

# BEYOND HEALTH<sup>®</sup> *News*

May - June

2008

**“A government which robs Peter to pay Paul  
can always depend on the support of Paul.”**

-George Bernard Shaw

## **The Sun is Good**

*Like an essential nutrient...*

Each year about this time, we like to remind our readers about the risks of following the conventional wisdom of staying out of the sun and/or lathering on toxic, cancer-causing sunscreen formulas. This misguided advice is responsible for enormous amounts of unnecessary disease. The sun acts as an essential nutrient; we can't be truly healthy without it. In fact most of our vitamin D comes as a result of sun exposure, so we are actually designed to need the sun in order to get a critical essential nutrient. The thing you don't want to do is abuse the sun. Use it wisely and don't get sunburned. Too much of a good thing is not so good.

Interestingly, this year there is a new study concluding that sun exposure offers more benefits than risks. Norwegian researchers reporting in a January 2008 *Proceedings of the National Academy of Sciences* concluded that people living in the North, with

less sunlight, have more cancer and the cancer-survival rates in the north are less than in southern areas with more sunlight. People getting more sunlight were less likely to get or die of cancer—so much for staying out of the sun!

Vitamin D alone cuts cancer risk by as much as 60 percent. It also helps to prevent a variety of other diseases including: heart disease, diabetes, inflammatory bowel disease, rheumatoid arthritis, multiple sclerosis and osteoporosis. Almost everyone should have their vitamin D measured to see how they are doing. To do this, ask your doctor to measure your 25-hydroxyvitamin D. Try to keep your vitamin D levels in the upper half of the normal range.

Most people will need to supplement, especially in the winter. However, there are different forms of vitamin D, and you have to be sure to take the right one. A lot of vitamin D, including the vitamin D in prescription drugs, is a synthetic in the form of ergocalciferol (D2). This is the form that is used to fortify milk products. Unfortunately, ergocalciferol is not efficiently converted into the biologically active form of vitamin D. Ergocalciferol has low bioavailability and is only marginally useful. A better form is cholecalciferol (D3), but if you live in the north in the winter, you may still have a problem because it needs sunlight for optimal conversion to the biologically active form. The form used in Beyond Health's formulations is dihydroxycholecalciferol. This is the most desirable form, but it is also the

most expensive and is therefore seldom used. Since most people don't know the difference, there is little incentive for manufacturers to spend the money to make a better product. High quality cod liver oil is also a recommended source. The best source of all is the sun—so don't stay out of the sun.

## **Acrylamide**

*New findings in dried fruit...*

Acrylamide is a known carcinogen in laboratory animals, and is a suspected carcinogen in humans. It may also damage brain cells and increase the risk of Alzheimer's. In 2002, Swedish researchers found that acrylamide is formed in a reaction between amino acids and sugar when starchy foods, such as grains or potatoes are cooked at high temperatures such as in baking, frying or microwaving. When this discovery was made, suddenly there was a whole new reason not to eat a variety of foods including French fries and potato chips.

Now a new study conducted by researchers at the Swiss Federal Institute of Technology has found high levels of acrylamide in dried fruits that are prepared under relatively mild drying conditions, rather than the high temperatures of baking and frying. Dried pears and prunes were particularly high in acrylamide. This is the first time acrylamide has been found to form in food at temperatures lower than the boiling point of water.

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Readers are advised to consume fresh, raw foods as much as possible. Cooking and processing, even drying food lowers nutritional value *and* creates toxins. Remember that deficiency and toxicity are the two causes of disease.

**Broccoli is Good**

*Increases immune response in the elderly . . .*

It has been known for a long time that broccoli is good for you, but new research helps explain why. UCLA researchers reporting in the *Journal of Allergy and Clinical Immunology* have found that a chemical in broccoli and other cruciferous vegetables may hold a key to restoring the body's immunity, which declines as we age.

A chemical in broccoli called sulforaphane switches on a set of antioxidant genes and enzymes in immune cells that neutralize injurious molecules known as free radicals, which damage cells and cause disease. Free radical damage is an important part of the aging

process. The body uses various biochemical pathways to suppress the production and limit the damage of free radicals.

