

# BEYOND HEALTH<sup>®</sup> *News*

November - December

2007

**“Great spirits have always encountered violent opposition from mediocre minds.”**

— Albert Einstein

## Supplements Work

*The healthiest of all.....*

In 1998, we reached a turning point when the National Academy of Sciences announced that it is no longer possible for most people to get all the nutrients they need without supplements, even if they eat a good diet rich in fresh fruits and vegetables. BHN recommended supplements long before that, but now, a just published study in *The Nutrition Journal* proves the point—multiple supplement users are the healthiest of all.

Prof. Gladys Block of U.C. Berkeley examined measurable health parameters among consumers who take a broad range of dietary supplements, such as vitamins C, E, D, fish or flaxseed oil, lecithin, coenzyme Q10, glucosamine, B complex and others. The study compared adults who took no supplements with

adults who took a single supplement (usually a multivitamin) and others who took a large number of different supplements (on average, 17 different supplements daily). The result?

Those who took a large number of different supplements were judged to be far healthier than adults who take only a single supplement, such as a common multivitamin, or don't take dietary supplements at all. This study dispels the common belief that low-dose multivitamins are sufficient to address essential nutrient shortages. The overall risk of disease was far lower among the multi-supplement users compared to non-users. For example, the risk for diabetes was 73 percent less and coronary heart disease 52 percent less. Just imagine the economic impact on our healthcare costs if we could cut heart disease in half and diabetes by three quarters—all with just a few relatively inexpensive nutrients.

More than half of U.S. adults take dietary supplements, but nearly half of these supplement consumers take only one type of supplement, most commonly a cheap multivitamin. That isn't good enough, and one reason may be the tragically low quality of most multivitamins, including top-selling brands.

The results of this study were called “startling.” Multi-supplement

users had significantly higher HDL (good) cholesterol, lower triglycerides and C-reactive protein, and lower blood pressure, all markers of cardiovascular health, than non-users and single multivitamin users. Blood serum ferritin levels, a marker of iron load, was much lower among multi-supplement users. This is good because high iron storage levels are associated with conditions such as liver disease, diabetes, brain and heart disease, as well as frequent infections. Multi-supplement users also had blood serum levels of carotenoids that were three times as high, and vitamin E levels double that of non-users and multivitamin users. To achieve these kinds of results, BHN recommends Beyond Health's Comprehensive Kit, plus extra cod liver oil.

## Sodas Destroy Teeth

*Effects of phosphoric acid.....*

Drinking sodas destroys teeth and bones by a variety of mechanisms, including the phosphoric acid contained in most cola drinks. For those who believe that the ten to twelve teaspoons of sugar found in the average soda is the only risk factor, a study published in the March/April *General Dentistry* has found that while any type of soft drink will damage teeth, sodas that

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contain phosphoric acid pose an extra special risk. An ordinary cola drink containing phosphoric acid has a level of acidity that approaches battery acid. Even minimal exposure to phosphoric acid will damage tooth enamel. Making matters even worse, food grade phosphoric acid often contains arsenic.

This is not what you should be putting in your body. Nonetheless, per capita consumption of carbonated soda in America is 50 gallons per year. Actually, we have the highest consumption in the world—another explanation for our poor overall health, high rates of osteoporosis and low life expectancy. Children especially need to be protected. They should not be allowed to drink sodas, as their teeth and bones are still forming.

**Sunlight and MS**

*Sunlight lowers risk.....*

It has long been known that the incidence of MS (multiple sclerosis) is higher at higher latitudes where there is less sunlight. A study in the July 24, 2007 issue of *Neurology* has found that people who spent more time as children out in the sun have a lower risk of developing MS than those who had less sun exposure in childhood. Children who spend more time outdoors tanning, going to the beach and playing team sports have up to a 57 percent reduced risk of developing MS.

Unfortunately, the current popular wisdom is that everyone should stay out of the sun, or at least wear sunscreen when in the sun. Evidence continues to mount that sunlight is an essential nutrient. Children need to play out in the sun, and now we know it even helps to protect them from developing MS later in life. We all need sunlight on a regular basis. Like any good thing, the sun should not be abused. While regular sunlight is essential and beneficial, sunburn is detrimental to health and should be avoided.

