

# BEYOND HEALTH<sup>®</sup> *News*

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2007

**“Modern medicine is our number one cause of death.”**

— Julian Whitaker, M.D.

## **Never Be Fat Again**

*Diets don't work...*

Making waves in the diet world, *Never Be Fat Again* (NBFA) is being hailed as the first weight-loss book that really works. Decades of experience and new studies of weight-loss diets prove they don't work. Even worse, they are dangerous. Aimed at losing weight, these diets are scientifically and nutritionally unsound, and have resulted in failure for millions. NBFA is not about a diet; it is about a lifestyle approach to good health that automatically results in permanent weight loss.

Overweight is a disease caused by deficiency and toxicity. For the first time in a popular diet book, NBFA identifies environmental toxins as a major cause of overweight. It tells you where these toxins are found and how to avoid them. Permanent weight loss can be achieved only through reversing this disease and regaining health.

If you are even five pounds over-

weight, you need to read this book. In fact, even if you aren't overweight, it's a worthwhile read because it teaches you so much about health. The chapter on sugar alone is worth the price of the book, not to mention the chapter on toxins.

## **Mother's Vitamins and Asthma**

*Vitamin E is good...*

BHN has always recommended that all women of childbearing age be on a comprehensive supplement program including a high-quality vitamin E. A new study reported in a 2006 *American Journal of Respiratory and Critical Care Medicine* has determined that pregnant women who take adequate amounts of vitamin E are far less likely to have children who develop asthma. Mothers who consumed the lowest amounts of vitamin E had children who were 25 percent more likely to develop asthma. In addition, low intakes of zinc also contributed to asthma.

It is essential that pregnant women be on a high-quality supplement program since there is no way they can obtain all the nutrients they need from today's nutrient-deficient foods. Unfortunately, the poor quality of most pre-natal vitamin formulations will not supply what is needed. Consulting with a source such as Beyond Health, which has a passion for quality, is the best option when making such choices.

## **NSAIDs and Heart Disease**

*Increased risk...*

NSAIDs (non-steroidal anti-inflammatory drugs), such as aspirin, ibuprofen, acetaminophen and others, are known to cause a variety of diseases. NSAIDs are commonly used drugs, and millions of Americans take these painkillers every day to treat headaches, arthritis, muscle pulls and other aches and pains. Regular use of NSAIDs is known to cause numerous health problems, the most common being gastrointestinal damage. About 200,000 Americans are hospitalized every year for problems caused by NSAIDs, and at least 20,000 people die every year from these drugs.

A 1992 study in the *Scandinavian Journal of Rheumatology* found that long-term users of NSAIDs were hospitalized six times more often than nonusers. Deaths from gastrointestinal causes occurred twice as often, and half of all patients who died of ulcer-related complications reported recent ingestion of NSAIDs. Another large study in *Gut* found that in patients who died of NSAID induced complications, 67% succumbed to acute hemorrhage, 9% to gut perforation, and 24% to a combination of the two. A 1996 study in the *Archives of Internal Medicine* found that patients taking NSAIDs were 4 to 17 times more likely to suffer acute kidney failure. Another 1996 study in the *Lancet* showed that aspirin in any

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form, no matter what you do to it such as buffering and coating, will cause gastrointestinal bleeding. In fact, as little as one aspirin can cause bleeding.

Now a new study done at Brigham and Women's Hospital in Boston adds to the list of NSAID hazards. The study found that NSAIDS increase blood pressure and, therefore, the risk of stroke and heart disease. Men who took these drugs regularly were more likely to be diagnosed with high blood pressure than men not taking them. In fact, men who took 15 or more NSAID pills a week were 48 percent more likely than non-users to have high blood pressure. NSAIDS affect the ability of blood vessels to expand, and may also cause sodium retention — two factors that can both raise blood pressure.

BHN has been telling you for years that drugs are harmful. Drugs

are toxins; they damage the body, cause disease and make it impossible to get well. NSAIDS are an especially harmful class of drug because so many people are on them. Many physicians advise patients to take an aspirin a day. This is bad advice. It's advice such as this that makes modern medicine our leading cause of death. There are safe and effective alternatives to every drug, but to tell you a secret—the drug companies don't want you to know that, and they are actively working to suppress all the alternatives.