Sulforaphane has been found to support these beneficial pathways, suppressing free radicals. In fact, this study found that sulforaphane interacts with a protein that serves as a master regulator of the body's overall antioxidant response and is capable of switching on hundreds of antioxidant and rejuvenating genes and enzymes. *Sulforaphane even increases the immune response of older animals to the level of younger animals by reinvigorating their antioxidant defenses.* Eat your broccoli!

**Pesticides and Cancer**

*Eat organic foods...*

Exposure to pesticides can increase the risk of brain cancer by almost 30 percent. New research from the University of Bordeaux has found that people who are regularly exposed to pesticides have a 29 percent higher risk of developing brain cancer. Not confined to farmers and chemical workers, people who regularly use pesticides in their homes and gardens are also at risk and are twice as likely to develop brain cancer as those who never use pesticides.

These findings add fuel to the argument to eat organic foods. While not everyone has a plentiful supply of organic foods, at the very least stay away from the most heavily sprayed foods such as apples, bell peppers, cherries, grapes, peaches and spinach.

**Hormone Replacement and Cancer**

*The risk persists for years...*

The elevated risk of cancer from taking hormone replacement therapy persists, even after you stop taking it. Prescription drugs kill people, make people sick, pollute the environment and are very expensive—other than that, there is nothing wrong with them.

In 2002, a study found that the hormone replacement therapy taken by millions of women caused cancer, as well as heart attacks, strokes and serious blood clots. As a result, by 2004, prescriptions for combination hormone medications dropped to a third of former levels. This in turn has led to a dramatic drop in new cases of breast cancer, but this may reflect fewer women starting on the therapy rather than benefits from stopping. Unfortunately, stopping the hormones does not reduce the risk entirely. A study in a *March Journal of the American Medical Association* concluded that a higher risk of breast and lung cancers persists for years after the therapy is discontinued. Fortunately, the risk for cardiovascular problems does appear to go away after the drugs are stopped.

Since the cancer risk remains, BHN recommends that anyone who took hormone replacement should be especially careful to be on an anti-cancer diet. (See the Sept/Oct 2007 issue of BHN.) Perhaps more importantly, don't succumb to the false promises of prescription drugs. Studies show they are merely costly and toxic placebos that cost you money and make you sick.

**More on Cell Phones**

*They are hazardous to your safety and health ...*

Cell phones are distracting to the point of being dangerous while driving. In addition, cell phone radiation significantly alters cell chemistry, and altered cell chemistry is what disease is all about. Cell phones cause measurable brain damage and have now been associated with hearing loss, probably due to nerve damage.

BHN is committed to keeping you informed on the latest research on cell phones and has been doing so for years. New research funded by the Office of Naval Research and conducted by Carnegie Mellon University has con-

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cluded that just listening to cell phones significantly impairs drivers—as badly as excessive alcohol. Listening to a cell phone while driving is a significant distraction, and it causes drivers to commit the same types of driving errors that occur under the influence of alcohol.

This study used brain imaging to determine that listening alone reduces the amount of brain activity associated with driving by 37 percent. The driving-while-listening condition produced a 37 percent decrease in activity of the brain's parietal lobe, which is associated with driving. This can cause drivers to weave out of their lane and cause an accident. A significant deterioration in the quality of driving was observed.

Driving and listening draw on two different brain networks. Scientists had previously assumed that the networks could work independently on each task. This study proves that assumption false; it clearly demonstrates that driving and talking on the phone are *not* compatible—if you value your life and safety.

In another study, volunteers were exposed to cell phone radiation for 60 minutes. Two cellular proteins in particular were affected, one increasing by 89 percent and the other decreasing by 32 percent. What does this mean for your health? No one knows for certain, and that is the problem. Randomly altering cell chemistry is not a wise thing to do. We have no idea what may happen, but we do know that some people get brain cancer from cell phone radiation. There is enough accumulated data to raise a big red flag about cell-phone safety.

Some researchers believe that the damage is caused because these devices operate at frequencies that can stimulate cellular receptors and cause a cascade of biochemical consequences, resulting in fatigue, anxiety and even cancer. Animal studies show dramatic changes in brain chemistry after two hours of cell phone exposure. The problem is our exposure to this radiation has increased exponentially in the last decade, and we know

there can be a lag time of 5 to 20 years before the ill effects of such radiation become apparent. Then there is the problem of doctors being unable to correlate the symptoms they are observing with exposure to cell phones and other radio frequencies, such as Wi-Fi, because so many people are being exposed.

