

BEYOND HEALTH[®] *News*

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“The voluntary exposure of the brain to microwaves from hand-held mobile phones is the largest human biological experiment ever.”

— Professor Leif Salford, Head of Research, Lund University, Sweden

More About Bisphenyl-A

It causes diabetes...

Bisphenyl-A (BPA) is a component used to make plastics such as polycarbonate and epoxies. There are two problems here: First, BPA forms weak chemical bonds. These bonds break over time and release the BPA into the environment, leaching into water and food. Second, BPA is extremely biologically active, even at exceedingly low doses. This is a very dangerous chemical.

Unfortunately, polycarbonate is used to make everything from baby bottles to large 5 gallon water bottles for home delivery of “pure” water. BPA also leaches from the epoxy linings of canned foods and beverages. People who think they are drinking pure water out of these large polycarbonate bottles are actually harming themselves and their families. Also,

no one should be eating and drinking out of cans. BPA is known to cause health problems ranging from cancer to behavior changes, birth defects, early puberty, impaired immunity, obesity, and reduced sperm count.

Recently, BPA has also been shown to cause diabetes. A 2006 study in *Environmental Health Perspectives* has demonstrated that chronic, low-level exposure to BPA causes insulin resistance. The doses used in the experiment were 5000 times lower than the dose cited by the EPA as the lowest dose causing effects. The doses used were within the range that 95% of the American public is actually exposed to. With diabetes now an out-of-control epidemic, we need to take heed of anything that could be contributing to this epidemic. The authors of the study concluded that exposure to BPA increases the risk of developing dyslipidemia, hypertension, and type 2 diabetes.

Benzene in Your Soda

Children at risk...

In February, the Environmental Working Group sent a letter to the FDA requesting that the public be informed about the presence of a cancer-causing chemical, benzene, in many popular children’s drinks.

In 1990, the FDA learned that soft drinks contain two ingredients that can react to form the toxic carcinogen, benzene. Benzene has been linked to leukemia and other cancers

of the blood. At that time, the public was not notified of the problem, but companies were asked to voluntarily change their formulas.

Unfortunately, the voluntary change has not been sufficient. Soft drinks are being found with benzene levels far above the safe limits set for drinking water. Some children’s products have been found to contain 2 to 4 times what is acceptable in drinking water. Benzene is an aggressive carcinogen, and it can form in foods and drinks that contain both vitamin C and sodium, or potassium benzoate. The benzoate is used as a preservative, while vitamin C is added to make products more appealing to the consumer. Many such products are specifically marketed to children.

Products that contain both vitamin C and benzoate include Diet Pepsi Twist, Fanta Orange, Giant Fruity Punch Cooler, Hawaiian Punch Lemonade, Kool Aid Jammers, Monster Energy, and Tampico Citrus Punch. Always read labels carefully. Best of all: *Never* purchase processed foods of any kind.

Cancer Vaccine Approved

But not by us...

The FDA has recently approved the first cervical cancer vaccine. The president of the American Cancer Society calls it “one of the most important advances in women’s health in recent years.” The vaccine is called Gardasil, and it has been

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shown to offer 100% protection against certain strains of the human papillomavirus. This virus is estimated to cause between 70 and 95% of all cervical cancers. It is estimated that sales of Gardasil will exceed \$1 billion per year.

In BHN's opinion, this is just another example of profit-driven human experimentation by the drug industry. Vaccinations are dangerous, and people get too many of them already. We don't need yet another one. Because we already know how to prevent and reverse cancer, vaccines are totally unnecessary.

Further, human papillomavirus virus is a sexually transmitted disease and can mostly be prevented with appropriate education and care. In addition, an anticancer diet rich in fresh fruits and vegetables, especially vegetables such as bok choy, broccoli, Brussels sprouts, cabbage, and cauliflower, is highly recommended.

Aspartame Toxicity

Causing cancer...

Aspartame is an artificial sweetener that is used in 1000s of food and drink products. Known as NutraSweet to most Americans, aspartame is probably the most controversial food additive in history. About two-thirds of our population and 40% of our children regularly ingest aspartame.

The problem is that aspartame has been linked with a number of health problems, including birth defects, cancer, and nerve and brain damage, to mention a few. A recent study from a cancer research center in Italy presented the results of a long-term, large-scale study. The researchers concluded from this animal study that aspartame is a "multipotential carcinogen" that causes a dose-related increase in kidney cancer, leukemia, lymphoma, and tumors in the cranial nerves. The researchers advised that the results of this experiment called for urgent reconsideration of the rules governing the use of aspartame.

