

BEYOND HEALTH[®] *News*

JULY-AUGUST

2007

**“The modern medical paradigm is stuck at the turn of the century...
Lacking a paradigm broad and deep enough to enable scientists and
practitioners to progress, medicine is in many ways paralyzed.”**

— Joseph D. Beasley, M.D.
The Kellogg Report, 1989

.....
Turn Cancer Off
With oil...

Raymond Francis lectures across the country teaching how to turn cancer off. Most people are astounded at the thought that such a thing is even possible. Cancer patients certainly don't hear this from their doctors. Yet we know there are a number of mechanisms that work to restore cells to normal function and turn cancer off.

One of the causes of cancer, as well as many other diseases, is consuming excessive omega-6 fatty acids. The average American consumes more than 20 times too much omega-6. Our excess of omega-6 comes from eating farmed, grain-fed animals, eggs and fish, as well as consuming toxic oils such as canola, cottonseed, corn, peanut, sunflower, safflower and soybean.

Studies show that increasing the presence of omega-3 fatty acids and decreasing omega-6s stops the growth of tumors in both animals and in isolated human cancer cells. The reverse is also true. Increasing omega-6s and decreasing omega-3s will “rescue” dying tumors and bring them back to life.

Unfortunately, this kind of life-saving information is suppressed by the cancer industry and withheld from the public. For example, at a Health and Seafood conference in 2005, researchers from the National Institutes of Health were forced to share their research findings with other scientists secretly because of censorship. These scientists did this at peril to their jobs.

Good oils include olive oil, which is low in omega-6s, and flaxseed and fish oils, which are high in omega-3s. Tragically, our physicians do not inform themselves of this chemistry and fail to advise their patients of the importance of dietary fatty acids to prevent and reverse cancer.

Protecting Your Liver
With curcumin...

The antioxidant and anti-inflammatory compound Curcumin protects against acute liver damage, according to a 2007 study in the

International Journal of Biochemistry, Biophysics and Molecular Biology. Curcumin is the active agent found in the popular yellow-colored curry spice turmeric. In test animals exposed to an organochloride solvent (carbon tetrachloride), curcumin was found to prevent liver damage. The researchers suggested that curcumin prevents acute liver damage by at least two mechanisms: acting as an antioxidant and by inhibiting the production of proinflammatory cytokines.

Extensive scientific research on curcumin has demonstrated its potent antioxidant properties. In addition to protecting your liver from toxic damage, through its various mechanisms, curcumin supports colon health, protects brain function, helps maintain a healthy cardiovascular system and fights cancer. Curcumin is an exceptionally good supplement. It is inexpensive, safe and effective and has no side effects. Given that almost every American is in toxic overload, supplementing with curcumin makes a lot of sense. However, as with any supplement, quality is always an issue. Call Beyond Health for high-quality curcumin—800.250.3063.

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Fish Oil Protects the Brain

Delays cognitive decline...

Consuming fish containing EPA and DHA is associated with a postponement in cognitive decline over a five year period, according to a new 2007 study in the *American Journal of Clinical Nutrition*. Subjects who consumed fish had significantly less cognitive decline over the 5-year period than subjects who did not consume fish. Further, those who consumed the most had the greatest protection. The omega-3 EPA and DHA oils found in fish are known to be brain protective. BHN recommends supplementing with high-quality fish oil daily. Perque EPA/DHA is our choice.

Fish Oil and Prostate Cancer

It's protective...

Prostate cancer is the most frequently diagnosed cancer and is a leading cause of death for men in the United States. Population studies

have suggested that consumption of fish or fish oil (rich in omega-3s) reduces the incidence of prostate cancer. We know that eating the wrong fats and oils is a major cause of disease in our society. Standard "supermarket" oils and fats have a toxic effect on the body and are associated with most chronic diseases, including cancer. This is why toxic oils such as canola, peanut, soy, sunflower, safflower and all hydrogenated oils should not be consumed.

It comes as no surprise to BHN that a new study in the *Journal of Clinical Investigation* has found that omega-3 oils are protective against prostate cancer, especially for those with a genetic predisposition to this cancer. The goal of this study was to explore gene-diet interactions in prostate cancer. The study determined that in mice with a genetic defect that caused prostate cancer, a diet high in omega-3 fatty acids beginning at birth reduced tumor growth, slowed disease progression and increased survival. Senior researcher Yong Q. Chen, Ph.D. from Wake Forest University School of Medicine said, "This study clearly shows that diet can tip the balance toward a good or a bad outcome. It's possible that a change in diet could mean the difference between dying from the disease and surviving with it."

