

BEYOND HEALTH[®] *News*

July - August

2008

“[A]s a chemist trained to interpret data, it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much, much more harm than good.”

-Alan Nixon, PhD

Past President, American Chemical Society

America in Peril

An economic collapse...

More and more economists and government officials are raising the alarm, but few of us are listening—perhaps it’s too awful to contemplate. Economists who have analyzed the numbers conclude that the United States of America is plunging toward bankruptcy, economic collapse and third-world status. As a nation, we need to respond to this challenge, and TPED (The Project to End Disease) is a solution we should all be pursuing.

In August of 2007, David Walker, comptroller general of the United States, issued the unusually downbeat assessment of this country’s future in a report that analyzes what he called “chilling long-term simulations.” Walker said that our government is on a “burning platform” of unsustainable policies and practices with fiscal deficits and chronic healthcare underfunding that are threatening a crisis if action is not taken soon.

He drew parallels with the end of the Roman Empire, warning there were “striking similarities” between America’s current situation and the factors that brought down Rome.

Walker warned of forthcoming “dramatic” tax increases, slashed government services and the large-scale dumping of U.S. debt by foreign governments. He said, “With the looming retirement of baby boomers, spiraling healthcare costs, plummeting savings rates and increasing reliance on foreign lenders, we face unprecedented fiscal risks...I’m trying to sound an alarm and issue a wake-up call.”

This April, Michael Leavitt, Health and Human Services Secretary, said “There is serious danger here... Medicare is drifting towards disaster.” He went on to say, “The disaster is not inevitable. If we act now, we can change the outcome.”

In simple terms, disease costs are threatening to end the United States as we know it. An aging population, an out-of-control epidemic of chronic and degenerative disease, skyrocketing disease-care costs, and government-funded healthcare are the biggest factors driving this economic crisis. A bankrupt, third-world country is not what we should be leaving to our children and grandchildren. Since it is politically impossible to abolish Medicare, this leaves us with one rational choice—abolish disease!

Ending our epidemic of chronic disease is the mission of TPED (The

Project to End Disease). Fortunately, the knowledge we already have is sufficient to end this epidemic. Disease costs can be lowered by reducing the incidence of disease. We actually know how to prevent and reverse disease, despite the fact that our obsolete medical schools are not teaching it. All we have to do is teach this knowledge to people. TPED chapters are springing up all across America, teaching ordinary folks how to get well, stay well and never be sick again.

Get involved—be part of the solution for what is most likely the greatest crisis we have ever faced as a nation, and at the same time, improve the quality of your own life and of those you care about. Health is a choice, but you can’t make that choice if you don’t know how. At TPED you will learn how. Almost no one has to be sick—not even a cold.

Miracles are happening, but your help is needed. Become a TPED member with a \$25 tax-deductible donation, preferably make a larger donation to support TPED’s efforts, and if you don’t have a TPED in your community—start one. Go to TPED.org or call TPED at 415-459-3686.

Sunscreen Warnings Again

We do it every year...

Each year about this time, we feel it is our duty to remind our readers of two things. One is that sunlight is an essential nutrient and we cannot be healthy without it. The second is that commercial sunscreens contain dangerous tox-

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ins that will make you sick and give you skin cancer. In fact, communities that use more sunscreen develop more skin cancer. While the sun is essential for health, too much of a good thing is not so good, so use the sun but use it wisely. If you must use a sunscreen, use Beyond Health Olive Oil or pat on a solution of Beyond Health Vitamin C Powder. Simply make about a 10 percent solution in pure water of vitamin C and spray or pat it on exposed areas of the skin. Repeated applications build up the vitamin C concentration in the skin and protect it from sun damage.

Remember that just about everything you put on your skin gets absorbed into your bloodstream, and there is a complete lack of regulation of cancer-causing ingredients in skin care products. There have been a number of recent studies on the chemicals in sunscreens. What we have found is that these chemicals actually promote skin cancer. Sunscreens are causing the very

condition which they claim to protect against.

