemicals such as herbicides, pesticides, and phthalates, which have little effect on their own, can have very significant biological effects at extremely low concentrations when acting in combination with other chemicals. Phthalates are found in many plastics, nail polish, and other cosmetics.

Concentrations of these chemicals are now being found in humans at the same levels that cause significant problems in animals. The fetus of a pregnant woman can be especially at risk, and maternal toxicity may be why many children are born with reproductive problems. These findings offer a good argument for avoiding as many chemicals as possible in our daily lives.

### Vitamin E and Eyesight

Prevents cataracts...

A recent study in the Archives of Ophthalmology has found that supplementing with vitamin E helps to prevent cataracts. More than 20,000, 000 Americans age 40 and older are at risk for impaired eyesight due to cataracts. People who take vitamin E supplements for the longest time are the least likely to develop cataracts. The study suggests that taking vitamin E at younger ages might provide the most potential benefit.

### **Additives Damage Brains**

Cognitive and behavioral problems...

Common foods fed to children damage their brains and contribute to our epidemic of cognitive and behavioral problems. A new study published in the January *Toxicological Sciences* has found that common

food additives found in many children's snacks and drinks can damage nervous systems, thus contributing to our epidemic of attention deficit hyperactivity disorder (ADHD).

Common additives, such as MSG, aspartame, quinoline yellow and brilliant blue, exhibited synergistic effects on nerve cells, stopping cell growth and interfering with cell-to-cell signaling. Such additives are usually tested for safety and licensed one at a time. However, their effects when acting in combination can be many times higher. The combination of MSG and brilliant blue had a 400% greater effect than either alone, and the combination of aspartame and quinoline yellow was 700% greater.

The obvious conclusion is not to eat processed foods, which routinely contain combinations of additives. Processed foods should never be fed to children, whose developing brains and nervous systems are more susceptible to damage than the fully developed nervous system of an adult.

### **Anabolic Steroids Dangerous**

Heart attacks and liver damage...

Anabolic steroids damage the heart and the liver, according to a new study in the March 2006 Journal of Acquired Immune Deficiency Syndromes. The biggest use of anabolic steroids today is among bodybuilders and athletes. Too many of our young people use these drugs to build muscle, unaware of the significant health risks they are taking.

This study found that the adverse effects of the steroids were clear within the first 12 weeks. There was a significantly increased risk of heart attack, with decreased levels of good HDL cholesterol and increased levels of bad LDL cholesterol, as well as a significant risk of serious liver damage.

### Hypertension can kill you — unless you know how to prevent it

By Raymond Francis

ypertension (high blood pressure) is an insidious condition affecting almost half the American population to at least some degree. Tens of millions are taking medication to lower their pressure. Occurring almost exclusively in developed countries that consume processed foods, this silent killer has no symptoms, but can kill you by bursting a blood vessel and causing a stroke, or by gradually destroying your heart, blood vessels, and kidneys. What causes high blood pressure? Simple: Our bad diets, toxic overloads, lack of exercise, and stress—all of which are under our control. Because the causes are under our control, so is the prevention and the cure.

Unfortunately, most hypertensive patients are told by their doctors that they have to take a drug for the rest of their lives and are handed a prescription. These toxic drugs lower blood pressure, but they don't solve the underlying metabolic problems. Rather, like most prescription drugs, they cause cells to malfunction in new ways and create a whole new set of problems, while merely suppressing symptoms. No one is sick because they are suffering from a drug deficiency.

One class of drug used to lower blood pressure is called a diuretic. These drugs elevate your triglyceride levels while depleting your supplies of potassium and magnesium. Diuretics increase the risk of cardiac arrhythmias and heart attack. In fact, aggressive treatment with these drugs has been shown in studies to actually increase mortality.

Another class of drugs is beta blockers. They, too, disrupt normal cells and cause impotence, depression, and fatigue. Still another class is called calcium channel blockers. These damage the liver and also weaken the heart.

Drugs are foreign to the body and interfere seriously with the body's normal metabolism, blocking biochemical pathways that are necessary for health. When more than one drug is taken, the combination is even more damaging and dangerous. Remember—all drugs are toxins and several hundred people die from properly prescribed drugs every day. Prescription drugs alone are the #3 cause of death in the U.S., and they are major contributors to making medical intervention our leading cause of death.

For those who don't care about their health, drugs are the way to go. They are simple, easy to take, and do not require making any changes in lifestyle. For those who care, and who want to live a high-quality life without years of disability and dependency, there are better approaches.

