

BEYOND HEALTH[®] *News*

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“A crisis is a problem that was ignored. All great crises were ignored until it was too late.”

— Matthew Simmons

Lower Your Blood Pressure

With garlic and C...

About one-in-three Americans have high blood pressure, putting them at high risk for heart disease, stroke, kidney damage and other problems. No one has to have high blood pressure. This is something we do to ourselves and we can choose to stop doing it. To show how simple it is, a new study in a 2007 *Nutrition Research* shows that supplementing with a combination of vitamin C and garlic lowered systolic blood pressure from an average of 140 to an average of 115, and diastolic pressure from 90 to 75.

The researchers theorized that blood pressure dropped because cells lining the walls of the blood vessels were producing more nitric oxide, a compound that helps to regulate blood pressure, immunity and many other bodily functions. Taking garlic supplements alone caused a twofold increase in cellular nitric oxide pro-

duction, but combining garlic and vitamin C resulted in a threefold increase.

More on Cell Phones

Keeping you updated...

BHN is committed to keeping our readers informed about cell phone safety. In this issue we continue that commitment with this update.

The sources of radiofrequency radiation continue to increase, exposing us to ever more radiation. Indeed, it may be the single biggest environmental change we have made. The increase in radiation exposure is coming from technologies such as cell phones and cordless phones, cell towers/antennas, WI-FI networks, WI-MAX and Broadband Radiofrequency Internet over electrical power lines. The safety of this radiation has never been fully tested, and given the amount of radiation today, it would be difficult to do so.

There are significant uncertainties about the long-term health effects of exposure to radiofrequency radiation, but there are legitimate concerns based on decades of research into the effects of radiofrequency electromagnetic radiation. Here are some items you should be aware of:

Research shows that children are more vulnerable than adults to harm from environmental exposures (such as chemicals), and the same holds true for radiofrequency radiation

exposures. Scientists in the UK, Russia, Canada and other countries recommend that no child under the age of 8 years old use a cell phone. Even teenagers are at risk.

In November of 2004, the European Union's EMF REFLEX Research Project released a report showing that mobile phone radiation damages DNA in human cells. In January of 2006, the *American Journal of Epidemiology* published a study entitled "Cellular Phones, Cordless Phones, and the Risks of Glioma and Meningioma." This study found that among long-term cell phone users the risks of glioma (brain tumor) doubled. In October of 2006, the *World Journal of Surgical Oncology* published the study "Tumor risk associated with use of cellular telephones or cordless desktop telephones." Numerous studies have found risks involved with the use of cell phones.

What should the prudent person do? Whenever possible, use a corded phone and not one that emits a radiofrequency. If you do use a cell phone, use one with a speaker phone capability to avoid placing the phone next to your head. Try not to keep the phone on all the time. Turn it on periodically to get messages. Cell towers produce radiofrequency radiation exposure in communities that is constant and involuntary. We acknowledge that this technology enables

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voice and data transmission that is important to many people in the community, but those who live, work or go to school in the vicinity of wireless facilities will be disproportionately exposed. Not enough research has been done to determine the safety or risk of chronic exposure from cell towers, and some studies suggest it is harmful.

Canned Foods and Your Health

Don't eat canned foods...

Eating a diet of processed foods is the source of most of our illness. Processed foods are low in nutrition and high in toxins, but the packaging they come in adds another layer of health hazard. Canned goods, whether they be soup, fruits, vegetables, sodas, baby formula or alcoholic beverages are contaminated with a chemical called bisphenyl-A. Bisphenyl-A leaches from the epoxy resin used to line cans to separate the metal of the can from the food.

Unfortunately, bisphenyl-A is a biologically active molecule that affects hormone balance and is associated with cancer and birth defects. In fact, extremely low doses of bisphenyl-A can lead to a range of health problems, including birth defects of the male and female reproductive systems. Few chemicals have been found to consistently display such a diverse range of harm at such low doses.

In March of this year, the Environmental Working Group released a report that found disturbing levels of bisphenyl-A in more than half of the samples of canned fruit, vegetables, soda, and baby formula from supermarket shelves. Their tests found that pregnant women and infants who eat even a single serving of some canned foods are exposed to unsafe doses. Of the foods tested—which included many of the canned foods eaten most often by women of childbearing age—bisphenyl-A levels were highest in canned pasta and soup. Canned infant formula also had high levels. Just one to three servings of this food could expose a pregnant woman or infant to harmful doses. Meanwhile, researchers at the Centers for Disease Control and Prevention have detected bisphenyl-A in the body fluids of 95 percent of U.S. adults and children. Then we wonder why our health is failing.

