

# BEYOND HEALTH<sup>®</sup> *News*

September-October

2006

**The superior doctor prevents sickness; the mediocre doctor attends to impending sickness; the inferior doctor treats actual sickness.**

—Chinese Proverb

## **Lipoic Acid and Weight Control**

*Regulates fat and hunger...*

Research reported in a 2004 *Nature Medicine* indicates that lipoic acid plays a critical role in glucose and fat metabolism. Lipoic acid is usually thought of as an antioxidant that is found in foods such as broccoli. However, practitioners are now recommending alpha-lipoic acid as a means of burning fat and controlling excess weight.

Alpha-lipoic acid appears to have an important role in regulating hunger, and increased hunger leads to more calories and more weight. Lipoic acid affects a key enzyme that regulates hunger; it lowers the levels of this enzyme, thereby reducing hunger, leading to less food intake. In an experiment with obese rats, lipoic acid led to lower levels of

body weight, glucose, insulin, and visceral fat. The authors of the study concluded, "...alpha-lipoic acid may be a promising anti-obesity drug for treatment of leptin-resistance human obesity." Lipoic acid is a component of Beyond Health's weight control package.

## **Nation's Streams Polluted**

*Pesticides found more than 90% of the time...*

According to a study released by the U.S. Geological Survey in March, most of the nation's streams and rivers, and the fish in them, are contaminated with pesticides that have been linked to cancer, birth defects, and neurological disorders. One or more pesticides were detected more than 90% of the time.

The USGS looked for 100 pesticides and found that 40 of them were widespread in streams and sediment in concentrations that can affect aquatic life and fish-eating wildlife. Thirty-seven percent of the samples taken from California's San Joaquin River exceeded standards for protecting aquatic life, leading to a "strong probability that aquatic species are being adversely affected."

There is also a strong probability that human life is being adversely affected. These poisonous chemicals bioaccumulate in our fatty tissues and reach toxic concentrations. About 1 billion pounds of pesticides

are used in America every year—all in the name of modern agriculture. No one knows for certain how much of those billion pounds are ending up stored in our tissues and what harm they are doing to us. But their effects are not benign, and we know cancer is one of the side effects. Fortunately, we can put a stop to this madness tomorrow. All we have to do is stop purchasing food that has been deliberately poisoned; purchase only organically grown foods.

No sane person would allow someone to come into their home and spray their food with poison while it is on the dinner table. Why then is it okay for someone to spray that food with poison, multiple times, before you purchase it? It is difficult to understand the logic of why it's okay to poison your food before you buy it, but not okay just before you eat it. Further, the multiple toxins on supermarket food act synergistically and become 1000s of times more toxic than any one of them alone. Some argue that the poisoned food at the supermarket is less expensive than organic. That is generally true, but it also contains fewer nutrients along with more toxins—and we know deficiency and toxicity are the two causes of disease. In reality, the poisoned food is *far more* expensive. It is causing a pandemic of chronic and degenerative disease. Think about that, and buy organic!

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**Lead and Crime**

*Aggression and violence...*

Evidence continues to accumulate that environmental toxins, especially lead, can cause aggression, violence, and poor social control. It is now clear that the epidemic of violent crime in the second half of the 20<sup>th</sup> century had a link to early exposure to lead from lead-based paint and leaded gasoline. Researchers at the University of Cincinnati found that the more lead a person has in their system when they are young, the more likely they are to engage in anti-social and criminal behavior. In fact, they were 5 times more likely to engage in criminal activities.

The problem is that other environmental toxins also have adverse effects on the brain, as well as nutrient deficiencies. Crime has dropped since we took the lead out of paints and gasoline, but the problems will continue until we pay more attention to deficiency and toxicity and poi-

sonous processed foods as a cause of crime.

**More on Cell Phones**

*Increased tumor risk...*

A Swedish study has concluded that using a cell phone for an hour a day for several years will increase your risk of developing a brain tumor by 240%. In extensive cell-phone users (over 2000 hours of cell phone use), tumors tend to occur on the side of the head where the phone is used.

BHN will continue to monitor the cell-phone problem, and we will keep you informed of the latest developments. Meanwhile, we continue to recommend keeping cell-phone use to a minimum, with calls not to exceed 2 minutes. Use of a speakerphone is recommended to keep the phone away from your head.