### Malnutrition Epidemic

*Not enough fruits and vegetables...*

Malnutrition is the leading cause of disease in America. One reason for this is we eat too much calorie-loaded junk food and not enough real food. A new report by the U.S. Centers for Disease Control and Prevention confirms this. Fewer than one out of three American adults eat the two servings of fruits and three servings of vegetables per day that the government recommends. This is a major reason why more than three out of four of us have a diagnosable chronic disease. However, to put this in perspective and to make matters worse, the government's recommendations are politically influenced and are *far* too low. The amount should be at least double these recommendations to achieve good health.

The benefits of such a diet cannot be understated. A diet with lots of fresh fruits and vegetables supplies lots of vitamins, minerals, phytochemicals and fiber, which are known to be protective against cancer and other chronic diseases. It is also a low calorie diet that keeps you slim and enhances longevity. How can you go wrong with that?

### Our Poisoned Tap Water

*Fluoride and arsenic...*

Fluoride is an extremely toxic chemical that is added to our public water supplies for the purpose of preventing tooth decay. Unfortunately, fluoridation has proven useless in fighting tooth decay. About 75% of the U.S. population drinks water that has been deliberately contaminated with this dangerous toxin. Fluoride is bad enough, but there is another problem that goes along with it—*arsenic*.

Fluoridation chemicals—sodium fluoride, sodium fluorosilicate, and fluorosilicic acid—all contain trace amounts of unwanted contaminants, such as antimony, barium, beryllium and arsenic. The maximum allowable contaminant level of arsenic in drinking water is zero. Yet the actual level permitted is above zero because of the difficulty in removing it from the fluoridation chemicals. Accordingly, the Environmental Protection Agency has set the maximum contaminant level of arsenic in treated water at 10 parts per billion (ppb). What makes even a little bit of arsenic so dangerous is that arsenic accumulates in the body over time.

In an analysis of 25 states, the National Resources Defense Council found about 8,000 U.S. water systems, serving 57,000,000 people, that contained arsenic levels at 1 ppb or higher. Yet according to the U.S. National Academy of Sciences, people drinking water containing one part per billion of arsenic have an increased risk of developing cancer.

BHN recommends that people refrain from drinking tap water. The easiest and most economical solution to this problem is to use a Beyond Health Reverse Osmosis system that produces pure drinking water at a cost of about one cent per gallon.

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**Food Is Good**

*Combinations are better...*

Nutrients act as a team, and a chronic shortage of even one nutrient will cause disease. Different foods contain different kinds and amounts of nutrients. So it should not be a surprise to learn that combinations of foods protect against cancer far better than one food alone. According to the American Institute for Cancer Research, eating tomatoes and broccoli together offers a particularly potent combination to protect against cancer.

Likewise, a combination of apples, oranges and blueberries has a synergistic effect, making the three together much more effective against free radicals than any of them alone. Cancer-fighting nutrients such as curcumin (found in the spice turmeric) and quercetin (found in yellow onions and other foods) in combination will provide better protection against colon polyps. Lycopene (found in tomatoes), when combined with a fat such as olive oil, will be more efficiently absorbed into the body and more effective against prostate cancer.

BHN recommends eating a variety of fresh fruits and vegetables on a regular basis, plus taking high quality nutritional supplements. Health is a choice, and choosing a wide variety of plant foods for daily consumption is a wise and necessary investment in health.

**Protect Against COPD**

*Fish oil and vegetables...*

COPD (chronic obstructive pulmonary disease) is a catchall term that covers diseases such as chronic bronchitis and emphysema. Two recent studies from the Juntendo University School of Medicine in Tokyo and the University of Medicine Bichat in Paris found that

fish oil and vegetables are protective against COPD.

Men in Japan smoke much more than men in the U.S., yet they do not suffer the ill effects that Americans do. New evidence points to the higher amounts of fish oils and vegetables consumed by the Japanese as the key to the difference. Americans consume far more pro-inflammatory omega-6 fatty acids. The anti-inflammatory omega-3s from fish oil appear to protect the lungs from damage.