As if the above isn't bad enough, another new study has found that people who used cell phones for more than an hour per day for four years were more likely to suffer high-frequency hearing loss than those who did not use cell phones.

BHN continues to give the same advice it has always given. If you must have a cell phone, limit its use. Turn a cell phone on only when necessary. Don't stay on the phone for more than two minutes, and use it as a speaker phone, keeping the radiation as far from your body as possible. Make calls outdoors and not in cars or buildings where radiation levels are higher. Children and teens should not be allowed to use cell phones as they are more vulnerable to damage. What about headsets? Don't use them. Headsets, including Bluetooth, act as antennas and actually deliver 300 percent more radiation to your head.

### **Milk and Parkinson's** *Dairy increases risk...*

In *Never Be Sick Again*, Raymond Francis identified milk and dairy products as one of the Big Four foods to be avoided. A new study in the *American Journal of Epidemiology* adds fuel to that fire. A study of almost 58,000 men found that those who consumed the most dairy products had a 60 percent increase in the risk of Parkinson's disease. Parkinson's is a chronic degenerative disease of the nervous system that affects motor skills and speech.

Milk is a toxic soup containing all manner of chemical toxins, including hormones that can upset your hormonal balance. Some researchers believe that it

is the processing of milk that makes it so toxic. Pasteurization and homogenization alter the physiochemical state of the milk, destroying beneficial microorganisms and creating unique toxins that poison our cells and cause disease.

### **Gastric Bypass Surgery** *Causing neurological problems...*

Despite the fact that it is dangerous, mostly ineffective and leads to lifelong health problems, gastric bypass (bariatric) surgery is becoming increasingly popular as a treatment for obesity. Now a new study in *Neurology* links this surgery to neurological problems. Many of the complications patients experience after gastric bypass affect the nervous system, and they are often disabling and irreversible. None of these patients had prior neurological symptoms.

Bypass surgery is a procedure wherein a small stomach pouch is created by stapling part of the stomach together and bypassing part of the small bowel, resulting in reduced food intake and a decreased ability to absorb the nutrients in food. In this study, the interval between surgery and onset of neurological symptoms ranged from 4 weeks to 18 years. These unfortunate people experienced confusion, auditory hallucinations, optic neuropathy, weakness and loss of sensation in the legs, pain in the feet and numerous other conditions.

People who have had bypass surgery are at risk for long-term vitamin and mineral deficiencies and usually exhibit multiple nutritional abnormalities. These include known deficiencies of copper, vitamin B12, vitamin D, iron and calcium. BHN believes it is the nutritional deficiencies that cause the damage to the nervous system. Obese people who have already undergone this surgery need to be on an exceptional supplement program. BHN recommends the Beyond Health Comprehensive Kit as a minimum.



# CATARACTS, MACULAR DEGENERATION AND NUTRITION

By Raymond Francis

Most of us take our ability to see for granted. We assume our eyes will function for a lifetime, but there is no guarantee this will happen. Consider that one out of four people over age 65 have lost part of their vision due to macular degeneration, and most people over age 75 have at least some impaired vision due to cataracts. Maintaining good vision as you grow older is not something you can take for granted—unless you give yourself the proper nutrients.

Poor vision and eye diseases are epidemic in America today. There are many reasons for this, but nutrition plays a critical role. The eye is a complex and delicate organ. One factor that makes the eye vulnerable to damage is that light enters the eye. This allows us to see, but it also presents problems. Light fades the paint on your house or car, or the color on your drapes, furniture or carpets. Light degrades plastics, causes dietary oils to turn rancid and our skin to burn. Think for a moment about how much damage light can do if it gets inside your eye. Due to this potential for harm, the eye has a number of defensive mechanisms to protect itself. It is important to understand how to support these defenses—otherwise damage will occur.