The usual nutritional recommendation is to consume omega-6 and omega-3 oils in a ratio of 1:1. However, many Americans are consuming between 30:1 and 50:1. This imbalance is causing disease. In this study, mice were fed fatty acid ratios of 1:1, 20:1 and 40:1. Mice that did not have the genetic defect that promotes prostate cancer did not develop any cancer. Mice with the defect had a survival rate of 60 percent in the 1:1 group, only 10 percent in the

20:1 group and zero survival in the 50:1 group. Very clearly, omega-3 oils are protective against prostate cancer and also have a big impact on the mortality of those with the cancer. Excessive omega-6s cause disease, including prostate cancer.

Dr. Chen said dietary changes may be particularly beneficial in people prone to prostate cancer because the disease is usually diagnosed in older men and the tumors are slow-growing. BHN recommends avoiding all processed oils. In addition, supplementation with Beyond Health EFA Formula and Perque EPA/DHA is strongly advised.

Sugar and Cancer

Increased risk...

Cancer risk increases along with increasing blood sugar. A study of almost 65,000 people in *Diabetes Care* found that high fasting glucose levels were significantly associated with an increased risk of cancer of the pancreas, endometrium, urinary tract, and malignant melanoma. These findings add to our existing knowledge of an association between sugar and cancer, and have obvious implications for lifestyle guidance.

Sugar is a deadly metabolic poison that contributes to almost every disease. Everyone should avoid sugar and also white flour which quickly metabolizes into sugar. Most especially, sugar and white flour should not be fed to children.

Olive Vitamin Quality Questioned

We told you so...

BHN has always maintained that there are enormous differences in the quality of vitamin supplements. This is why it is essential to purchase only from a trusted and knowledgeable source like Beyond Health. A new study by ConsumerLab has supported our position, finding widespread

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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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irregularities and contamination in multivitamins.

Of 21 brands of multivitamins tested by ConsumerLab, just ten met the stated claims on their labels or satisfied other quality standards. According to Dr. Tod Cooperman, ConsumerLab's president, one product, The Vitamin Shoppe Multivitamins Especially for Women, was contaminated with lead. Cooperman said, "We've never seen that much lead in a multivitamin before." The product contained 15.3 micrograms of lead per daily serving of two tablets, more than 10 times the amount permitted in California, the only state that regulates lead in supplements. On average, most American adults are exposed to about 3 micrograms of lead through food and other sources daily. Lead is stored in the body and could build up to dangerous levels with time, contributing to high blood pressure and numerous other problems. The same multivitamin product contained just 54 percent of the 200 milligrams of calcium stated on the label.

The Lab's analysis of Hero Nutritionals Yummi Bears, a multivitamin for children, showed it contained 216 percent of the labeled amount of vitamin A, delivering 5,400 International Units (IU) in a daily serving. That's substantially more than the upper limit set by the Institute of Medicine of 2,000 IU for children ages 1 to 3 and 3,000 IU for those 4 to 8. Too much vitamin A can weaken bones and damage the liver. Other products contained more or less of a particular ingredient than was listed on the label. And some did not dissolve in the correct amount of time, meaning they could pass through the body without being utilized. Nature's Plus Especially Yours

for women required more than an hour to disintegrate, while AARP Maturity Formula took 50 minutes—the USP standard allows a maximum of no more than 30 minutes.

Mind you, this is just testing to see if what is stated on the label is actually in the pill. The study does not even pretend to look at the biological effectiveness of what is in the product. That is a whole other story! Indeed, *none* of the 21 products tested would meet Beyond Health's exacting standards for quality and effectiveness. To learn more about vitamin quality, read Beyond Health's free report *Roadmap to Choosing Supplements*, available at www.beyondhealth.com.

Oil Wins Again

Protects DNA...

Want to protect against cancer and aging? Then protect your DNA from oxidative damage. To do that, use olive oil. A new 2007 study in the *FASEB Journal* has found that volunteers who consumed olive oil had fewer signs of DNA damage. This finding confirms epidemiological observations that people who live where olive oil consumption is high suffer less DNA damage, and live healthier and longer than those who live where olive oil consumption is less.