Mice that had been consuming tomato juice while being exposed to cigarette smoke did not develop emphysema in contrast to the lung disease in a group of exposed mice that had not been consuming the juice.

People with the highest blood levels of beta-carotene and vitamin E had significantly better lung function than people with the lowest levels, and these higher levels were associated with slowed age-related lung function decline. Also, heavy smokers with low levels of the two antioxidants had the steepest decline in lung function, and obese people were significantly more likely to lose lung power over the years than people of normal weight.

Once more we see the power of eating a good diet. Almost any disease condition can be prevented or improved by eating a good diet and taking high-quality supplements.

**More on Vitamin D**

*Prevents colon cancer...*

“Sunshine” vitamin D can cut your risk of colon cancer by 50 percent. New research from the Naval Health Research Center in San Diego has found that levels of vitamin D in the blood consistent with an intake of 1,000 to 2,000 international units (IU) a day lowered the risk of col-

orectal cancer by 50 percent. The current recommendation of vitamin D is 400 IU daily. This finding is not a surprise, because the amount of nutrients required for good health is usually three to four times the RDA and often more. Other studies have shown that vitamin D lowers the risk of colon cancer by reducing the amounts of lithocholic acid, a carcinogenic toxin produced in the stomach by high amounts of animal fat.

A growing body of evidence in recent years has shown that lack of vitamin D may play a crucial role in heart disease and lung disease as well as diabetes, high blood pressure, schizophrenia and multiple sclerosis. Vitamin D is also essential for bone health and protects against rickets in children and osteoporosis in the elderly. It has been shown to repair lung tissue and to lower insulin resistance. A review of all vitamin D studies, published in the December 2004 *American Journal of Clinical Nutrition*, found that a daily dose of vitamin D could cut the risk of cancers of the breast, colon and ovary by up to a half. The evidence for the protective effect of the “sunshine vitamin” is so overwhelming, say cancer specialists, that urgent action must be taken by public health authorities to boost blood levels.

BHN recommends assuring your vitamin D levels with high quality supplements. Two Beyond Health Multis along with two tablespoons of cod liver oil can satisfy most needs. In addition, fifteen to twenty minutes a day in the sun without sunscreen would be enough for light-skinned people to synthesize 10,000 IU of vitamin D, with little risk of sunburn or skin cancer.



# DIETS DON'T WORK

By Raymond Francis

If you are more than five pounds over your normal weight, you need to read my book *Never Be Fat Again*. A catastrophic epidemic of overweight disease is sweeping America. More than two-thirds of all Americans are overweight. This is not a cosmetic problem—it is a serious, chronic and degenerative disease. Even a few extra pounds will accelerate aging, increase susceptibility to cancer and other diseases, increase disability and shorten life. Overweight is not a benign disease, and no one should be or needs to be fat. *Lean people live longer, have less disease, less disability, more energy, and a higher quality of life.*

While millions spend billions trying to lose weight, this epidemic is getting worse every year. More than one-third of our children are overweight. Because of this, life expectancy is expected to turn down, after two hundred years of increases.

When I looked at this problem, I wondered why, after all those diets and all that money, time, effort, diet books, diet programs, gimmicks, magic pills and exercise machines overweight is still increasing. I soon found out. Diets don't work—so don't go on a diet! Diets are not only ineffective; they are dangerous, even deadly. Besides that, who wants to count calories, weigh out portions, be deprived, eat unnaturally, and feel aggravated and starved? Perhaps it would be worth it if it worked, but it doesn't, because most diets are scientifically and nutritionally unsound. Their goal is weight loss NOW at any price. They aim at losing weight, which is merely a symptom of this disease. You cannot solve problems by attacking symptoms.