The eye is very rich in lipids (fats), and the lens of the eye is very susceptible to what we chemists call *light-induced lipid peroxidation*. When light enters the eye, free radicals are generated, damaging the eye's fatty molecules and impairing vision unless something is done to prevent it. Antioxidants quench free radicals. *In short, light will damage your eyes unless they are properly protected by antioxidants.*

Oxidative damage by free radicals causes *cataracts* and *macular degeneration*, the two major types of visual impairment in the elderly. Neither of these should happen. There are things we can do to protect ourselves through diet and supplementation. Let's look at some possibilities:

## Cataracts

Cataract surgery is now the largest single item in the Medicare expenditure budget. Cataracts are cloudiness in the lens of the eye, usually caused by free radical damage, resulting in blurred vision. Age is considered to be a major risk factor for cataracts, and about 80 percent of people over age 75 have some degree of cataract damage. That sounds bad, but remember there are 20 percent who do not have this damage. The question is: what do you have to do to join that group? Here are some insights: Results of animal studies have shown that vitamin E, a fat-soluble antioxidant, is able to arrest and

even *reverse* cataract development. A number of epidemiological studies have found a connection between lower-than-optimal levels of vitamin E and the incidence of cataracts. A 1999 study in the *American Journal of Clinical Nutrition* looked at people between the ages of 50 and 86 years of age and found that those with the highest levels of vitamin E in their blood had the lowest rate of cataracts. People with vitamin E levels in the highest third had a 60 percent *decrease* in cataract risk.

There is actually a compelling body of evidence pointing to the health benefits from taking vitamin E in higher than RDA doses. Vitamin E is known to be useful for slowing the aging process, enhancing immunity, and in decreasing the risk of heart disease, diabetes, cancer, and Alzheimer's. Modern living places an ever-increasing demand for antioxidant chemicals on all of us. In addition, as we age, our bodies experience age-related increases in free radicals—at the same time there is a decreased ability to utilize antioxidants like vitamin E.

The vitamin C concentration in the lens is one of the highest of any human tissue. Obviously, Mother Nature put it there for a reason, so it should not be a surprise that people with the highest amounts of vitamin C in their body experience the fewest cataracts. Analysis of the famous Nurses' Health Study found that long-term vitamin C supplementation had a substantial effect on the incidence of cataracts. In fact, they were reduced by a whopping 83 percent. Another study in the *International Journal of Vitamin Nutrition Research* looked at people with cataracts in grades of severity. The researchers found that people with the lowest vitamin C concentrations had the highest cataract severity. The authors concluded that, "Vitamin C content appears to be a good indicator of cataract severity." When you consider that even those with the highest amounts of vitamin C in the Nurse's Study were most likely still below optimal levels, the potential for good with proper supplementation is very significant.

## Macular Degeneration

Macular degeneration is the leading cause of visual impairment and blindness in people over age 55, dramatically increasing in frequency after age 60. It is a deterioration of the central and most vital part of the retina. Like cataracts, macular degeneration also results from cumulative free-radical oxidative damage. Conventional medicine has little to offer, but researchers have been documenting benefits from alternative approaches. Consistent correlations between mac-

ular degeneration and low levels of dietary antioxidants have been found. A 1995 study in the *Archives of Ophthalmology* found that low levels of the carotenoid lycopene were associated with increased risk of macular degeneration. Lycopene has a strong ability to quench oxygen free radicals (rich sources of lycopene include red grapefruit and tomatoes). A 2006 study in the *Archives of Ophthalmology* found that people who consumed the most omega-3 oils were 75 percent less likely to develop macular degeneration. Another study in the *American Journal of Epidemiology* found that those who ate the most fresh fruits and vegetables had the least macular degeneration. Yet another study found that over 90 percent of the macular degeneration patients who were treated with vitamin E experienced *vision improvement*.

### Nutrition

Failing vision is one of the hallmarks of advancing age, but only if you are nutritionally deficient. To prevent and treat both cataracts and macular degeneration, eat a diet filled with fresh, organic fruits and vegetables. Beyond that, supplementation with high quality nutrients is essential. Specifically, vitamins A, C and E plus a superior multivitamin like Beyond Health Multi Vit/Min is essential. Quercetin, CoQ10, carotenes, essential fatty acids, glutathione, lipoic acid and zinc are also recommended.