Ritalin Stunts Growth

Serious metabolic problems...

A new study from Children's Hospital in Boston shows that drugs used to treat Attention Deficit Hyperactivity Disorder (ADHD) can inhibit growth in children. Remember that prescription drugs are toxins. Toxins interfere with the body's normal metabolism. It now appears that one of the toxic "side effects" of these ADHD drugs is the disruption of normal growth in children.

Disrupting growth is a resounding alarm bell. The body's metabolism is being seriously disrupted. While the measurable symptom is inhibiting growth, one can only guess what other damage is being done to the body and the growing brain.

Prescription drugs are always the worst choice to treat a health problem. There are virtually always alternative approaches available that are less expensive, more effective, and safer. A variety of alternative approaches are available for ADHD. The most obvious is to improve the diet by eliminating all processed foods, plus supplementing with amino acids, B vitamins, and essential fatty acids.

Parkinson's and EFAs

Abnormal membranes...

A study in *The New Zealand Journal of Medicine* has concluded that the fats in modern diets contribute to the incidence of Parkinson's. Parkinson's disease was rare prior to the introduction of the high-fat diets and processed oils in industrialized countries.

About 90% of Americans are deficient in omega-3 essential fatty acids, while overloaded with saturated animal fats and omega-6s. This deficiency and imbalance leads to the construction of abnormal cell membranes. Abnormal membrane composition results in significant disruption of normal cell function, which causes free-radical oxidative stress, which in turn causes the DNA mutations seen in Parkinson's.

Diets low in saturated animal fats and processed oils that contain adequate amounts of essential fatty acids would appear to be both a preventive and a treatment. Vitamin E has been shown to slow the progression of Parkinson's by slowing the free-radical damage. BHN recommends supplementing with omega-3s, antioxidants such as acetyl-L-carnitine, alpha lipoic acid, CoQ10, and vitamins C and E. For your information, Beyond Health's Brain Support Package is available at www.beyondhealth.com.

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Preventing Prostate Cancer

Supplements are effective...

Supplementation with even modest doses of vitamins and minerals significantly reduces the risk of prostate cancer in men with initially normal PSA levels. A study of over 5000 older men was reported in a 2005 *International Journal of Cancer*. The men were followed for 8 years. Men in the supplement group developed fewer cancers and showed a 48% reduction in risk.

A 48% reduction is substantial, and the effect may have been even greater if the men were given higher doses and a better balance of nutrients. Each of the men was randomly assigned to take either a placebo or a pill containing 120 mg of vitamin C, 30 mg of vitamin E, 6 mg of beta carotene, 100 mcg of selenium, and 20 mg of zinc. The vitamins C and E are especially low, and the experiment lacked other critical vitamins and minerals, as well as essential fatty acids. BNH believes you can reduce the risk to near zero with an appropriate diet and supplement program.

It's interesting to note that another study in 1997 of 22,000 men, reported in *Nutrition Week*, found that men who took beta carotene supplements were 36% less likely to develop prostate cancer. It's amazing what you can do with just one supplement. Imagine what we could do for the health of our people if we eliminated the nutritional deficiencies that are epidemic in our society.

Toxins and Homeostasis

Cellular communications damaged...

All of the tens of trillions of cells in your body are in constant communication. Because of this constant communication, individual cells throughout the body are able to act in harmony, as a community, and keep the body in the healthy balance called "homeostasis."

There are only two causes of disease: Deficiency and Toxicity. Research reported in *Chemistry and Biology* and the *New Scientist* sheds light on one way in which toxins can make you sick. Cells send light signals to each other as one means of communication. Scientists are amazed at the speed and distance over which these signals can travel, but toxins present in cells limit the distance the light can travel. In fact, they can even stop the signals and prevent them from reaching cells that depend on this information to regulate their activities. Physicists believe that certain toxins are "light scramblers" that cause chaos in the body's cell-to-cell communications. As a result, the body ceases to regulate properly and goes out of homeostasis and into the diseased state.

When one considers that the average American is bioaccumulating several hundred toxic chemicals in their cells, it should not be a surprise that most of us are sick and that the health of our population is in a long-term downtrend. We must all learn how to minimize our toxic loads and how to support our detoxification systems. Most of these accumulating toxins are oil soluble, and the most effective way to reduce this toxic load is to take saunas regularly. Learn about sauna quality at www.beyondhealth.com.

