

# BEYOND HEALTH<sup>®</sup> *News*

March - April

2008

**“A cheerful heart is good medicine,  
but a downcast spirit dries up the bones.”**

— Proverbs 17:22

## **More Evidence on Fluoride**

*Never proven to be safe...*

Raymond Francis, in his books and in BHN, has written extensively on the toxic effects of fluoride and the damage it is doing to our health and the health of our children. Now, a recent study in the October 6, 2007 *British Medical Journal* has reached the same conclusion we have: *Fluoride has never been proven to be safe or effective and it may be unethical.* Fluoride is a highly toxic chemical that does harm, even at low concentrations. It poisons enzyme systems; disrupts hormones; damages teeth, bones, kidney function and immunity; and affects reasoning ability.

About two-thirds of the public water supplies in the U.S. are fluoridated. As a result, almost the entire food supply is contaminated with this dangerous toxin, and fluoride is

accumulating in our bodies to damaging levels. Most of our children are so toxic that more than half of them are exhibiting symptoms of fluoride toxicity called dental fluorosis, resulting in white, yellow, or brown spotted and/or pitted tooth enamel. This problem is not just a cosmetic issue, children with fluorosis are suffering general health damage and hidden bone damage that can lead to osteoporosis. Periodontal disease is another problem, with a study in the *Indian Journal of Dental Research* finding a link between dental fluorosis and gum disease. Other problems include damage to the brain, thyroid and immune system.

The supposed reason for poisoning the population and doing all this damage is to prevent tooth decay. Yet studies show that cavity rates declined equally in fluoridated and non-fluoridated countries. So fluoride gets credit for something it did not do. Perhaps not surprisingly, studies show that cavities in our most fluoridated generation – toddlers – are rising!

Here is what a 2005 *Journal of American Physicians and Surgeons* had to say about fluoride: “Artificial fluoridation of drinking water... probably does not reduce tooth decay...Proponents of fluoridation have censored most media, ignored

intelligent discussion of fluoridation, slandered most opponents of fluoridation and overturned legal judgments against fluoridation in a manner that demonstrates their political power. Many published studies that had conclusions favoring fluoridation were later found unsupported by their raw data.” In short, there is little to no data supporting the use of fluoride, and data finding fault with fluoride is actively suppressed so the public isn’t aware of it.

In 1999, England’s Department of Health commissioned a systematic review on the effects of water fluoridation on dental health looking for evidence of harm. The researchers reviewed 3,200 worldwide papers on the subject and were surprised to discover that there was no evidence of benefit or safety. In fact, they found that the officials who promote fluoridation misrepresent the data to suit “prior beliefs and policy intent.” It’s amazing how fluoridation has long been endorsed and promoted with such certainty, even when it has failed to show any real evidence of potential benefits.

To top it all off, the most comprehensive overview ever written on the toxicology of fluoride was published in 2006 by the National Research Council, and it determined

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that even low levels of fluoride in drinking water may have serious adverse health effects. We bet you didn't see this reported in your local newspaper! BHN strongly recommends avoiding fluoridated drinking water as well as all the processed foods made with fluoridated water, including breakfast cereals. The least expensive way (pennies per gallon) to obtain fluoride-free, high-quality drinking water is to use a Beyond Health Reverse Osmosis water purification system.

**Want Lead**

*Use lipstick...*

Lead is a highly toxic heavy metal that accumulates in the body and is known to be toxic even at very low doses. Lead is known to inhibit enzymes and may cause irreversible neurological damage as well as renal disease, cardiovascular effects, and

reproductive toxicity. Fatigue, aggression and learning disabilities are among the symptoms of toxicity. Lead is something to be avoided, and there is a problem with lipstick.

The Campaign for Safe Cosmetics, a coalition of public health, environmental and women's groups, had 33 brand-name red lipsticks tested for lead contamination and found that 61 percent had detectable lead levels. The group found that some popular brands, including Cover Girl, L'Oreal and Christian Dior, contained more lead than others. One-third of the lipsticks tested contained an amount of lead that exceeded the U.S. Food and Drug Administration's 0.1 ppm limit for lead in candy. Dr. Mark Mitchell, president of the Connecticut Coalition for Environmental Justice said, "Lead builds up in the body over time and lead-containing lipstick applied several times a day, every day, can add up to significant exposure levels. The latest studies show there is no safe level of lead exposure."