Further, the skin is not the only organ that is harmed by sunscreen chemicals. After being absorbed into the blood stream, these chemicals circulate throughout the body and end up harming the liver, which is the organ responsible for neutralizing toxins in the body. Repeated use of sunscreen products is almost certain to harm the liver, possibly causing liver disease and even liver cancer. Another summer hazard is the chemicals in swimming pools. Chlorinated pool water has been found to cause bladder cancer.

Our bodies are becoming toxic chemical dumps. The average American is in toxic overload. Think carefully about what you put on your skin. The skin easily absorbs chemicals and there are over 150 toxic cancer-causing ingredients currently used in cosmetic products alone. These toxic chemicals are contained in perfumes, colognes, fragrances, soaps, cleaning products, skin creams and moisturizer lotions. We are bioaccumulating hundreds of synthetic chemicals that are storing in our livers, hearts, brains, and other organs. Eventually, these toxins build to levels that cause everything from cancer to immune suppression, as well as autoimmune disorders and other serious conditions caused by chemical stress.

The way to respond to these challenges is to first stop putting the toxins in. Don't use sunscreen. Use products that have been approved by Beyond Health and stay away from the usual brands. Secondly, get on a Beyond Health designed supplement program to help your body's detoxification system to safely process toxic chemicals. Thirdly, sauna on a regular basis to get stored toxins out, and if possible, use a Beyond Health recommended sauna. Saunas have become a household necessity.

Tanning Bed Warning

Linked to melanoma...

Tanning bed use has been linked to melanoma in two new studies recently presented at the Sixth World Congress on Melanoma. Two large studies of over 100,000 women found that those in the 20-to-29-year age group who used tanning equipment one or more times a month had a 57 percent increase in melanoma risk, while those in the 40-to-49-year age group had a 69 percent increased risk. The studies concluded that tanning bed use was associated with a higher risk of multiple melanomas. The authors also concluded that previous studies attempting to find an association with melanoma were inclusive because they were too small to have adequate statistical power.

Birth Defects and Folate

For men too...

It is well established that folate supplementation during pregnancy helps to prevent birth defects. Maternal folate deficiency has been linked to neural tube defects, such as spina bifida or anencephaly. A recent study out of the University of California at Berkeley published in *Human Reproduction* has concluded that men also need folate to have healthy children. Researchers found that high folate intake among men reduces their children's risk of chromosomal birth defects, including Down's syndrome. This is the first study to prove that the male diet affects not just the ability to conceive but the health of offspring as well.

The need for folate appears to be even higher for men than for women. Each 100 micrograms of additional folate intake per day was associated with a reduced risk of having a child with birth defects. There was a large benefit for men consuming more than 700 micrograms of folate per day, which is 1.8 times the recommended dietary

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allowance. Men considering fathering a child need to keep in mind that the father's diet also affects the health of the child to be. Men, as well as women, need a minimum of a superior multivitamin (Beyond Health's Multi Vit/Min is our choice) while making sure they eat plenty of leafy green vegetables.

The Majority on Drugs

A human tragedy...

For the first time, more than half the American population is on one or more prescription drugs. New data released in May by Medco Health Solutions, a company that manages prescription benefits, has concluded that 51 percent of us are taking drugs for a chronic condition. This is up from 47 percent in 2001. Among those 65 or older, 75 percent are on drugs and 25 percent of seniors take five or more drugs regularly.

Americans take more drugs than any nation on earth—a horrendous human tragedy. There are only two causes of disease—deficiency and toxicity. Drugs are toxins, so drugs cause disease. In fact, drugs are known to be a leading cause of disease and they are the acknowledged third leading cause of death in America—if you want to be sick or risk death, take drugs. The most common drugs are those to lower blood pressure and cholesterol, both conditions are simple to correct with a good diet and supplement program—no drugs required.

