

BEYOND HEALTH[®] *News*

May-June

2011

“For every dollar we spend on prescription drugs, we spend a dollar to fix a complication.”

— Mehmet Oz, M.D.

Professor of Surgery, Columbia University

Summer is Coming

Don't break out the sunscreen...

BHN has always advised against the use of sunscreens because of the highly toxic and even carcinogenic chemicals they contain. In addition, sunlight is healthy and a necessary nutrient and shouldn't be blocked in the first place. Unfortunately, the people who run our disease industry recommend that everyone use sunscreens. Now a study published last December in the international science journal *Chemosphere* has found sunscreen chemicals in 85 percent of human tissue and milk samples. Feeding these toxic chemicals to babies is not a good idea! Nor is having them bioaccumulate in adult bodies.

The combined toxicity of dozens of manmade chemicals in breast milk is causing an epidemic of disease in our children—everything from cancer to attention deficit disorder. Adding to that toxic load by using sunscreen doesn't make any sense. It's time to stop using such dangerous products. In addition to the hazards from the chemicals in sunscreens, scientists at UCLA have found that the nanoparticles in sunscreens can enter and wander throughout the body, potentially disrupting body functions on a sub-cellular level.

Natural products like high quality olive oil or coconut oil will offer significant amounts of skin protection if needed. Nutrients like beta carotene protect against sun damage, so eat a good diet with lots of carotenes. Use the sun sensibly, and for good health, use it often. It is common sense to avoid sunburn.

Multivitamins and Heart Attacks

They help to prevent...

A daily multivitamin reduces the risk of a heart attack. A Swedish study of 34,000 women over a ten year period found that those who took a daily multivitamin lowered their risk of a heart attack by 27 percent. Women who had a prior history of heart attack lowered their risk of a new heart attack by 41 percent.

The numbers above are quite significant. However, they could have been even higher if all the participants had been taking high quality vitamins. When you consider that most multivitamins are ineffective, you have to wonder what those numbers could have been if all of those participants were taking a high quality multi. Disease is the result of nutritional deficiencies, so giving the body the basic raw materials it needs every day will help to prevent all disease. The unique formulation of Beyond Health's Multi-Vitamin Formula is considered the “gold standard” of the industry. It is also the best buy and highest value in the industry, and provides the best biological results.

Cost of Alzheimer's Skyrocketing

Yet it's easy to prevent...

Alzheimer's disease is taking its toll and the toll is rising. This fatal brain disease erodes people's memory, thinking, behavior and the ability to handle daily activities. An estimated 5.4 million people in the U.S. now

have Alzheimer's and 15 million are involved in their care giving, requiring an estimated 17 billion hours, worth an estimated \$202 billion in unpaid time. More than 60 percent of caregivers say they are stressed, and over a third are depressed. The cost for healthcare workers in hospitals and long-term care facilities is expected to be \$183 billion in 2011. With over 80 million baby boomers retiring, the situation will get worse with each passing year. Some patients live up to 20 years after diagnosis. The costs will be staggering.

The real tragedy of Alzheimer's is that nobody should have it in the first place. It is just another chronic degenerative disease that is being caused by our poor diet, toxic exposures and lifestyle. It is entirely preventable. To prevent Alzheimer's, avoid the following:

- Sugar
- Aspartame
- Mercury
- Fluoride
- Glutamates
- Aluminum
- Processed oils
- Cell phones
- Vaccinations

Sugar is a deadly metabolic poison, and is likely the leading cause of Alzheimer's. Do not consume aspartame, drink fluoridated water or use fluoride toothpaste. Avoid processed glutamate-containing foods. Vaccinations damage the brain in a variety of ways, and the use of cell phones by our young may result in an epidemic of Alzheimer's years from now. To prevent and to treat Alzheimer's, make sure you are getting adequate amounts of B vitamins, essential fatty acids and antioxidants.

THIS ISSUE...

