

# BEYOND HEALTH<sup>®</sup> *News*

March-April

2007

**“I have never read a ‘diet’ book that I thought was worth reading  
—much less following—until *Never Be Fat Again*.”**

— Russell L. Blaylock, MD

## Never Be Fat Again

*A weight-loss book that works...*

Our pandemic of overweight and obesity is America’s number one health problem. More than two out of three Americans are overweight, including more than one-third of our children. Even a few extra pounds increases the risk of serious problems including heart disease, cancer, diabetes, disability and premature death. Diet books and gimmicks abound, but we are losing the battle of the bulge. But no more! Finally, there is a viable long-term solution—the lifestyle solution in Raymond Francis’ new book, *Never Be Fat Again*.

Diets and diet books don’t work for a very good reason—almost all are scientifically and nutritionally unsound. Almost all are aimed at losing weight. Unfortunately, you cannot lose weight permanently by try-

ing to lose weight. Overweight is a serious chronic disease. Excess weight is merely a symptom of this disease. You cannot solve problems by treating the symptoms. A permanent solution requires reversing this disease by regaining health—normal weight follows automatically.

The obesity crisis cannot be solved without correctly defining the problem and *Never Be Fat Again* (NBFA) defines the problem correctly for the first time: Overweight is a disease caused by deficiency and toxicity. Unknown to most people, including our physicians, common environmental toxins are a major cause of this disease. Even if you cut calories, you will be unable to lose weight if toxic exposure continues. Both deficiency and toxicity must be eliminated to achieve permanent weight control.

NBFA will be in bookstores by mid-May. Before May 1st, you can order this extraordinary book at low prepublication prices. To order: call 800-250-3063, go to [www.amazon.com](http://www.amazon.com), or to [www.beyondhealth.com](http://www.beyondhealth.com).

## Update on Cholesterol Drugs

*Causing Parkinson’s...*

Cholesterol drugs, such as Lipitor, Zocor, Crestor, Lescol, Mevacor and Pravacol, are known to be toxic. Besides being toxic, they are ineffective. They address a problem that is not a problem. Half of all those who suffer heart attacks have normal cho-

lesterol levels. Statin drugs lower cholesterol, but cholesterol is not the issue. Oxidized cholesterol is the issue, and this is addressed by taking antioxidants like vitamins C and E, not drugs.

Statin drugs are the biggest selling drugs in the world, but they are known to cause numerous health problems such as congestive heart failure, muscle pain and weakness, numbness in hands and feet, dizziness, cognitive impairment, cancer and depression. Now, new research suggests yet another problem—Parkinson’s.

Researchers have found that patients with low levels of LDL cholesterol who take statin drugs are at least three-and-a-half times more likely to develop Parkinson’s disease. Parkinson’s is a brain illness that can paralyze patients. Patients may also have difficulty walking and talking and may shake uncontrollably. A team at the University of North Carolina is planning clinical trials involving thousands of people to further examine this connection.

## Whole Grains and Diabetes

*Whole grains are protective...*

Sugar and refined grains like white flour are the largest contributors to diabetes, while whole grains are protective according to a new long-term study in a 2006 *American Journal of Clinical Nutrition*. A study of over 60,000 people found

## THIS ISSUE...

News in Review . . . . . 1

Inflammation:  
A Common Denominator  
of Disease . . . . . 4

Questions & Answers . . . . 6

Subscribe a Friend . . . . . 8

that people who eat a diet high in whole grains exhibit biological markers that significantly lower the risk of diabetes and heart disease.

Whole grains contain bran, fiber, vitamins and minerals that are lost in refined grains. When you eat whole grains, you lower concentrations of harmful chemicals like C-reactive protein and tumor necrosis factor- $\alpha$ , and enhance beneficial blood-sugar control and blood lipids. By lowering these markers of disease, while enhancing beneficial chemicals, you lower your risk of diabetes.

One caution, however. Whole grain flour is not the same as a whole grain. While food products, such as bread made from whole grain flour, are better than eating white flour, the most nutritious choice is the whole grain itself. Organic whole grains can be readily purchased in health food stores. For those who don't have a health food store handy,

whole grains can be purchased online from suppliers such as Jaffe Brothers, available at: [www.organicfruitsandnuts.com](http://www.organicfruitsandnuts.com).