On the bottom line, no one needs prescription drugs. There are safer, more effective, and less expensive solutions to every health challenge. Drugs merely treat symptoms while doing nothing to cure the underlying problems. Drugs damage the body's self-healing capacity, making it impossible to get well. Why not consider just saying "no" to drugs.

Exercise is Necessary

Few get enough...

Studies showing the health benefits of

regular exercise have exploded in recent years. New studies out of the University of Missouri, the University of Copenhagen and in the March Journal of the American Medical Association have found direct evidence that a reduction in daily physical activity is the cause of many risk factors for chronic diseases, including diabetes and cardiovascular disease. In fact, without regular exercise, your risk of chronic disease increases markedly. Shockingly, it only takes about two weeks of reduced activity to start measuring the negative effects!

A lack of daily physical activity not only doesn't enhance your health, it may be the reason you got sick in the first place. The old assumption was that not doing exercise was not promoting health; we now know it is an actual cause of disease. To be healthy, cells must be provided with all the nutrients they need and a toxin-free environment. Cells also need to be moved and stretched, and that's where exercise comes in. This is why walking or taking the stairs instead of the elevator is important in every situation possible. Historically, we didn't need to exercise because we did something called work. Now Americans are the most sedentary people in the world.

The average American adult takes 7,473 steps per day. Inactive people typically take about 2,100 steps each day. Study participants who reduced their level of physical activity had much higher levels of glucose and fat in their blood and took a much longer time to clear the substances from their blood streams than before. After 14 days of reduced activity, study participants experienced accumulation of dangerous abdominal fat, while also developing elevated blood-lipids, a sign of -pre-diabetes and cardiovascular disease. The longer it takes the body to clear the blood stream of these substances, the higher the likelihood that a person will

develop diabetes or other chronic diseases. The researchers also found that the total skeletal and muscle mass in the body decreased when activity decreased.

These studies clearly indicate that it is dangerous to be inactive, even for just a couple of weeks. BHN recommends that we all make an effort to get regular physical activity, even if all we do is increase the amount we walk. BHN also recommends rebounding for a minimum of 20 minutes per day. This is an almost magical way to increase your physical activity in the privacy of your home, even while watching television. Be sure, however, to use a BHN approved rebounder.

Chlorine Doubles Birth Defects

Don't drink the water...

Pregnant mothers who live in areas where the tap water has high levels of chlorine have almost double the risk of having babies with birth defects, including heart problems, major brain defects or a cleft palate. Scientists at the University of Birmingham analyzed the birth records of almost 400,000 babies. They found that anencephalus (partial or complete absence of brain and spinal cord), hole-in-the-heart, and cleft palate increased between 50 and 100 percent in areas where the drinking water was heavily chlorinated. The risk of urinary tract defects and Down's syndrome was also increased.

Mothers can expose their babies to the dangers of chlorine by drinking or bathing in tap water, or simply standing close to boiling water. Earlier studies have linked chlorinated water to other problems, including stillbirth, miscarriage and bladder cancer. In truth, everyone is damaged by chlorinated tap water, not just expectant mothers. BHN recommends using the Beyond Health Reverse Osmosis system for pure drinking water and shower filters for bathing.

CELL PHONE UPDATE

By Raymond Francis

Cell phone use continues to increase worldwide. More and more children are using cell phones, and total exposure to electromagnetic radiation from WiFi and other sources continues to increase. What effect is this radiation having on us? Is it affecting our health? To think that this all-pervasive environmental radiation is having no effect is naïve and wrong, especially when children are concerned.

Invisible to the human eye, electromagnetic fields (EMFs) are present everywhere in our environment. The human body is electromagnetic in nature, producing its own electromagnetic field. Chemical reactions that occur as part of normal bodily functions create tiny electrical currents, which in turn create these fields. These fields and the body's electrical system, which relays signals in nerves and stimulates heart beats, are affected by external EMFs.