Almost anyone can lose 5 to 10 percent of their weight on any number of diets. The weight may go away for a while, but the vast majority of people gain everything back and more, packing on extra pounds. Studies show that overweight people who diet gain more weight than those who don't. Yet at any point in time, one in three Americans is on a diet. It should be obvious that a slim body and vibrant health are not the usual results of dieting. Many of these people end up doing dangerous yo-yo dieting—cycles of gaining and losing weight—which actually doubles the risk of dying from heart disease, damages immunity and raises the risk of premature death from all causes. *It is better to do nothing than go*

*on a diet—the benefits of dieting are too small and the risks too big.*

The reason I wrote my book *Never Be Fat Again* was to help overweight people lose weight safely and permanently. But you don't do that with a diet; you do it with a health-enhancing lifestyle that includes nutritious food, avoiding toxins and regular physical activity. Focusing on weight loss alone is the wrong thing to do, because overweight is a disease. Fat is a symptom; you cannot cure a disease by attacking symptoms. Permanent weight loss is possible only by regaining health.

Always remember there is only one disease—malfunctioning cells—and only two causes of disease—deficiency and toxicity. Overweight disease is caused by deficiency and toxicity; it is reversed by addressing these two causes. So how do deficiency and toxicity cause overweight?

*When the body is deficient in nutrients, the appetite is turned on in order to get what is needed.* Nutrient deficiency stimulates appetite, causes hunger and cravings and signals the body to store fat. The problem is our processed-food diets do not contain the required nutrients. So the appetite stays on and we eat more empty calories. The Standard American Diet is deficient in nutrients while also being loaded with more calories than we can use. Whenever we consume more calories than necessary to maintain our current weight, we will store fat.

Studies have found that calcium deficiency can turn on fat-storing genes, while adequate calcium will speed fat burning. Similarly, a deficiency of omega-3 fatty acids will activate fat-storing genes, while adequate omega-3s will turn them off and speed up fat burning. So guess what? Most Americans are deficient in both calcium and omega-3s. The average American gets only a fraction of the nutrition they require for optimal health. This is why we are operating at far below our biological potential, resulting in our epidemic of chronic disease and overweight. These deficiencies must be corrected if you want to lose weight. As long as the body is not getting the nutrition it needs, you will crave food even though you have just loaded up on high calorie junk food.

As you seek to lose weight by consuming fewer calories and increasing exercise, you must make sure the calories you do consume are loaded with nutrition. You cannot simply eat smaller amounts of nutritionally worthless foods. This means you need to eat organic, fresh, raw fruits and vegetables, sprouts, beans and whole grains—foods that contain the highest amount of nutrients and fiber per calorie. Because these real foods are both nutrient-rich and fiber-rich, they will make you feel fuller. This satisfies hunger, shuts off the appetite, and prevents the consumption of too many calories. Empty-calorie, nutrient-poor, fiber-less, make believe foods such as sugar, white flour and most processed and fast foods are not options.

Supplements are essential. They help to solve the problem of cellular deficiency, and they also support the body's detoxification system. Here is a list of the supplements I recommend that work synergistically to provide nutrition, minimize free-radical damage and help the body detoxify: The Beyond Health Comprehensive Kit forms the basis of this program. I suggest adding the following with Beyond Health-approved products: Acetyl L-Carnitine, Caroplete, Choline Citrate, Coconut Oil, Cod liver Oil, CoQ10, Garlic, Glucose Regulation Guard, Mg Plus, Regularity Guard, Selenium and Thiodox. Call 800-250-3063 for help with this program.

*Toxins in our food and environment play a surprisingly important role in our overweight epidemic by impairing the body's appetite and fat storage controls.* Common food additives such as MSG and aspartame, can make us feel hungry even when we do not need food. Fat burning can be turned off and fat storage turned on.

Chemicals used in common plastics such as phthalates and bisphenyl-A, as well as PCBs and solvents can cause weight gain. Animals exposed to pesticides can experience huge weight gains without any increase in caloric intake. Domesticated animals are fed growth promoters to fatten them up, but when you eat their meat you ingest those growth promoters, and they fatten *you* up. Even prescription drugs, including antihistamines, antidepressants, anti-inflammatories and hormones, can cause weight gain.

The effects of toxins are magnified when poor diets deprive us of the essential nutrients that our detoxification systems need in order to remove toxins from our bodies. A major source of dietary toxins is processed junk food. Processed foods, from breakfast cereals to hot dogs, to dinner helpers are loaded with toxic artificial

preservatives, colorings and flavorings, plus nitrites, MSG, artificial sweeteners and many other toxins.