New GMO Warning

Causes cancer...

BHN has always advised against the consumption of genetically modified foods. This is one of the reasons you cannot shop for food in a supermarket—75 percent of the so-called food in supermarkets is either genetically modified or contaminated with GMOs. The reason for our caution is the potential for enormous harm in

these new, unnatural organisms that are not regulated and have no long-term safety studies, while there are numerous studies indicating GMOs are harmful.

Now, a new release of information from Russia adds to our concerns. Research conducted in 1998 by the Institute of Nutrition of the Russian Academy was suppressed until a recent victory for anti-GM activists in the Russian court system forced their release to the public. The study showed that GM potatoes did considerable damage to rats' organs and a confirmed link to cancer.

Americans need to take action. At the very least, we need a law to label GMO foods so you know what you are eating. Children are probably the most vulnerable to harm from these products; GMO foods must be taken out of school lunch programs. GMO foods should be removed from the market until proper safety testing can be done. As a practical matter, minimize your supermarket shopping to making wise choices, and shop at your local "Farmers' Market" whenever possible; as much as possible, eat organically-grown foods.

Joint Pain and Cod Liver Oil

Makes the pain go away...

Beyond Health has recommended cod liver oil to its clients for many years. A lot of people have avoided it because of the taste, which, by the way, is not bad in high quality oil. Now a new study from Cardiff University in Wales provides additional reasons to take cod liver oil—it reduces joint pain and helps to repair the damaged joint tissue.

Cod liver oil has been a folk remedy for joint pain, rheumatism and even gout for more than 200 years. Now the study by Cardiff University has proven its effectiveness for treating joint pain and *reversing the*

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ADDRESS
 Beyond Health News
 Box 150578
 San Rafael, CA 94915
 415.459.2050
 mail@beyondhealth.com

WEBSITE
 www.beyondhealth.com

PRODUCED BY
 Raymond Francis, Publisher
 Pamela Strong, Editor
 Anne White, Production

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destruction of joint cartilage. This means that cod liver oil has the opposite effect of the standard medical treatments such as cortisone, aspirin and ibuprofen, which actually damage and degrade joints. Cod liver oil will not only reverse your arthritis, but at the same time it will also normalize your cholesterol, lower your blood pressure and keep your arteries open, among other benefits.

Cod liver oil is actually loaded with nutrients, including omega-3 fatty acids, vitamin A and vitamin D. This causes it to have an anti-inflammatory effect on the body, and to be protective against any number of diseases including cancer. Cod liver oil is a good supplement choice for almost anyone. Readers are best advised to use products that have been approved by Beyond Health for safety and effectiveness.

Sodas and DNA

DNA damaged...

Most people know that sodas are not health foods. In fact, the sugar, artificial sweeteners, caffeine, artificial colors and flavors and phosphoric acid contained in these products are known to be harmful to health. Now a new study out of Sheffield University in the UK adds an additional cause for concern.

The problem is a preservative called sodium benzoate. Sodium benzoate has been used worldwide for many years by the \$160 billion soft drink industry. Its purpose is to prevent the growth of molds in drinks like Coca-Cola, Pepsi Cola, Dr. Pepper and so forth. It is also used in other products including pickles and sauces. There are even so-called health drinks that contain sodium benzoate.

Researchers have found that sodium benzoate damages DNA in the

energy-producing mitochondria of cells. This causes serious cellular malfunction, which reduces energy production and results in any number of diseases including Parkinson's and premature aging. Our high consumption of soft drinks could be one explanation for why Americans age so rapidly and why our life expectancy is so low, only 48th in the world and projected to drop even further.

While the soft drink industry maintains that sodium benzoate is safe, the safety tests done on this preservative were performed decades ago, before we had the sophisticated analytical techniques we have today. By modern standards, these safety tests are inadequate, and this new information is alarming. But you don't have to wait for the government to take action. Just read labels, and don't purchase anything containing sodium benzoate. Better yet, don't buy *any* processed foods! Children must be protected from these health-damaging chemicals.