**Heartburn Drugs and Hip Fractures**  
*Modern medicine strikes again...*

Hip fractures in the elderly often result in life-threatening complications. Approximately 15-to-20 percent of these patients die within one year of fracture. Given that modern medicine is one of the leading causes of disease, it is not a surprise that many hip fractures are caused by doctors. New evidence of this appeared in a December 2006 study in the *Journal of the American Medical Association*, which found that taking heartburn drugs can dramatically increase the risk of hip fractures.

Heartburn drugs such as Prilosec or Prevacid appear to reduce the amount of stomach acid so much that it affects the body's ability to absorb calcium, thereby leading to weaker bones and fractures. The greatest risk was observed in those taking the highest doses for more than one year. *These people had an increased risk of 250 percent!*

Even more tragic than the hip fractures caused by these toxic drugs, is that no one should have heartburn in the first place. Most heartburn is caused by improper food combining. Poor food combining prevents food from properly digesting, and so it sits in the stomach producing acids. Follow the rules for proper food combining outlined in *Never Be Sick Again*. For example, don't eat starches with protein. Refined carbohydrates such as sugar and white flour are particularly bad, and eating a desert made of these after a protein meal is asking for heartburn. Eating too many calories is also a cause. Cut down on portion sizes, and make bet-

ter food choices. Another common cause is food allergies. Do not eat foods to which you are allergic. Keep a food diary to learn how your body reacts to certain foods. Stress is also a cause, particularly if you are stressed as you eat. Supplementing with extra hydrochloric acid and digestive enzymes can also be helpful. Read the sections on enzymes in *Never Be Sick Again* to learn the critical role enzymes play in proper food digestion.

**Mammograms Questioned**  
*They cause cancer...*

BHN has always cautioned against the use of annual mammograms, as well as other routine exposures to radiation such as dental X-rays. The reason for this is that X-rays are one of the few things that we know for certain cause cancer; radiation experts believe that X-rays have been the leading cause of cancer in the 20th Century. At long last, an increasing number of medical doctors are questioning the safety and effectiveness of mammograms. (It is gratifying when doctors finally catch up with BHN, as they are always doing, only not fast enough.)

A study in the October 2006 *Lancet* found the so-called benefits of mammograms to be "unconvincing".

Even worse than failing to offer protection, mammograms actually increase a woman's risk of cancer. Women between the ages of 40 and 49, who have regular mammograms, *are twice as likely to die from breast cancer as women who are not screened*. Dr. Michael Baum of the University College in London said, "The latest evidence shifts the balance towards harm and away from benefits". Mike Adams, author of *The Healing Power of Sunlight and Vitamin D* said, "Mammograms

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actually harm far more women than they help.”

In addition to the radiation hazards, mammograms pose a number of other risks. Squeezing a woman’s breasts during mammograms may rupture blood vessels, causing cancer to spread to other parts of the body, actually increasing the risk of death. Then there is the trauma suffered by women who receive false positives from their mammograms, not to mention the dangerous sense of security felt by those who receive false negatives. Thermograms are a far safer and more effective diagnostic tool.

**Fiber Cuts Cancer**

*And we don’t get enough...*

Dietary fiber is an essential nutrient. Americans consume only 10 percent of the fiber that was in our traditional natural-food diet. People are advised to eat at least 25 grams per day, and many experts advise more than twice that amount. Meanwhile, the average American consumes only 14 grams of dietary fiber per day. In Africa, fiber consumption amounts to 60 grams per day.

A new British study, conducted by Leeds University in the UK, found that pre-menopausal women who consumed at least 30 grams of fiber per day cut their risk of breast cancer in *half*. Cereal fiber in particular appeared to offer the greatest protection.

Fiber is beneficial for a number of reasons, not the least of which is that high fiber foods are rich in vitamins and nutrients that have antioxidant qualities. Fiber acts to smooth out the highs and lows of insulin levels in the body, preventing high insulin levels, which contribute to cancer. Finally, fiber reduces estrogen levels, and high estrogen causes breast cancer.

Eating a diet rich in plant foods and low in the Big Four (sugar, white flour, processed oils, and dairy/excess animal protein) will supply the fiber that most people are lacking because they eat processed foods. In addition, taking a fiber product like Regularity Guard (available at Beyond Health) is highly recommended.

