

BEYOND HEALTH[®] *News*

January-February

2007

“The conventional medical paradigm is now responsible for the majority of deaths in this country.”

— Joseph Mercola, DO

Make Cancer Spread

Get a needle biopsy...

As early as 1940, medical experts warned that needle biopsies used in the diagnosis of cancer could cause the cancer to spread, yet the use of these biopsies has been steadily increasing since that time. More recently, a study done at the John Wayne Cancer Institute and another published in the *British Medical Journal* indicate that biopsies do exactly that—spread the cancer.

In fact, these studies have found that if you have a needle biopsy, you are 50% more likely to have your cancer spread. Tens-of-thousands of these procedures are performed every year. The body tries to wall-off tumors to protect you. What can happen is that once you poke a hole in this protective capsule, cancer cells can spill out directly into the bloodstream or lymphatic system and

spread throughout the body. There are other non-invasive ways to diagnose cancer which should be used.

Most importantly, cancer should be prevented. To prevent cancer, avoid modern medicine—x-rays, most local anesthetics, vaccinations, and many prescription drugs are known to cause cancer. Because of this medical assault on our bodies, most Americans over the age of 50 already have cancer. If you already have it, it is no longer possible to prevent it. The only real option is to prevent it from growing.

To prevent cancer from growing, it is **ESSENTIAL** to get the Big Four—sugar, white flour, processed oils, and dairy/excess animal protein—out of your life. The deadly poison known as sugar promotes everything from colds and flu to diabetes, heart disease, osteoporosis, Alzheimer’s and cancer. It is unreasonable to eat this toxic stuff and expect to be healthy. Americans eat too much dairy and animal protein, and this is known to promote cancer. An anti-cancer supplement package would include the Beyond Health Comprehensive Kit plus the Cancer Support Add-on Kit.

Eat Your Veggies

Vegetables delay mental decline ...

Each year, billions of dollars are spent doing research to tell us what we already know—food is good. In October 2006, the journal *Neurology*

reported a study which concluded that eating vegetables keeps the brain young and slows the mental decline associated with aging.

Older people who ate more than two servings of vegetables daily were mentally about five years younger than those who ate few or no vegetables. Green leafy vegetables including spinach, kale, and collards appeared to be the most beneficial.

We have known for decades that all cells, including brain cells, need a long list of nutrients on a daily basis. Lacking these nutrients, cells will malfunction and tissues will age. Eating lots of fresh vegetables supplies cells with essential nutrients, keeping them self-repairing and functioning normally, slowing the aging process. Everyone should be eating a minimum of ten servings of fresh fruits and vegetables daily.

Food is Good Again

Reduces polyps...

Here is another example of money spent to find what we already know—food is good. Our problem is we eat so little food, and some people eat almost no food. Instead we eat highly processed make-believe junk foods from the supermarket that are devoid of nutrition and loaded with toxins.

A study reported in a 2006 *Clinical Gastroenterology and Hepatology* has found that chemicals found in curry (Curcumin) and

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onions (quercetin) can shrink precancerous polyps in the colon. After six months of treatment with curcumin and quercetin, patients with polyps had the number of polyps reduced by 60 percent and the size of the remaining polyps reduced in half. The subjects were given 480 mg of curcumin and 20 mg of quercetin three times daily. To be healthy, we all need a variety of fresh fruits and vegetables every day along with a high-quality supplement program.

Olive Oil Is Good

Prevents cancer...

A new European study in the *Journal of the Federation of American Societies for Experimental Biology* has found that olive oil helps to prevent oxidative damage to genes, therefore helping to prevent cancer. The researchers believe that this is one reason why Northern Europeans have more cancer than those who live in Mediterranean

countries, where olive oil is a larger part of the diet.

It is well known that olive oil contains compounds called phenols that act as powerful antioxidants, which protect against oxidative damage. However, this does not appear to be the reason for the observed anti-cancer benefits. Three different olive oils with varying levels of antioxidant phenols were used in the study, and oxidative damage declined regardless of the phenol content. The researchers suspect that the monounsaturated fats in olive oil, or perhaps other components of the oil, are causing the effect. The truth is good nutrition from real foods (not junk foods) keeps us healthy.