When toxins are included in your diet, it is difficult to lose weight because your appetite and fat storage control systems will be out of control. One can only wonder how many millions of people have failed to achieve permanent weight loss because they included toxin-loaded processed foods in their diet plan.

Overweight is a disease that causes a cascade of abnormal biochemistry, resulting in a myriad of health problems and early death. Excess fat is a biological disaster. If you are more than five pounds overweight, it is already possible to measure biochemical abnormalities. So if you have even a few extra pounds, you are not as healthy as you think you are. In fact, you are sick.

Fortunately, this is simple to prevent and reverse. Get processed foods out of your life. Replace them with organic, whole, unprocessed plant-based foods. This is automatically a low calorie, low toxin, high nutrient diet. Combine this with high quality supplements and regular physical activity, and you have a program for permanent weight control.

Most diseases, including overweight, are unknowingly self-inflicted and they can be self-reversed with aggressive nutrition and detoxification. Permanently reversing overweight requires long-term responsible commitment. Any effort that does not include lifestyle changes will fail. Without fundamental changes, the weight will come back. For more specifics on how to do this, get yourself a copy of *Never Be Fat Again*.

The key is to improve the quality of your food and your lifestyle choices. Your new, beautiful, strong and lean body will mirror the good health that will be yours to enjoy for a lifetime.

*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, chairman of The Project to End Disease and an internationally recognized leader in optimal health maintenance.*

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**Question:** Is there anything you can take for macular degeneration?

A. O. — Framingham, MA

**Answer:** Yes, studies show supplements to be helpful, limiting damage. Age-related macular degeneration (AMD) is a leading cause of blindness in Americans over the age of 65. One study at the Washington University School of Medicine in St. Louis found that supplementing with antioxidants and zinc reduced risk of progressing from moderate to advanced disease by about 25 percent over five years. However, such studies rarely use the amounts and quality of the supplements I would recommend. I believe you can do a lot better than that with more effective supplementation.

I recommend going to bowel tolerance in vitamin C—no study does that. The retina is a vitamin C-rich tissue, containing about 100 times the amount of vitamin C in the blood. It's there for a good reason—to protect the eye from oxidative damage. In addition, vitamins A and E and carotenes play a protective role. I would add to that: zinc, selenium, N-acetyl cysteine, CoQ10, alpha lipoic acid, Ginkgo biloba and fish oil. These supplements would play a powerful synergistic role in protecting the eye from further damage. A good diet with plenty of fresh fruits and vegetables and a good basic supplement program are also indicated.

**Question:** Is it possible that antidepressant drugs had anything to do with the tragic shootings at Virginia Tech?

B.W. — San Anselmo, CA

**Answer:** When something happens like the Virginia Tech shootings, you have to stop and ask the question, why? Some people believe the problem is the availability of firearms. Interestingly, as the availability of guns in America has gone down, crimes of this nature have gone up. So the cause must be something other than gun availability. What is that something else, and can it be doctor prescribed antidepressant drugs?

I think the answer to this question is yes. Only weeks ago, the FDA proposed new label changes, that would apply to all antidepressant drugs, warning of increased risk of suicidal behavior. The FDA advises that all patients starting on antidepressant drugs be “monitored appropriately and observed closely” for unusual changes in behavior. In my opinion, these dangerous drugs should be removed from the market. They are not only dangerous; they are ineffective. Studies have shown them to be little better than placebos. Meanwhile depression is a disease like any other. It is caused by deficiency and toxicity and is easily cured with good

nutrition and detoxification—a safer, cheaper and very effective solution.

A report in the Chicago Tribune and other sources said that the Virginia Tech shooter was taking antidepressant drugs. In fact, the shooters in the infamous Columbine High shootings were also on antidepressant drugs. There are many other documented cases of extreme violence committed by people on antidepressants. Now this doesn't prove that antidepressant drugs cause mass murders, but there are some interesting studies to consider.