**More on Aspartame**

*Cancer at low levels...*

A new study in the *European Journal of Oncology* has found that even low doses of aspartame may cause cancer. Aspartame is an artificial sweetener found in 1000s of consumer products, including diet drinks, and is sold under the brand names of Equal and NutraSweet. Children and young women consume the most.

A significant association was found between leukemia, lymphoma, and dietary aspartame. This occurred at doses as low as 20 milligrams per kilogram (mg/kg) of body weight. To consume 20 mg/kg, a 140 pound woman would need to drink 3 cans of diet soda. However, sodas are not the only source. Numerous sugar-free products contain aspartame, and many people add it to their coffee or tea.

Aspartame has been a controversial product since it was first introduced in July 1983. These new findings on cancer add fuel to this con-

troversy. Reports of adverse reactions abound, including binge eating, depression, dizziness, headache, insomnia, lower back pain, nausea or upset stomach, nervousness, seizures, trouble remembering, and uncontrollable temper outbursts. BHN recommends avoiding aspartame.

**Low Calories Extend Life**

*Why so...*

It is well known that restricting calories extends, even doubles, the life of laboratory animals. The exact mechanism for this is not completely understood. It has been speculated that consuming fewer calories required less metabolism, thus producing fewer free radicals, which can damage cells.

A study in *Science* sheds new light on why calorie restriction is so beneficial. The key may be insulin and body fat. Eating a high-calorie diet increases insulin, and high insulin is known to cause aging and disease. Insulin signals cells to store fat and stored fat produces damaging free radicals and inflammation, continuously. It appears that leanness, and not just calorie restriction, appears to play an important role in longevity.

For the average person, these findings would translate into avoiding increases in blood insulin levels. To do this, get the Big Four—sugar, white flour, processed oils, and dairy/excess animal protein—out of your life. If you already have excess fat, get rid of it by avoiding the Big Four and eating more fresh fruits and vegetables.

**Nutritional Deficiencies**

*Causes of...*

Malnutrition is the leading cause of disease in America, but in the best-fed country in the world—why so? One reason is that less than 10% of our population eats the recommended 5 servings of fruits and veg-

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etables daily. Making matters worse, for optimal health, an estimated 10-12 servings are required.

Very little of our food is consumed fresh and unprocessed. Dr. Michael Colgan tested fresh-picked oranges for vitamin C and found they contained 180 mg. He then tested the same oranges that had been stored at a local supermarket, and the vitamin C content had dropped to zero. Most people are unaware of the extensive nutritional losses that take place after harvesting. Unless fruit and vegetables are consumed the same day you pick them, you are not getting the full nutritional value of that food. Although the food may look the same, it isn't.

Food processing has a huge effect on nutritional content. Refining wheat to make white flour results in losses of up to 98% of the original mineral content, and the chemically farmed wheat is already nutritionally deficient to begin.

Soils have been depleted of minerals. Farming practices in the U. S. are so destructive of soil quality that studies show U.S. soils have the lowest mineral content in the world. Continuous cropping, soil erosion, and artificial fertilizers have resulted in soils that are so lacking in basic minerals they cannot sustain healthy life. Vitamins become useless when the body lacks minerals.

A final insult is cooking. Most Americans cook most of their food, not realizing that up to 50% of the vitamins are destroyed in normal cooking and 90% or more in microwave cooking. Nutritional supplements have become a necessity because of these lifestyle detriments. The challenge is to find supplements that actually deliver what you need. This is why Beyond Health searches for and supplies supplements that are the best-of-the-best.

### **Organic Food Better**

*More nutrients...*

According to a study in the *Journal of Agricultural Food Chemistry*, organically grown foods have substantially more cancer-protective antioxidants than conventionally grown food. For example, organically grown corn had almost 60% more antioxidants than regular corn. Such differences can have a significant influence on health.

This study suggests that a major reason for the difference between organic and traditional produce is that the pesticides and herbicides used in conventional farming actually reduce the production of natural plant antioxidants such as flavonoids. It is thought that plants exposed to these agricultural chemicals produce fewer antioxidants because of their reduced need to protect themselves from insects and competing plants.

### **Milk and Obesity**

*A cause of overweight...*

Milk is often touted in dairy-industry ads as a food that helps you lose weight. Oops! A recent study in the *Archives of Pediatrics and Adolescent Medicine* has found the opposite. Children who drank more than 3 servings of milk per day were more likely to become overweight.