Regardless of what is providing the cancer protection, having olive oil in your diet is a good idea. The problem is there is very little real olive oil available, and most of what is available in grocery stores is low-quality oil. For those wishing more information on olive oil, BHN has published two articles on olive oil, which are available on the Beyond Health website. Go to beyondhealth.com, sign up for free client access and go to free articles. You'll also get access to newsclips, radio archives and two valuable free reports. They are eye-openers.

Vitamins Are Good

D prevents cancer...

New research reported in the December 2006 *Cancer Epidemiology Biomarkers & Prevention* shows that vitamin D helps to prevent pancreatic cancer. The study showed that taking just 300 IU/day of vitamin D can cut the risk of pancreatic cancer in half.

The American Cancer Society predicts that 34,000 cases of pancreatic cancer will be diagnosed this year, and that 32,000 people will die of the

disease. Vitamin D has already been shown to be protective against prostate, breast, and colon cancer and now the new evidence adds pancreatic cancer to the list. In truth, vitamin D most likely protects against all cancer. People who got 150 - 299 IU/ daily of vitamin D had a 22 percent reduced risk of pancreatic cancer than those who consumed less than 150 IU daily, and people who got at least 300 IU had a 43 percent lower risk.

The Institute of Medicine of the National Academy of Sciences recommends 200 IU/day of vitamin D for both men and women ages 19-to-50. From ages 51-to-70, the level rises to 400 IU/day. Vitamin D deficiency has been found to be epidemic among Americans, and it has been associated with numerous diseases including: cancer, heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, and periodontal disease.

BHN recommends that everyone have their vitamin D levels checked periodically, especially during the winter, when there is less sunlight to produce vitamin D. Ask your doctor to measure your 25-hydroxy vitamin D level, and be sure to keep it in the normal range. In the interim, taking Beyond Health's Multi Vit/Min Formula and a tablespoon or two of cod liver oil every day will provide sufficient vitamin D to help keep the doctor away.

Cuts Diabetes Risk

Supplemental vitamin D and calcium...

Supplementing with vitamin D and calcium cuts your risk of developing diabetes by 33 percent according to a 2006 study in *Diabetes Care*. Data from the Nurse's Health Study

BEYOND HEALTH[®]News

is published bi-monthly by Beyond Health Corporation, which is dedicated to cutting through the confusion and bringing you high-quality information, products, and services to enhance the quality of your life.

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suggests that a high intake of supplemental D and calcium significantly lowers the risk of type 2 diabetes. The greatest risk reduction was in those supplementing with at least 1200 mg of calcium and 800 IU of vitamin D. It is important to note that the significant protective effects obtained with daily supplementation were *not* replicated with dietary intake alone. This is a powerful argument for supplementing with these nutrients.

More on Cell Phones

Latest update...

For the benefit of new subscribers, BHN is committed to keeping our readers updated on the latest information regarding the potential health risks of using cell phones. In our last update in the September/October issue, we reported on a Swedish study, which concluded that using a cell phone for an hour a day for several years increases the risk of developing a brain tumor by 240 percent.

New research shows that men who use a cell phone for four or more hours per day had lower sperm counts and also lower sperm quality. Men who talked for more than four hours per day had the lowest sperm counts.

This information is once again disturbing. It is telling us once more that cell phone use can have profound biological effects. BHN continues to recommend that children and teens not be allowed to use cell phones and that adults minimize the number of calls on cell phones and limit individual calls to two minutes.

New Warnings on Paxil

Heart defects in babies...

BHN has been telling readers for years that prescription drugs are dangerous toxins. This is why the FDA keeps taking them off the market, and putting new warnings on labels. Therefore, it is not a surprise that a

report in the December 2006 *Obstetrics and Gynecology* has found that the antidepressant drug Paxil has been found to cause heart defects in a fetus.

Paxil is one of the best-selling antidepressants in the world, and about one quarter of its users are women of childbearing age. It appears that Paxil doubles the risk of heart defects in fetuses, often requiring surgical intervention. The most common defects are holes or other malformations in chambers of the heart. The researchers recommended that women avoid Paxil.