Over the last century, exposure to man-made EMFs has been steadily increasing as growing demand for electricity, ever-advancing technologies and changes in social behavior have created more and more artificial sources. At home and at work, from the generation and transmission of electricity, to domestic appliances and industrial equipment, to telecommunications and broadcasting, all of us are now exposed to a complex mix of weak electric and magnetic fields.

There is no dispute that electromagnetic fields above certain levels can trigger adverse biological effects. Experiments with healthy volunteers indicate that short-term exposure at the levels present in the environment or in the home do not cause any "apparent" detrimental effects. Exposures to higher levels that might be harmful are restricted by national and international guidelines. The question is whether long-term, low-level exposure can have biological effects that influence our well being. Let's take a look at some recent data:

A new study published in the July 2008 issue of the journal *Epidemiology* concludes that pregnant women who regularly use mobile phones are more likely to have children with behavioral problems. Mothers who used their mobile phone while pregnant were 54 percent more likely to have children with hyperactivity and emotional problems. Using a mobile or cell phone two to three times a day was enough to raise the risk of behavioral problems in children, and allowing children use a mobile phone also put them in similar danger of developing these problems.

It has already been established that using mobile phones for more than 10 years more than doubles the risk of brain cancer. Studies confirm that, after 2,000 hours of mobile phone exposure, brain cancer risk rises by 240 percent.

Dr. Vini Khurana, an associate professor of neurosurgery at the Australian National University conducted a 15-month study of the link between mobile phones and malignant brain tumors. He concluded that mobile phone radiation could heat the side of the head or potentially thermoelectrically interact with the brain, and that Bluetooth devices and unshielded headsets could "convert the user's head into an effective, potentially self-harming antenna."

Dariusz Leszczynski at the Finnish Radiation and Nuclear Safety Authority, in Helsinki exposed 10 female volunteers to radiation from cell phones for an hour. Screening for 580 different proteins, two proteins were altered in all of the volunteers: one protein increased by 89 per cent, the other decreased by 32 percent. He said, "Our study suggests that it is possible that mobile phone radiation alters the expression of some proteins in living humans." This is a finding with potentially serious biological implications.

Meanwhile, a Swedish study Published by M.I.T.'s Progress in Electromagnetics Research Symposium has caused serious concern among top sleep experts, one of whom said that there was now "more than sufficient evidence" to show that the radiation "affects deep sleep." Radiation from cell phones delays and reduces sleep, and causes headaches and confusion. Using cell phones before bed causes people to take longer to reach the deeper stages of sleep and to spend less time in them, interfering with the body's ability to repair damage suffered during the day. According to Dr. William Kohler of the Florida Sleep Institute: "Anything that disrupts the integrity of your sleep will potentially have adverse consequences in functioning during the day, such as grouchiness, difficulty concentrating, and in children hyperactivity and behavioral problems."

As if the above were not enough, long-term cell phone use may cause hearing loss. Researchers in India discovered that people who use cell phones for sixty or more minutes per day, over a yearlong period, exhibited early signs of hearing loss.

Then there is the problem of autism. A study in the *Journal of the Australasian College of Nutritional & Environmental Medicine* suggests that electromagnetic radiation (EMR) from cell phones, cell towers, Wi-Fi devices and other similar wireless technologies are a factor in autism. Rates of autism, a disabling neurodevelopmental disorder, have increased nearly 60-fold since the late 1970s, with the most significant increases occurring in the past decade. The study, which involved over five years of research on children with autism, found that EMR negatively affects cell membranes, and allows heavy metal toxins,

which are associated with autism, to build up in your body. The researchers pointed out that autism rates have increased concurrently along with the proliferation of cell phones and wireless use. The researchers said that EMR could promote autism by trapping heavy metals inside nerve cells, which could accelerate the onset of symptoms of heavy metal toxicity and hinder therapeutic clearance of the toxins.