Toxicity is one of the two causes of all disease. Yet personal care and household products expose us to daily toxins that bioaccumulate in our bodies and cause disease. Caveat emptor! We recommend, whenever possible, use personal-care products approved by Beyond Health.

**Calcium Supplements and Bone Health**

*Prevents fractures...*

A new study in the *Lancet* found that people over 50 who take calcium supplements suffer fewer fractures and enjoy a better quality of life. When mineral loss from the bones is left unchecked, over time it will

make bones porous, brittle and prone to fracture—a condition called osteoporosis. An analysis of over 63,000 people taking calcium or calcium and vitamin D concluded that they had reduced their risk of fracture by 24 percent. The study calculated a regular daily dose of 1,200 mg of calcium with 800 IU (international units) of Vitamin D provided the best therapeutic effect. Those people who reported taking their supplements at least 80 percent of the time experienced twice the reduction in fractures as those who were less rigorous with their routine. So persistence pays off!

BHN believes that these results would have been better if all participants had been taking high-quality supplemental calcium. Most of the calcium supplements on the market are made with cheap inorganic forms of calcium, such as calcium carbonate and calcium hydroxyapatite, which have low bioavailability. In addition, these supplements usually lack the cofactors that help the calcium to metabolize. For these reasons, most of them are of little value, and even then, you can measure some benefits. Imagine the results if those 63,000 people in the study were taking high-quality calcium.

BHN recommends supplementing with Beyond Health's Bone Support Formula. It is the highest quality bone-mineral formula on the market. It contains calcium and magnesium in all the right forms and includes cofactors such as vitamins C, D, and K along with zinc, selenium, chromium, manganese, copper, vanadium, germanium and boron to help the calcium metabolize properly.

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**Medical Errors Anyone**

*Vastly underreported...*

Medical doctors are a leading cause of disease and the leading cause of death in America. Medical errors are one of the factors in this carnage. Yet most people are ignorant of what is going on. Why? Lack of reporting. According to studies, in a good teaching hospital, only one in four “adverse events” are reported, and in lesser hospitals as low as one in twenty gets reported.

A new study in the *Journal of General Internal Medicine* surveyed physicians at teaching hospitals. Ninety-seven percent of the physicians indicated that they would report a medical error that resulted in minor medical harm. So how many actually reported such an error?—41 percent. Ninety-three percent responded that they would disclose an error if it caused major harm—yet only five percent had ever reported a major error. Given that such errors occur every day, it seems fair to assume a big gap in reporting. Meanwhile the public remains ignorant of the true hazards of the type of medicine practiced by our obsolete physicians.

**Mitigating Dust Mite Allergies**

*Hotter is better...*

Many people suffer from dust mite allergies, and a new study reported in *Science Daily* has found that the temperature of your laundry water makes a big difference in killing dust mites. The researchers found that washing laundry in hot water—140 degrees Fahrenheit or higher kills *all* the mites, compared with just 6.5% of dust mites in laundry washed in warm water at 104 degrees. Hotter water temperatures are also more effective in removing dander and pollen.

One problem is that newer wash-

ing machines are operating at lower temperatures to save energy. They may save energy, but according to *Consumer Reports* they don’t wash the clothes as well, nor will they kill mites as well. If you have a dust mite allergy, consider doing your laundry in hot water, and if you have one of the older washing machines and it needs replacing, consider repairing it instead.

**Salt and Ulcers**

*Another salt risk...*

Americans consume far too much salt. This disturbs the sodium/potassium ratio at the cellular level and is a major contributor to our epidemic of chronic disease. New data presented at the 2007 general meeting of the American Society for Microbiology has identified yet another risk from a high-salt diet. High concentrations of salt in the stomach appear to induce gene activity in the ulcer-causing bacterium *Helicobacter pylori*, making it more virulent and increasing the likelihood of an infected person developing a severe gastric disease.