When faced with a medical problem and a white-coated authority figure writing a prescription, it is easy to forget that prescription drugs are toxins and the third-leading cause of death. Since drugs are toxins, and toxins cause disease, taking a drug is not a game you can win. Drugs do not address the true causes of disease, and because of their toxicity, they interfere with the body's natural healing process, keeping you sick and making you sicker. There are safer, less expensive and more effective answers to every health problem, including depression.

More on Sunscreen

Don't use it...

BHN has always warned readers about the ill effects of using sunscreen. It is not a coincidence that the highest rates of skin cancer occur in communities with the highest use of sunscreen. No one should be using these dangerous products, especially young children. New research out of the University of California—Riverside helps to explain this phenomenon. After a couple of hours on the skin, the UV-blocking molecules in the sunscreen penetrate into the skin where they interact with UV rays to produce harmful chemicals

and free radicals. The resulting damage causes wrinkles, age spots and DNA damage, increasing the risk of skin cancer.

Sunlight is actually an essential nutrient and necessary for good health. Unfortunately, our obsolete physicians tell us to stay out of the sun and to use sunscreen. This bad advice is causing an epidemic of cancer, osteoporosis, and other diseases.

Consider that our healthy ancestors were hunter gatherers. These folks were outdoors every day for hours, yet our physicians warn it is unsafe to get more than 10-to-20 minutes of sun exposure per day. The sun is necessary to generate vitamin D, which is a powerful anti-cancer nutrient.

The sun is certainly capable of damaging the skin, and pale-skinned people are at higher risk for sun damage. Everyone needs to use the sun intelligently and avoid sunburn. However, there are well-known nutrients that protect us from the harmful effects of the sun. The problem is most people are deficient in these nutrients. Ninety percent of the population is deficient in omega-3 fatty acids, and omega-3s are known to protect against sun damage by reducing the levels of inflammatory chemicals in the skin and blood, and inhibiting the formation of skin tumors. In fact, studies show that the omega-3s in fish oil supplements offer substantial protection against sun-induced damage to skin cells. Other nutrients known to protect the skin against sun damage are vitamins C and E and carotenes. Carotenes have been called “nature’s sun umbrella.”

For those wanting sun protections, BHN has traditionally recommended Beyond Health Olive Oil and patting a solution of Beyond Health vitamin C on the skin.

Conquering Diabetes

By Raymond Francis

Diabetes, a metabolic disorder affecting carbohydrate metabolism, is an out-of-control epidemic. It doesn't have to be this way. Diabetes is both preventable and reversible.

About 18 million Americans have diabetes. Another 16 million have pre-diabetes, and about one-out-of-three people with diabetes are unaware they have it. Type 2 (adult onset) diabetes is the most common form, and it has become epidemic in our children, with alarming increases in the last decade. Type 2 diabetes has been transformed from a disease of older people to a disease of children and young adults. An American child born in 2000 stands a one-in-three chance of being diagnosed with diabetes in his or her lifetime.

Finding out you have diabetes can be scary because diabetes is a nasty disease. Diabetics suffer from high levels of free radicals, and oxidative stress is central to the damage caused by diabetes. It is a silent killer that causes life-threatening heart attacks, strokes and kidney disease. It is the leading cause of blindness, kidney failure, and foot and leg amputations in adults. Diabetes also increases the risk of cancer, depression, high blood pressure, autoimmune disorders, and periodontal disease, as well as premature aging, early death and painful peripheral nerve damage. Every month 66,499 new cases are diagnosed!

Conventional treatment of diabetes is a failure. Conventional physicians are completely unaware that diabetes can be cured. Nor do they necessarily want to become aware, since if the disease goes away, so does their income. In truth, numerous studies in medical journals have proven that type 2 diabetes can be easily controlled or reversed in the majority of patients. One study in the December 15, 2005 *Journal of Applied Physiology* found that in as little as three weeks more than half of type 2 diabetics can be completely cured by making changes in diet and exercising. Just imagine what can be done with more time, plus a high-quality supplement program.

Modern medicine's treatment of diabetes is focused on controlling blood sugar with drugs. However, drugs do not cure disease; they merely "manage" it. People are told they have to remain on these drugs for the rest of their life, but the drugs cannot control the disease perfectly, so they are at risk for all the "side effects" of diabetes.