**More on Olive Oil**

*Protects against high blood pressure, cancer and ulcers...*

New research carried out at the Spanish Institute de la Grasa and the University Hospital of Valme has found that extra virgin olive oil may protect against peptic ulcer or gastric cancer.

The polyphenols found in olive oil remain stable for hours in the stomach following ingestion, and they have a strong anti-bacterial effect on *H. pylori*, including three strains that are antibiotic-resistant. *H. pylori* is the only known bacteria that can survive the acidic conditions of the stomach. Infection by the bacteria can lead to stomach cancer and ulcers. The antibacterial action of olive oil’s polyphenols was so potent that only the most diluted extract (one percent) had no significant effect on the bacteria.

In addition, researchers from the University of Barcelona, reporting in the January *Journal of Nutrition* found that a moderate amount of olive oil can significantly reduce systolic blood pressure levels. The researchers concluded: “The results of this study suggest that a moderate consumption of olive oil may be used as an effective tool to reduce SBP (systolic blood pressure) of healthy men who do not typically consume a Mediterranean diet.”

**New Fluoride Warning**

*Protect our children...*

In January, the Centers for Disease Control (CDC) issued a new, poorly-publicized warning regarding the threat of fluoride to our children’s health. Two-thirds of the public water supplies in America are being systematically poisoned with highly toxic fluoride. The CDC has finally acknowledged that this poses a threat to health, and has recommended that fluoridated water not be used to mix infant formula. Using fluoridated water to prepare infant formula introduces fluoride at levels that exceed the amount recommended to minimize fluorosis, according to the CDC’s warning.

Up-to-one-half of our children now suffer, to some extent, from a condition called fluorosis, caused by excessive fluoride exposure. Meanwhile, most parents are unaware that the most widely used fluoridation chemicals have been linked to higher rates of tooth decay. Fluorosis often manifests as discolored teeth. Dentists look on fluorosis as a cosmetic problem. However, it is much more serious than that. Excessive fluoride not only damages teeth, it damages bones and disrupts thyroid function. Studies have also linked excess fluoride to lowered IQ and cancer.

BHN recommends that everyone avoid drinking fluoridated water. A study by the National Research Council adds to these concerns by finding that even low levels of fluoride can damage bones and thyroid function. Basically, fluoridated water needs to be outlawed. Safe drinking water can be inexpensively obtained by using Beyond Health’s Reverse Osmosis water filtration system.



# Inflammation: A Common Denominator of Disease

By Raymond Francis

Inflammation is one of the common denominators of disease. *Every* chronic disease is an inflammatory disease. No matter what so-called disease you have, from cancer to the common cold, inflammation is a major part of your problem. Learning how to prevent and reverse inflammation will go a long way toward preventing and reversing almost all disease, as well as slowing the aging process, keeping us healthy, biologically young and vigorous for a lifetime.

Unfortunately, most Americans suffer from chronic inflammation, caused by a variety of factors that seriously undermine health and ages us prematurely. Resulting from an “inflammatory cascade,” common inflammatory diseases include allergies, Alzheimer’s, asthma, arthritis, autoimmune diseases, bursitis, cancer, cervicitis, colitis, cystitis, diabetes, gastritis, heart disease, hepatitis, infections, myocarditis, nephritis, neuritis, osteoporosis, prostatitis, sinusitis, tendonitis, and vaginitis. Even our children are increasingly suffering from “diseases of aging” in epidemic numbers. To put an end to this tragedy, we must learn how to prevent and reverse chronic inflammation.

What is inflammation? It is the body’s response to injury, irritation or infection, a natural and healthy process. If you cut your finger, the body immediately begins an inflammatory process that neutralizes harmful microorganisms, helps to repair the wound, and cleans up the debris resulting from the injury. Inflammation is beneficial when needed, but it is disastrous when *chronic*. Chronic inflammation generates a constant supply of free radicals that overwhelm our anti-oxidant defenses and damage DNA, aging us and causing disease of every description.

What causes inflammation? Most importantly, *the standard American diet causes inflammation*. Most of us suffer from chronic inflammation and disease because the American diet is pro-inflammatory. It is rich in pro-inflammatory compounds, while lacking antioxidants and other nutrients that help to prevent and control inflammation.