**Organic is Better**

*More flavonoids.....*

A new study in the July 18 *Journal of Agricultural and Food Chemistry* has found that the levels of flavonoids increase over time in organically grown foods. Levels of key flavonoids were measured over a ten-year period in tomatoes. The levels of flavonoids increased each year as the health of the organically-farmed soil continued to improve. In conventionally-farmed tomatoes, the levels remained the same.

Flavonoids are compounds

found in fruits, vegetables, and certain beverages, and more than 4,000 of them have been identified in plants. Like their better known chemical cousins, carotenes, flavonoids are plant pigments, creating a rainbow of colors. Many flavonoids and carotenes function as antioxidants and protect plants from the damaging effect of free radicals. The big difference is that flavonoids are water soluble, whereas carotenes are oil soluble. The major dietary sources of flavonoids include vegetables, fruits, tea, and legumes. Studies have found that the flavonoids in these foods protect against heart disease, cancer, and other so called age-related diseases.

As much as possible, purchase only organically-produced foods. They truly are better for you—more nutritious and not contaminated with toxic agricultural chemicals.

**Chinese Live Longer**

*And spend less.....*

Most of us are aware of China's lack of food standards and its polluted environment. This is why it is a surprise to learn that the Chinese live longer than we do and spend less on health. The U.S. now spends over \$6,000 per person per year on "healthcare," which is really not healthcare at all, but disease-care. Our costs continue to skyrocket, and Medicare threatens to bankrupt our government. Meanwhile, China spends \$277 per person per year; life expectancy in large cities like Beijing and Shanghai is about 80 years, and Hong Kong has a life expectancy of over 82 years. Life expectancy in America is only 78, which is lower than Cuba's, and one of the lowest life expectancies among developed nations.

Due to our poor diets and

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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, Co-Editor  
 Joan Carole, Co-Editor  
 Anne White, Production

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unhealthy lifestyles, our diseased population continues to get sicker every year, and our children are now so unhealthy that life expectancy is projected to start turning down. It doesn't have to be this way. Get off of the Big Four (sugar, white flour, processed oils and dairy/excess animal protein). Get on a superior supplement program, get some regular exercise, and we can turn this situation around. If you haven't already done so, read *Never Be Sick Again*. Health is a choice, and almost anyone can learn how to choose it.

**Immunity Damaged**

*By food coloring.....*

Most BHN readers know that processed foods are unhealthy and should be avoided. For those who don't know this, there is new evidence of the damaging effects of these factory-produced foods. Processed foods are unhealthy because they are low in nutrition and high in toxins—leading to deficiency and toxicity, the two causes of all disease.

A study in the journal *Science* has found that caramel food coloring damages immunity. Caramel is made by the controlled heating of sugar, generally in the presence of acids or alkalis, in a process called caramelization. Its color ranges from dark brown to black.

Caramel coloring is the most widely-used food coloring, and is found in almost every kind of industrially produced food, including: beer, brown bread, buns, chocolate, biscuits, brandy, chocolate flavored flour-based confectioneries, coatings, decorations, fillings and toppings, crisps, dessert mixes, doughnuts, fish and shellfish spreads, frozen desserts, cough drops, gravy browning, ice cream, jams, milk desserts, pancakes, pickles, sauces and dressings, soft drinks (particular-

ly cola drinks), stouts, sweets, vinegar, and whisky.

While the amount of caramel used in the study was in excess of what most people are exposed to, there is no reason to believe that the same mechanism is not working to a lesser extent at lower doses. Caramel was found to block the migration of white blood cells from the lymph nodes to the lymph and blood, thereby suppressing the body's immune response.

**More on Vitamin D**

*Preventing cancer again.....*

Vitamin D has been found in studies to prevent cancer. Now new studies have reinforced these findings. One in the *Journal of Steroid Biochemistry and Molecular Biology* found that people with the highest blood levels of vitamin D had a 50 percent reduction in risk of breast cancer compared to people with the lowest blood levels.