High blood pressure is caused by poor diet, toxins, lack of exercise, and stress. Successfully addressing each of these factors is almost certain to normalize blood pressure. A diet high in animal products is known to contribute to hypertension. High-fat diets increase blood pressure by thickening the blood, making arteries less elastic, and by stimulating hormones that cause blood vessels to constrict. Keep your con-

sumption of saturated animal fats to a minimum; cut out dairy and keep meat to a minimum.

Potassium deficiency can cause high blood pressure. To fix this, stop eating salt (most of our salt intake is from processed foods), and eat lots of fresh, organic fruits and vegetables. The deadly poison known as sugar causes hypertension by a variety of mechanisms including the loss of magnesium in the urine. Magnesium deficiency will elevate blood pressure, and 80% of all Americans are magnesium deficient.

Take high-quality calcium and magnesium supplements, and eat plenty of fresh organic vegetables. Take higher doses of magnesium until urine pH is normalized. In one study, magnesium lowered blood pressure in 19 out of 20 people. Garlic and other members of the onion family will lower blood pressure. Herbs such as hawthorn can also be helpful. Supportive nutritional supplements include: Vitamins B6, C and E, carotenes, CoQ10, calcium, magnesium, zinc, selenium, flavonoids, and omega-3 fatty acids. Another tip: Start Beyond Health's hypertension package.

Toxic heavy metals such as lead, cadmium, and mercury will cause hypertension. Two common sources of cadmium are cigarette smoke and white flour, so avoid them. Eat a diet high in vitamin C and zinc to flush cadmium out of your body. Regular saunas are helpful for hypertensives who are toxic with heavy metals. Exercise is essential to health and is known to reduce blood pressure. The minimum exercise needed is at least 20 minutes 3 times a week, and more is better. Stress reduction techniques such as biofeedback, yoga, and meditation are helpful in lowering blood pressure.

Other contributors to hypertension include alcohol abuse, excessive caffeine intake, smoking, and toxic prescription drugs. Drugs such as NSAIDS, oral contraceptives, and steroids are known to increase blood pressure. Obesity and diabetes both cause hypertension by a variety of mechanisms.

An effective "quick fix" method to lower blood pressure, which has been around for half a century, is to eat a diet of organic brown rice, potassium-rich fruits, and vegetables for 3 to 6 weeks. Virtually *no one* should get high blood pressure if they are living right. If you do have high blood pressure, it is best to lower it naturally. Avoid the use of toxic prescription drugs. If you are on hypertensive medication, bring this article to your doctor, and ask to be put on a natural program consisting of supplements and a good diet.

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 field of optimal health maintenance.

**QUESTION:** I have been bruising easily and experiencing spontaneous discoloration with purple spots on my skin. My doctor says it is caused by capillary fragility. Is there anything I can do to stop this from happening?

H. H. — Tarzana, CA

**ANSWER:** Yes, there is much you can do. It appears you have a vitamin C deficiency disease called scurvy. Strengthen your capillaries and the problem will go away. However, this problem is not only affecting your skin and what you can see; it is affecting your entire body. You are at increased risk for stroke and other hemorrhaging. This is not a cosmetic problem; it is a serious health problem, but an easily correctable one.

Studies have shown that people with such problems respond very well to supplementation with vitamins C and E. Zinc deficiency may play a role, and supplementing with zinc is also recommended. Quercitin is also recommended, as it is synergistic with vitamin C in the synthesis of collagen to make strong, healthy blood vessels. I recommend you start the Beyond Health Comprehensive Program. For help with this, call 800.250.3063.

**QUESTION:** Can you recommend a safe laundry detergent?

R. D. — San Anselmo, CA

**ANSWER:** Seventh Generation products are good choices. I personally use Procyon as a laundry detergent because it is better for the environment. Procyon is an environmentally safe carpet cleaner. It is the only carpet cleaner I would consider using. It not only does a better job of carpet cleaning, but regular carpet cleaners put a huge toxic load on you, your family, and your pets.

Beyond being a superior carpet cleaner, Procyon is also a versatile all-purpose cleaner. You can put it in a spray bottle and use it to clean in the kitchen and bath where it does a superior job. (One thing *not* to use it on is painted surfaces.) In addition, it makes a great laundry detergent. Procyon does an excellent job of getting your clothes clean, while being safe for the environment. I use the same amount as any other liquid detergent. Get a gallon from Beyond Health, and try it out.

**QUESTION:** I suffer from arrhythmia and my doctor wants to put me on drugs. Is there a natural way to deal with this problem?