Diabetes, or for that matter any disease, ceases to be mysterious once you understand my Beyond Health Model of One Disease and Two Causes. All disease is the result of malfunctioning cells caused by deficiency and toxicity. All you have to do is restore those cells to normal function by eliminating deficiency and toxicity, and the disease will disappear—albeit, this is sometimes easier said than done.

Diabetes is a disease involving altered sugar metabolism. Sugar is a basic fuel for the cells in the body, and the hormone insulin is necessary to get sugar from the blood into the cells. Diabetes happens when the body does not produce enough insulin or the cells ignore (are resistant to) signals from the insulin. This situation results in the cells not getting the sugar they need to create energy, which sends a signal to the pancreas to produce more insulin. Soon both sugar and insulin build up in the blood to toxic levels with catastrophic results. Cells become starved for energy and are unable to carry on their normal metabolism, resulting in severe cellular malfunction.

The wrong fats in the diet contribute to insulin resistance, but the primary cause of diabetes is the consumption of highly refined sugars and carbohydrates such as table sugar and white flour, which the body was never designed to process. When we eat these so-called "foods", they initiate a cascade of abnormal biochemistry that results in disease. Tragically, these recently manmade inventions masquerading as food make up most of our diet—they are devoid of nutrition, have a toxic effect on the body, and are the primary causes of our pandemic of chronic and degenerative disease. Nutrient-rich foods such as fresh fruits, vegetables and whole grains should be substituted for these make-believe foods.

Eating processed "foods" made with sugar and white flour contributes to another cause of diabetes—chronic mineral deficiencies. Most Americans suffer from deficiencies in major minerals like zinc, magnesium and selenium. These minerals are necessary for normal blood sugar metabolism and hormone balance, and their absence causes the body to crave food. These food cravings are usually consumed as more sugar and white flour, which only compounds the problem.

Mineral supplementation helps to ease hunger cravings and to reverse diabetes by supporting proper sugar

metabolism. However, most multivitamin and mineral supplements contain forms of minerals that are virtually useless, such as carbonates and oxides. It is essential that any nutritional supplements you take provide the minerals in natural, bioavailable forms. The Beyond Health brand is one you can trust to do this.

Another cause of diabetes is medical intervention. Since modern medicine is our leading cause of death and a major cause of disease, it should not be a surprise that another cause of diabetes is prescription drugs. Antidepressant drugs interfere with blood sugar metabolism, promoting type 2 diabetes. Antidepressants are toxic, ineffective, expensive and dangerous. Since nutritional solutions to depression are safer and far more effective, no one should be taking antidepressants in the first place.

Lack of exercise is another important contributor to diabetes. Exercise is necessary because it recalibrates your metabolism, hormones, and nervous system, boosting insulin sensitivity. There is no way to beat diabetes without making exercise a habit. You don't have to become an exercise freak or run marathons to get positive results. One study showed that 30 minutes a day of moderate physical activity reduces diabetes by 58 percent among people at risk. Rebounding in the privacy of your home is extremely beneficial. Exercise frequency is even more important than exercise intensity. Rebounding even 15 minutes a day is better than exercising only on weekends. The best exercise for you is the one you are willing to stick with, whether that is walking, running, swimming, dancing or rebounding. The important thing is to get moving on a regular basis. Start slowly and keep increasing.

To prevent or reverse diabetes, you have to first stop assaulting your biochemistry with manmade artificial foods. This means avoiding sodas, candy, ice cream, breads, pasta, pastries, cereals, or any other product containing a refined sugar or grain. It would be best to avoid all processed foods. If you must have something sweet, use safe sweeteners such as stevia and agave nectar.

Avoid animal fats and consume healthy fats such as high-quality olive, flax, coconut, and fish oils. Meat and dairy contain the wrong fats and contribute to diabetes. Do not eat fried foods or any food that contains hydrogenated oils. Healthy, plant-based fats provide omega-3 fatty acids and other fats known to help reverse diabetes. Avocados, nuts, seeds, and fish all contain beneficial essential fatty acids. Healthy fats maintain healthy insulin sensitivity as well as protect the heart from oxidative damage, reducing blood "stickiness", and boosting

cognitive function and moods.