News in Review1

Vitamin C —
What Do You Need4

Questions & Answers6

Michelle's Menu8

Subscribe a Friend8

Supplement with:

- Multivitamins
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E
- Folic acid
- Lipoic acid
- Fish oil
- Acetyl L-carnitine
- CoQ10

Cancer Out of Control

The role of iron...

A 2008 report in *World Cancer* projected that cancer is on its way to becoming the leading cause of death worldwide. Shockingly, cancer has become the leading cause of death by disease for our children. Breast cancer is one of the leading causes of cancer death in women and breast cancer rates are increasing rapidly.

One of the factors that play a role in the cancer process is the amount of free iron in the body. Iron is an essential nutrient and required for good health. However, iron is normally in an organic form, bound in protein compounds called ferritin and transferrin. These proteins are not harmful and they control the amount of free iron in the blood.

Studies have shown that dietary iron intake does not correlate with the risk of cancer, but the amount of free iron does correlate. Normally, more than ninety percent of the iron absorbed from your food ends up bound to these protective proteins. Free iron is very dangerous, and the amount in the blood increases when we do things that cause it to be released from its proteins. Free iron triggers a cascade of intense inflammation, free radical generation and lipid peroxidation, and these both cause and drive cancer.

To prevent or reverse cancer, it is important not to do things that increase free iron. One factor that increases free iron is aluminum, which displaces the iron from its proteins. Unfortunately, most of us are getting a lot of aluminum. One source is vaccinations. Many vaccines contain aluminum to boost the immune reaction. Due to the large number of vaccinations given to our children, their aluminum exposure is high and this may be a factor in the epidemic of childhood cancer. In fact, by six months of age, children receive a dose of aluminum that is 50-times higher than FDA safety limits. This is only one reason why children need to be protected from vaccinations. In addition to cancer, the excess iron released by the aluminum can cause other iron-related diseases. These include liver degeneration, neurodegenerative disease, diabetes, heart failure and atherosclerosis.

Underarm antiperspirants are another source of aluminum, as well as aluminum cookware and tap water. Aluminum salts are used in the purification of tap water, and some of that aluminum is delivered to you in the water. This is one more reason to use a Beyond Health reverse osmosis system to purify your drinking water.

Another factor is excessive alcohol intake. This is one reason why alcoholics get more cancer. Studies have shown that women who drink more than 20 grams of alcohol (a standard drink in the U.S. contains about 14 grams) per day have significantly more free iron in their breast tissue, and experience a higher incidence of invasive breast cancer. Excess estrogen also displaces iron from its protective proteins. This helps to explain the powerful link between high estrogen and breast cancer.

Chromium in Your Tap Water

A probable carcinogen...

With cancer out of control, anything that can cause cancer should be minimized. This is why it is so disturbing that a study by the Environmental Working Group (EWG) has found hexavalent chromium in the tap water of cities across the country. The Environmental Protection Agency classifies hexavalent chromium as a likely human carcinogen. Yet the government has not set a legal limit for this chemical in drinking water.

The EWG analyzed the tap water in 35 cities and found hexavalent chromium in 31 of them. Twenty-five of those cities had chromium levels that were higher than a safety standard proposed last year by the state of California. The city of Norman, Oklahoma, had more than 200 times California's proposed safety limit. The EWG's report said, "At least 74 million Americans in 42 states drink chromium-polluted tap water, much of it likely in the form of cancer-causing hexavalent chromium." The total number is likely far higher.

How does this stuff get in the water? One way is from the natural erosion of soil and rock. However, hexavalent chromium is a common pollutant from steel mills, pulp mills, and metal-plating and leather tanning facilities. The problem is this is only one small part of the problem. Most of the public water supplies in the U.S. are loaded with hazardous contaminants, including fluoride, chlorinated hydrocarbons and pharmaceutical drugs. No one knows how all of these will impact your health after a lifetime of exposure. This is why almost everyone should be purifying their drinking water. BHN recommends using the Beyond Health reverse osmosis system.