D. J. — San Francisco, CA

**ANSWER:** Arrhythmia is an irregularity in the force

or the rhythm of the heartbeat. In truth, normal heart rhythms *are* irregular. When irregularity goes outside of normal limits, and you start to experience irregular beats, flip-flops in your chest, pounding, racing, and skipped beats, this can be a sign of serious disease.

The heart's rhythm is controlled by an electrical impulse that is generated from a clump of tissue on the right atrium called the sinoatrial node, often referred to as the heart's natural pacemaker. When you have arrhythmia, something has gone wrong with this electrical system. Fortunately, in most cases this is easy to fix, but not with drugs. Drugs are virtually never the solution to health problems, and anti-arrhythmia drugs carry a risk of serious side effects, including damage to the liver, lungs, and thyroid. All drugs do is suppress symptoms while putting a toxic burden on the body.

One of the most important things you can do to repair your electrical system is to make sure you are getting adequate amounts of omega-3 fatty acids in your diet. An adequate amount of vitamin C is also critical to your electrical system. Magnesium is also critical. It is well known that people low in magnesium suffer more arrhythmias. CoQ10 is another nutrient required by the heart for normal function, and studies show dramatic drops in abnormal heart rhythms in those people supplementing with CoQ10. Hawthorn is an excellent herbal therapy and has been demonstrated to significantly reduce arrhythmias.

Supplementing with a combination of sufficient amounts of omega-3 fatty acids, vitamin C, magnesium, CoQ10, and hawthorn will solve the problem for most people. Should the problem persist, you have to look at other factors that may be affecting your electrical system.

**QUESTION:** I have a teenager who is out of control. She eats a terrible diet. I try to get her to eat better, but she lives on junk food. Do you think what she is eating is affecting her behavior?

M. C. — Santa Fe, NM

**ANSWER:** It is a fact that what we eat affects our behavior—not only from a nutritional standpoint, but toxicologically as well. Modern processed foods are deficient in essential nutrients that the brain needs for normal function, while being loaded with neurotoxic food additives. The combination of the two can result in extreme behavior, including violence and suicide.

We are what we eat, and we behave like what we eat. Our nutritional status affects everything, from our behavior as children to our memory as seniors. It sounds

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like your teen's brain has been deprived of the molecules needed to make calming, soothing neurotransmitters, and she feels overwhelmed with negative feelings, lashing out in anger. Experiments have shown that teens who skip breakfast, or breakfast on nutritionally deficient, high-carb food, exhibit measurably higher rates of anger, tension, depression, fatigue, hostility, and confusion. In addition to nutrient deficiencies creating a shortage of critical raw materials for the synthesis of behavior-altering neurotransmitters, there are 3 dietary factors that play a major role. One is the deadly poison, sugar, and the others are excess dietary sodium and toxic food additives.

Sugar is well known to affect brain function. Among other things, the chronically high levels of insulin created by regular sugar consumption shrink the part of the brain called the hypothalamus. The hypothalamus plays a pivotal role in an astounding number of functional and behavioral activities. The expression of emotions such as fear and rage are partly controlled by the hypothalamus; it even helps regulate sleep and levels of consciousness.

Most people don't think of the salt in their diet as affecting their behavior, but it does. The American diet is overloaded with salt, especially in junk foods. Salty food makes you want more, setting up a cycle of food cravings. This helps to sell more foods, but it also upsets body chemistry in a way that causes confusion, irritability, and anxiety.

Two of the most neurotoxic of food additives are MSG and aspartame. Both of these function as "excitotoxins," chemicals that literally excite brain cells to death. Both of these are even more toxic when combined with certain other common food additives. Common food additives are capable of significant effects on behavior.

Have your daughter read my book, *Never Be Sick Again*. The way to win with teenagers is to have them voluntarily change their habits in favor of something they want more: Health, vitality, physical attractiveness, and a more-likable personality.

**QUESTION:** I read this article "Milk - Does A Body Good?" and now that I have a baby on the way, it really hit home. I want to be eating healthy and omit all this dangerous food and dairy from my diet. It's going to take a complete diet overhaul, and I don't know where to start. Please recommend good replacements so I can meet the proper calcium and protein, etc.

J. H. — Internet

**ANSWER:** Your best sources for calcium and protein

are the very same sources that cows use to get their calcium and protein—green plants. Consider that 1 calorie worth of spinach has twice the protein of 1 calorie of steak, broccoli has almost twice as much, and lentils have 50% more than steak. In addition, green vegetables such as broccoli are also rich in calcium. Your best bet is to eat a diet consisting of a variety of organically grown, fresh whole plant foods, along with whole grains, nuts, seeds, and sprouts. As extra insurance, start Beyond Health's Comprehensive Program. The combination of the two should assure you are getting what you need.

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