How does our diet cause inflammation? One way is our excessive consumption of refined carbohydrates. Sugar and white flour are deadly poisons that have an inflammatory effect on the body. Unaware of this, the average American consumes more than 160 pounds of sugar and 200 pounds of white flour per year. Sugar and

white flour increase blood sugar, and even a modest increase in blood sugar generates pro-inflammatory chemicals. Most people eat these poisons daily in the form of bread, pasta, breakfast cereal, cookies, cakes, soft drinks, candy, etc.

In addition, sugar and white flour cause inflammation and disease by forming AGEs.

AGEs are produced when a protein reacts with sugar, resulting in damaged, cross-linked proteins. As the body tries to protect you by breaking these AGEs apart, immune cells secrete large amounts of inflammatory chemicals. Many of the diseases that we think of as part of aging are actually caused by this process. Depending on where the AGEs occur, the result can be arthritis, heart disease, cataracts, memory loss, wrinkled skin or diabetes complications, to name a few.

Acidity is another problem. Most Americans eat an acidic diet caused by too much salt, sugar, white flour, dairy, meat and cola drinks. Many experts consider over-acidity to be one of the major causes of chronic inflammation, with increasing acidity causing increasing amounts of inflammation.

The fats and oils in the American diet are inflammatory because they contain excessive omega-6 fatty acids. Omega-6 fatty acids are pro-inflammatory, while omega-3s are anti-inflammatory. Historically, humans consumed roughly equal amounts of these oils, achieving a balance. Today, we consume 20 to 30 times as much omega-6 as omega-3. The modern processed-food industry fills our stores with pro-inflammatory oils, including corn, safflower, sunflower, soy, canola, and peanut oils. Grain-fed beef, poultry, and farmed fish also contain excessive omega-6. These imbalances create a huge excess of pro-inflammatory chemicals in our diet. It is *extremely* important that only healthy fish, meats, fats and oils be consumed (Beyond Health supplies healthy oils).

Milk products also cause inflammation. Modern dairy cows eat grain-containing diets producing excessive omega-6 fats, creating a pro-inflammatory imbalance. In addition, a substantial percentage of our population (some estimate 50%) is allergic to dairy, often unknowingly. Frequent consumption of dairy causes chronic allergic reactions, creating chronic inflammation.

Hydrogenated oils are also pro-inflammatory. These oils find their way into a myriad of products including

candy, baked goods, margarine, breakfast cereal, and peanut butter. The trans fatty acids contained in hydrogenated oils inhibit the activity of enzymes that make anti-inflammatory compounds, but not those that create pro-inflammatory ones; chronic inflammation is the result.

In addition to diet, infections also contribute to inflammation. It is important to keep your immunity strong and to minimize the number of infections you suffer. Infections trigger powerful inflammatory processes to destroy invading microorganisms. Unfortunately, the inflammation damages you, as well as the invaders. Having one cold after another will do lasting damage, and shorten your life. Repeated infections, as well as chronic infections, lead to chronic inflammation that damages and ages the entire body.

Physical injuries also create inflammation. Nature intended inflammation to subside once an injury is repaired. However, because of our pro-inflammatory diet, injuries are seldom fully healed and often result in chronic low-grade inflammation in the injured tissue. This is why athletes have problems with old injuries as they age. Incompletely healed tissues produce inflammatory chemicals that promote inflammation for the entire body.

Allergies and food sensitivities also create inflammatory responses. Chronic allergic reactions create chronic inflammation. This is why allergic reactions *must* be minimized by strengthening the immune system and avoiding allergens. Unfortunately, allergies have become epidemic. Contributing to this epidemic has been the irrational misuse of antibiotics, NSAIDs (non-steroidal anti-inflammatory drugs), and hormones by our obsolete physicians.

These dangerous drugs disrupt gut tissue, causing leakage of undigested food molecules into the blood, thereby promoting food allergies. A good idea for almost anyone is to stay away from the most common allergens such as dairy and wheat (half the population may be allergic to the casein found in milk and the gluten found in wheat, rye, and barley). Anyone suffering from celiac disease knows how inflammatory gluten can be.

