

BEYOND HEALTH[®] News

January - February

2008

**“The art of medicine consists of amusing the patient
while Nature cures the disease.”**

— Voltaire

Beyond Health Show – Florida
New broadcast times...

Most of our Southeast Florida listeners probably already know of the time change for the Beyond Health Show on WWNN 1470 AM originating out of Boca Raton. But we thought a reminder was in order anyway. Having broadcasted for many years at 10 am on Thursday, the show has moved to 1 pm on Monday plus a rebroadcast of the same show again on Saturday at 1 pm. We hope that between these two new times, most of our regular listeners will be able to continue listening and profiting from this highly-advanced health information.

For those who cannot make either of these new times, the show is available 24/7 on our website www.beyondhealth.com. The show is updated every Wednesday, but it is possible to listen live and ask ques-

tions by calling the 800 number if you go to the website on Sunday at 10 am Pacific Time, which is 1 pm Eastern Time. This is a wonderful opportunity to ask questions of our cutting-edge guests.

Tea and Your Brain
Keeps you sharp...

Drinking green tea reduces the risk of mental decline as you age. A 2006 study in the *American Journal of Clinical Nutrition* has found that “higher consumption of green tea was associated with lower prevalence of cognitive impairment.”

People who consumed 4 to 6 cups of green tea per week had a 38 percent lower risk of mental decline as they aged, and people who drank at least 14 cups per week had a 54 percent lower risk. Green tea is rich in antioxidants that are known to protect brain cells from oxidative damage. In addition to the antioxidant protection, tea contains the amino acid L-theanine, which helps to relax the body and improve mental focus.

Like most things, not all green teas are created equal. Many are low in antioxidants and high in toxic fluoride. Some imported teas contain shocking amounts of fluoride, and the higher the fluoride the lower the antioxidants. BHN recommends the

green tea selected by Beyond Health. It is low in fluoride and contains several times more antioxidants than the average green tea. In addition, it has a wonderful rich flavor that gets lots of compliments.

Drugs Are Wonderful
For drug company profits...

Another class of drugs has just been found to be dangerous—so what else is new? New research published in *Arthritis & Rheumatism* has found that drugs used to treat rheumatoid arthritis (TNF Blockers) increase the risk of skin cancer. In addition, these drugs disrupt a critical immune pathway, which lowers immunity and increases the risk of serious infections.

Prescription drugs are just great if you are a drug company. For the rest of us, they are unnecessary, expensive, toxic and dangerous. In fact, one of the single best things anyone can do for their health is say “no” to drugs. Remember that properly prescribed prescription drugs cause millions of injuries every year and are our third leading cause of death. There is a more effective, less expensive, and safer solution to every health problem. No one needs a prescription drug.

All drugs have “side effects.” Deceptively named, side effects are

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really entirely new disease conditions being caused by the toxicity of the drugs. But telling someone they are having side effects sounds a lot better than telling them the truth—they have just developed a whole new set of disease problems, making them sicker than before they started. Taking more than one drug compounds the problem. Multiple drugs, acting together, multiply and magnify the problem and become many times more toxic. Millions of seniors blame their fatigue, muscle weakness, memory problems, edema, diarrhea, constipation and depression on their age. Yet these problems usually disappear when they get off their drugs.

Due to their toxicity, drugs are constantly being taken off the market. The non-steroidal anti-inflammatory drug Vioxx is known to have

caused up to 140,000 deaths in the U.S. alone, and who knows how many hundreds of thousands of injuries. Another new study conducted at the University of California, Irvine, has just found that prescription medications commonly prescribed for the elderly that contain glucocorticoids (used to suppress various allergic, inflammatory, and autoimmune disorders) can cause “accelerated cognitive decline in patients in the early stages of Alzheimer’s.” Meanwhile, we have known for decades that certain medications cause osteoporosis. These include hypertension, heartburn, and antidepressant drugs and steroids. New studies show that people taking heartburn drugs (proton pump inhibitors) for more than a year have almost a 50 percent higher risk of hip fracture.