Interestingly, it does not appear to be the antioxidants in the oil that offer this particular protection, but the monounsaturated fats in the oil itself. BHN recommends regular consumption of olive oil. However, keep in mind that most olive oil is adulterated and will not offer the protection of real olive oil. (Read Raymond Francis' articles on olive oil at www.beyondhealth.com). High quality olive oil often sells for \$50 per liter or more. To save money and still be assured of premium qual-

ity olive oil, use Beyond Health Olive Oil.

The Sun and Sunscreen

Don't use sunscreen...

Each year at this time, we remind our readers to use the sun responsibly. Sunlight is an essential nutrient, and we cannot live healthy without it. Our misguided physicians tell us to stay out of the sun and to use sunscreen if we do go out in the sun. This mistaken advice has and continues to cause an enormous amount of disease.

Almost every living thing on this planet is dependent on sunlight. If sunlight is so dangerous, why would humans evolve a mechanism for producing a critical nutrient, vitamin D, which is dependant on sunlight? Why is it that native populations that spend most of their time out in the sun are healthier than we are? True, sunburn is a harmful, destructive process, but frequent, responsible use of the sun is essential to health.

The myth that sunscreen prevents skin cancer is perpetuated by the manufacturers of these toxic products. Exactly the opposite is true. Communities that use more sunscreen experience more cancer. As the use of sunscreen has increased, so has the incidence of skin cancer. One of the mechanisms by which sunscreens cause cancer is by blocking the UV radiation necessary for the production of vitamin D. Vitamin D is essential to preventing cancer. Recent studies have shown that vitamin D prevents up to 77% of all cancers, and cancer has been increasing as people have stayed out of the sun and used more sunscreen.

Another problem with sunscreens is that they actually contain cancer-causing chemicals. Some of these chemicals, while not being carcinogenic by themselves, will degrade

into powerful carcinogens when exposed to sunlight after being absorbed on the skin. In short, they are not carcinogenic until you put them on your skin and go out in the sun.

Everyone needs the sun, but depending on our complexion, our need and our safe tolerance can vary greatly. Dark-skinned people need far more sunlight than fair-skinned people. A good diet protects from harmful effects. A diet rich in fresh fruits, vegetables and omega-3 fats is very protective.

Supplements are essential. Vitamins A, C and E, beta carotene and fish oil are all protective and should be supplemented. Using Beyond Health Olive Oil or Coconut Oil on your skin is also protective, as is a 10% solution of Beyond Health Vitamin C in water, patted or sprayed on your skin. If you eat a good diet, get on a good supplement program, avoid sunscreens and use the sun responsibly, you will reap all of the benefits and none of the ill effects of sunlight.

Toxins and Diabetes

He told you so...

In *Never Be Fat Again* Raymond Francis surprised many thousands of readers by informing them that environmental toxins are a major cause of overweight disease. Now a recent study in *Diabetes Care* looked at the connection between six persistent organic pollutants and diabetes. Shockingly, the incidence of diabetes increased by 14- to 38-fold as exposure to the toxins increased. Toxicity is one of the two causes of all disease and overweight and diabetes are closely related, so it should not be a surprise that toxins cause diabetes as well as overweight.

For most of us, exposure to many of these toxins, including PCBs, dioxins and insecticides comes primarily from consuming animal food. Low consumption of animal protein

and high consumption of organic plant foods is the way to avoid this problem.

Reduce Allergies and Asthma

By increasing fruits and vegetables...

Eating fruits, vegetables and nuts, and adhering to a Mediterranean Diet exerts a protective effect against symptoms of asthma and rhinitis in children, according to a 2007 study in the medical journal *Thorax*. Adherence to a Mediterranean diet and consumption of fruits, vegetables and nuts, exerts beneficial effects on symptoms of asthma and rhinitis. This diet was associated with a 66% reduced risk for allergic rhinitis and a 39% reduced risk for wheezing.

One reason for our epidemic of asthma and allergies is that the Standard American Diet is rich in inflammatory foods such as sugar, white flour, processed oils and dairy. This is why the Mediterranean Diet, being lower in these toxic foods and richer in anti-inflammatory fruits and vegetables, exerts a protective effect. BHN recommends also supplementing with high-quality antioxidants.

Meat Increases Cancer Risk

American intake too high...

A couple of years ago, *The China Study* confirmed that consumption of excess animal protein was one of the most important factors driving our cancer epidemic. Now a new study in a 2007 *British Journal of Cancer* has found that high meat intake, particularly red and processed meats, increases the risk of breast cancer. A study of over 35,000 women over an eight year period showed that meat consumption had a positive association with breast cancer. Postmenopausal women who consumed more than 56 grams of red meat per day had a 56% increase in cancer risk. Those consuming

processed meats had an even higher rate of 64%.