The commonly held belief continues to be that non-ionizing radiation is harmless. After five decades of studies, it has been established that non-ionizing communications radiation in the RF/microwave spectrum has the same effect on human health as ionizing gamma wave radiation from nuclear reactions. Leading German radiation expert Dr. Heyo Eckel, an official of the German Medical Association, states, “The injuries that result from radioactive radiation are identical with the effects of electromagnetic radiation. The damages are so similar that they are hard to differentiate.” Wow!

Statistics from the U.S. Centers for Disease Control published for 122 U.S. cities shows that each of dozens of cities recorded a 10-25 percent increase in mortality, lasting two to three months, beginning in the week during which that city’s first digital cell phone network began commercial service. Cities with no cellular system start up showed no abnormal increases in mortality.

Studies in other nations confirm that those living close to wireless transmitters are damaging their health. People living close to cell towers suffered extreme sleep disruption, chronic fatigue, nausea, skin problems, irritability, brain disturbances and cardiovascular problems. German researchers found that people living within 1,200 feet of a cell tower experienced high cancer rates and developed their tumors on average eight years earlier than the national average. Breast cancer topped the list. Spanish researchers found that people living within 1,000 feet of cellular antennas developed illnesses at average power densities thousands of times lower than those allowed by international exposure standards. It is interesting to note that during the Cold War, U.S. embassy personnel in Moscow developed numerous illnesses after the Soviets bombarded the embassy with even lower levels of microwave power density exposure than has been found to cause disease in Germany and Spain. An Egyptian medical study found that people living near mobile phone base stations were at high risk for developing nerve and psychiatric problems, plus debilitating changes in neurobehavioral function. Exposed persons had significantly lower performance on tests for attention, short term auditory memory and problem solving. Researchers in Israel found that people who lived near a cell tower for 3 to 7 years had a cancer rate four times higher than the control population.

Radiation sickness is now so prevalent in Germany that 175 doctors have signed the Bramberger Appeal, a document calling the situation a “medical disaster.” This appeal close-

ly follows the Freiburger Appeal, signed by thousands of German doctors who say they are dealing with an epidemic of severe and chronic diseases among both old and young patients exposed to wireless microwave radiation. The head of the cancer registry in Berlin found that one urban area with cellular antennas had a breast cancer rate seven times the national average.

Rooftop transmitters, which readily pass microwave radiation into structures, can be especially dangerous. Across the world there are reports of cancer clusters and extreme illness in office buildings and multi-tenant dwellings where antennas are placed on rooftops directly over workers and tenants. In 2006, the top floors of a Melbourne University office building were closed after a brain tumor cluster drew media attention to the risks of communications transmitters on top of the building.

Countless WiFi systems, both indoors and out, accommodate wireless laptop computers, personal digital assistants, WiFi-enabled phones, gaming devices, video cameras, even parking and utility meters. Hundreds of cities already have or are planning to fund WiFi networks, each consisting of thousands of small microwave transmitters bolted to buildings, street lamps, park benches, bus stops, and even buried under sidewalks—all this with virtually no studies or warning signs about radiation exposure. WiFi radiation is unregulated by the FCC. Sprint-Nextel and Clearwire are now rolling out tower-mounted WiMAX transmitters in U.S. cities. Yet, not a single environmental or public health study has been required as the industry unleashes this new wireless technology from which no living thing will escape.

Dr. Robert Becker, noted for decades of research on the effects of electromagnetic radiation, has warned: “Even if we survive the chemical and atomic threats to our existence, there is the strong possibility that increasing electropollution could set in motion irreversible changes leading to our extinction before we are even aware of them.”

BHN continues to warn against the dangers of cell phones. Use them sparingly and use the speaker-phone feature to keep the phones at least six inches from your body. Limit the length of your calls, and make no trivial phone calls. Megahertz and gigahertz radiation from cordless phones are not much safer; don’t use cordless phones. Don’t live near cell-phone antennas, and *do not* allow children or teens to use cell phones. Federal exposure limits have been deliberately set so high that no matter how much additional wireless radiation is added to the national burden, it will always be “within standards.” As usual, don’t count on the government to protect you—it is not!