It is a sorry state of affairs because it is not uncommon to find seniors on many or all of the above drugs. They trust their doctor, who has almost no understanding of the chemistry involved, and they don’t understand how much damage they are doing to themselves. Worse, it is all unnecessary. The only real solution to any health problem is to get well and stay well. Fortunately, this is simple to do once you understand there is only one disease and only two causes of disease. For those who haven’t done so, read Raymond Francis’ book *Never Be Sick Again*.

Perchlorate Risk Greater Than Thought Risk to infants...

Perchlorate, a commonly found industrial pollutant in drinking water, may pose a greater health risk than

previously realized. A new study, reported in the December 5 *Science Daily*, has found that perchlorate is actively concentrated in breast milk, and this poses a health risk for breastfeeding infants.

Found in the groundwater in at least 43 states, more than 20 million Americans have been exposed to perchlorate contamination in their local water supplies, particularly in California and other Southwest states; this has been going on for decades. Perchlorate is known to interfere with the ability of tissues, especially thyroid and breast tissue, to absorb iodine. Because of this, women who are exposed to perchlorate are at risk for both thyroid and breast disease. Even worse, nursing mothers who have been exposed to perchlorate will transmit both perchlorate and inadequate levels of iodine to their babies. This poses an extra special problem in that the cell-surface transporter that pulls iodine into a cell will preferentially pull in perchlorate. So when there is perchlorate in the baby’s blood, less iodine can be absorbed. Since the baby’s iodine level is low in the first place, this is a double whammy.

The upshot is that perchlorate in drinking water will impair an infant’s thyroid function, and impaired thyroids can interfere with mental development, decreasing the child’s IQ. Developmental problems and thyroid disease are epidemic in America, and perchlorate contamination of our drinking water may be one of the reasons why.

There are only two causes of disease—deficiency and toxicity. Unfortunately, most Americans are

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unaware of the amount and types of toxins they are exposed to. Fortunately, most of these toxic exposures are avoidable if you take the time to learn where they come from. Tap water contains many toxins, and BHN recommends Beyond Health's reverse osmosis water filtration system to remove them. It is the best and most economical way to obtain pure drinking water, costing only pennies per gallon.

Carbs Cause Blindness

And lots of other problems too...

Those who have read Raymond Francis' books *Never Be Sick Again* and *Never Be Fat Again* know that sugar and white flour are deadly metabolic poisons that cause every imaginable disease, including cancer, heart disease, Alzheimer's and diabetes. Now new research in the October, 2007 *American Journal of Clinical Nutrition* has found that carbohydrates that cause sugar and insulin levels to spike, such as sugar, white flour, white rice, white potatoes and pasta, are a risk factor for central vision loss with aging. So add age-related macular degeneration to the list of diseases brought to you by sugar—and we feed this poison to our children!

Red 2G Food Coloring Banned

When will we learn...

The European Food Safety Authority has announced that the food coloring known as Red 2G is no longer considered safe for human consumption. Red 2G is used in sausages and burger meat, and new research has found it to be a potential carcinogen. Red 2G has already been banned in Australia, Austria, Canada,

Japan, Norway, Sweden and the United States.

Artificial food colorings were first introduced after World War II when the chemical industry started to supply the food industry with chemical-based colors since they were lower in cost than natural colors and had a longer shelf life. Most artificial food colors contain lead, mercury, and arsenic, and we know these are toxic. Many FDA-approved artificial colors have been taken off the market after being found to be toxic or carcinogenic.

Artificial colors are of growing concern because not only are they in our food products, but they are also in other daily use items such as lotion, shampoo, soap, etc. Furthermore, the toxic metals in these cosmetic products are even higher than those allowed in food products. However, toxins are easily absorbed through the skin, and even more so when they are present in high concentrations.

Many people are shocked when they learn how much food coloring they and their children are exposed to daily. People don't think of the fruit juice, sports drink, macaroni and cheese or the prescription drug they just consumed as containing these toxic chemicals, but they do.

You can help your children enormously by protecting them from these toxins. A study in the *Journal of Developmental & Behavioral Pediatrics* found that just by eliminating artificial food colorings from their diet, children's behavior improved significantly. Furthermore, eliminating food colorings from the diet produced one-third to one-half

the improvement typically seen with ADHD medication therapy.