Cognitive Performance in the Elderly

Take vitamin D...

A 2010 study in *Neurology* found that 80-year-old women who supplemented with vitamin D exhibited significantly better cognitive performance than those who were not supplementing. Numerous other studies have arrived at similar conclusions. A study by scientists at the University of Manchester in England found that people with lower vitamin D levels exhibit slower information-

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processing speed. This correlation was particularly strong in those older than sixty years. Another study at the University of Cambridge found that the 25 percent of people with the lowest vitamin D levels were more than twice as likely to be cognitively impaired. Metabolic pathways for vitamin D have been found in the hippocampus and the cerebellum. Both of these are areas of the brain that are involved in planning, processing, and forming new memories. BHN recommends measuring vitamin D levels on a regular basis and supplementing to keep your levels at the high end of normal. This is particularly important for our older population.

Your Immunity and Zinc

Most are deficient...

Our soils have been depleted of zinc due to modern chemical farming methods. As a result, most Americans are zinc deficient, especially our older population. According to the U.S. Department of Agriculture's Continuing Survey of Food Intakes for Individuals, more than 70 percent of Americans do not consume the recommended daily allowance (RDA) for zinc. Zinc is a necessary component of more than 100 enzymes produced by the body. When these enzymes are in short supply, the immune system will be impaired and unable to function normally. In addition, zinc is also essential for DNA and protein synthesis.

Recent studies have confirmed that low zinc levels affect immunity. One USDA study conducted by Tufts University looked at over 600 elderly people, measuring their infection rates at nursing care facilities. The data showed those with their zinc blood serum levels within the normal range had a 20 percent decrease in the rate at which the participants developed colds and other respiratory ailments. People high in zinc were not only less likely to develop infections; they were 50 percent less likely to develop pneumonia. If they did become infected, they exhibited reduced duration of symptoms, were less likely to need antibiotics, and those who did resort to antibiotics were dependent on them for fewer days. Beyond that, overall mortality was lower in people with normal blood zinc levels.

Infertility and Superweeds

The result of glyphosates...

Glyphosates are a class of chemicals that are used in weed killers such as Monsanto's Roundup. Glyphosates work by inhibiting an enzyme that is necessary for plants to grow. Without the enzyme, plants are unable to produce essential proteins, and they slowly yellow and die. Each year, millions of pounds of this highly toxic chemical are used on U.S. gardens, lawns and farms. Spraying millions of pounds of highly toxic chemicals into the environment every year doesn't make a lot of sense, and we are now reaping the "benefits." According to Reuters: *"Environmentalists, consumer groups and plant scientists from several countries are warning that heavy use of the chemical over the years is causing dangerous problems for plants, people and animals alike."*

Scientists are now warning that glyphosate "could be contributing to spontaneous abortions and infertility in pigs, cattle and other livestock." In addition, glyphosates have been linked to a growing army of superweeds. These weeds have grown resistant to the glyphosates, and they now cover about 11 million acres of U.S. farmland, up 500 percent from just three years ago. It is estimated that more than 130 types of weeds spanning 40 U.S. states are now herbicide-resistant. As a result, farmers are applying even more herbicides to crops, making a bad situation even worse.

Glyphosates also promote the formation of certain types of fungi that are dangerous to people and contaminate food and animal feed, and through its chelating mechanism, glyphosate appears to significantly alter the nutrient content of food, leading to widespread mineral deficiencies in animals and humans, such as iron, zinc, copper, manganese, magnesium, calcium, and boron deficiencies. These deficiencies in turn disrupt enzyme systems, leading to numerous diseases, whose true cause will almost certainly remain undetected by conventional physicians. In fact, glyphosates can tie up minerals for years, making them unavailable for use by plants, animals, and humans, and they are now thought to be contributing to Sudden Death Syndrome, a deadly plant disease that

causes plants to turn yellow and die. Another problem is the destruction of beneficial soil organisms that suppress disease-causing organisms and help plants absorb nutrients. Glyphosates may actually be changing the makeup of soil, boosting the number of disease-causing organisms, and creating a deadly situation for crops around the world. At the very least, do not use glyphosates on your lawn or garden. Be sure to supplement with high quality mineral supplements, and take frequent saunas to help remove the glyphosates that are already stored in your body. Boycotting all genetically modified (GM) crops will also help. Do not consume soy, corn or canola as these are GM crops.