Overweight Disease Out of Control

Seventy-five percent by 2015...

Overweight is spreading throughout the world at the speed of an infectious disease. This devastating chronic and degenerative disease disrupts body chemistry and causes everything from diabetes to heart disease to cancer, while contributing to early death and disability. Overweight disease is even threatening to reduce life expectancy in the US. Our life expectancy is already worse than Bosnia. How much lower do we want to go?

Overweight in America is a public health crisis, and a new study in *Epidemiologic Reviews* predicts the situation will get worse. Two out of

three Americans are now afflicted with overweight disease and by 2015, just eight years away, this is expected to increase to 75 percent of the population. An alarming 80 percent of black women are overweight.

The report concluded that, "Obesity is likely to continue to increase, and if nothing is done, it will soon become the leading preventable cause of death in the United States."

Fortunately, overweight is both preventable and reversible. BHN recommends that anyone who is even five pounds overweight should read Raymond Francis' groundbreaking book *Never Be Fat Again*.

Nuclear Facilities and Leukemia

Higher rates...

Leukemia rates in children and young people are elevated among those living near nuclear facilities, according to a new study in the *July European Journal of Cancer*. The study examined 136 nuclear sites in the UK, Canada, France, the USA, Germany, Japan and Spain. It found that death rates for children up to age nine varied between 5 and 24 percent higher depending on distance from the facility. In young people up to age 25, the increase varied between 2 and 18 percent.

This epidemiological meta analysis does not by itself prove a cause and effect relationship between leukemia and nuclear facilities. However, it does raise serious questions and it does provide one more reason for all those who live near such facilities to be sure they eat a good diet of fresh fruits and vegetables and take good supplements as these will protect against cancer.

THE ANTI-CANCER DIET

By Raymond Francis

Very few people know what they should be doing to improve their health. This is why the health of the American people is in a long-term downward trend, and why we are experiencing a pandemic of chronic and degenerative disease. One of these diseases is cancer—perhaps the most feared word in the English language. Cancer used to be a rare disease, but we have managed to make it commonplace—half of all Americans will get cancer in their lifetime. Fortunately, it doesn't have to be this way. An anti-cancer diet will prevent and even reverse most cancer.

Since we have created this epidemic, we can uncreate it. The most important thing anyone can do to prevent and reverse cancer is to eat a good diet. Unfortunately, few people know what a good diet is. A quick trip to a bookstore will quickly reveal so many books on nutrition that the simple act of eating can become bewildering. Some people have anxiety attacks trying to decide what to eat. Meanwhile, the science and the human history are there; we know what a good diet is. All we have to do is teach it. One problem in getting this knowledge to you is that the folks who sell you the bad diet really don't want you to know what a good diet is or how bad your present diet is. They try to obscure the truth. They are succeeding!

To beat cancer, you have to first get *off* your bad *cancer-causing* diet and then get *on* a good *anti-cancer* diet. In *Never Be Sick Again* and *Never Be Fat Again*, I identified what I called the Big Four. These four “foods” are responsible for most of the disease in our society, including cancer. They are: *sugar*, *white flour*, *processed oils* and *dairy/excess animal protein*. To prevent and reverse cancer, getting off the Big Four is *mandatory*. They are the foundation of a bad diet, and they support the initiation, growth and metastasis of cancer. A good way to get off the Big Four is to get off all processed foods.

Eating sugar is an excellent choice—if you *want* cancer. *Sugar is a deadly metabolic poison; it promotes cancer in many ways*. Studies have shown that those who consume the highest amount of sugar have the highest cancer risk. Eating sugar produces a flood of inflammatory free radicals that damage DNA, turning healthy cells into cancer cells. Sugar depresses immunity and a strong immune system protects against cancer.

Sugar makes the body acidic, and cancer thrives in an acid environment. By different mechanisms, sugar deprives cells of needed oxygen and oxygen-deprived cells become cancerous. Sugar disrupts hormone balance, producing too much estrogen and excess estrogen drives breast and prostate cancer. Lastly, sugar feeds cancer cells, and the more sugar you eat the faster your cancer will grow. White flour is similar to sugar because the body quickly metabolizes it into sugar.