Here is a list of just a few products that contain food coloring: Gatorade, M&Ms, Kraft Macaroni & Cheese, Eggo Waffles, Fruit Loops, Crest Toothpaste and Johnson's Baby Shampoo. Be sure to read labels carefully and reject products containing any FD&C artificial coloring.

Got a Cough

Try honey...

A new study in the December 2007 *Pediatrics* has found that honey is better than cough medicine for children. Why are we not surprised that Mother Nature is once again proving to be more effective than toxic chemicals. In fact, previous studies have found cough medicines to be of little benefit.

This new study determined that children who get a dose of honey actually cough less and sleep better than those who get a cough suppressant containing dextromethorphan, the active ingredient in over-the-counter cough medicines. Honey has long been a traditional folk medicine for sore throats and coughs and is often administered with hot tea and lemon.

As with many products today, including olive oil, real honey is difficult to obtain due to rampant adulteration. High fructose corn syrup appears to be the adulterant of choice and can be difficult to detect. The best place to obtain real honey would be from local bee keepers at a farmers' market.

CHRONIC FATIGUE, CHEMICAL SENSITIVITY, FIBROMYALGIA AND OTHER CHRONIC DISEASES

By Raymond Francis

Chronic fatigue, chemical sensitivity and fibromyalgia syndromes (CFS/MCS/FM)—I had all of these at the same time and more. The 36 medical specialists I went to could not help me, and two came so close to killing me that death was a virtual certainty. With life hanging by a thread, I used my knowledge of biochemistry to save my life, and then to learn how to get well and stay well.

Amazingly, more than two decades after my healing, people suffering from these multi-system diseases are still unable to obtain the help they need. They suffer needlessly even though the biology of these syndromes is sufficiently well understood to reverse them. Unfortunately, our physicians are hopelessly behind the science, and patients must learn to help themselves.

Physicians believe there are thousands of diseases. This results in a system so complex and baffling, they don't even try to identify and correct the causes of disease. Instead, physicians merely suppress symptoms by using highly toxic chemicals called drugs and a traumatic, destructive process called surgery.

Yet what appear to be different diseases are merely different symptoms resulting from similar biological malfunctions. Once you understand that there is only one disease—malfunctioning cells—and only two causes of disease—deficiency and toxicity—the principles for preventing and reversing almost any disease become simple and straightforward.

Chronic fatigue, chemical sensitivity, fibromyalgia and many other so called “chronic diseases” are not different diseases at all. They are the result of similar cellular malfunctions manifesting differently in different people because of different genes, diets, toxic exposures, lifestyles, beliefs, emotions and life experiences.

Most of us have experienced being sick and getting over it. Chronic diseases are different. They don't go away. By understanding why diseases become chronic, we can reverse these diseases and get well and stay well. As it turns out, the mechanisms responsible for chronic disease are known.

Most chronic diseases begin with some initiating event, some stressor that starts a process that doesn't turn off. Common bacterial or viral infections are capable of initiating chronic disease. I have seen many people whose chronic condition started after a pregnancy or after having the flu. They feel like they got the flu and never got over it, and in a way, they are right. Physical trauma can also initiate chronic disease. One man I

helped developed chemical sensitivity syndrome after falling off a ladder. Chemical exposures are powerful initiators of chronic disease. These can be large accidental exposures or slow bioaccumulation of environmental chemicals. Pesticides, solvents, food additives, heavy metals and other environmental chemicals can all serve to trigger chronic disease. Psychological stress is a huge contributor to chronic disease.

Why is it that all the above trigger events achieve the same end—chronic disease? The answer is they all trigger a common biological response, and that response becomes self-perpetuating. All of the above stressors provoke very complex biochemistry, but all you need to know is this: *They all result in a flood of free radicals (highly reactive molecules) that damage cells and tissues, causing inflammation. The inflammation becomes self-perpetuating. Virtually all chronic diseases are inflammatory.*

The presence of free radicals triggers the production of pro-inflammatory chemicals. This generates more free radicals, which then trigger more pro-inflammatory chemicals, resulting in an endless cycle of free-radical production and health-destroying inflammation in the body. Once this happens, your illness is permanent—*unless* you do something to interrupt the cycle.