Yet another promoter of chronic, systemic inflammation is fat cells. More than two-out-of-three Americans are overweight, and fat cells, especially those that form around the abdomen, produce large amounts of inflammatory chemicals. This is a huge source of inflammation, and is the reason why overweight people suffer so much more disease and disability.

Environmental toxins are also inflammatory. Synthetic fibers, latex, glues, adhesives, plastics, air fresheners, cleaning products and perfume are examples of everyday chemicals that can trigger an inflammatory response. Chronic exposure, at even low doses, can drive your immune system crazy, resulting in inflammatory autoimmune diseases.

Chronic stress produces hormones that result in chronic inflammation. Stress produces inflammatory chemicals that can make your skin break out or your intestines go into revolt. Likewise, insomnia causes inflammation. People who are sleep deprived have higher levels of inflammatory chemicals.

Inflammation is a common element in virtually all disease. By causing chronic inflammation we are aging ourselves prematurely, causing us to look old, feel tired, and suffer every imaginable disease. Controlling chronic inflammation takes a combination approach because it arises from a combination of causes, but most of it is under your control. By learning how to prevent and reverse inflammation, you can achieve power over aging and disease. What a wonderful goal—and so easy to do.

If you want to prevent disease, or if you want to get well, consume a diet high in a variety of fresh, organic vegetables, fruits, nuts, and seeds. Get rid of those excess pounds (read *Never Be Fat Again*). Take high quality anti-inflammatory supplements. If you take these principles to heart, you will be well on your way to a longer, higher quality, disease-free life. Supplement with antioxidant nutrients: omega-3 fatty acids, vitamins A, B complex (including folic acid, B6 and B12), C, D, and E, plus beta-carotene, CoQ10, curcumin, quercetin, selenium, N-acetylcysteine, and alpha-lipoic acid. For help in getting the inflammation out of your life, call Beyond Health at 800-250-3063.

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

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**Question:** I read that being underweight was more dangerous than being overweight, yet eating a low-calorie diet is supposed to prolong life. I am confused.

C. H. — Toronto, Canada

**Answer:** Don't be confused. Low calorie diets do prolong life and being overweight, by even a few pounds, is *far* more dangerous than being underweight. The latest studies show that even a little extra weight significantly increases mortality risk.

The study you are referring to regarding the risk of being underweight came out of the Centers for Disease Control and was poorly done. This study is now recognized as not being valid because it included smokers who have a higher mortality risk. Once you remove these high-risk people from the study, it becomes clear that being overweight is where the true risk lies. Being pleasantly plump increases mortality, not underweight. Sadly, two-out-of-three Americans are overweight, and this should not be happening. Permanent weight loss is so simple and easy. I highly recommend that overweight people read my new book *Never Be Fat Again*.

**Question:** I know there were problems with the older birth control pills, but I am wondering if the new ones are really any safer.

B. F. — San Mateo, CA

**Answer:** Unfortunately, the new ones are no more effective or safer than the older ones. In fact, they appear to be worse. There is increasing concern over the new so-called "third generation" pills. Third generation birth control pills contain a synthetic progestin called desogestrel. Evidence indicates that the desogestrel-containing pills are nearly twice as likely to cause potentially fatal blood clots than the older pills. Since the older type drugs already increased the risk of blood clots, doubling the risk again is definitely not a good idea.

There is a good reason why properly prescribed prescription drugs are the third leading cause of death in America. Prescription drugs are inherently unsafe. It is not wise to use them under any circumstance, most especially for a purpose as optional as birth control.

**Question:** I have been reading a lot about resveratrol, and I'm wondering what you think about it before I rush out and buy it.

V. C. — San Mateo, CA

**Answer:** Polyphenols, found in the skin and seeds of grapes, have anti-oxidant properties that have been shown to inhibit the development of cancer. One of these compounds is called resveratrol.

Resveratrol has anti-inflammatory properties and it

appears to inhibit at least one and probably several of the biological events required for cancer development. Studies published in the *International Journal of Cancer* showed that a glass of red wine a day reduces the risk of developing prostate cancer by 50%, and that men consuming four or more four-ounce glasses of red wine per week had a 60% lower incidence of aggressive prostate cancer.