Another study in the *American Journal of Preventive Medicine* found that maintaining specific blood levels of vitamin D was associated with only half the risk of colon cancer seen with lower blood levels of the vitamin. Even higher levels reduced risk by two-thirds. A beneficial blood level of 46 ng/ml corresponds to a daily intake of 2,000 IU of vitamin D, which can be achieved with a combination of diet, supplements and 10 to 15 minutes per day in the sun with 50 percent of skin area exposed. People with darker skin may need double that time. Most people average only about 200 to 400 IU of vitamin D a day. Taking two Beyond Health Multis, three Bone Supports and two tablespoons of cod liver oil every day will supply

about 2200 IU per day.

Sunlight is an excellent medicine, and we should avail ourselves of it at every opportunity. Sunlight is known to prevent numerous diseases including cancer, depression, osteoporosis, diabetes, infection, and heart disease, and it even helps to heal wounds.

**Synthetic Vitamins Damaging**

*We told you so.....*

The Organic Consumers Association (OCA) has launched a new public health and truth-in-labeling campaign called Nutri-Con: The Truth About Vitamins & Supplements. Through public education, marketplace pressure, and litigation, OCA's Nutri-Con campaign will expose the hazards and limited effectiveness of synthetic vitamins and supplements, and strive to create mass consumer awareness and marketplace demand for truly organic, "naturally occurring" vitamins, botanicals, and supplements.

The OCA plans to alert the public to the fact that 90 percent or more of the vitamins and supplements now on the market labeled as "natural," "food based" or "organic" actually contain relatively ineffective and sometimes even harmful synthetic chemicals, genetically modified organisms (GMOs), and potentially-harmful nanoparticles.

BHN has been telling you this for years, and we are happy to see something is being done about it. This is why it is important to use products that have been researched and approved by Beyond Health. Beyond Health takes the guesswork out of buying health products. We do the work so you don't have to worry about the quality of what you are buying.

**Live Longer and Healthier**

*Exercise and cut calories .....*

Animal experiments have long indicated that exercise combined with cutting calories extends healthy life, and BHN has long suggested this approach to health. In fact, there is only one dietary regimen that has ever been conclusively proven to extend life and improve health, and that is calorie restriction. Together with exercise, this is as close to a magic bullet as you can get for good health and long life. Animals double their lifespan on calorie-restricted diets, which corresponds to a lifespan of over 150 for humans. Now an accidental “experiment” with humans provides a compelling story.

After the collapse of the Soviet Union, Cuba was plunged into an economic crisis. Scarcity of food and fuel forced the Cubans to cut their food intake and do more physical work. A study in the September issue of the *American Journal of Epidemiology* found “sustained population-wide weight loss as a result of increased physical activity and reduced caloric intake.” It also found large reductions in diabetes, cardiovascular disease and *all-cause mortality*. The researchers suggested: “Future steps towards prevention of cardiovascular disease and diabetes should focus on long-term population-wide interventions by encouraging physical activity and the reduction of caloric intake.”

From the late ‘80s to 1995, the food shortage resulted in an energy intake decline from about 2,900 calories in 1988 to 1,800 calories in 1993, a 38 percent reduction. Meanwhile, the number of Havana residents who were physically active increased from 30 percent to 70 per-

cent, the result of widespread use of bicycles and walking as means of transportation. The incidence of obesity was cut in half, from 14 to 7 percent of the population.

In reducing calories, one needs to pay attention to eating only high-quality foods and taking high-quality supplements to be sure to get adequate nutrition. Once adequate nutrition is assured, calorie restriction is pure magic for increasing longevity and preventing disease. This is why people who weigh 10 percent less than their suggested weight-chart weight live the longest.

**Blood Clots and Air Travel**

*A preventable risk.....*

Since the early ‘50s, venous thrombosis (a blood clot that forms in a vein) has been linked with air travel. A new study in *PLoS Medicine* has put some numbers on this. The risk of experiencing a thrombosis in frequent long-haul travelers is increased by a factor of three.

The authors found that the risk of thromboses increased with exposure to more flights within a short time-frame and with increasing duration of flights. The risk was particularly high in those under age 30, women who used oral contraceptives and individuals who were particularly short, tall, or overweight. The incidence of thromboses was highest in the first 2 weeks after travel and gradually decreased to baseline after 8 weeks.