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VITAMIN C — WHAT DO YOU NEED

by

Raymond Francis

Vitamin C is one of the most important molecules you can put into your body. Unfortunately, modern living has increased our need for vitamin C so that most of us are deficient and need to supplement. Tragically, most people are taking the wrong vitamin C. A number of manufacturers produce vitamin C with varying degrees of purity, and as you will see, purity is critical. Most of the vitamin C on the market is not what you should be taking.

Most of us don't think about the fact that supplement manufacturers can purchase vitamins in a range of different chemical forms and degrees of purity. The correct chemical forms, the forms that the body actually uses, coupled with the highest purity will give you the best results. Vitamins that are less pure and/or in incorrect forms may give you few or no results at all. Some vitamins are even known to have negative effects. The correct chemical forms cost more to manufacture and numerous purification steps add even more to the cost. The irony is that these more expensive ingredients are your best value and cost less in the long run because they are more biologically effective and health enhancing.

If you purchase a vitamin pill that costs \$1.00, but is only 10 percent biologically effective, you have just wasted 90 cents. You would have to take 10 of these pills, or \$10 worth, for your body to get the amount listed on the label. The same vitamin pill in the correct biological form may cost \$1.50 or even \$2.00, but it gives your body close to 100 percent of what is on the label. The more expensive pill is obviously the best value and your better choice.

Vitamin C is almost a universal wonder drug. It is so basic to human biochemistry that obtaining adequate amounts of vitamin C must be the foundation of any wellness strategy. Vitamin C has many roles in the body. It is a powerful antioxidant, anti-inflammatory, antiviral, and anticancer compound. No matter what ails you, lots of vitamin C will help. Many "incurable" conditions have been cured simply by providing adequate vitamin C. Almost all infectious diseases can be both prevented and reversed by vitamin C. Toxicity is one of the two causes of disease, and vitamin C helps to neutralize the effects of toxins. Vitamin C is necessary for the correct synthesis of collagen, and it helps to maintain healthy collagen. Collagen is the glue that holds your body together, and without healthy collagen, you will begin to fall apart. Vitamin C removes toxic metals such as aluminum, mercury and lead from the body. Extensive research shows that adequate vitamin C reduces the risk of cancer, heart disease, colds, flu, cataracts, hypertension and even depression. It speeds wound healing, helps keep the body in good repair, slows the aging process and extends life itself. Vitamin C is also very safe; negative effects from overdosing have never been observed.

Few people get enough vitamin C. We have created an oxidizing environment containing excessive amounts of toxins. This uses up

vitamin C at unprecedented rates. I recommend that most people take 6,000 mg per day. I personally take 16,000 mg. Linus Pauling used to take 18,000, and I know one man who takes 100,000 per day to stay alive. Anyone with a chronic health problem would be wise to take an amount called "bowel tolerance."

When taking large amounts of anything it is essential to make sure that what you are taking is very pure. Otherwise, you may be taking large amounts of something your body shouldn't be getting. This is why you cannot go out and just purchase vitamin C off the shelf at the health food store. Almost all of it contains something you shouldn't be getting. Virtually all vitamin C is synthesized. Most of it is made in China, and does not come close to meeting my quality standards.