In this study, the more milk the children drank, the faster they gained weight. The children who drank the most milk gained the most weight, regardless of whether they drank whole milk or low-fat milk. Parents have to realize that modern milk is a factory-produced, processed food that offers little nutrition, and that it is loaded with toxins, hormones, and microorganisms, and is unfit for human consumption. Such a make-believe food is almost guaranteed to cause health problems, including overweight.

### **Britains Healthier**

*Americans among the sickest...*

America spends more money on health per capita and in total than any nation on earth, yet our health continues to decline. Our overall health is #37 in the world and our life expectancy #48. Even third-world countries, such as Oman, outrank us, and they spend almost nothing on health. England spends half what we do, yet a recent report out of England concluded that even rich people in America are far less healthy than their peers in England. The study showed that Americans had higher rates of disease in every category including cancer, diabetes, heart disease, lung disease, and strokes. We had one-third more hypertension, 50% more heart disease, and almost 100% more cancer. Health experts are stunned at these conclusions and are trying to understand why.

BHN would like to add its two-cents worth to understanding why Americans rank among the sickest people in the industrialized nations. In our opinion, the fact that Americans spend the most on health-care, and get so much healthcare, has a lot to do with the sorry state of our health. Medicine, as currently practiced in America, is one of our leading causes of disease and our leading cause of death. We have a medical system that focuses on suppressing the symptoms of disease with needless surgery and powerful drugs, meanwhile ignoring its causes, along with the inexpensive nutritional approaches that will restore health. Medicine, as currently practiced, damages health and kills people.

In the foreword to Dr. Carolyn Dean's *Death by Modern Medicine*, Julian Whitaker, M.D. wrote, "...irrefutable statistics prove that hospital-induced infections and malnutrition, medical errors, and, most significantly adverse reactions to



prescription drugs combine to make modern medicine our most deadly profession.” According to a study in the November 2005 *Health Affairs*, America leads the world in medical errors. Patients with serious conditions received the wrong medication or received improper treatment 34% of the time. This is one reason why death rates decrease sharply when doctors go on strike.

Toxic drugs and surgery are the obsolete tools of modern medicine. Drug after drug has been taken off the market after proving to be harmful. When you understand that drugs are toxic, you can see why there is no way a drug is going to restore health, because toxicity is one of the two causes of disease. Relying on a drug to alleviate your symptoms is a prescription for disaster; its toxicity will always do more harm than the drug will do you good.

Medicine is in crisis and is increasingly resorting to fraud to stay in business. According to a July 2005 report by the Associated Press, fraud in medical research reached an all-time high in 2004. The report went on to say that the number of reported incidents represents merely a fraction of the actual incidents and that this fraud is endangering human health. False research claims are published in prominent medical journals and people rely on this information for treatment. In May 2006, the FDA approved a new antibiotic called Ketec. It was approved despite the fact that some of Ketec’s research results were known to be faked, and there have been reports of severe liver damage. At least one person has died from it. An article in the *New England Journal of Medicine* suggested that Ketec is as safe as other antibiotics. Given how dangerous antibiotics are, perhaps this is true, but why should anyone take such dangerous toxins when there are far safer alternatives?

### New Fluoride Warnings

*Lower limits recommended...*

BHN has been warning readers for years that fluoride is a dangerous toxin and should be avoided. Earlier this year, a study panel sponsored by the National Research Council recommended that the upper limit for fluoride exposure be lowered. The study group determined that fluoride is now so widespread in our water, food, and environment that people are being subjected to far higher amounts than ever intended or envisioned.

Dr. Hardy Limeback of the University of Toronto and a member of the study panel said that, “Fluoride should be abandoned.” He added that fluoride “could turn out to be one of the top ten mistakes of the 21<sup>st</sup> century.” Studies have now shown that fluoride is linked to cancer, osteoporosis, and lower IQ levels. As much as possible,

avoid fluoride. Do not drink fluoridated water, use fluoridated toothpaste, or eat processed foods. Processed foods, such as breakfast cereals, may contain concentrated fluoride because they are made with fluoridated water that is evaporated off, leaving fluoride residues. Use a Beyond Health Reverse Osmosis Water-Filtration System to purify your water, and take high quality mineral supplements to displace the fluoride in your system.