Studies Misleading

Supplements are effective...

A series of studies have been released in the last year "proving" that supplements are ineffective. When this is hyped in the media, the public is misled and the drug companies benefit. Unfortunately, such studies fly in the face of thousands of other studies to the contrary, but they get front-page treatment nonetheless.

In February, a study in the *New England Journal of Medicine*, hailed

as the biggest study ever on calcium and vitamin D supplementation, failed to find any benefit in protecting against fractures. Even though the study was poorly designed, it still found substantial benefits that were ignored by the media. Women over age 60 who took the supplements regularly reduced their risk of hip fracture by 29%. This is a significant finding. The media should have been touting the success of the study – not the failure to find benefit in younger women.

There were two major flaws in this study: First, federal guidelines recommend 1200 mg of calcium and 400 to 600 IU of vitamin D per day for women over age 50. This study used only 1000 mg of calcium and 400 IU of vitamin D; 1000 IU of vitamin D would have been a far better choice. Second, many of the women were taking supplements before the study began, and they were allowed to continue. Because most people take calcium supplements made with calcium carbonate, a poorly utilized form of calcium, all these people were in fact taking very little calcium. It's hard to measure benefits when there is no calcium intake. In addition, all nutrients act together as a team, and this team was lacking powerful players like magnesium, vitamin K, boron, manganese and vanadium. Given the flaws and the substantial benefit observed in women over 60, one can only imagine the benefits if the study had been done properly. It's a shame that such poorly done studies are given such weight in the media.

Vitamin D Deficiency

Causing heart disease...

Research over the last decade indicates vitamin D deficiency is epidemic in America. One reason for this deficiency is modern medicine's ill-conceived advice to stay out of

the sun and to use sunscreen lotion. The result is an epidemic of preventable diseases such as skin, breast, colon, and prostate cancer, diabetes, and multiple sclerosis.

Now, new evidence implicates cardiovascular disease. A 2005 study in the *British Journal of Nutrition* has linked vitamin D deficiency to the prevalence of heart disease. It appears vitamin D increases the body's natural anti-oxidant defenses and prevents calcification of vascular tissue, thereby protecting the cardiovascular system. Conclusion: The more sunlight you get, the better for your cardiovascular health.

It is now estimated vitamin D deficiency causes an extra 50,000 cancer deaths per year in America, along with increased autoimmune diseases such as multiple sclerosis and rheumatoid arthritis. Yet modern medicine continues with its outdated advice to stay out of the sun. BHN recommends [1] A tablespoon of cod liver oil per day; and [2] For most people, having their vitamin D levels tested periodically. Ask your doctor to measure your 25-hydroxy vitamin D levels. Optimal levels should be between 45 and 50 mg/ml.

Disease Sinking America

Worst crisis in our history...

The health of the American people is in a long-term downtrend. Our epidemic of chronic disease, along with our aging population and millions of unhealthy children, is threatening to bankrupt our society.

Two-thirds of Americans are overweight. One-third is clinically obese. Over 40% of us have high cholesterol. Half of all Americans over age 65 have high blood pressure, and 70% of them are unaware of it. Also, 100,000,000 Americans have metabolic syndrome, which is pre-diabetes. More than 5% have diabetes, up over 100% since 1980 and rising in epidemic proportions. More than 90% are deficient in essential vitamins and minerals.

None of this should be happening. Health is a choice, and all these diseases are entirely preventable. Our children are so sick that life expectancy is about to turn down. It is time to accept responsibility for our health and reverse this situation. BHN suggests that everyone read *Never Be Sick Again* by Raymond Francis. If you have already read it, perhaps a reread is in order.

Trans Fats and Heart Disease

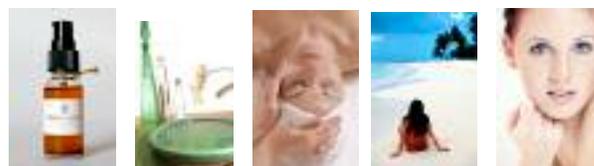
Eat good fats...

We all know that trans fats are bad for us, but Australian researchers reporting in the *Journal of Nutrition* measured their effect on heart disease. The researchers found that people consuming large amounts of trans fats had *twice* the risk of suffering a heart attack

compared to those who consumed little or no trans fats.