While known to scientists like myself, the public and most doctors are totally unaware that synthesizing vitamin C produces two very different molecules. These are: D-ascorbate and L-ascorbate. Almost all the vitamin C on the market is roughly a 50/50 mixture of the two. Only the L-ascorbate is biologically beneficial to the body. D-ascorbate is an irritant to the body, and there are indications that a lot of D-ascorbate could be detrimental to health. Over the years that I have recommended vitamin C, many have complained that vitamin C irritates their stomach. Yet, when they take high-quality vitamin C, this doesn't happen—it's the D-ascorbate contaminant that's the problem. Those who are supplementing with regular commercial vitamin C need to know that half of what they are paying for is biologically useless, a waste of money and perhaps even detrimental. Another issue is that even vitamin C from natural sources degrades. For example, a fresh orange is almost all L-ascorbate. Once extracted to make orange juice, it will, in a matter of days, degrade to become a 50/50 mixture of D- and L-ascorbate.

Most vitamin C supplements contain oxidized forms of vitamin C. Unless manufacturers are scrupulous in excluding oxygen during the manufacturing process, oxidized forms of vitamin C will be produced. Some vitamin C products contain as much as 25 percent oxidized vitamin C, but oxidized vitamin C does not neutralize free radicals, does not support collagen synthesis and can actually promote free radical formation. This is not good! Oxidized vitamin C will also be formed in juices, such as orange juice, and other vitamin fortified products as they are exposed to oxygen.

Most of the vitamin C on the market is made from corn. Corn is a major allergen; it is estimated that about half the population may be allergic to it. For those who are allergic to corn, corn-based vitamin C can damage their health. Making matters worse, virtually all of the corn in the U.S. is now genetically modified (GM) or contaminated with GM corn. There are indications that vitamin C made from GM corn can damage your health.

Vitamin C pills are usually loaded with excipients. These can include rose hips, starch, sucrose, talc, povidone (synthetic polymer used as a dispersing and suspending agent) and a variety of other foreign substances used to bind the pills together. The average vitamin C pill contains about 25 percent fillers, just to hold the pill together. These fillers are, for the most part, made of products and chemicals not normally used by the human body as food. They are known to cause side effects in some people, and are most likely detrimental to overall health.

If you take an ordinary 1,000 mg vitamin C pill that contains 25 percent excipients, you will be getting 250 mg of these filler chemicals. If you take 10,000 mg per day, you will be getting 2,500 mg per day of chemicals that are foreign to your body and it does not need or want. Further, the purity of these fillers is virtually uncontrolled by the FDA, and they may contain a variety of allergens and toxins. Fillers contribute to the degradation of the vitamin C in the pill, causing it to break down long before you take the pill. Fillers should never be added because they make the vitamin C chemically unstable, and in some people, cause side effects.

Vitamin C can be purchased from a variety of sources, such as health food stores, pharmacies, discount houses and mail order firms, with many different brand names. The problem is they are not different. The vitamin C itself is purchased from the same suppliers whose products contain D-ascorbate and oxidized vitamin C. They usually contain fillers that make them subject to early degradation. Only the very purest vitamin C is chemically stable in storage, and only the purest vitamin C will give your body what it needs and wants.

In general, whether in supplements or pharmaceuticals, products with the highest purity have the highest potency and stability. This is why I am a fanatic when it comes to purity. In searching for the highest quality vitamin C, I found only one manufacturer in the world who could supply the quality I expect. Naturally, it costs more to buy because it costs more to make. Only a tiny percentage of the vitamin C on the market is of this quality.

What I was looking for was a vitamin C that was 100 percent L-ascorbate. This is the biologically active molecule; it is what your body needs and wants. Next, I looked for a vitamin C that was not made from corn. The vitamin C I found is made from organically-grown potatoes. I also wanted a product that contained absolutely no oxidized vitamin C. Excluding all oxygen from the system during manufacture costs more, but you end up with a product that does only good and no harm. Lastly, the vitamin C had to be absolutely free of any other contaminants.