*H. pylori* is a bacterium that can live in the acidic environment of the stomach and in a section of intestine below the stomach called the duodenum. It is the most common cause of ulcers of the stomach and duodenum, accounting for up to 90 percent of duodenal ulcers and up to 80 percent of gastric ulcers. Epidemiological evidence has long implied that there is a connection between *H. pylori* and diet—especially for diets rich in salt.

In some countries, as much as 90 percent of the population is infected with *H. pylori*, yet few ever get sick from it. We always have to remind ourselves that germs do not cause disease. Infections are caused when we alter the natural balance between us and the microbes. A high-salt diet

is one way of altering this balance. For example, a high salt concentration has a direct effect on the gene expression of *H. pylori*. Two genes responsible for the virulence of the bacterium are increased in high-salt conditions. In other words, a high-salt diet turns a normally innocuous bacterium into an infectious one—from harmless to dangerous. Germs don’t cause infections—we do! We are the ones who alter the natural balance. Most of the salt we eat comes from our diet of processed foods and from restaurant foods. Reducing the salt in your diet is simple with a moderate amount of care. Simply cut out processed foods, which we shouldn’t be eating anyway. If it comes out of a factory, don’t eat it. Eat food as close to how nature provided it as you possibly can.

**More Evidence on D**

*Reduces all mortality...*

More studies continue to be published on the wonders of vitamin D. One of the newest in a 2007 *Archives of Internal Medicine* has found that vitamin D was associated with reduced rates of total mortality—that is one powerful vitamin! The data suggested that vitamin D supplementation in even ordinary doses may help to reduce the risk of mortality.

Studies show that vitamin D deficiency is a significant health problem in America, most especially in the winter months when there is a lack of sunshine. It is a good idea to have your vitamin D levels measured periodically. Ask your doctor to measure your serum 25-hydroxyvitamin D level. Taking some high-quality cod liver oil daily is recommended, especially during winter time.



## PRESCRIPTION DRUGS—A TRAVESTY

By Raymond Francis

**T**hroughout the history of humankind, people have done some strange things. Perhaps one of the strangest of all is that half of all American adults voluntarily take poison on a daily basis. We call these poisons prescription drugs. *They are making us sick and slowly killing us, but people are taking them anyway in the mistaken belief that they are being helped.* More than half of Americans over age 65 take multiple drugs per day, causing an appalling calamity of disease, suffering and death. Properly prescribed prescription drugs are the acknowledged third-leading cause of death in America. *Hundreds of thousands of lives and millions of injuries could be prevented every year if we were to just say “no” to drugs.*

Almost every prescription drug is harmful in some way, and when you take more than three drugs, no one in the world understands what is going on in your body. It throws your body into biochemical chaos, and chaos is the essence of disease. No one has any idea how all these drugs interact with you and each other.

There is only one disease—malfunctioning cells—and only two causes of disease—deficiency and toxicity. Drugs are one of our leading causes of disease and death because they deplete the body of essential nutrients and poison cells, causing both deficiency and toxicity. Drugs do nothing to address the true causes of disease—all they do is suppress the symptoms of disease at a very high cost to the patient. Without addressing and reversing the causes, diseases remain chronic.

Drugs are toxins. They work by interfering with normal cell chemistry. Most drugs work by disrupting the action of enzymes that regulate specific cell functions or by interfering with receptors on the surfaces of cells. The intention is to move the body’s chemistry in what is thought to be a favorable direction, such as lowering blood pressure or cholesterol. But here is the problem: Given the complexity of human biochemistry, it is not possible to do only one thing. Whenever you do one thing, you do many other things. While a desired good thing may happen, numerous other biochemical reac-

tions are pushed in unfavorable directions.