On the bottom line, the cellular malfunction we call diabetes is caused by dietary imbalances, nutritional deficiencies, toxicities and a lack of exercise. Eat a diet high in fiber and unrefined carbohydrates, such as fresh vegetables and whole grains, and low in saturated fat. Supplement with critical nutrients. Diabetes can be cured if you address these core issues. Many thousands of people have done so, and so can you.

To accomplish this objective, there are a number of nutrients I recommend. These are contained in the Beyond Health Life Essentials Comprehensive Kit, along with the Diabetes Support Add-on Kit. Since diabetes produces a flood of free radicals, antioxidants such as vitamins C and E are essential. Vitamin E has even been shown to help prevent type 2 diabetes. B vitamins are critical—vitamin B3 is required for the function of over 50 enzymes affecting energy production.

Minerals such as chromium and magnesium are essential. Chromium is an essential trace mineral that plays a significant role in sugar metabolism, helping to control blood sugar levels. Magnesium enhances blood sugar control, and people with diabetes are often deficient in magnesium.

Coenzyme Q10 (CoQ10) improves blood sugar control, lowers blood pressure, and prevents oxidative damage. Quercetin is a powerful flavonoid, decreasing levels of blood glucose and oxidants. Lipoic acid is a powerful antioxidant that enhances blood sugar control and helps to prevent the development of long-term complications. Carnitine lowers blood glucose, increases insulin sensitivity, and optimizes fat and carbohydrate metabolism. Carnitine deficiency is common in type 2 diabetes. Ginkgo biloba has been shown to prevent diabetic retinopathy and to lower blood sugar levels. Fiber is essential and is known to reduce blood-sugar levels by 10 percent.

Creating health is something we all have the power to do. It becomes a lot easier after you understand the Beyond Health model of One Disease and Two Causes. Disease manifests when cells malfunction, and cells malfunction for only two reasons—deficiency and toxicity. Address deficiency and toxicity, restore cells to normal, and disease goes away.

Raymond Francis is an M.I.T.-trained scientist, a registered nutrition consultant, author of Never Be Sick Again, host of the Beyond Health Show and an internationally recognized leader in optimal health maintenance.

Question: I have recently had surgery and my doctor has prescribed Coumadin. Is there a healthy alternative?

T. X. — San Jose, CA

Answer: There is always a safer alternative to a prescription drug. Drugs are toxic and they damage the body, causing more disease. Coumadin interferes with vitamin K metabolism, which interferes with calcium metabolism. This shifts the way the body handles calcium, causing it to remove calcium from bones and store it in soft tissues including heart valves. Calcified heart valves, hardened arteries, weak bones, and painful joints are not what you want, but are what you get by taking Coumadin.

Tell your doctor that you don't want to use Coumadin, and you want them to help you do this safely. You have to work with your doctor; don't do it on your own. Gradually, get on Beyond Health's Add-on Anti-Thrombic Kit. This consists of choline citrate, curcumin, EPA/DHA Guard, flax oil, garlic extract, Ginkgo biloba and Mg Plus. This add-on kit taken along with Beyond Health's Life Essentials Comprehensive Kit should gradually help to control this health problem. The body knows how to keep the blood from forming clots, you just have to help it along and stop interfering with it.

Should you decide to stay on Coumadin, be cautious because it interacts with many other drugs, and these interactions can be dangerous, even fatal. Tell your doctor about all the prescription and over-the-counter medications you use. This includes vitamins, minerals, herbal products, and drugs prescribed by other doctors.

Avoid sudden changes in your diet. Vitamin K decreases the effects of Coumadin. Large amounts of vitamin K are found in foods such as liver, broccoli, brussel sprouts, spinach, Swiss chard, coriander, collards, cabbage, and other green leafy vegetables. Do not change the amount of these foods in your diet without first talking to your doctor.

Question: Are showers dangerous?

A. C. — Mesa, AZ

Answer: Yes, showers can be dangerous. In 1990 the EPA placed hot showers on their list of cancer sources. One of the biggest problems is the presence of chlorine or chloramines in most of the water in the U.S. Not only

does this affect your skin, and it may be one of the prime sources of skin cancer, but you also breathe it into your lungs. Fortunately, there is a simple solution, get a good shower filter to take out the chlorine. Beyond Health has an excellent one available.