Americans consume about 10 times too much animal protein, with the average person consuming about 70 grams per day. Our consumption of *animal* protein actually exceeds the recommended allowance for *total* protein by about 15 grams per day. BHN recommends consuming no processed meats at all—these include bacon, breakfast sausage, beef jerky, pepperoni, sandwich meat, ham and hot dogs. Purchase only organic eggs and meat and high-quality fish. These should be consumed in moderation—no more than one egg or one ounce of organic meat or non-farmed fish per day. Dairy is not an option.

Apples, Fish and Asthma

Apples and fish protective...

Consumption of apples and fish during pregnancy has a protective effect against childhood asthma and allergic disease, according to a 2007 study in the medical journal *Thorax*. Maternal consumption of apples during pregnancy was inversely associated with risk of asthma in children. The highest consumption of apples during pregnancy was associated with a 53% reduced risk of asthma, compared to the lowest apple consumption. Maternal consumption of fish one or more times per week was associated with a 43% reduced risk of eczema, compared to no consumption. The authors concluded "... consumption of apples and fish during pregnancy may have a protective effect against the development of childhood asthma."

How many studies will it take to convince people to eat real food? Food is good and healthy. The problem is 90% of our food dollars are spent on nutritionally deprived, toxic processed foods. Our epidemic of chronic disease is the result.

WE'VE MADE IT EASY

By Raymond Francis

Back in the mid-80s, when I was deathly ill, struggling to save my life and working to restore my health, almost every supplement I took made me sick. I got sick because my chemical sensitivities were being triggered by the low quality, poor combinations of ingredients and toxicity of most supplements. I had to learn the hard way that most supplements are junk. I looked for a reliable source to supply me with all that I needed to get well. I couldn't find one. This is why I created one to help you; it's called Beyond Health.

In today's world, nutritional supplements are a necessity, but choosing supplements can be a daunting experience. Going to a vitamin or health-food store, and selecting what your body needs and which brands to choose, can bewilder almost anyone. This is exactly how I felt when I made my first visits to such establishments, given the number of brands and different types of supplements. I didn't know what to buy; the fallback was to ask the clerk. Unfortunately, while sounding knowledgeable, the clerk usually knows little more than you do. This is why we have made it easy for you. Beyond Health has designed a group of Life Essentials Kits that make choices simple for the consumer. Our kits supply what you need for a specific situation with the highest quality and most cost-effective combination—no one else does this.

Formulating a pure and effective nutritional supplement is no simple task. In fact, it is an extremely complex one, requiring a huge amount of knowledge, care and cost. Most supplement suppliers, including the best-selling brands, don't even come close to producing a high-quality supplement. This is why almost half of all vitamin products do not even dissolve on time to be of use to the body. It is also why a landmark study in the *Journal of the American Nutraceutical Association* found that, on average, only 25 out of 1000 supplement products are both effective and nontoxic. While this statistical shocks most people, it comes as no surprise to me.

Beyond Health's Life Essentials Kits are scientifically designed to address specific needs with formulations that are extremely pure and biologically active. To keep it simple, there are two foundational kits, the **Basic** and the **Comprehensive**. The **Basic Kit**, by itself, is one of the most powerful supplement programs you can be on, containing nutrients that are in their most biologically active and synergistic forms. This kit is designed to help people stay well by addressing a plethora of common

nutritional deficiencies—it contains a multi-vitamin/mineral formula, vitamin C and an essential fatty acid formula. It is easy to spend a lot more and not even come close to the effectiveness of the powerful assortment of essential nutrients contained in the Basic Kit. The Basic is truly a marvel of biological engineering, representing the best and most cost effective supplement package on the market. It is the “gold standard” of the industry, and as a minimum, every American adult should be on this kit.

For those wanting more, or who suffer from a diagnosable disease, there is the **Comprehensive Kit**. The Comprehensive adds on to the Basic Kit with a bone-supporting formula, vitamin E, detox support and a cellular repair capability. The added antioxidant and detoxification capability in this kit makes it an ideal choice for anyone with a known health challenge.