I found what I was looking for and this vitamin C is sold by Beyond Health both in powder and tablet form. People around the world have taken these extraordinary products, including people who are highly chemically sensitive, and they often come back saying this is the only vitamin C they have ever been able to take. Indeed, it is the only vitamin C that I would consider taking myself.

In general, the level of purity of an active ingredient is an indicator to its potency and stability. In other words, the purer the L-ascorbate the more effective the product will be. Unfortunately for

consumers, most companies that sell vitamin C are cutting corners in their production process, and consumers are unknowingly getting cheap, watered-down versions of vitamin C. The fact that the average consumer is unaware of the difference or even existence of the L- and D- forms does little to help matters. In addition, the Food and Drug Administration (FDA) does not require purity levels to be listed on labels of vitamins and other supplements.

With these things in mind, consumers need to be more discerning when it comes to the composition of the supplements they purchase. Beyond Health doesn't sell pills. We sell health. That's why all of our supplements are of the highest purity and in the correct biological forms. Such products are more expensive, but when your health is concerned, quality should never be sacrificed.

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

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

Question: My wife is convinced that tofu is a healthy food and she keeps buying it, no matter what I say. Could you please comment on the wisdom of eating a lot of tofu?

J. M. — Ft. Lauderdale, FL

Answer: Unfortunately, your wife has bought into some old propaganda. Unfermented soy was never that good to eat, but now even fermented soy isn't fit for human consumption. In the U.S., soy in any form is no longer a food and is unsafe to eat. The same thing goes for corn—it is no longer a food. Soy, grown in the U.S., is now genetically modified (GM). In fact, 90 to 95 percent of the soybeans grown in the U.S. are now GM, and even organic soy is now about 50 percent contaminated with GM soy.

Genetic modification itself presents a plethora of problems. One of them is infertility—perhaps this is one reason why we have so many fertility clinics. Research in Russia at the Institute of Ecology and Evolution of the Russian Academy of Sciences found that after feeding GM soy to hamsters for over three generations, by the third generation, most lost the ability to have babies! Another study in Brazil found that rats fed GM soy for 15 months showed significant changes in their uterus and reproductive cycles. Obviously, consuming GM soy is having a negative biological impact!

Another problem is that the GM soy has been heavily sprayed with glyphosate weed killers, and people who consume this soy will be poisoned by the residues. Glyphosate is an endocrine disrupter, and it will disturb the delicate hormonal balance of the female reproductive cycle, and most women today have hormone balance problems. This can result in miscarriages and serious birth defects in children born to mothers with glyphosate exposure. In Argentina, people living near farms using glyphosates are experiencing high levels of cancer, birth defects, lupus, kidney disease, and skin and respiratory problems.

These days, soy is in everything. It's hard to avoid it. The best way is to avoid all processed foods. Processed foods use a lot of soy protein isolate, a dry powder that has been separated or isolated from the oil and carbohydrate components of the soybean. It is often found in protein bars, meal replacement shakes, bottled fruit drinks, soups and sauces, meat analogs, baked goods, breakfast cereals and even dietary supplements. Consuming soy protein isolate can also lead to abnormally heavy or longer menstrual periods and to endometriosis. Further, soy protein isolate contains free glutamic acid (glutamate), and glutamates do a whole list of damaging things all by themselves, including driving cancer and damaging your brain.

In men, soy consumption can lead to erectile function loss of libido, breast enlargement and lowered sperm count. If all this isn't enough to convince your wife to stop eating soy, encourage her to do an Internet search on soy.

Question: I have been experiencing numbness and tingling in the hands and feet, balance problems, poor memory, decreased appetite, weight loss and abdominal pain. My doctor has been of no help, but that's probably not a surprise to you. Do you have any suggestions?