The problem with any supplement is to find one that is both safe and effective. The supplement industry is a virtual zoo with thousands of products and only a few percent that are worth what you pay for them. For example, almost half of all multivitamins do not dissolve soon enough to be of any use to the body. Most vitamin E products do not function well as antioxidants; they provide little protection from free radicals and may even generate them. Similarly, most CoQ10 products are junk, and many essential fatty acids are already rancid before you buy them. Beyond Health extensively researches all of these products. We make it our job to find the very best world-class products and to make them available to the public all in one place. For those with eye problems, a superior supplement program would include *Beyond Health's Comprehensive and Eye Support Kits*. Beyond Health can be reached at: 800-250-3063.

*Raymond Francis is an MIT-trained scientist, a registered nutrition consultant, author of Never Be Sick Again and Never Be Fat Again, host of the Beyond Health Show, chairman of The Project to End Disease and an internationally recognized leader in optimal health maintenance.*



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**Question:** My 80 year-old father is suffering memory impairment. Is there anything he can take that would help?

S. A. – Santa Clara, CA

**Answer:** There can be many causes for memory impairment. I suggest you get him on Beyond Health’s Comprehensive and Brain Support Kits. If this is not affordable, then the Basic Kit and some Vessel Health Guard would be the way to go. Vessel Health Guard contains vitamin B12, and low levels of B12 have been associated with memory problems and nerve degeneration. Even people who test normal for B12 may still be deficient. About 80 percent of the B12 in the blood is not usable by cells. B12 has to hook up with a protein transport molecule to be transported into the cells. This compound is called a transcobalamin. People who are low in transcobalamin are three times more likely to suffer from impaired thinking processes. One thing your father can do is ask his doctor to measure his holotranscobalamin.

**Question:** My teenage son has ataxia. His doctors have not been able to help him. We are at the end of our rope. Is there anything you know of that could help him?

T. C. – San Francisco, CA

**Answer:** Ataxia means “without coordination.” People with ataxia have problems with coordination; this may affect the fingers, hands, arms, legs, body, speech, and eye movements. It is known that a vitamin B12 deficiency can cause ataxia, so supplementing with Vessel Health Guard would be a worthy experiment. CoQ10 supplementation is another worthy experiment, being sure it is the right CoQ10.

A 2006 study in the *Journal of Neurological Sciences* found that supplementing with high doses of CoQ10 can be extremely beneficial in cases of ataxia. A 12 year-old was restored to function by taking 2,500 mg of CoQ10 daily for three months, with the dose then reduced to 1,500 mg and then to 1,000 mg per day. After 16 months of supplementation, the subject was able to walk unassisted. This may be worth a try. Talk to your doctor about it.

**Question:** After reading *Never Be Fat Again*, I realize how dangerous sugar is, but I am addicted to it. Is there anything I can do to help me get off sugar? Gratefully,

B. T. – Las Vegas, NV

**Answer:** First, good nutrition is essential. Eat a diet of fresh, organic fruits and vegetables. Stay away from processed

foods and get on Beyond Health’s Comprehensive Kit. Beyond that take lots of vitamin C. Vitamin C uses the same pathway that sugar does to get into a cell. Filling that pathway with vitamin C helps to reduce cravings. Glutamine (Endura/PAK Guard) is an amino acid that the brain can use for fuel when blood sugar drops, and this can be used to stop sugar cravings in a matter of minutes. Chromium is another important supplement, but you will be getting this in the Comprehensive Kit. Most Americans are not getting enough chromium to properly regulate their insulin and blood sugar.

The ayurvedic herb gurmar is something else you can try. When placed on the tongue, gurmar alters the taste of sugar from sweet to bitter by depressing the tongue’s “sweet” receptors. The effect only lasts 10 to 15 minutes, but that’s sufficient to skip that dessert. In my experience, going off sugar “cold turkey” is the way to go. Trying to wean yourself off sugar can be a lengthy and cruel process.

**Question:** I recently started taking your carnitine product and I am amazed at the results. I wanted to give you the feedback and share with others how much more energy I have and how much more clear my mind is.

J. L. – Austin, TX

**Answer:** Thanks for the feedback. It is always gratifying to know that people are benefiting from what I am teaching. It is not a surprise that you have more energy and mental clarity, and by the way, carnitine had the same effect on me. The acetyl-L-carnitine product sold by Beyond Health is an amazing nutrient that helps prevent numerous problems. People concerned about protecting cells from age-related degeneration and maintaining and improving brain function and energy levels should be supplementing with carnitine. Carnitine plays a critical role in cellular energy metabolism, and inadequate carnitine is instrumental in the fatigue experienced by many of our older citizens.