Most of the trans fats in our diet come from baked goods, candy, peanut butter, margarine, and vegetable shortening. Trans fats also occur in most of the processed oils sold in supermarkets. This is why it is so important to consume BHN-approved oils. The good news from this study is that the trans fats stored in the body's cells disappeared when trans fats were eliminated from the diet and good fats were substituted. Switch to high-quality Beyond Health coconut oil and olive oil, plus fish oil and flax oil.

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Protecting Your Brain with Acetyl-L-Carnitine

By Raymond Francis

Acetyl-L-carnitine is an amazing nutrient that is helpful in preventing a wide range of problems. Anyone who is concerned about protecting cells from age-related degeneration, or maintaining and improving brain function or energy levels, should be supplementing with carnitine.

Acetyl-L-carnitine (ALC) is a natural molecule that is found in most cells in the body, especially in the brain, heart, muscles, and nerve tissue. Research shows a steady decline in blood levels of carnitine after age 40. It also shows that supplementing with ALC delays the progression of age-related decline in cognition and energy. This vitamin-like compound is obtained from our diet, mostly from animal protein sources, very little being found in plants. Whenever dietary intake from animal sources is inadequate, the body makes its own, providing that sufficient essential raw materials (lysine, methionine, B vitamins, and vitamin C) are available for its synthesis.

Carnitine participates in a lot of critical biochemistry, including enhancing energy production in every cell in the body. Whenever cellular energy production is impaired, disease is inevitable. Carnitine helps to produce energy by transporting fatty acids into the mitochondria where they are burned. This is a major source of muscle energy; a shortage will result in muscle weakness and fatigue as well as angina (heart pain). Carnitine also helps with weight loss by facilitating the burning of fats.

Carnitine is one of the most extensively studied brain nutrients, and its greatest role may be in protecting and enhancing brain function. It improves mental focus and learning – and energizes and rejuvenates brain cells in the elderly. Acetyl-L-carnitine is the biologically active form of carnitine. It crosses into the brain more effectively than other forms of carnitine, and it enhances energy production in nerve cells. It also promotes the biosynthesis of the key neurotransmitter, acetylcholine, enhancing cognitive ability, focus, memory, and mood.

Carnitine supplementation facilitates repair to damaged brain cells caused by poor nutrition, stress, toxins, and trauma. It protects against the known negative effects that aging causes in the brain. It is especially useful in protecting injured brains from damage, such as in stroke patients. Stroke patients recover faster and better on 1500 mg of ALC per day. ALC's positive effects on the brain make it useful to protect against the neurotoxic effects of alcohol, Alzheimer's, damage from MSG and aspartame, diabetic nerve degeneration, prescription drugs, and recreational drugs. Many people report less confusion and enhanced alertness, less brain fog and more focus, and feeling mentally sharper within hours of taking acetyl-L-carnitine. ALC has even proved useful in enhancing both memory and attention in people with Down's syndrome.

Acetyl-L-carnitine appears especially useful for Alzheimer's patients. One study found that people taking 2 grams of carnitine

per day exhibited an improved level of responsiveness. In animal studies, carnitine coupled with alpha lipoic acid actually regenerated brain cells and improved performance. Carnitine functions as an antioxidant, protecting the brain and all the cells in the body from free radicals and age-related degeneration. It is safe, well tolerated, and rarely has side effects.

ALC benefits the entire body, including the heart. Studies show it increases energy levels in chronic fatigue patients. It protects against muscle-wasting diseases, including heart muscle weakness. Carnitine reverses the effects of heart aging. In animal experiments, carnitine almost completely restored heart function in older animals, and it has been beneficial in treating congestive heart failure in humans.

ALC prevents cataracts. One of the mechanisms of cataract formation is a process called *glycation*. Glycation is one of the consequences of consuming the deadly poison known as sugar. Sugar reacts with protein molecules in the body, forming compounds called advanced glycation endproducts (AGEs). When AGEs form in the brain, they cause senility. When they form in the eye, they cause cataracts. Studies show that acetyl-L-carnitine suppresses up to 70% of the most harmful AGEs.

Many people ask me what they can do to keep a healthy brain as they age. I suggest supplementing with ALC. The dosage for healthy people is 1000 to 2000 mg per day. Those with neurological problems would do better with 3000 mg per day. Adding 100 to 300 mg per day of CoQ10 and 250 to 500 mg per day of alpha lipoic acid would be very synergistic. Nutrients that support carnitine metabolism include alpha lipoic acid, B vitamins, CoQ10, magnesium, and vitamins C and E.