Chronic disease is rampant in our society because modern medicine's treatment of disease does nothing to stop this cycle. *In fact, medicine's treatments with toxic drugs, surgery and radiation only make things worse by generating more free radicals and creating more disease.*

To be healed, this destructive cycle free-radical generation and inflammation must be down regulated. To stop this inflammatory cycle, you must stop eating inflammatory foods and take therapeutic amounts of anti-inflammatory nutrients. Inflammatory foods such as the Big Four (sugar, white flour, supermarket oils and dairy/excess animal protein) *must* be avoided. Anti-inflammatory nutrients including vitamins A, B12, C, and E, omega-3 fatty acids, CoQ10, curcumin, quercetin, selenium and magnesium must be supplemented. Processed foods must be avoided as these are low in nutrition and contain inflammatory chemicals such as artificial sweeteners, colors, flavors, preservatives and glutamates. Identify and stay away from allergens. Many people have hidden allergies to common foods such as wheat, dairy, corn, peanuts and soy. Each allergic reaction creates free radicals. Stress is a powerful free-radical generator; daily meditation is recommend-

ed. The digestive system must be normalized, as a malfunctioning system generates free-radicals.

Reversing chronic inflammatory diseases is possible, but it takes dedication to doing what is necessary. A diet rich in fresh, organic plant foods is required. This non-inflammatory diet must then be supplemented with large quantities of anti-inflammatory nutrients to interrupt the inflammatory cycle and shut it down. Vitamin C should be taken to bowel tolerance. The most powerful program I know of consists of Beyond Health's

Comprehensive Kit along with the CFS/MCS/FM Support Kit.

The complexities of human biology are almost incomprehensible. However, once you understand the simple one-disease concept, this knowledge can be used to prevent and reverse almost any disease, including chronic inflammatory diseases such as CFS, MCS, and FM. Indeed, the knowledge presented in this article helped me and countless others to get well and stay well.

VACCINATION TERROR

By Raymond Francis

Our children need our protection. As more people come to the realization that vaccinations are dangerous and ineffective, those who “look after our health” are becoming desperate and turning to the police power of the government to force vaccinations on the public.

Most of you may be familiar with the recent TV images of people being forced, virtually at gunpoint, to vaccinate their children in New Jersey. In truth, under existing law, no one can force you to have a vaccination, but that may change if we are foolish enough to let it happen. New Jersey may be on the way to becoming the first state to make childhood vaccination a legal requirement. Parents who refuse to vaccinate their children would become criminals subject to arrest and imprisonment.

Then there is the spectacle of the New York pediatrician, Dr. Mark Nesselson, who conspired with families to get their children into school without being vaccinated. Dr. Nesselson began to question the safety of vaccines in the 1990's and admitted to falsifying forms for numerous children. He was prosecuted, fined \$10,000 and is allowed to practice only under supervision. In fact, many doctors, after seeing too many children killed and injured by vaccinations, do this same thing quietly, at peril to their careers. I am reminded that in October of 2000, the Association of American Physicians and Surgeons unanimously passed a resolution calling for *an end to all government-mandated vaccinations*. The resolution said that “mass vaccination is equivalent to human experimentation and subject to the Nuremberg Code, which requires voluntary informed consent.”

Meanwhile, the latest vaccine is killing and maim-

ing young girls by the thousands. Gardasil, a vaccine approved by the FDA in July of 2006, and falsely hailed as the “long awaited cure for cervical cancer,” is producing some alarming side effects. These include *death* and *paralysis*—but not to worry—these are *only* side effects! The official numbers, and the official numbers are always far too low due to rampant underreporting, show that at least five young girls have died from this vaccine. More than 1400 have been rushed to emergency rooms, some with life-threatening conditions. Of these, over 450 have not yet recovered, and more than 50 have been permanently disabled. Not bad for a vaccine that has been on the market for only a year and a half. Imagine if any other product did something like that; it would be taken off the market in seconds!