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.

MILK'S DECEPTION

By Brianna Grigsby

“Got milk?” We see it all the time, on T-shirts, television commercials and advertisements. “Milk...it does a body good,” we are told by the media and the dairy industry. If you don’t drink milk, where are you going to get your calcium? Will you end up with osteoporosis? What about vitamin D? These are the kinds of questions that immediately pop into most people’s minds when it is suggested that they or somebody else stop consuming milk. I remember being angry and confused when I first discovered information that seemed to prove that milk and dairy products were not the healthy foods I believed them to be. As a child and young teenager, I religiously drank my milk, thinking that I was doing my body a favor.

Perhaps you feel angry that I even suggest that milk is not the great health food it is touted to be. Consider the facts: All cow’s milk, including “organic” milk, contains more than 50 active hormones, scores of allergens, and loads of fat and cholesterol. The recommended three glasses of milk per day contains the same amount of cholesterol found in 53 slices of bacon! Other ingredients in most cows’ milk include measurable quantities of pesticides, herbicides, antibiotics, blood, pus, feces, bacteria, viruses, and up to 200 times the levels of dioxins that are considered “safe.” One cubic centimeter of cow’s milk is allowed to contain up to 750,000 pus cells and up to 20,000 live bacteria!

Another noteworthy constituent of cow’s milk is a growth hormone called Insulin-like Growth Factor One (IGF-1). IGF-1 is the hormone responsible for causing a 60-pound calf to rapidly grow into a 600-pound cow. No wonder most Americans are overweight! Contrary to what the dairy industry tells us, milk does not promote weight loss; instead, it promotes weight gain. In one study funded by a grant from the International Dairy Foods Association, 204 healthy men and women were asked to increase their intake of skim or 1 percent milk by three cups per day for 12 weeks. At the end of the 12 weeks, those consuming the extra milk had gained an average of 1.32 pounds.

Not only does IGF-1 cause our waistlines to grow by inches, it also causes the rapid growth and proliferation of breast, prostate, and colon cancers. Dr. Walter Willett, M.D., chief investigator for the ongoing Harvard University Health Professionals Follow-up Study, has found that consumption of two or more glasses of milk per day is associated with nearly twice the risk of advanced and metastatic prostate cancer. Data from Dr. T. Colin Campbell’s landmark scientific study, the China-Oxford-Cornell Study, indicates that women who derive their protein from animal products, including

milk, are five times more likely to die of breast cancer than women who follow a plant-based diet. Research out of Sweden’s Karolinska revealed that women who drink two glasses of milk a day double their risk of ovarian cancer.

Along with IGF-1, another cancer-causing substance in milk is a protein called casein. Casein represents 80 percent of the protein in milk. This protein is a powerful binder and is used as a glue to make sturdy furniture and to hold beer-bottle labels in place. Casein is also a polymer used to make plastics. In his book *The China Study*, Dr. Campbell tells about one of his studies, funded by a research grant from the National Institutes of Health. In the study, he administered aflatoxin, a known carcinogen, to rats. One group he fed with a diet of 20 percent casein and the other group he fed with a diet of 5 percent casein. After 100 weeks, all of the animals fed 20 percent casein were dead or near death from liver tumors. The group that was fed 5 percent casein was alive, active and healthy. The same results were found when mice were dosed with HBV, another known carcinogen. These implications in rodents apply to humans because of the almost identical protein requirements in rats and humans and because protein operates in humans almost the same way it does in rats.

Another protein present in milk is whey protein. Whey is made up of bovine blood protein. The body’s reaction to this foreign protein often causes an auto-immune response, as the antibody used to destroy the invader turns against the body’s own cells. The *New England Journal of Medicine* reported in 1992 that insulin-dependent Type 1 diabetes is linked to the body’s production of antibodies to cow’s milk.