T.D. — Garden City Park, NY

Answer: Although your symptoms can have many causes, one thing that comes immediately to mind is vitamin B12 deficiency. Each of your symptoms could be explained by B12 deficiency. I suggest you get some Beyond Health B12/Folate Formula and start with just one a day. Go up to four or five tablets per day if necessary. A good way to measure any immediate effect is to monitor the numbness and tingling in your hands and feet. It should go away.

Many Americans are deficient in B12, especially older people. This is because assimilation of vitamin B12 from food requires adequate stomach acid and intrinsic factor, and most seniors no longer have this. The most recent studies suggest that up to four out of five seniors are B12 deficient. Vegans are often B12 deficient. However, even many young people are deficient, the symptoms are just less apparent.

B12 does a host of things in the body. It is needed for the production and maintenance of the myelin sheath that surrounds nerves, and a chronic shortage can lead to permanent nerve damage. Many cases of "Alzheimer's" have been cured by giving the patient B12. In fact, B12 deficiency can cause serious health consequences in nearly every system in the body.

B12 participates in the manufacture of red blood cells and for the production of DNA. B12 is necessary for normal functioning of the immune system helping to regulate natural killer cells. It also affects energy production. A number of prescription drugs, including Prilosec, Prevacid, Nexium and antibiotics contribute to B12 deficiency. B12 is produced in the body by a normal, healthy population of bowel bacteria, but few people have a healthy population due to taking antibiotics. Bacterial overgrowth in the small intestine, which occurs frequently as a result of antibiotics and low stomach acid, contributes to B12 deficiency because the bacteria themselves use up vitamin B12.

There is a big problem with B12 supplementation. Most supplements contain B12 in the form of cyanocobalamin. Unfortunately, cyanocobalamin is a poor source of B12. It also breaks down into cyanide in the body. Excess cyanide then blocks the conversion of cyanocobalamin to the biologically active and beneficial methylcobalamin. It has the lowest biological activity of any form of B12. Cyanocobalamin is used because it is the cheapest form and the average customer doesn't know the difference. The form used by Beyond Health is the much more expensive hydroxycobalamin, a unique form of B12 that participates in detoxification, especially cyanide detoxification. Cyanide levels are often elevated in smokers.

Hydroxocobalamin is the molecule of choice for making a supplement, and oral B12 supplementation is extremely safe, every bit as effective as injections, more convenient than injections, inexpensive, and safe. Have your B12 blood levels measured so you know what your status is.

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

Question: How dangerous are dental x-rays regarding thyroid cancer?

A.T. — Dallas, TX

Answer: A 2010 study in the medical journal *Acta Oncologica* examined the relationship between dental X-rays and the development of thyroid cancer. What researchers found was that people exposed to dental X-rays had more than twice the risk of developing thyroid cancer. The study clearly showed that those exposed to repeated dental X-rays had a higher risk of developing thyroid cancer.

BHN recommends refusing routine x-rays of all kinds. Should you require a dental x-ray, be sure to protect your thyroid with proper lead shielding. There is no known level of safe radiation. All x-rays will contribute to cancer.

Question: I've been taking caffeine for years for low blood pressure (90—100). Got tired of moping around. Is it really, really bad for you? I have read such conflicting research on the subject. Is it covered in your "beyond..." book? Thanks for answering—or suggesting additional resources.

A.G. — Internet

Answer: In my book, *Never Be Fat Again*, I call caffeine "a highly addictive, health-ravaging toxin." While it will do the job to increase your blood pressure, it will also increase your heart rate and can trigger irregular heartbeats. It raises insulin levels as well (insulin is the fat-storing hormone). Caffeine depletes nutrients, like the B-vitamins, and many of the minerals, including calcium, magnesium, potassium, zinc and iron, and it reduces the amount of hydrochloric acid in the stomach, which interferes with digestion.

The real question is, why is your blood pressure too low? To get to the bottom of this would require knowing more about you and your health history. You may have a thyroid problem and this should be checked out. A number of prescription drugs cause low blood pressure, including ACE inhibitors and calcium channel blockers.