The processed oils that make up most of the average American diet are toxic to your body. These include all hydrogenated oils plus canola, cottonseed, corn, peanut, sunflower, safflower and soybean oils. These common oils contain excessive omega-6 fatty acids, which promote inflammation. Studies show that decreasing the amount of omega-6s stops the growth of tumors. *Conversely, increasing omega-6s will “rescue” dying tumors and bring them back to life*. Processed oils also damage the integrity of cell membranes, causing cellular malfunction. Anti-cancer oils include olive, coconut, flax and fish oils.

Dairy and excess animal proteins promote cancer. Animal protein, in excess of the amount needed for growth, promotes cancer. Americans eat about ten times too much animal protein—far too much. Excess animal protein turns cancer *on* 100 percent of the time in test animals. *Cancer can be turned on or off simply by changing the level of animal protein in the diet*.

One of the most powerful cancer promoters is dairy protein. *Casein, a protein in cow's milk, is an exceptionally powerful cancer promoter*. Consuming milk is both unnatural and unhealthy. Nowhere in nature does one species regularly drink the milk of another, and nowhere does an animal drink milk after weaning. Only humans are crazy enough to do these things, and we suffer the consequences—heart disease, osteoporosis, diabetes, infections, arthritis, allergies and cancer. Modern milk is an especially toxic soup loaded with undesirable hormones, antibiotics, pesticides, herbicides, PCBs, dioxins, viruses, pus, solvents and excessive bacteria. Almost all milk is pasteurized. This process changes the chemical and physical properties of the milk, making it less nutritious and toxic.

The facts are these: *High-animal-protein diets promote cancer, and low-animal protein diets dramatically inhibit cancer.* At least ninety percent of our protein should be derived from plant foods such as whole grains, legumes, lentils, seeds, nuts and sprouts.

Cutting bad foods out of your life is one step; putting good foods in is another. *A diet consisting primarily of fresh plant foods is an anti-cancer diet.* Consuming an anti-cancer diet is not just a luxury, it is a necessity. It's bad out there! After accidents, cancer is the leading cause of death for children. Almost every American over the age of 50 has cancer, with small clusters of cancer cells throughout their bodies—just waiting to grow. It is imperative that this cancer be prevented from growing and metastasizing. The good news is this: We know how to do it!

There are well-known mechanisms for interfering with tumor growth and inducing apoptosis (cancer cell death). The biochemistry of cancer is extremely complex, requiring the successful navigation of numerous biochemical pathways to make it happen. Each of these steps in the process can be interfered with. Existing clusters of cancer cells can be kept small and harmless. For those who already have diagnosable cancer, cancer cells can be restored back to normal and the cancer will simply disappear—*surgery, chemotherapy and radiation not required.* In fact, standard cancer treatments damage the body, making survival less likely.

What is required is a diet rich in fresh fruits and vegetables. Plant foods have all the chemicals necessary to interfere with the cancer process at every level. Unfortunately, only one out of ten Americans is meeting the current USDA guidelines for consumption of fruits and vegetables. In fact, one way to look on cancer is as a vegetable-deficiency disease. Supplements are also extremely helpful in preventing and reversing cancer.

Many fruits and vegetables contain carotenes. Animal experiments and human experience have shown that high amounts of dietary carotene will stop cancer from growing. The same holds true for vitamin A. Omega-3 fatty acids suppress cancer. Plant flavonoids, including quercetin, interfere with the effects of estrogen in stimulating breast and prostate cancer. In fact, plant flavonoids will act to prevent cells from becoming cancerous, even when exposed to powerful carcinogens. In

addition, they inhibit the growth of cancer cells and stimulate cancer-cell death. Olive oil helps to protect DNA from oxidative damage, which can make a cell turn cancerous. Both green and black teas inhibit DNA damage, and can prevent cancer cells from dividing, thus inhibiting cancer growth. Herbs such as silymarin and ginkgo biloba also contain powerful anti-cancer compounds. Numerous plant chemicals are known to inhibit and down-regulate cancer growth mechanisms.

As you can see from the above, the right foods are highly protective against cancer and even curative. A diet high in fresh, organic fruits and vegetables and high in omega-3 fatty acids is what you want. The critical nutrients in plant foods can be made even more bioavailable by juicing or blenderizing so as to break up their cells and release more of their goodness. Eighty percent of your diet should consist of raw fruits and vegetables. Non-gluten grains such as buckwheat, millet, brown rice, quinoa and amaranth are healthy in moderation. Legumes and lentils are good sources of plant protein. Occasional small portions of high-quality fish and organic eggs can be added to this nutritious diet.