Multiple sclerosis is also associated with the consumption of dairy products, according to the British medical journal *Lancet*. Two-thirds of MS victims are women, the group most often targeted by the dairy industry’s scare tactics regarding osteoporosis. Populations that consume no cow’s milk rarely get MS.

Perhaps the most rampant fallacy regarding dairy products is the idea that milk is needed to prevent osteoporosis. We are told that the calcium present in dairy products will keep our bones strong. It is interesting to note that most of the calcium present in cow’s milk is useless to the body. In order for calcium to be absorbed, magnesium must be present in equal quantities. Since one cup of milk contains 291 milligrams of calcium and 33 milligrams of magnesium, only around 11 percent of the calcium can be absorbed.

The more pertinent issue related to osteoporosis is how much calcium one loses. Milk contains a high level of pro-

tein, and like meat is extremely acid-forming in the body. The body must have the resources to neutralize these acids. The average diet is so low in alkaline minerals that the bones dissolve in order to release the minerals necessary to neutralize these dietary acids. So milk not only offers no protection against osteoporosis, it causes the very disease that we are told it prevents.

As proof, the highest rates of hip fractures worldwide occur among populations that consume the most dairy products. The lowest rates of fractures are found among people who eat little or no dairy products. The United States consumes more dairy products than almost any other country, and in turn, has one of the highest rates of osteoporosis. One study of postmenopausal women tested the effects of milk on bone health and found that those who received extra milk for a year lost more bone than those who didn't.

Where do cows get their calcium? Not from milk. They, like every other species on the planet (other than one segment of the human population), consume no milk after weaning. The cows get their calcium from the green plants they consume. Since magnesium is the center atom of the chlorophyll molecule, making greens one of the richest sources of this mineral needed for calcium absorption, the calcium in green plants is available to and easily used by the body. In addition, green plants are alkalizing to the body. When the body has sufficient amounts of alkaline minerals, there is no need for it to break down bone in order to neutralize acids. We should rely on greens to strengthen our bones rather than consuming unsuitable and harmful lactose substances that will leach calcium from our hard tissue. If you eat an abundance of green leafy vegetables and sprouts along with green vegetable and sprout juices and in addition perform weight-bearing exercises, you need not worry about osteoporosis.

What about raw dairy products? Some proponents of a raw food diet will tell you that all the dangers of dairy products only apply when dairy products are cooked and processed. When dairy products are raw, they say that they still contain the enzymes needed to digest the milk. Actually raw dairy products contain dangerous bacteria and are always indigestible. Scientists at South Dakota State University tested raw milk from 131 dairy herds and discovered the presence of salmonella, listeria, campylobacter, yersinia, E. coli, and staphylococcus. A recent deadly outbreak of deadly E. coli on spinach was traced to bovine fecal run-off from an adjoining farm. According to the Los Angeles County report, some of the diseases associated with pathogens in raw dairy products can lead to death, especially among vulnerable persons. In 1985, a listeria outbreak was linked with cheese made from raw milk produced in Los Angeles. One hundred forty-two

cases were reported and among them were 48 deaths. Three hundred ninety-four cases of salmonella have been reported in Los Angeles County alone since 1973, in 101 of which raw milk had been consumed. Through molecular fingerprinting, these were linked to the same strain of bacteria found in raw milk samples.

The fact that raw milk contains enzymes does not negate its high fat and cholesterol counts, or the truth that it contains dangerous hormones and proteins that are foreign to our bodies. Nature did not intend for us to drink milk after weaning – and certainly not the milk of another species.

Whether it is raw or pasteurized, if you've got milk or any of its offspring – cheese, butter, yogurt, ice cream, etc. – you've also got illness. Milk is not "nature's perfect food." Milk is a false food and does a body harm.

Brianna Grigsby is a student at the University of Arizona in the Honors College for Molecular and Cellular Biology



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