The next step up is to add a **Support Kit** to either the Basic or Comprehensive Kits, preferably the Comprehensive. The Support Kits are scientifically designed to address specific health problems. For example, the **Cardiovascular Support Kit** contains nutrients specific to supporting healthy arteries. The **Cancer Support Kit** includes compounds that are known to interfere with the biochemistry necessary to promote cancer. A Support Kit along with the Comprehensive Kit provides a supplement program that is second to none.

All of the kits can be tailored to individual needs and budgets. The result is an extremely flexible system that can fit almost any need with a state-of-the-art supplement program. This makes it easy for you to get what your body requires with the full confidence that the products you are taking have been carefully researched, and are the purest and most biologically effective supplements available.

For those wanting more information about supplements, go to www.beyondhealth.com and log in to obtain the free report entitled: The Roadmap to Choosing Supplements. For a free nutritional consultation, call 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, chairman of The Project to End Disease and an internationally recognized leader in optimal health maintenance.

Question: I have recently been diagnosed with a condition called Mitral Valve Prolapse. It is a condition where one of your heart valves does not close correctly and in severe cases, a significant amount of blood can flow back into the left atrium. This can lead to heart failure. I am experiencing shortness of breath, rapid heart beat, headaches, and other symptoms, and it is very scary. Modern medicine says that you have to get surgery to fix the valve or that you have to get an artificial valve. Some cases end in death. I don't want this to ever happen to me. I was wondering if Raymond had any suggestions.

— Internet Inquiry

Answer: Mitral valve prolapse is a fairly common medical problem. It is usually a relatively benign condition, though it is linked to a confusing array of seemingly unrelated symptoms, from shortness of breath to panic attacks. Mitral valve prolapse is generally the most benign of the various types of heart murmurs, and is probably genetic in origin. In this situation, the valve doesn't close as well as it might. It may close with a faint click, or may permit a tiny amount of blood to leak through, producing a heart murmur.

The symptoms can be scary. Patients can suddenly feel crushing chest pain, with heartbeat racing and pounding. They may begin to hyperventilate, feel short of breath, and break out into a cold sweat—all with no apparent warning. There are a number of factors that can trigger such an attack, including sensitivity to alcohol, drugs, caffeine and foods, hypoglycemia, chemical sensitivities and magnesium deficiency.

Dealing with mitral valve prolapse means avoiding those things that trigger it. Some of the alternative strategies for dealing with this condition include meditation and relaxation techniques, regular exercise, a good diet without the Big Four (sugar, white flour, processed oils and dairy/excess animal protein), avoidance of stimulants such as sugar, and artificial flavoring agents like glutamates and aspartame. Nutritional supplementation is a must. Nutrients such as magnesium, acetyl-L-carnitine, CoQ10, and B vitamins are all essential. If you do all this, you may find your problem reduced to a minimal annoyance; it might even go away—surgery is not necessary.

Dentists will often insist that people with this condition take antibiotics before having dental work. If this practice were benign, it might be okay, but antibiotics are dangerous and cause numerous problems. Meanwhile, studies show that the risk of infection is so

small, antibiotics are not required. Keeping immunity high is always a better strategy.

Question: I have an ulcer and have been diagnosed with *H. pylori*. My doctor wants me to take antibiotics. Is there an alternative treatment?

A.R. — Houston, TX

Answer: As you seem to be aware, antibiotics are dangerous drugs that damage health. Fortunately, they are not required to treat *H. pylori*. *H. pylori* are a bacterium that is commonly found in the lining of the stomach and usually doesn't cause symptoms. In fact, about half of all Americans over the age of fifty have the bacterium in their stomach. In some people—and no one knows why—the bacterium is involved in the development of stomach disorders including ulcers, gastritis and stomach cancer. It seems that 70 to 75 percent of patients with gastric ulcers and 90 to 100 percent of patients with duodenal ulcers harbor the *H. pylori* bacterium. Recognizing the role of *H. pylori* in causing ulcers was a dramatic breakthrough.

In my experience, *H. pylori* can be brought under control by taking supplemental acidophilus, vitamin C, coconut oil and olive leaf extract. All of these are available at Beyond Health. In addition, it is wise to drink a lot of water between meals because *H. pylori* thrive in an acidic environment and diluting stomach acids with water is helpful. Supplementation with vitamin B12 is also advised. *H. pylori* can cause malabsorption of B12, resulting in B12 deficiency. Here I would recommend our Vessel Health Guard. If you do all of these, your *H. pylori* problem should disappear.

Question: Is there a safe way to treat menopausal hot flashes?