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# Magnesium Deficiency — The Solution

By Raymond Francis

**M**agnesium deficiency is a pressing national health problem. According to the USDA, 80% of Americans are magnesium deficient, and magnesium deficiency is a major contributor to our epidemic of chronic and degenerative disease, including arrhythmia, chronic fatigue, depression, fibromyalgia, heart disease, and osteoporosis.

Magnesium is an essential component of more than 300 enzymes. These enzymes are responsible for critical metabolic functions such as conversion of carbohydrates, proteins and fats to energy; dilating blood vessels; muscle contraction and relaxation; protein formation; and removal of toxins from the body. Magnesium maintains the electrical potential across nerve and muscle cell membranes and is essential for normal heartbeat and nerve transmission. In the absence of magnesium, free radical damage is accentuated. When magnesium is lacking, critical jobs can't get done, and we suffer lower energy, endurance, stamina, and vitality, resulting in a host of diseases.

Where do we get magnesium? Magnesium is mostly found in plant foods, including greens, nuts, seeds, and whole grains. Good sources include almonds, avocados, broccoli, legumes, lentils, pumpkin seeds, and spinach. Supplements are another source, but most are not effective because they use the wrong forms of magnesium. Magnesium bicarbonate, carbonate, chloride, and oxide are poorly absorbed forms, but they are used extensively because they are cheap and the consumer doesn't understand the difference. Magnesium is most absorbable when combined with specific transport molecules, such as ascorbate, citrate, and glycinate, which are more costly.

Why are we so magnesium deficient? Three reasons. One: Substantial reduction of magnesium in our diet through food processing, poor farming methods, and the loss of magnesium from our soils. For example, the average carrot today contains only 25% of the magnesium it contained 50 years ago!

Two: Increased magnesium losses due to the acid-producing diet and lifestyle of most Americans. Sugar, alcohol, allergic reactions, caffeine, cola drinks, processed foods, stress, and white flour all have an acidic effect on the body. Magnesium is a buffering mineral used to neutralize that acid. The more acid you produce, the more magnesium is lost.

Three: Our reduced ability to absorb magnesium due to toxicity and damaged gut tissue. The addition of toxic fluoride to the drinking water has increased fluoride in our environment. Even organically grown plants accumulate fluoride when irrigated with fluoridated water. Magnesium and fluoride interact in the intestines, decreasing magnesium absorption. Damaged gut tissue also reduces magnesium absorption, and most Americans have damaged guts, partly the result of taking pre-

scription antibiotics, which change the balance of gut flora.

How much magnesium do we need? The RDA is 350 mg for men and 300 mg for women. However, many experts believe that the RDA should be doubled to 600-to-700 mg. Nutritional physicians often recommend 600-to-1,000 mg. Meanwhile, the average diet supplies an estimated daily intake of about 250 mg. Most people absorb only 4-to-30% of their dietary magnesium, contributing to a serious deficiency problem.

To address this widespread deficiency, supplementation is essential. Unfortunately, most magnesium supplements are ineffective. I searched for a solution, and I found a breakthrough approach in a combination of products that work synergistically to optimize magnesium absorption. These products are: Magnesium Plus and Choline Citrate (available from Beyond Health).

When you are magnesium deficient, magnesium absorption is impaired, making a bad situation even worse. Cells need magnesium to activate the biochemical pathway that takes up magnesium. Taking ordinary magnesium supplements may not get around this problem. Many who supplement still suffer cramps, spasms, and twitches that reflect magnesium deficiency. Using Beyond Health's recommended combination of choline citrate with magnesium creates an electrically neutral compound that bypasses the normal uptake pathway, allowing the magnesium to effortlessly pass through cell membranes. It is the most effective way I know to restore magnesium balance. Because almost every American is magnesium deficient, they should be supplementing their magnesium using this protocol.

Another benefit of this combination is that it replenishes choline stores quickly and effectively. Choline helps to increase energy and is necessary for the proper transport of fats, preventing fat accumulation in the liver. Choline supports weight loss and increases bile acid production for the gall bladder. It also enhances liver detoxification and is essential for nerve impulses and memory.

To avoid magnesium deficiency, take 1 teaspoon of Choline Citrate in a glass of water along with 2 capsules of Magnesium Plus. Take as often as necessary to relieve symptoms of cramps and twitches or to restore normal pH to your first-morning urine. Magnesium supplementation should be balanced with a combination of other vitamins and minerals such as Beyond Health's Multi Vit/Min Formula and Bone Support Formula.