Virtually all prescription drugs have unintended consequences, leading to entirely new disease conditions. To confuse the public, these new diseases are called “side effects,” so as not to alarm people that they are now sicker than before they started taking the drugs. Then as people complain to their doctors about their fatigue, dizziness, edema, poor memories, heart attack, intestinal bleeding, palpitations, colitis and other new problems, they are told these are merely part of their illness or the result of the aging process. Doctors prescribe additional drugs to suppress the new symptoms, making the patient even sicker. Few would take drugs if they knew the truth: *Drugs treat symptoms while actually causing cellular deficiency and toxicity, suppressing the body’s normal healing process and making you sicker.*

In recent years, the toxic effects of drugs have forced a number of them off the market. New warnings are constantly being issued, and new studies are constantly showing drugs to be ineffective. Drugs such as Vioxx, an anti-inflammatory, was removed in 2004 after having caused over 140,000 deaths in the U.S. alone plus millions of injuries. Even worse, such numbers are always far too low due to rampant underreporting. A new study by the University of California shows that glucocorticoids (drugs used to suppress allergic, inflammatory and autoimmune disorders) cause accelerated decline in Alzheimer’s patients. Heartburn, hypertension, steroidal and antidepressant drugs cause osteoporosis. People taking proton pump inhibitors for heartburn for more than a year have a 50 percent higher risk of hip fracture. Other examples include Prempro, a drug for post-menopausal women that causes heart disease and breast cancer, and Baycol, a cholesterol drug, that causes severe liver damage. There are many other examples.

A particularly grievous travesty is chemotherapy. Chemotherapy drugs do very little if any good, and they are probably the leading cause of death among cancer patients. One only has to look at the relentless increase in cancer deaths in the face of the growing use of

chemotherapy to know there is something very wrong going on. John Cairns, professor of microbiology at Harvard University, had this to say in *Scientific American*: "Aside from certain rare cancers, it is not possible to detect any sudden changes in the death rates for any of the major cancers that could be credited to chemotherapy. Whether any of the common cancers can be cured by chemotherapy has yet to be established." Dr. Martin F. Shapiro explained that while "some oncologists inform their patients of the lack of evidence that treatments work...others may well be misled by scientific papers that express unwarranted optimism about chemotherapy. Still others respond to an economic incentive. Physicians can earn much more money running active chemotherapy practices than they can by providing solace and relief...to dying patients and their families." Alan C. Nixon, PhD, past president of the American Chemical Society, wrote that "As a chemist trained to interpret data, it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much more harm than good." As a chemist myself, I wholeheartedly agree with Dr. Nixon. Too bad the public is kept in the dark!

Many people are aware that drugs have a toxic effect on the body, but drugs do something else—they cause nutritional deficiencies. A major reason why people taking multiple drugs for a long period of time experience deterioration in their health is that the drugs cause substantial nutritional deficiencies. Some drugs reduce appetite, causing you to eat less. Some reduce the absorption of nutrients from food and supplements. Some drugs speed metabolism, using nutrients faster. Some inhibit enzymes, depleting the body of critical metabolites. Other drugs increase the loss of essential nutrients in the urine, as happens with diuretics. The use of multiple drugs greatly increases nutrient depletion by a variety of mechanisms.

If prescription drugs were a real solution to health problems, then surely people should take them. However, when all they do is address symptoms while making you sicker, it doesn't make any sense. Fortunately there is an alternative to drugs. Since all dis-

ease is caused by deficiency and toxicity, the real solution to health problems is to reverse cellular deficiency and toxicity, restore cells to normal function, and get well. In fact, getting well is the *only* true solution to any health problem. A word of caution on getting off of drugs, most drugs can be stopped immediately with good results. However, you must be aware that there are drugs that require careful withdrawal with the help of a physician.

On the bottom line, modern medicine is not equipped to cure disease because it does not address its causes. Part of the problem is that disease is a more than two trillion dollar-a-year industry and is growing rapidly. There is a lot of money at stake, and helping people get well rather than treating their symptoms, threatens this huge and very profitable industry. Cancer alone is a billion dollar-a-day industry. There is no incentive to stop treating cancer and start curing it.