This same study also found that compounds in tea, called catechins, also act as powerful inhibitors of cancer growth. The researchers compared tea drinkers to non-tea drinkers. Tea drinkers were about half as likely to develop stomach or esophageal cancer compared to those who drank little tea. Another tea study found that *women who consumed the most green tea reduced their risk of breast cancer by 41%*. By the way, putting milk in your tea appears to negate all the good effects of drinking tea.

What this is telling us is what we already know. There are beneficial compounds in foods that help to prevent disease, including cancer. The best way to prevent and reverse disease is to eat a diet with a wide variety of fresh, organic foods.

As for supplementing with resveratrol, it may be a good idea and we know of no reason to discourage it. However, you do have to be careful to purchase only high quality resveratrol, as it is easy to chemically injure these types of products and end up with something that is not very biologically useful. Since it is not something I have studied in depth, I am unable to make a recommendation at this time.

**Question:** Could you tell me how to find the article you made reference to on the radio regarding the elimination of type 1 diabetes?

C. P. — Internet

**Answer:** My reference to curing type 1 diabetes was based on new research at the Hospital for Sick Children in Toronto, Canada, which was reported in the December 2006 issue of *Cell*. The discovery that type 1 diabetes could be cured in one day astounded the researchers who discovered it—it was the biggest shock of their lives.

This was an animal study. So it is not yet a treatment for humans, which may be years away, but it does tell us a lot about "so-called" incurable diseases. Right now insulin replacement therapy is the only treatment offered for type 1, and it does not prevent many of the side effects, from heart attacks to blindness to kidney failure. In truth, all diseases are curable—if you know how to cure them.



The discovery in Toronto is paradigm changing. Previously, it was believed that type 1 diabetes was solely caused by auto-immune responses. The new findings point to the role that the nervous system plays in this disease, helping to trigger the diabetes. Diabetic mice became healthy overnight by injecting them with capsaicin, the active ingredient in hot chili peppers, which disabled sensory nerve cells in the pancreas. The mice immediately began to produce insulin normally. Actually, the nervous system plays a role in all disease. This is one reason why meditation and affirmations are so effective in treating disease.

Meanwhile, before this technique is perfected, there are many things a type 1 diabetic can do that will help to control their disease, and in some cases, even reverse it. For example, study in the July 2006 *Pediatrics* found that B vitamin supplementation normalized blood vessel tissue. Vascular disease starts early in type 1 diabetes, and high doses of folate and vitamin B6 [folate (5 mg/d) and vitamin B6 (100 mg/d)] normalized this tissue, preventing damage and normalizing blood flow.

Sensible advice for any diabetic is to get off the Big Four, get on a primarily vegetarian diet, exercise regularly, and supplement with Beyond Health's Comprehensive and Diabetes Support Kits.

**Question:** I have been suffering from abdominal pain. My doctors can find nothing wrong with me. Do you have any suggestions?

H. A. — Burlingame, CA

**Answer:** Abdominal pain without a clear physical cause is often the result of dysbiosis (abnormal gut flora). One of the most important things anyone can do for their health is to normalize their digestive flora.

Our poor diets, combined with drinking chlorinated water, and most especially taking prescription drugs like antibiotics, causes a substantial change in the normal balance of bacteria and other organisms that live in our digestive tracts. In turn, this imbalance leads to numerous other problems.

Normalizing your flora may be a safe and relatively inexpensive solution to your abdominal pain. I suggest you consider supplementing with a combination of acidophilus, FOS and healthy fiber. Call Beyond Health if you want help with selecting these.

**Question:** I recently read a study that said vitamin E was not useful in preventing heart disease. I always thought the opposite. I am confused.

I. D. — Stockton, CA

**Answer:** You have a right to be confused. There are so many poorly done studies on vitamin E, that anyone who does not understand this chemistry will be confused. First, there are different forms of vitamin E. Almost all studies use synthetic forms that are known to be less biologically active and effective than natural vitamin E.

There are other problems as well. Studies usually look at one nutrient at a time. But that is not the way nutrients work. Nutrients work as a team. Even if a study uses natural vitamin E, as the E in the body is destroyed, it requires optimal levels of vitamin C to help it regenerate and function more effectively. Not supplying adequate vitamin C along with the vitamin E may well produce less than optimal results, causing the wrong conclusions to be drawn.

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