Question: Perhaps I am simply misunderstanding, but in the pdf file "Osteoporosis" downloaded from your website, I find this statement: "*Calcium absorption is only 20-40% efficient and requires an acidic environment which many of our older people lack.*" Yet the article talks about the importance of maintaining an alkaline system. Could you explain this contradiction?

P.B. — Internet

Answer: "Systemic alkalinity" refers to the slightly alkaline pH that needs to be maintained in the blood and other body fluids for optimal biochemistry. The blood, especially, must be kept within a very narrow range — 7.35 to 7.45, and the body will do everything

possible to keep it within that range, including robbing the bones of alkalizing minerals.

However the inside of the stomach needs to be highly acidic in order to break down foods and nutrients for proper absorption, stimulate subsequent digestive function, and kill incoming pathogens. This acidity is supplied by hydrochloric acid, which gets secreted by cells in the stomach lining. Due to improper diet and lifestyle, most people in our society have diminished hydrochloric acid production, especially as they age.

Question: Why would caffeine in coffee increase blood sugar levels if there is no sugar added to it?

A.S. — Annandale-on-Hudson, NY

Answer: Caffeine causes the release of adrenalin from the adrenals and glycogen from the liver. This raises blood sugar, to meet what the body perceives as an emergency situation.

Question: I started using coconut oil in my diet last fall. I really love it and use 1-2 tablespoons a day. I've heard that coconut oil has anti-viral properties. Is that true? I noticed I haven't had a cold or the flu this year.

R.H. — Santa Barbara, CA

Answer: Yes, there is a large body of evidence attesting to coconut oil's antimicrobial effect against viruses, bacteria, yeasts and even parasites. Among the pathogens coconut oil has been shown to kill the influenza virus. Although lauric acid in coconut oil contributes to this effect, it also depends on hundreds of other chemicals in the coconut oil working synergistically. Exactly how all of this works is unknown; it is known, however, that coconut oil works!

In an acute infection I would add stronger antimicrobials like vitamin C, olive leaf and oregano oil. However coconut oil helps strengthen immunity as part of the day-to-day diet, and can be increased to fight both chronic infections, like candida, and acute infections. Coconut oil is also a good topical treatment for many infections. The book *Coconut Cures*, by Bruce Fife, which can be ordered on the Beyond Health website, gives specific protocols for using coconut oil to treat over a hundred different infectious and other diseases.

There is a drive in western allopathic medicine to isolate an "active ingredient" from natural substances in the hope of making a powerful drug or supplement. However these natural substances are often best used as they are. This certainly appears to be the case when it comes to coconut oil.

Michelle's Menu

BLACK BEAN & MANGO QUINOA SALAD

- 1 1/2 cups quinoa, rinsed in a fine strainer
- 3 cups pure water
- 3 peeled & diced mangos
- 1 1/2 cups chopped cilantro
- 3 cups black beans (cooked volume)
- 1 red bell pepper, chopped
- 8 green onions, chopped



Dressing:

- 1-2 cloves garlic, minced
- 3/8 cup Beyond Health Olive Oil
- juice of one lime (at least 2 T)
- 1/8 cup organic raw apple cider vinegar
- 1/8 cup organic red wine vinegar
- 2 tsp. chili powder
- 1 tsp. cumin powder
- 1/2 tsp. Real Salt (optional)

Place the quinoa and water in a medium saucepan. Bring it to a boil. Cover, reduce heat and simmer for 15 minutes, or until all water is absorbed. Place in a large bowl to cool. Add all remaining salad ingredients to cooled quinoa. Place all of the dressing ingredients in a jar with a tight fitting lid. Secure the lid and shake well. Pour part of the dressing over the salad and gently toss to combine. Chill before serving. At serving time, add some or all of the remaining dressing to taste. This is delicious served on a green salad or in a whole grain wrap or collard green wrap.

Recipe by Michelle Davis, author of *Beyond Healthy Recipes*

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