If you want to get well, stay well and end disease in your life, read my book *Never Be Sick Again*. Then get off the Big Four foods that cause most of our disease—sugar, white flour, supermarket oils and dairy/excess animal protein. Eat a diet rich in fresh vegetables, fruits, legumes and whole non-gluten grains with minimal animal protein. Learn where toxins are in our environment and avoid them. Get regular exercise—as simple as walking or rebounding. Avoid modern medicine and its toxic treatments, and get on a superior supplement program.

To get well and stay well, the best supplement program I know of is Beyond Health's Comprehensive Kit along with any appropriate Support Kit that addresses your specific health issues. These kits address deficiency and toxicity—the two causes of disease—by supplying essential nutrients and helping the body to detoxify.

*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:** Two years ago we moved into a new apartment. Since then, I have been suffering from depression. I know from your articles that depression is caused by nutritional deficiencies, but I am doing everything you suggest in your articles and taking your supplements, and I am still sick. There is a lot of mold growing in our bathroom and kitchen, and I was wondering if this could be having an effect.

A. J. – Houston, TX

**Answer:** Your suspicions may be correct. In fact, there was a study published in the *American Journal of Public Health* finding that people who lived in moldy environments are more likely to suffer from depression. You could have a cerebral allergy to molds or the toxins from the molds could be having an effect on your brain.

Whatever the reason for your depression, living in a moldy environment is not healthy. I would strongly advise you to move to another apartment. This will benefit your overall health and may well cure your depression. Always check for mold in damp areas, such as bathrooms, before moving into new living quarters.

**Question:** I just wanted to thank you for your article on vaccinations in the last issue of your newsletter. I shared it with my daughter-in-law and it has saved my granddaughter from getting a Gardasil vaccination.

A. N. – West Palm Beach, FL

**Answer:** Glad to have been of service. In the article, I cited at least five deaths from Gardasil. The latest number I read was eleven and you can be almost certain there are more than eleven deaths from Gardasil—they just don't get reported—*anything* but the vaccine is blamed. An increasing number of physicians are beginning to question the long-term safety of Gardasil, and a recent study published in the *New England Journal of Medicine* questioned its effectiveness. But let's not pick on Gardasil. All vaccinations are ineffective and dangerous. My reading of the available data causes me to conclude that vaccinations are more dangerous than the diseases they are supposed to protect against.

One problem with our perception of vaccines is that vaccine injuries are not reported. In fact, as low as only one percent of problems with vaccines may ever get reported. This makes vaccines appear to be safe when they aren't. It seems that doctors blame vaccine injuries on every conceivable probable cause except the vaccina-

tion. It is as if they would rather blame your child's brain damage on the weather before they blame it on a vaccination. This leads to a much distorted view of vaccine safety.

There is a complete failure to recognize what we have known since mass vaccinations were first introduced—vaccinations suppress normal immune function and make you more susceptible to infections, not less. Vaccines are toxic soups filled with a variety of toxic chemicals, foreign proteins that trigger allergic reactions, animal viruses and preservatives, all of which put an enormous and unnatural toxic and immunologic load on the body.

In addition to vaccinations, children face a lot of additional threats to their immunity from toxins such as the fluoride in their food, water and toothpaste. They need to be protected from these with organic foods, pure water and safe brands of toothpaste. The best way to protect children from infections is to feed them a good diet that is filled with nutritious fresh foods and free of immune suppressants such as sugar, white flour and processed supermarket oils. They also need to supplement with high-quality nutrients such as those from Beyond Health.

Twenty-eight states currently allow parents to opt out of vaccinations for medical or religious reasons, and another twenty states allow parents to opt out for personal or philosophical reasons. Check out the laws in your state and work toward a vaccine-free world. In California, where I live, there are two methods by which a student may be exempted from an immunization. A licensed physician can grant a medical exception for students whose health would be negatively affected by the vaccination under California Health and Safety Code section 120370. There is also a philosophical exception for parents to file an affidavit stating that the immunization is against their beliefs. This is provided by California Health and Safety Code section 120365.