When flying, especially in today’s cramped seats, it is a good idea to get up periodically and do some deep knee bends. Move your legs often during long plane trips, and even while seated, you can exercise your feet and legs. In addition, a

supplement program containing high-quality vitamin C, B complex, B12, folic acid, vitamin E, omega-3 fatty acids, and Kyolic Aged Garlic is recommended to reduce platelet stickiness. All these will help make the blood platelets less apt to stick together and form clots.

Clots can be life threatening if they move to the heart, brain or lungs, and they require prompt medical attention. Symptoms include: leg pain, tenderness, swelling, increased warmth, or changes in skin color in one leg.

**Milk Makes You Fat**

*But they don’t want you to know that*

Since 2003, the National Dairy Council has spent over \$200 million trying to convince people that switching from soda to milk is a healthy choice. For example, the dairy industry has been heavily advertising the weight-loss benefits of drinking more milk. The problem is the Dairy Council never explains how something that is supposed to cause a calf to grow from 90 pounds to 2000 pounds in two years is going to make you lose weight.

A study in the June 2005 *Archives of Pediatrics & Adolescent Medicine* sheds some light on this subject. According to this study, children who drank more than three servings of milk a day were prone to becoming overweight. In fact, the more milk children drank, the faster they gained weight. Children who drank more than three 8-ounce servings of milk a day put on the most weight, and the link held even though most of the children were drinking low-fat milk.

Milk is one of the Big Four foods that are responsible for most of the disease in our society. BHN recommends avoiding all dairy products.

# A R T I C L E

## IODINE DEFICIENCY

By Raymond Francis

**D**o you get enough iodine in your diet? Every cell in the body uses iodine; it affects the production of all the body's hormones, and even has anti-cancer properties. Iodine deficiency contributes to increased infant mortality, chronic fatigue, fibrocystic diseases, infertility, impaired growth, impaired immunity, and autoimmune disorders such as Hashimoto's and Graves disease. Iodine deficiency also causes mental retardation and poor academic performance—even a mild deficiency has been reported to reduce IQ by 10 to 15 percent.

Since antiquity, iodine deficiency has been associated with thyroid problems such as goiter. After the thyroid, the breast is the second largest user of iodine. Studies show that iodine deficiency coupled with excess estrogen and exposure to environmental chemicals leads to cancer.

Given the importance of iodine to your health, are you getting enough? The National Health and Nutrition Examination Survey has found that urinary iodine excretion in the U.S. dropped in half from the early '70s to the early '90s. The survey concluded that Americans are at risk for iodine deficiency. Since iodine is critical for thyroid function, this helps explain our growing epidemic of thyroid disease.

Dietary sources of iodine include salt-water fish, seaweed and iodized salt, with trace amounts found in grains, egg yolk and spinach. Deficiencies are occurring because many people are consuming less fish due to mercury contamination. In addition, soils have been depleted of iodine. People are consuming less salt, a good thing, but it also lowers iodine intake. Vegan or vegetarian diets are low in iodine. Diets high in baked goods, including bread, and/or sodas contain bromine compounds, which cause iodine deficiency. Drinking fluoridated water also contributes to iodine deficiency.

Excessive fluoride, chloride and bromide chemically displace iodine and cause iodine deficiency. This is why adding fluoride to tap water has contributed to iodine deficiency and our epidemic of thyroid disease. Fluoride is also present in medications such as antidepressants, including Paxil and Prozac. Antidepressant drugs are known to promote cancer, and one mechanism may be their contribution to iodine deficiency.

Drinking and bathing in chlorinated tap water contribute to iodine deficiency. Using appropriate filters to remove the chlorine is highly recommended—approved

filters are available at Beyond Health. Chlorine is even present in the sugar substitute Sucralose.

Commercially-produced bread and baked goods contribute to iodine deficiency. The bromine compounds used by the baking industry, as dough conditioners, displace iodine in our tissues. Bromine is also used as an agricultural fumigant, and treated crops have elevated bromine levels. Bromine is also found in medications such as nasal sprays and inhalers. Some carbonated drinks, and even some Gatorade products, contain brominated vegetable oils. This is one more reason to eliminate processed foods from your diet.