Vaccinations are irrational, first because they are ineffective and dangerous, but also because germs don't cause disease. We live in harmony in a sea of germs. It is only when we disturb that harmony with poor diets, lifestyle choices and toxic exposures, that we become infected. The solution is not immune-damaging vaccinations, but immune-enhancing foods and supplements and avoiding toxins. Because I do this, I have had only one cold in the last 20 years, and I probably would not have had that were it not for the permanent damage to my immune system caused by my many vaccinations as a child and in the military.

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 read that lipstick can cause cancer. Is this true and are there safe lipsticks?

A.M. – Parkland, FL

Answer: Yes, lipstick can cause cancer and a lot of other health problems—it's pretty dangerous stuff. Most people don't realize how dangerous personal-care products can be. This is why, as a rule-of-thumb, it is always best to choose products that have been approved by Beyond Health for safety and effectiveness.

The Campaign for Safe Cosmetics recently published a report finding that 61 percent of randomly-purchased lipsticks contained lead. These results are shocking, as lead is a powerful toxin that can cause numerous health problems, including infertility, learning disabilities, behavioral problems, stunted growth, high blood pressure, nerve disorders, muscle and joint pain, mental retardation *and* cancer. The highest levels were detected in products from L'Oreal, Cover Girl, and Christian Dior. Daily exposure to lead can be quite dangerous, as even low levels of lead are very toxic and accumulative.

Another toxic chemical in lipstick is called butyl benzyl phthalate (BBP). BBP is used to add the gloss to lipstick, but it increases the risk of breast cancer. BBP mimics estrogen; it changes the genetic make-up of mammary gland cells and interferes with the normal development of breast tissue.

Always remember that toxicity is one of the two causes of all disease. The bad news is virtually all of us are in toxic overload. The good news is that 80 percent of the toxins we are exposed to are under our control. We can choose to avoid them, thereby reducing our toxic burden by up to 80 percent—a worthy and necessary goal. Personal-care products, including toothpaste, shampoo, soap, skin creams and lipstick are a major source of toxic exposures. Be careful to choose safe brands.

Question: Is there anything that can reverse Parkinson's disease?

P. G. – Internet Inquiry

Answer: Parkinson's disease is a progressive, degenerative disorder affecting a region of the brain called the substantia nigra where movement is controlled. Symptoms include tremor or shaking, muscular stiffness or rigidity, slowness of movement and difficulty with balance. To answer your question, Parkinson's has been

reversed in some people. In many people it has been possible to slow or stop the progression of the disease. One technique that has worked with early-stage Parkinson's is calorie restriction. Glutamate is a brain neurotransmitter that is important for motor control, function and learning. Parkinson's causes a drop in glutamate levels, and studies show that calorie restriction reverses this Parkinson's-induced drop. Since Americans consume far too many calories, this is something we could all benefit from. Other studies have shown that regular exercise is also very beneficial in improving Parkinson's patients. Even chiropractic adjustment has been found to measurably improve Parkinson's patients, and treatment with weak magnetic fields has led to improvements in general Parkinson's symptoms.

Research just published in the December 19, 2007 issue of *The Journal of Neuroscience* has found that a deficiency of the antioxidant glutathione in dopamine-producing neurons can produce nerve damage and symptoms associated with Parkinson's, and that glutathione depletion may be a causal factor in the disorder. Glutathione is a detoxifying antioxidant that helps the body repair damage from stress, pollution, infection and damage. The researchers suggested that maintaining glutathione levels is critical for protecting neurons associated with Parkinson's from neurodegeneration, and that glutathione replacement may be of preventive as well as therapeutic value. Many Americans are deficient in the nutrients needed for glutathione production. A new study in the same December 2007 *Journal of Neuroscience* has found that CoQ10 is a promising treatment for Parkinson's, exhibiting neuroprotective effects against dopamine depletion.