**Question:** I would like to see something on gallstones in your newsletter.

A .M. J. – Internet

**Answer:** The gallbladder is a small organ underneath the liver that receives, stores and concentrates bile made in the liver. During digestion, the gallbladder contracts and delivers bile to the intestines to help break down fat that is contained in the food. Like most diseases, gallbladder problems are the result of deficiency and toxic-

ity at the cellular level, mostly caused by eating a poor diet. The most common gallbladder problem is stones, and according to the U.S. National Institutes of Health, there are one million new cases per year. When bile stagnates in the gallbladder, gallstones form. The presence of stones can cause infections that trigger gallbladder attacks, causing severe cramping and pain. The major symptom of gallstones is pain in the right side of the abdomen. There are a variety of causes for gallbladder problems. One common cause is food allergies, most especially to milk products and eggs. Many people have been rushed off for gallbladder surgery when all they were really having was an allergic reaction in the gallbladder.

New data in a recent *American Journal of Gastroenterology* has shown that magnesium deficiency can cause gallstones, and most Americans are magnesium deficient. Compared with the lowest level of magnesium intake, the highest intake reduced the risk of gallstones by 33 percent. It appears that low magnesium increases fasting insulin levels, and high insulin increases cholesterol in the bile, facilitating gallstone formation.

To avoid gallbladder problems, identify and avoid food allergens, especially eggs and cow's milk products, and avoid all processed fats and hydrogenated oils. Avoid sugar and refined carbohydrates, which increase insulin levels and are known to be risk factors for gallstone formation. Eat less animal foods and more plant foods, and if you are overweight, read *Never Be Fat Again*, and lose the excess weight. Regular use of curcumin will stimulate the gallbladder to release bile. Curcumin also has anti-inflammatory and antibacterial properties that help to prevent infections and inflammation in the gallbladder.

**Question:** Having written a book on weight, I was wondering if you had any thoughts on why our children are getting so fat.

I. T. – Albany, NY

**Answer:** It is certainly true. Our children are getting fatter and fatter. The number of overweight children is at an all-time high. Part of the reason for this is that adults are overweight. Studies have found that overweight women are more likely to give birth to children who weigh more at birth, and who will become overweight as they age. It appears that the more you weigh at birth, the greater your risk of becoming overweight or obese as an adult. In fact, it appears that obesity in adulthood can be the result of

programming during fetal development. In short, studies show that fat mothers give birth to fat children. The exact mechanisms at work are not fully understood, but there's no question that the growing obesity of the adult population is fueling the obesity of our young.

**Question:** I heard Raymond Francis talk about food on 1060 AM, WBIX radio (Boston), and he said that we shouldn't be using dairy products. Is KEFIR okay— This is a product similar to yogurt.

J. T. – Internet Inquiry

**Answer:** Although milk is not good for you, both yogurt and kefir are good foods because of the action of the bacteria on the physicochemical composition of the milk, changing it for the better. That being said, I do not recommend using them, unless they come from an exceptional source. The problem is that today's milk is contaminated with so many toxic chemicals, hormones, drugs, and viruses and bacteria that you still end up with an unhealthy product. Also, these products are usually loaded with added sugar.

**Question:** If your doctor suggests you take aspirin, why is that so bad—

S. U. – Santa Rosa, CA

**Answer:** Aspirin slows down tissue repair in the body, and tissues such as your gut start to fall apart due to lack of repair. This is why people who take aspirin and other NSAIDS experience high rates of internal bleeding and even die from it. Aspirin is also very acidic. It can cause metabolic acidosis and respiratory acidosis leading to tissue acidosis and possible cancerous tissue. You can get into a lot of trouble taking something as dangerous as aspirin.

Aspirin is often prescribed to thin the blood and prevent blood clots. However, it thins the blood unnaturally by destroying the red blood cells and setting the stage for many blood disorders, beginning with anemia. Metabolizing aspirin leads to increased production of organic acids, especially lactic acid, which is strongly associated with cancer.

Fortunately, aspirin is completely unnecessary. There are always safer, and more effective and usually less expensive alternatives to every drug. A combination of Beyond Health's vitamin C and Cellular Repair Formula plus some vitamin E will work wonders in most situations for which aspirin is prescribed.



# BEYOND HEALTH<sup>®</sup> News

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