Most Americans should have their iodine levels tested periodically, especially those with thyroid problems, cancer or any other problem known to be associated with iodine deficiency. Iodine measuring kits are available through Beyond Health.

The best way to measure iodine levels is with an iodine loading test. In this test, a measured amount of iodine is taken orally, and the amount of iodine excreted in the urine over the next 24 hours is measured. If your iodine levels are sufficient, the amount of iodine excreted will be about 90 percent. Less than 90 percent excretion indicates varying amounts of deficiency, which should most likely be supplemented.

Iodine supplementation not only provides needed iodine, it also increases the urinary excretion of undesirable fluoride and bromide. The RDA for iodine is 150 micrograms per day for adults. However, recall that the RDAs are based on preventing obvious deficiency disease, such as goiter, and are lower than the amount needed for good health. Mainland Japanese get almost 100 times the RDA, which is one reason why they have significantly less disease than Americans. In fact, more than 90 percent of those suffering from Graves disease and Hashimoto's thyroiditis have a measurable iodine deficiency.

An iodine supplement should contain both iodine and iodide, as the body uses both forms. Although rare, some people are allergic to iodine and need to exercise care. Beyond Health's Bone Mineral formula contains supplemental iodine.

*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:** Our children just spent a good part of the summer playing in our backyard pool. I started to wonder if this was safe due to the chlorine, and would appreciate having your viewpoint.

S. S. – Alexandria, VA

**Answer:** I hate to have to tell you this, but chlorinated swimming pools are not safe. Chlorine not only damages the skin, it is also absorbed into the body where it causes oxidative damage and promotes heart disease and cancer as well as other problems. This is why it is illegal to use chlorine for pools in Europe.

Chlorine is added to pools and drinking water to kill microorganisms and to make the water safe to drink. Unfortunately, the chlorine itself is unsafe. Even taking a shower in chlorinated tap water will expose you to a considerable amount of chlorine absorption through the skin. Drinking chlorinated tap water is even worse because the absorptive capacity from within the gut is far greater than through the skin. A swimming pool is worse again because the chlorine concentration is higher and you spend more time in the pool than taking a shower. Chlorine will damage the inner lining of the arteries, causing cholesterol to be deposited to protect the damage. This is one reason why 85 percent of our children already have artherosclerosis.

An alternative to chlorine is to use an ozonator, to produce ozone. This is what they use in Europe. Some people choose a combination of an ionizer and ozonator. Ionizers put silver and copper ions in the pool water. Copper is an antifungal and will prevent the growth of algae, while silver is an antibacterial. Both the silver and copper ions remain in the pool and offer a constant level of protection.

For next summer, why don't you work with your pool company and look into ozone treatment. Meanwhile, you can protect your family by using shower filters and a reverse osmosis treatment system for your drinking water. Beyond Health supplies high-quality water filters that I personally researched and approved. Just call: 800-250-3063. If you do swim in a chlorinated pool, be sure to supplement with Beyond Health approved vitamins A, C, and E along with carotenes, flavonoids and alpha lipoic acid.

**Question:** Is there a rice milk beverage that you recommend, and is it okay for children?

V. C. – Internet

**Answer:** Rice milk may be okay for adults on occasion, but it is not appropriate for children. Rice milk is far from a nutritious food for a child, supplying mainly carbohydrates. Further, it contains a polyunsaturated vegetable oil, which contributes to a fatty acid imbalance that is a major cause of disease in our society. It also contains too much sugar, primarily maltodextrin, which is a breakdown product by the action of natural enzymes.

**Question:** Can you supply any information about viral infections. Is one doomed to have to live with it for the rest of their lives? I experienced a rash (warts-like) on the back of my leg. My doctor told me that it was a form of herpes, and that 85% of all Americans have some form of the virus. My doctor wanted to prescribe "valtrex." Is this drug safe, and is there any way to cure a viral infection?