A study in a 2007 *American Journal of Clinical Nutrition* found that a group of people 100 to 106 years of age who took 2,000 mg of carnitine per day for six months experienced improvement in mental function and energy levels and also experienced fat reduction and gains in muscle mass. Walking capacity also improved.

Carnitine is one of the most extensively studied brain nutrients, and its greatest role may be in protecting and enhancing brain function. It dramatically optimizes brain

## Q U E S T I O N S & A N S W E R S

function, improving mental focus and learning. Carnitine supplementation facilitates repair to damaged brain cells, caused by trauma, toxins, stress and poor nutrition, and protects against the known negative effects caused by aging in the brain. It is especially useful in protecting injured brains from damage, such as in stroke patients. Acetyl-L-carnitine appears especially useful for Alzheimer's patients. One study found that patients taking 2,000 mg of carnitine per day had an improved level of responsiveness. In animal studies, carnitine coupled with alpha lipoic acid actually regenerated brain cells and improved performance.

**Question:** My father has had chemotherapy and has developed neuropathy that is quite disabling and persistent. Are there any alternative treatments that can help him?

C. C. – Gainesville, FL

**Answer:** Certain chemotherapy drugs are known to cause neuropathy. So your father's situation is not unusual. The real answer is to avoid chemotherapy in the first place. It is an expensive, dangerous and almost entirely useless therapy.

Right now probably the best thing you can do for his neuropathy is give him acetyl L-carnitine. A 2005 study in the *European Journal of Cancer* found that 1000 mg three times a day for two months improved the total neuropathy score in 92 percent of the patients.

**Question:** My 71 year-old wife is suffering from cognitive impairment. The doctor says it is not dementia, yet she is impaired. Is there anything we should be doing?

W. I. – Burbank, CA

**Answer:** Cognitive impairment (some loss of memory and thinking ability) and dementia are the same thing. What you call it is a matter of degree. At least 20 percent of people over age 70 have some level of cognitive impairment and many of them will progress to full dementia.

Fortunately, this impairment is, for the most part, completely unnecessary. First, be sure to read or reread my book *Never Be Sick Again*. Put her on a good diet and avoid brain-destroying toxins like sugar, glutamates, aspartame and flu shots.

Supplements are essential. I recommend Beyond Health's Comprehensive and Brain Support Kits.

**Question:** My wife keep buying antibacterial soap containing triclosan. For her benefit, would you please comment on this?

E. P. – Las Vegas, NV

**Answer:** Your wife is obviously trying to protect the family from germs. Triclosan is a powerful toxin with antibacterial properties, but studies show that plain soap and water promotes hygiene and prevents disease transmission just as effectively. Very simply, there is no need to put triclosan in soap.

Meanwhile triclosan is contaminating the environment. Residues have been found in fish inhabiting streams near waste water treatment plants and also, alarmingly, in human breast milk. Further, trying to kill germs with antibacterial products can backfire. Repeated exposure to antibacterial agents can lead to mutations, producing stronger germs and a new generation of superbugs.

**Question:** How big a role do genes play in longevity?

D. B. – Nashville, TN

**Answer:** Genes probably play a role, but the question is how big a role. The answer may be a small role. A recent study out of the University of Barcelona, published in the *Journal of Gerontology*, failed to find a genetic reason for the longevity of centenarians. The researchers concluded that the longevity was probably due to a Mediterranean diet, living in a temperate climate, a lack of stress and regular physical activity. In short, there appears to be no genetic reason why we all can't be centenarians if we live a healthy lifestyle.

**Question:** How much vitamin C should people take per day?

N. B. – Shreveport, LA

**Answer:** Chemist Linus Pauling, a two-time Nobel laureate, spent years studying vitamin C. As a result of his research, he recommended taking between 6 and 18 grams of vitamin C per day. I personally take 16 grams per day. Pauling realized that most people won't take that much, and that even smaller doses can be beneficial, so he recommended at least three grams per day. People with active disease processes need large amounts of vitamin C. Anyone suffering from a chronic disease, and that is more than three out of four of us, should be taking an amount equal to bowel tolerance.



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