All real food is good, but certain plant foods are even more protective than others. These include cruciferous vegetables such as broccoli, cauliflower, Brussels sprouts, and kale. Other good vegetables include onions, beets and spinach. Good fruits include blueberries, cherries, blackberries, pineapples, watermelon, kiwis, mangos, plums and honeydew melons.

As for supplements, the Beyond Health Comprehensive Kit offers a superior foundation. Anyone with active cancer should add the Cancer Support Kit. These kits combined provide an extraordinary support program, containing nutrients that are known to inhibit cancer—all in extremely pure and highly bioavailable forms. We've removed the guesswork and put these kits together for you based on the latest science. Call 800-250-3063 for a free nutritional consultation.

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: Your nutritionist recommended I take Regularity Guard for my high blood pressure. I am wondering what this has to do with blood pressure.

C.D. — Lauderhill, FL

Answer: Regularity Guard is a quality fiber supplement, and adequate dietary fiber can help to keep your blood pressure under control. A study in the March 2005 *Journal of Hypertension* found that a high-fiber diet was associated with a significant reduction in blood pressure levels among people with hypertension. This is important to know because about 50 million Americans and one billion people worldwide have high blood pressure, for which the usual treatment is blood pressure lowering medications.

Unfortunately, prescription drugs are toxic, and there are far better ways to deal with this problem. Decreased sodium intake, increased potassium intake, increased physical activity and supplementation with magnesium and CoQ10 are effective choices. This new data adds fiber to the list. The researchers said their findings represent the first comprehensive report of the effect of increasing dietary fiber on blood pressure. They concluded that, “Our results suggest that increased dietary fiber consumption may provide a safe and acceptable means to reduce blood pressure in patients with hypertension.” One reason we have so much hypertension is that only one out of ten Americans is meeting the current USDA guidelines for consumption of both fruits and vegetables, where we get most of our fiber. Supplementing with Regularity Guard is worth doing.

Question: A new study in the *Journal of the American Medical Association* determined that going on a diet high in fruits and vegetables did not prevent the return of breast cancer in a 7 year experiment with 3000 women. Comments?

J. W. — San Francisco

Answer: The study you are referring to appeared in the July 18th issue of *JAMA*. This is a perfect example of how to waste money (\$35 million) and confuse the public by doing inane studies. In short, given the conditions of the study, I could have easily predicted the results without spending the money, but then the clueless researchers might go hungry.

The researchers were mystified by the results because the people in the study did not lose weight. This is an important clue. Anyone on a healthy plant-food diet of whole grains, fruits and vegetables will lose weight. These people did not lose weight because they were allowed to eat the unhealthy foods that *drive* cancer *and* overweight—sugar, white flour, processed oils and dairy/excess animal protein. The women were allowed to eat meat and instructed to get no more than 15 to 20 percent of their calories from fat. They failed to achieve this goal. This failure means they were eating a lot of fat-containing meat and dairy and were consuming more animal protein than the body was able to use for daily repairs. In excess, animal protein drives cancer. In addition, there was no attention given to the quality of the produce consumed. Was it canned, frozen, cooked, non-organic? Quality makes a big difference. Further, all of the women in the study had radiation treatment for their cancer, and radiation causes cancer.

Vegetables contain chemicals that prevent, control and reverse cancer. So why, after increasing vegetable intake, did this study not show positive results? Primarily, it is because there are other factors that *drive* cancer and these were not eliminated in the study. The people in this study were feeding the flames while trying to fight the fire—it didn’t work. To be successful, you have to do two things—get *off* the bad diet *and* get *on* a good diet.

Question: Is the placebo effect real?

S. A. — Annapolis, MD

Answer: Yes, the placebo effect is real and alive and well. In fact, research over the last decade indicates that the placebo effect has a measurable physical effect on the body. Throughout medical history, the placebo effect has been the biggest tool in the physician’s bag. Recent studies indicate that most prescription drugs are just expensive placebos. Perhaps the more it costs, the higher your expectations. If your doctor is convincing enough when you are handed the prescription, the drug will work much better.