T. H. – Internet

**Answer:** There is no need to have a viral infection. There is only one disease and only one solution to every health problem—get well. Viruses are not the cause of infections. Such infections are merely the symptoms of depressed immunity. As usual, drugs are not the solution. They are not safe and do nothing to restore health. They merely suppress the symptoms while their toxicity makes you even sicker, creating entirely new diseases called side effects.

If you have not read *Never Be Sick Again*, get yourself a copy, and if you have read it, read it again. Follow what it says—get off of the Big Four. The Big Four suppress immunity. Get on a good nutritional support and detoxification program – I suggest the Beyond Health Comprehensive Kit and the Immune Support and Detox Kits, and sauna regularly.

Vitamin C is critical. Take a bowel tolerance dose of C plus nine Cellular Repairs per day, three ProRites, and natural antibiotics—oregano and olive leaf extract. If you do it right, the viruses should become dormant once again.

**Question:** Can you explain what makes Beyond Health's Coconut Oil better than others?

R. A. – Denver, CO

**Answer:** It took me two years to learn the coconut-oil chemistry and to search the world to find an oil that would meet my standards. The result is a product that is truly superior to other oils—there is nothing better on the market.

Most of the coconut oil on the market has been produced from dried coconut called copra. This oil has been refined, bleached and deodorized—being exposed to bleach, solvents, and high temperatures. This not only degrades the flavor, it degrades the nutritional quality of the oil and introduces toxins.

Oil produced from fresh coconut is what you want, but even these oils are often inferior. Almost all have been produced in unclean environments and have been excessively heated to remove water from the oil. A number of times in my search for superior-quality oil, I found that oils that, according to manufacturer claims, were not heated, actually were—often to high temperatures. Beyond Health's oil is produced under "pharmaceutical" conditions and is never heated. This is why it has such a delicate flavor and aroma, and why all of its natural vitamin E, antioxidants and beneficial nutrients have been preserved. I am very proud of this oil, and it is worth all the work it took to find it. I butter crackers with it and eat it as a snack. Beyond Health sells a book on coconut oil that contains lots of recipes.

**Question:** I used to drink a lot of sodas. Then I got kidney stones so I stopped. Do you think the sodas had anything to do with the stones?

T. H. – Petaluma, CA

**Answer:** Yes, sodas can cause kidney stones for a number of reasons, not the least of which is the high amounts of fructose in the sodas. A study by Harvard Medical School of about 250,000 people, published in the October *Kidney International*, found that high fructose intake increases the risk of kidney stones. In fact, the people with the highest fructose intake had the highest number of stones. The authors concluded, "Our study suggests that fructose intake is independently associated with an increased risk of incident kidney stones." For a

number of reasons, sodas are hazardous to your health and should be avoided. Children especially need to be protected.

**Question:** I noticed selenium on your list of recommended supplements. What is it good for?

A.K. – Novato, CA

**Answer:** Selenium is an essential mineral. Most people are not thought to be selenium deficient, but it is interesting to note that those on selenium supplementation do better than those who are not.

Most modern diseases are actually the result of nutritional deficiencies, and most of us are nutrient deficient because modern food processing strips as much as 98 percent of the nutrients from our foods. These deficiencies must be corrected with supplementation, and supplementing with selenium appears to be a good idea. Selenium is essential for proper functioning of the brain, heart, liver and immune system—enhancing immunity and protecting from viral infections. It is also an anti-cancer mineral that is correlated with lower breast cancer risk.

Selenium even affects aging. A recent study in the *American Journal of Epidemiology* found that a person's selenium intake throughout life may influence how well they retain cognitive function as they age. A survey of cognitive function in elderly rural Chinese found that decreasing selenium levels were associated with lower cognitive scores. Researchers in the China study found that the difference in cognitive scores between those with the lowest selenium levels and those with the highest was equivalent to a 10-year age difference.

The study concluded that, "Long-term exposure to selenium may be needed to impact brain function later in life," and that, "Selenium exposure, unlike other factors studied for Alzheimer's disease, is a factor that is easily modifiable by changing dietary habits or through supplements." As with most minerals, selenium is available in different forms. The cheap inorganic forms are the most toxic, yet these are what are used in most supplements. Organic selenium, such as high-quality selenomethionine is recommended.

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