Question: I read in one of your articles that sugar makes you old. I was wondering how it does that.

H. S. — Wakefield, R.I.

Answer: There are several ways that sugar makes you old. One is in the large number of DNA-damaging free radicals produced by eating sugar. Another is in the severe hormone disruption caused when you eat sugar. Another is through the formation of AGEs.

AGEs (advanced glycation endproducts) form when sugar reacts with protein, fats or even your DNA. Once they are formed, AGEs interact with neighboring proteins to produce crosslinks that stiffen tissues, destroy normal protein structure, inhibit normal physiological function, and cause damage that leads to irreversible disease in vital organs.

AGEs can form in your body as well as in food before you eat it, as they often are in processed meats and baked goods. For example, AGEs formed in cooking are part of the color, flavor and texture—they toughen and discolor food, caramelize onions, or turn a roasting turkey golden brown. The formation of AGEs in the body generates free radicals that can add to the damage inflicted by AGEs reacting with proteins. For example, free radicals can react with components in blood vessels to form fatty plaques.

AGEs produce a wide range of aging-related disorders and damage tissue elasticity.

They are responsible for damaging organs in people with diabetes. This is why it has been suggested that diabetes is an accelerated form of aging. AGEs contribute to heart and kidney damage and inflammation in the body. AGEs stiffen blood vessels, while their normal functions depend on flexibility. Loss of elasticity in the

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arteries leads to high blood pressure. An increase in arterial stiffness also intensifies the workload on the heart, and is one of the causes of myocardial enlargement and heart failure.

AGEs are just one more reason to minimize cooked foods and eliminate sugar from your diet. It has been speculated that the increased longevity associated with reduced-calorie diets may be due to lower amounts of AGEs formed in the body. If people only knew how damaging sugar is, few would dare to eat something so destructive. Few things make you age faster than sugar. Is getting old and sick really worth satisfying that sweet tooth?

Question: What makes sodium lauryl sulfate so dangerous?

H. W. — Holland, MI

Answer: Sodium lauryl sulfate (SLS) and its chemical cousins, sodium laureth sulfate and ammonium lauryl sulfate, are all synthetic detergents that are commonly found in personal care products such as soaps (both liquid and solid), shampoos and toothpaste. In fact, about 90 percent of these types of products contain these chemicals. They are similar in their actions and hazards and provide a foaming quality to a product, giving the illusion that it is thick, rich, and expensive. SLS is also used in laundry detergents and other cleaners.

These detergents are known irritants to the eyes, skin, and mucous membranes in the mouth, causing canker sores and tongue irritations. In fact, SLS is used in laboratories to irritate skin on animals for the testing of healing agents. SLS may worsen skin conditions such as acne, eczema, psoriasis, and chemical sensitivity. SLS irritates the scalp and has caused hair loss.

The biggest problem I have with SLS is that it easily penetrates the skin and bioaccumulates in all the major organs, including the heart, brain, and liver. It is retained for a long time in these tissues. This can't be good! One study at the University of Georgia Medical College found that SLS reacts with proteins in eye tissue and that this causes cataracts and impaired eye development in children.

Another problem I have with SLS is that it reacts with nitrogen-based ingredients in skin products and shampoo to form nitrates, which are carcinogenic. In fact, one application with SLS-containing shampoo can put more

cancer-causing nitrogen compounds into your body than eating a pound of bacon, which we are advised not to eat for this very reason.

Yet another problem with SLS is that it attaches to hormone-receptor sites and interferes with signals from natural hormones. This can throw the endocrine system into hormone chaos and result in breast enlargement and massive drops in male sperm counts. SLS is only one of the many toxic chemicals found in these products. The combined effect of all of them is a major contribution to our pandemic of chronic disease.

Beyond Health has safe and effective personal care products including soap, shampoo, toothpaste, and deodorant. I strongly suggest that you use these safe and approved products.

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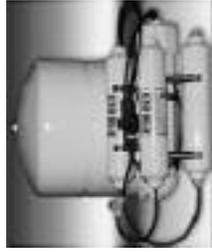
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Raymond wrote the information below in an article on fluoride over 10 years ago.



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