The scientific evidence continues to accumulate that ALC may offer unprecedented benefits in maintaining a youthful brain, as well as heart, immune, liver, and peripheral nerve function. As with any nutritional supplement, it is extremely important that the product be very pure and that the molecules be in the correct biological form required by the body. In this case, there should be no solvent residues or D-carnitine present. Doing this correctly requires care and knowledge. Studies show that *the overwhelming majority of nutritional supplements do not meet these standards*. Beyond Health supplies an acetyl-L-carnitine product that meets its exacting standards for quality and effectiveness.

Raymond Francis is an MIT-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: As you have suggested in BHN, I had my vitamin D levels tested, and I came out low. I live in Florida and get lots of sunshine. How can I be low in vitamin D and what should I do about it?

D. V – Hollywood, FL

ANSWER: Your experience is one reason why I recommend that everyone have their vitamin D levels tested. We now know this is a major nutritional deficiency in our country. Normally, one might expect someone living in the northern part of the county to be vitamin D deficient, especially in the winter months. We tend to think that everyone in places like Florida would be okay. Not so.

Everyone is different. Last December, data were presented at the annual meeting of the American Society for Bone and Mineral Research. In a study of young adults in Hawaii, most of whom were surfers who spent hours every day in the sun, it was found that some individuals do not make enough vitamin D, even if they get enough sun. The study offered no insights into why this was so.

I suspect that the difference has something to do with nutritional deficiencies and toxicities limiting the synthesis of vitamin D in those individuals. Supplementation can help. Get on the Beyond Health Comprehensive Program, and take extra cod liver oil every day. Have your 25-hydroxvitamin D level checked again in about a month and see how you are doing. Vitamin D is critical to health and it is important to keep your levels in the normal range.

QUESTION: I am wondering if you have any information on kidney stones or if you could give me some indication of where to look for more information. Thank you!

K. M. – Internet

ANSWER: A kidney stone is a solid rock-like material that has formed in the kidneys from mineral substances that have precipitated from the urine. These stones vary widely in size from a grain of sand to the size of a pea to golf-ball size. Most kidney stones are quite small and easily passed in the urine. Anything larger can be extremely painful, and some are so large they must be surgically removed. Drinking lots of water and jumping on a rebounder help to get stones moving, so they can be normally passed in the urine. Drinking water with lemon juice every half hour can also be helpful when trying to pass a stone.

As always, it is best to prevent something from happening, rather than trying to deal with the problem after

it happens. Kidney stones do not just happen. Most stones are caused by eating the Standard American Diet that is high in acid-forming sugar, cola, dairy, meat, salt, and white flour. The acid leaches calcium out of bones and tissues, which is then lost in the urine. Most kidney stones are made of calcium oxalate, which is formed when this excess calcium in the urine reacts with oxalates coming from food.

As you can see, we are doing this to ourselves. By eating an acid-forming diet, we invite problems. We can choose not to eat as much sugar, meat, salt, and white flour, or drink all that coffee and soda. Perhaps that wouldn't be so bad if we then didn't also choose a diet low in fresh fruits and vegetables that contain alkalizing minerals, which help to neutralize the excess acid.

Physicians usually recommend that calcium-rich foods be reduced in the diet. They believe that the stones are made of calcium and that reducing dietary calcium will be helpful. This is exactly the wrong advice. Unfortunately, most physicians have little training in biochemistry and do not understand how to prevent the formation of stones. What is needed is *more* calcium. With higher calcium intake, the oxalates in normal foods such as spinach will combine with calcium in the stomach, keeping the calcium oxalate in the stomach and preventing it from forming in the urinary system. Proving this point, the well-known Harvard Nurses Health Study determined that nurses who consumed the most calcium had the lowest rate of kidney stones.

People who are prone to forming stones and those who want to prevent stones should drink at least 8 glasses of water per day to keep the concentration of stone-forming chemicals low. Be sure to eliminate sugar, coffee, cola, dairy, excess animal protein, salt, and white flour from your diet. Supplement with vitamins A, B complex, and C. In addition, take extra calcium and extra magnesium. Measure your pH daily and be sure to keep your urine alkaline. If you need help with this, call Beyond Health [800.250.3063] and speak with one of the nutritionists.