Researchers at Cardiff University in Britain found that in a study of over 16,000 people, patients taking the antidepressant Paxil experienced twice as many “hostility events” as those taking placebos. The study also found that these types of drugs could cause children to “disconnect from reality,” creating a dangerous situation that could result in violence. One of the Columbine shooters said it was all “like a video game.” This could explain why these kinds of tragic events are *almost always* committed by people on antidepressants. There is a powerful correlation between antidepressants and violence.

In truth, the pattern of violence among antidepressant takers has been observed and documented for many years. Since August 2004, all antidepressants in the U.S. have carried a warning label listing hostility, aggressiveness, impulsivity, anxiety, agitation, and irritability as side effects.

Troubled people need help, not drugs. Filling malfunctioning brains with toxic drugs only further destabilizes brain chemistry, causing more malfunction with sometimes tragic results. Giving young men antidepressant drugs is like building time bombs and waiting for one to go off.

In my experience, depression is relatively easy to cure with diet, supplementation and detoxification. Common causes of depression include deficiencies of essential fatty acids, B vitamins, magnesium, zinc and vitamin D. Mercury toxicity and food allergies are two other common causes. Antidepressant drugs do not address these causes.

Properly prescribed prescription drugs are officially the third leading cause of death in America. Unfortunately, drugs may have just claimed a few more lives at Virginia Tech. Yet few in the mainstream media are reporting on this.



**Question:** What do you think about the new human papilloma virus vaccinations?

E. P. — Larkspur, CA

**Answer:** In *Never Be Sick Again*, I wrote that vaccinations are one of modern medicine's greatest blunders. I haven't changed my mind since then. Vaccinations cause permanent brain and immune system damage. The HPV vaccine is no different. We need to stop vaccinations, not encourage them.

In February, Texas governor Rick Perry touched off a national controversy after signing an order mandating that all middle-school-aged girls in Texas get the HPV vaccine before entering school. Barbara Fisher, founder of the non-profit National Vaccine Information Center had this to say: "In the last 25 years, we've gone from 23 doses of 7 vaccines to more than 50 doses of 15 vaccines by age 12. At the same time, we have seen an explosion in allergies, asthma and autism. Something has happened. I can't say it's all due to vaccines, but I think it's a question that needs to be answered."

There is every indication that the risks of mandated, mass-vaccination programs outweigh the benefits, and it may be causing a massive epidemic of disease among America's children. We need better data, but we are not going to get it, because the disease industry will prevent these studies from being done. Even asking a question about the long-term safety of vaccines is enough to destroy a physician's career. The vaccine industry in the U.S. generates about \$10 billion in annual revenue. This amount has almost doubled in the last five years due to increased infant and flu vaccination.

Vaccines are approved by advisory committees. However, this process can be manipulated both by drug companies that stand to make billions and by physicians who also have a financial interest in promoting vaccines. According to Congressman Dan Burton, "These advisory committees and panels consist of people who may have a vested interest in getting the vaccine into the marketplace. The FDA has never turned down an advisory committee recommendation on vaccines. We ought to make sure the FDA properly reviews the advisory committee recommendations and reviews financial disclosure forms from the people on these panels."

There has never been a well-designed, large scientific study comparing the long-term health outcomes of children who receive multiple vaccines versus children who receive few or no vaccines. The safety studies on vaccines have all been short-term observations from the drug-approval process. Yet, by every indication, highly

vaccinated children have compromised immune systems, while children who are not vaccinated hardly ever get sick. There is every reason to believe that vaccinations permanently alter immune cells in the brain, causing irreparable brain damage every time that person catches a cold or has an immune response of any kind.

Right now, for the first time, large numbers of parents are questioning the wisdom of this new HPV vaccine. In my opinion, this is a good thing. But without widespread and vocal protests, vaccination policy is unlikely to change. There is too much money involved, and modern medicine is not about to admit a blunder of this magnitude. Vaccine policies differ from state to state; exemptions from mandatory vaccinations are available in each state. Caveat emptor.

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## Are You Ready To Never Be Fat Again?



Diets don't work and everyone knows it. What is needed is a program that works, and that's what Raymond's book will do for you — give you the knowledge to reverse the causes that created the weight in the first place, keeping you slim, trim and healthy permanently.

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