*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:** I bought your book, *Never Be Sick Again*, and visit your website. I would like to know which of your products would help with sarcoidosis. My brother has it and drinks milk to maintain his weight. I know drinking milk is not good for him. I would like to know which products combined with the instructions in your book would you recommend to help his condition. Thank you.

R. B. — Internet

**ANSWER:** Sarcoidosis is a chronic inflammatory immune disorder that most frequently affects the lungs, but can affect other tissues as well, and almost always affects more than one organ at a time. About half of the people with this disease recover spontaneously with no treatment required, but some patients get into serious trouble. Sarcoidosis can cause death through respiratory failure. At least one person I know healed himself of advanced sarcoidosis after reading my book—so it can be done.

Doctors will tell you there is no known cause and no way to prevent sarcoidosis. Meanwhile, their treatments with steroids and other toxic drugs are nothing short of scary, not to mention ineffective. People at highest risk for sarcoidosis are usually between the ages of 20 and 40, and people more likely to get the disease include agricultural workers exposed to dust, insecticides, mold, and pesticides. Schoolteachers are a high-risk group, as are firefighters.

It is easy to understand why firefighters are at risk for this disease. They are exposed to a lot of chemicals and particulates in smoke that can cause inflammation in their lungs. Unless they are extremely well supplied with supplemental antioxidants, this inflammation will become chronic. Sarcoidosis often causes problems with vitamin D production, resulting in an excess. This can cause symptoms ranging from fatigue to metallic taste and memory loss. In such cases, avoiding sunlight and vitamin D foods can be helpful. Even though the triggering cause is unknown to our physicians, here is an effective course of action: Avoid eating an inflammatory diet; avoid the Big Four—sugar, white flour, processed oils and dairy/excess animal protein. Eliminate processed foods and eat a diet of fresh, whole foods. In addition, supplement with therapeutic amounts of antioxidants including vitamins A, C, and E plus alpha lipoic acid, carotenes, CoQ10, N-acetyl cysteine, quercetin, and selenium.

**QUESTION:** I have severe atopic dermatitis. I have gone from doctor to doctor. They want to put me on drugs. I don't know where to turn. Do you have any advice?

C. L. — Boston, MA

**ANSWER:** You are most likely just another victim of modern medicine. The word “atopic” refers to something that is hereditary. This goes back to the archaic belief that all disease is caused by germs and genes. In truth, almost every case of atopic dermatitis I have seen was clearly iatrogenic (caused by medical treatment).

Most people are unaware that medical treatment is a leading cause of disease and the leading cause of death in America. So how does medicine cause atopic dermatitis? In one word—antibiotics. Antibiotics are extremely dangerous toxins that cause an alteration in gut flora. This in turn causes a dysregulation in cellular immunity, resulting in a chain of events, ultimately causing dermatitis.

I suggest you read my book, *Never Be Sick Again*. Get completely off the Big Four, do not consume any foods to which you are allergic, get your pH levels normalized, get on the Beyond Health Comprehensive Package, and take high-quality acidophilus and FOS. Do vitamin C flushes. Meditate daily to bring down stress levels. You need to reestablish normal digestive physiology. To the extent you can do this well, my guess is you will see improvement after a few months.

**QUESTION:** What supplements do you recommend to take for postpartum depression? Thanks in advance for your help.

T. A. — Conroe, TX

**ANSWER:** Most postpartum depression is caused by a deficiency of key nutrients that were depleted during pregnancy. Building a child requires a huge amount of raw material, which cannot be supplied by diet alone. They are supplied from the mother's body; unless the mother started off with full metabolic reserves and ate an exceptional diet while pregnant, the result can be nutritional deficiency and health problems.

Postpartum depression is only one of many problems that typically follow a pregnancy in our nutritionally deficient society. The way to solve these problems is to replenish the missing nutrients. In this case, special attention needs to be placed on getting adequate B vitamins. Another concern is essential fatty acids; get on fish oil and flaxseed oil. Magnesium supplementation is also critical. It is essential to avoid the Big Four (sugar, white flour, processed oils, and dairy/excess animal protein). Call Beyond Health [800.250.3063] for ideas on how to replenish metabolic reserves.