QUESTION: Can you give me any advice on preventing hair loss?

D. G. – San Francisco, CA

ANSWER: Hair loss is a complex issue involving everything from genes to hormones to deficiency and toxicity. Each case has to be looked at separately, so it is difficult to give universal advice. However, there is a new 2006 study that is worthy of note. Some hair loss appears to result from iron deficiency, and the iron defi-

ciency appears to result from a deficiency of folate and vitamin B12. I have heard stories of people being able to safely regrow hair by taking folate and B12 supplements. At the doses they were using, taking 3 or 4 Vessel Health Guards per day would be sufficient for those people who would be responsive to this approach.

Another issue regarding hair loss is the toxicity of most commercial shampoos. Most shampoo contains sodium lauryl sulfate. This toxin will cause hair loss in some people. Also be aware that low thyroid function can cause hair loss. Have your thyroid checked.

QUESTION: Is there a minimum amount of exercise you can do that will still be beneficial?

G. U. – Stuart, FL

ANSWER: All movement is helpful. Our genes date back to a time when we engaged in a lot of physical activity. That's why we need to exercise to stay well; we are designed to need it. Today, we no longer get this level of physical activity. Most of us are sedentary. The question then becomes how much is enough. The answer is even a little goes a long way.

Four years ago, the Institute of Medicine recommended that people exercise for at least one hour a day. This more than doubled the recommendations of the American College of Sports Medicine and the Surgeon General. However, two years ago, Swedish researchers showed that older adults who exercised only once a week were 40% less likely to die during the 12-year study period than those who did no exercise at all. Yet another study found that people with relatively low levels of fitness were still 60% less likely to die than people who were completely sedentary.

It has been shown that the amount of physical activity you accumulate throughout the day matters just as much as of other types of physical activity. Intermittent exercise during the day, such as taking the stairs instead of the elevator or parking your car a little farther away, is helpful. Even splitting your physical activity into three 10-minute sessions per day can lower your blood pressure and reduce your risk of heart problems. Doing a little is better than doing nothing at all. Rebounding is an excellent choice for most people because it is something you can do at any time, even while watching television. Rebounding several times a day, for a few minutes at a time, can be very beneficial. To be safe when using a rebounder, check the Beyond health website for an approved rebounder, designed specifically for this type of exercise.

For those with weight problems, at least 30 minutes of moderate to intense physical activity is required 4 or 5 days per week. Successful weight losers typically exercise 45 to 60 minutes per day. Research shows that people who have lost large amounts of weight may need to exercise more to keep it off. Exercise works as a mild appetite suppressant, and also to reset the body's metabolism so that it burns more fat.

QUESTION: Is buckwheat a good grain to eat?

L.J. – Ann Arbor, MI

ANSWER: Yes; however, buckwheat is not a grain. That is part of what makes it so good. Many people are allergic to grains, but buckwheat is not a member of the grain family. This makes it an excellent substitute for those who are sensitive to gluten, which is probably half the population.

Diets containing buckwheat have been found to lower the risk of high cholesterol and high blood pressure. Buckwheat is rich in flavonoids, the source of many of its beneficial effects. Buckwheat is also rich in magnesium and insoluble fiber, which is another benefit. Both the flavonoids and the magnesium help to control blood pressure and control blood sugar, thereby lowering the risk of diabetes. Canadian researchers, publishing in the December 2003 *Journal of Agricultural and Food Chemistry*, found that buckwheat lowers blood glucose levels in animals.

The fiber in buckwheat helps to prevent gallstones. In the Harvard Nurses Health Study, those who consumed the most fiber had the lowest risk of developing gallstones. The fiber and the flavonoids also reduce the risk of cancer. Buckwheat also contains lignins, which contribute to health in many ways, protecting against cancer and heart disease.

The antioxidants in buckwheat help to prevent cancer. Researchers at Cornell University, presenting at an international meeting of the American Institute for Cancer Research, reported that the anti-cancer activity of whole grains such as buckwheat is equal to or even higher than fruits and vegetables. In many studies, eating whole foods such as buckwheat has been associated with lower risk of diabetes, heart disease, premature death, and stroke.

It is best to eat buckwheat that has not been roasted. Fresh buckwheat will keep for up to a year. It can be eaten raw by soaking it overnight, or you can cook it as you would rice or other whole grains. Use 1 part buckwheat to 2 parts water.