Diet is important. Patients must be off the Big Four (sugar, white flour, supermarket oils and dairy/excess animal protein). Normal pH must be measured and maintained. Brain-damaging chemicals such as aspartame and glutamates must be avoided—this means staying away from all processed foods. Detoxification is also important. Toxic levels need to be measured and reduced; regular saunas are a good idea for general detoxification. Lastly, the brain needs to be supported with lots of fresh fruits and vegetables plus high-quality dietary supplements. A powerful supplement program for anyone with neurological problems would be Beyond Health's Comprehensive and Brain Support Kits. These kits contain the known nutrients that support and enhance nerve cell function, all in the correct molec-

ular forms with high biological activity.

Question: I read that Mormons are healthier than the general population. Is this true and does it have to do with the fact they don't drink alcohol?

W. T. – Mesa, AZ

Answer: Yes, Mormons are healthier. For one thing, they have less heart disease. This has been thought to be related to their ban on smoking and alcohol. However, recent research suggests something else. New research suggests that another of their "clean living" habits also may be helping their hearts—fasting for one day each month. The Mormon religion advises abstaining from food on the first Sunday of each month, and this study found that people who skipped meals once a month were about 40 percent less likely to be diagnosed with clogged arteries than those who did not regularly fast.

Fasting is an integral part of many of the major religions including Islam, Judaism and Christianity, and there is a good reason for this—it is healthy. The body detoxifies and heals itself, repairing damaged organs during a fast. There is good scientific evidence to show that calorie restriction and regular fasting contribute to longer life.

I usually fast one day per week, and when my schedule will permit, I fast for three days at the end of the month instead of the one day per week. I also extend that three-day fast into one whole week sometime during the year. Unless you are a diabetic, this is something almost anyone can do, and it will be beneficial to health and longevity. The body was not designed to eat three meals a day every day. Our hunter-gatherer ancestors often went without food for a period of time.

Question: Is it safe for babies to watch television?

L. L. – Scottsdale, AZ

Answer: No, it is not safe for babies to watch television. For one thing, they are exposed to too much electromagnetic radiation. For another more measurable effect, a study reported last April in *Guardian Unlimited* found that allowing children under age 3 to watch television, for as little as 90 minutes a day, put the children at risk for attention-deficit disorder and autism.

Children of this age are undergoing rapid brain development, and exposure to rapidly-moving images for sustained periods can inhibit their ability to sustain

attention, and hinder their development of linguistic and social skills. Prior research has found that watching television can cause irregular sleep patterns for infants and toddlers.

A television set is not a babysitter. No child under the age of 3 should be allowed to watch television, and children between the ages of 3 and 8 should be restricted to no more than one hour per day. This will encourage them to get more exercise, making it a win/win situation.

Question: We just purchased toothpaste that was labeled as "natural," and when we read the label, it had fluoride in it. How can they do that when fluoride is not natural?

T. O. – Mount Vernon, NY

Answer: There is no legal definition for the word "natural," and you have to be really careful about what kind of toothpaste you are buying. Most toothpaste is loaded with toxic chemicals, and many of these chemicals go right through the mucus membranes in the mouth and get directly into your blood stream. Others are swallowed and enter through the digestive system. It took me a long time to select toothpaste that I could recommend and use myself; it was not an easy process. A lot of people come to me and ask if Tom's of Maine is a good brand. If it were, I would be using it, and I don't.

For one thing Tom's uses sodium lauryl sulfate (SLS). SLS is a synthetic detergent which has been linked to cancer and developmental and reproductive toxicity. Most toothpaste contains fluoride, which is a deadly poison, and the average tube contains enough fluoride to kill a small child. This is why they have warning labels on the box. Fluoride causes all kinds of disease including cancer, brain damage, and thyroid damage, plus damage to bones and teeth.

Tetrasodium pyrophosphate is yet another common ingredient. Animal studies have found this to impact your brain and nervous system, even at low doses. Many brands of toothpaste contain artificial colors such as FD&C Blue 1, which has been linked to cancer. Triclosan is sometimes used as a preservative, but it bioaccumulates in the body and has been linked to endocrine disruption and organ system toxicity.

As usual, it is best to stick with brands that I have chosen for my own use, often with months to years of research. I use the Weleda brand, which can be obtained in health food stores or through Beyond Health.

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