**QUESTION:** My father is showing the early signs of Parkinson's. What should we do?

C. R. — Salem, NH



**ANSWER:** Parkinson's is a progressive, degenerative brain disorder manifesting as tremors, muscular rigidity, slowness of movement, and difficulty with balance. All disease is the result of Deficiency and Toxicity at the cellular level, and Parkinson's is no exception. Read my book, *Never Be Sick Again*, and be sure you apply everything you learn about how to avoid toxins. Next, get your dad completely off the Big Four. Switch to a primarily plant-based diet with fresh organic fruits, vegetables, and whole grains. Supplement with the Beyond Health Comprehensive Package, plus Acetyl-L-Carnitine, Alpha-Lipoic Acid, CoQ10, Ginkgo Biloba, and Phosphatidyl Serine. Such a diet also happens to be a low-calorie diet, and laboratory evidence indicates that a restricted-calorie diet can actually reverse the neurochemical changes in the brain caused by early-stage Parkinson's. Regular exercise is also known to be helpful.

Blood insulin must be controlled, so it is especially important that sugar, white flour, excess animal protein, and processed oils containing excess omega-6 fatty acids be eliminated from the diet. If you do all this, you may well see an improvement in your father's condition.

**QUESTION:** When I hear you speak, you make health sound so simple. I wish it were that simple.

E. S. — Novato, CA

**ANSWER:** There is nothing simple about human health. It is extremely complex. However, no one can deal with that level of complexity. That's why it is necessary to reduce the complexity to some simple concepts that anyone can understand and put to work in their life.

After more than two decades of study, I have come to the conclusion that there are few "diseases" that cannot be effectively addressed by a change in diet and lifestyle. The average American eats a diet that cannot and does not sustain healthy human life. Even a small change in such a diet can have a big impact on health.

Biologically speaking, there is a series of chemical reactions that create energy in the body. These reactions are called the "Krebs Cycle." Everyone in our complex society knows that, without energy, nothing works. The same is true for our bodies. The production of energy is paramount for health, and the number one complaint made to doctors is fatigue or lack of energy.

One of the most critical things anyone can do for their health is to maximize energy production in the Krebs Cycle. To do this, normalize body pH, eliminate toxins that could interfere with Krebs Cycle energy production and supply all the raw materials needed to run that cycle.

One of the reasons why Beyond Health's vitamin supplements are so successful in helping to limit and reverse disease is that they have been bioengineered to contain critical components that are required for the operation of the Krebs Cycle.

**QUESTION:** Do you have any suggestions for someone who is suffering from panic attacks?

A. D. — New York, NY

**ANSWER:** Without knowing a lot more about the person involved, it is hard to say. However, always keep in mind that there are only two causes of disease: Deficiency and Toxicity. It is known that an amino acid deficiency can cause panic attacks. I would suggest you have a doctor order an Amino Acid Profile. If glycine is low, for example, this can be a problem. Likewise, a deficiency of B vitamins and zinc can have the same effect, especially vitamins B1, B12, and folic acid. Then there is Toxicity; excess copper is known to cause panic attacks. Many older buildings have eroding copper pipes that are adding too much copper to the drinking water. You might have your water tested for copper. Consider using a Beyond Health Reverse Osmosis Water-Filtration System to obtain pure water.

**QUESTION:** Can stress cause fibroids?

C. E. — Washington, D.C.

**ANSWER:** Absolutely yes! Stress can be a significant contributor to the formation of fibroids and perhaps even cause them outright. Stress upsets your hormone balance, increasing the amount of blood estrogen. Excess estrogen is known to cause fibroids.

The estrogen created by stress is bad enough, but when you add it to all the other estrogen-like chemicals in our environment, the total effect can be significant. Stress can easily be the "straw that breaks the camel's back." We are bombarded with estrogen in pharmaceuticals such as birth-control pills and hormone replacement therapy. In addition, we eat meat and dairy products loaded with hormones, plus a lot of soy that contains phytoestrogens. Then there are the man-made chemicals such as pesticides and phthalates from plastics that have estrogenic properties. Most people today are overweight; excess fat generates excess estrogen.

If you have fibroids, it is important to reduce stress with techniques such as meditation or yoga. Get plenty of exercise, avoid meat and dairy products unless organically produced, avoid soy products, lose weight, and limit your exposure to pesticides, plastics, and man-made chemicals.

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