C.S. — Topeka, KS

Answer: There are a number of approaches to reduce hot flashes, but the most simple, inexpensive and least complicated is to do regular meditation. In other words, get your stress levels down every day. Another technique is electro acupuncture. You can purchase your own electro acupuncture device and learn how and where to apply it.

Both of these techniques have been proven effective in studies. A 2007 study at University Hospital in Linköping, Sweden found that both techniques, when used together, provided a significant reduction in hot flashes, as compared to the placebo group.

Question: I have been suffering from myopathy and myalgia. My doctors don't seem to understand why this is happening and they want to treat it with drugs. Are there alternatives to drugs?

S. I. — El Paso, TX

Answer: These descriptive terms, myopathy and myalgia, mean that you are suffering from muscle pain and weakness. There can be many reasons for such symptoms, some of them quite serious. However, since your physicians have found nothing seriously wrong, you may be suffering from something as simple as a B vitamin deficiency.

Vitamin B1 (thiamin) deficiency is well known to cause such symptoms, and our poorly-trained physicians are notorious for not diagnosing it properly. I have seen many such cases. They usually clear up after appropriate supplementation.

In 2006, such a case was reported in the *Journal of Neurological Science*, where a woman was experiencing myopathy and myalgia and was found, after very extensive testing, to be vitamin B1 deficient. After just a few days of supplementation with thiamin, she showed improvement. After one week of supplementation, muscle strength began to improve, and after two months, myalgia subsided. After three months, she showed an almost total recovery of muscle strength. When something as simple as this is considered to be so profound that it gets reported in a medical journal, it gives you a clue as to how out of touch our physicians are with basic nutrition.

You might consider an experiment. Get on either the Beyond Health Basic Kit or preferably the Comprehensive Kit. Take four of the multi per day for a couple of months, and see how this works for you.

Question: I am suffering from IBS, experiencing abdominal cramping, diarrhea, bloating and gas. My doctor has me on two different drugs, but I was wondering what the alternative approaches might be.

C. B. — Nogales, AZ

Answer: Drugs are seldom a solution to anything, and there are always better alternatives. While everyone has digestive disturbances at times, IBS (irritable bowel syndrome) now affects about one out of five Americans—an epidemic to say the least. While drugs may alleviate your symptoms, they do nothing to eliminate the causes, and of course, drugs are toxic and do long-term damage to your health. In fact, two of the most widely used drugs

have serious side effects, including severe constipation or diarrhea and decreased blood flow to the colon, which may lead to even more digestive problems and diseases. We all have to understand that prescription drugs are virtually always a poor option for any health problem.

Much more than an inconvenience with unpleasant symptoms, IBS has a host of other ramifications including impaired digestion and nutrient absorption along with the creation of toxins and infections in the gut. This results in deficiency and toxicity, the two causes of all disease. In my experience, a combination of dietary and lifestyle changes along with high quality supplements work quite well to eliminate the problem.

Perhaps the largest single cause of IBS is the irresponsible use of antibiotics and other prescription drugs by our physicians. This creates abnormal flora in the digestive system, upsetting the bacterial balance in the intestines. In turn, this results in maldigestion, tissue damage, malabsorption, the creation of dangerous toxins and IBS.

The first thing to do is stop eating the junk that passes for food in our supermarkets. Stay away from sugar, alcohol, caffeine and all fried foods. Switch to a primarily plant food diet, rich in fresh fruits, vegetables and grains. Stay away from unhealthy oils (all supermarket oils) and consume only high-quality (the quality is critical) olive, flax, coconut and fish oils. Do not consume any foods you know you are allergic to. Each allergic reaction will irritate your gut for days. If you are not certain what you might be allergic to, stay away from common allergens such as dairy, gluten-containing grains (wheat, rye, and barley), corn, soy, yeast, eggs and nuts.

Do proper food combining. How to do this is explained in my books *Never Be Sick Again* and *Never Be Fat Again*. Do not mix starchy foods with protein foods as most Americans do—the standard meat and potatoes diet or pancakes and eggs for breakfast. When taken together, this slows the digestion, leading to bacterial growth that can colonize in the stomach lining and cause digestive disturbances. Do not drink a lot of fluids with your meal, as this can dilute the stomach acid and make digestion less efficient.

Lastly, get on a good supplement program to support your digestive system. The Beyond Health Basic Kit is an absolute minimum and the Comprehensive Kit would be better. Supplement that with the Digestive Support Kit and you should be well on your way to improvement.

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