The power of expectations has a measurable physical effect. In one study at the University of Michigan, subjects were exposed to pain and then told they were getting a pain reliever (actually a placebo). Their brains immediately released more endorphins, which are natural chemicals that act as painkillers, and they immediately felt better. So when you get a placebo and expect it will help, your brain puts itself on drugs. The human brain is the biggest pharmacy in the world, and your expectations have a profound impact on it.

Question: Can coconut oil be used as a substitute for shortening in baking?

F. S. — Petaluma, CA

Answer: Yes. Coconut oil makes an ideal and healthy substitute for shortening. Most shortening is made from hydrogenated oil, which is a deadly toxin and must be avoided. In addition, coconut oil makes an excellent replacement for butter on vegetables, bread and popcorn. It also adds a gourmet flavor to soups and deserts. However, like any product, coconut oil is available in a wide range of quality. Some of it is pretty awful stuff. If you want the very best, use the Beyond Health brand. It took almost two years of research to find this particular oil.

Question: My father is losing his hearing. Are there any supplements he can take to help with this problem?

R. S. — Berkeley, CA

Answer: Hearing loss is common among older Americans, and nutrition does help. He should get on Beyond Health's Comprehensive Kit along with some extra Perque Vessel Health Guard, which contains vitamin B12 and folic acid.

Studies have shown that B12 and folic acid deficiencies are common among older people with hearing loss. It is believed that these deficiencies impair both nerve function and blood circulation in and around the ear. Supplementing makes a lot of sense.

Question: Thank you so much for your book *Never Be Fat Again*. I never realized the impact of toxins on overweight until I read this book. By avoiding the toxins you mentioned, I have been able to shed pounds that have never come off before.

E. V. — Elko, NV

Answer: Glad to hear you have been helped. We have all been trained to think about calories in relation to overweight. Yet, toxins are a major contributor to overweight disease. This is why it is so important to get the processed foods out of our lives. Most of these toxins are coming from such foods. Processed foods cause disease. This is why I often say, "There is no food in a supermarket."

The incidence of childhood obesity is going up like a rocket. A major reason for this is toxins. Studies have shown that when fetuses are exposed to these toxic chemicals, including glutamates and bisphenyl-A, the way their genes function may be altered to make them more prone to obesity. The kids are being genetically

wired to become fat because of the toxic foods the mother is eating. Such a child could eat the same diet and exercise the same amount as a normal child, but he or she would become obese, while the other person remained thin. These children have to live extremely different lifestyles to not be obese because their systems are malfunctioning from birth. And remember, overweight is not just a cosmetic problem, obesity puts people at risk for many other problems, including cancer, diabetes, heart disease and high blood pressure.

Question: I read an article on Life Extension Toothpaste with pomegranate. I am having gum problems and this toothpaste sounds like it could solve my problem. I was wondering what you thought.

C. C. — Knoxville, TN

Answer: Unfortunately, Life Extension's Toothpaste is similar to many of their other products—good idea but poor execution. I think their idea of using ingredients like pomegranate, green tea extract and CoQ10 in their toothpaste is a good one, but I would never use this product or recommend it to anyone. Their formula is loaded with powerful toxins such as methyl and propyl parabens, sodium benzoate and carrageenan. For my money, that's far too much harm for whatever good the toothpaste might do. It's always a good idea to stick with Beyond Health approved products—you know you are getting the best and the safest.

Question: I have a question about coral calcium and dolomite calcium powder. Are they good sources of calcium or are they are not worth taking?

A. — Internet Inquiry

Answer: Both Coral Calcium and dolomite calcium powder are inorganic sources of calcium. Products of this type are often heavily advertised. To make it simple, they come from rock. This makes them cheap to produce and more can be spent on advertising. Unfortunately, while rock contains calcium, it is not a good biological source. The body wants calcium in the organic forms contained in plants such as broccoli and kale. When you give it inorganic forms, it is able to use only about 10 percent of the calcium. Furthermore, there is the possibility that inorganic calcium will end up calcifying soft tissues such as arteries and kidneys, and creating bone spurs.

If that is not bad enough, the sources for these products usually contain heavy metal contaminants such as lead. In short, these products are nothing I would use or recommend. They are poor sources of calcium, contain toxins, and are a very poor value—save your money.

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