

# BEYOND HEALTH<sup>®</sup> *News*

September-October

2011

**First they ignore you, then they laugh at you, then they fight you, then you win.**

— Mahatma Gandhi

## More on Cell Phones

*Europe is acting...*

BHN is dedicated to keeping you up-to-date on things that may be hazardous to your health. The use of cell phones is one such issue. We have long urged caution in the use of these potentially dangerous devices. Significantly, authorities in Europe are starting to take notice of the problem, especially for children.

A Council of Europe committee has urged that immediate action be taken to protect children from cell phones and Wi-Fi, and that these radiation sources should be banned from schools. France, Germany and India have already issued recommendations to limit exposure to electromagnetic fields, including those from cell phones and Wi-Fi. BHN has long advised that children not be allowed to use cell phones and that adults avoid using a cell phone in proximity to children. Because growing children have thinner skulls and still

have rapidly dividing cells, they are the most vulnerable to any negative effects of electromagnetic fields. Studies have shown that electromagnetic fields are more likely to penetrate the brain more deeply in children than adults.

Unfortunately, the U.S. is behind Europe in recognizing the dangers of cell phones and in trying to mitigate those dangers. In Canada, the City of Toronto's Department of Public Health has advised teenagers and young children to limit their use of cell phones to avoid potential health risks. In contrast, some U.S. schools even have cell phone towers right on the school grounds!

A noteworthy point in the European Council report is that brain cancer in adults may take at least 10 years or as many as 40 years to develop. That's why current studies showing no risk from cell phone use are flawed. They all focus on the short term. Even so, more than 100 completed studies have already shown that cell phones cause brain tumors. They also cause sleep disruptions, fatigue and headaches. Damage to cells and DNA has been observed. Eye damage has been observed. Some researchers believe cells phone use contributes to Alzheimer's.

In 2008, researcher and neurosurgeon Dr. Vini Khurana concluded from his studies: "*There is currently enough evidence and technology available to warrant industry and*

*governments alike in taking immediate steps to reduce exposure of consumers to mobile phone-related electromagnetic radiation and to make consumers clearly aware of potential dangers and how to use this technology sensibly and safely.*"

It took almost a century for the health-damaging effects of smoking to become generally recognized, and the same may now be happening with cell phones. Just as the dangers of smoking were consistently downplayed and ignored for so many decades, the adverse effects of cell phone radiation are not being reported by the media and remain unknown to most consumers.

BHN supports the Council of Europe's recommendations and continues to urge caution. Children should not be allowed to use cell phones, except for emergencies. Keep your phone turned off, turning it on occasionally to get messages. Use the speaker phone feature rather than holding the phone to your ear. Use your land line when at home or work. Limit the use of portable phones, or best of all, don't use them at all.

## More on Personal Care Products

*Skin creams cause skin cancer...*

BHN has consistently warned against the use of skin creams and personal care products because of the toxic and carcinogenic chemicals they contain. These products include toothpaste, tanning oils and lotions,

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shampoo, soaps and moisturizers. In truth, almost all personal care products contain dangerous toxins, even very expensive ones, which is why we advise using products that have been approved by Beyond Health for their safety and effectiveness. Safe products are available at [www.beyondhealth.com](http://www.beyondhealth.com).

While our doctors blame the sun for skin cancer, the truth is very different. A recent study in the *Journal of Investigative Dermatology* found that well-known brand-name moisturizers cause skin cancer. Topical applications of common moisturizers increased skin cancer risk in animals by 69 percent and also increased tumor size over the controls.

People are generally unaware that our skin is what is called a semi-permeable membrane. Many chemicals easily go right through the skin and accumulate in body cells and tissues. This is guaranteed to eventually make you sick when the concentrations get high enough to disrupt critical biological functions. Since most Americans are already in toxic overload, anytime you voluntarily add to that load, you are making a big mistake.

One problem with many skin-care products is the use of mineral oil, which is commonly used even in baby products. Mineral oil is a derivative of petroleum and it is known to block the skin's pores and natural respiration process. The moisturizers in the study above contained mineral oil and they were found to be tumorigenic. In fact, mineral oil has been linked to more than 20 different diseases and health problems, including autoimmune diseases and cancer.

Products made with mineral oil are particularly dangerous for women who are breast feeding, since some of the oil ends up in the breast milk. Baby oils containing mineral oil should not be used—most baby oil is made with mineral oil. One study concluded that mineral paraffins may be the largest single contaminant in most of our bodies. This is a powerful reason to avoid any product containing mineral oil, including Vaseline. Fortunately, there is an all-natural moisturizer that is both inexpensive and safe to use by anyone of any age, and that is pure coconut oil. Beyond Health Coconut Oil is unprocessed, extremely pure and a perfect choice.

Preservatives are another problem with skin creams and other personal care products. One class of preservatives is parabens. Parabens have hormone-disrupting qualities and are suspected carcinogens. The EPA has linked parabens to hormonal, neurological, metabolic and developmental disorders, as well as to cancer. Researchers have found parabens in every sample of breast cancer tissue.

Synthetic detergents such as sodium lauryl or laureth sulfate are included in over 90 percent of personal care products. These chemicals are neurotoxic and disruptive to hormones. In addition, they are frequently contaminated with 1,4

dioxane, which is toxic to the liver, kidneys and brain, and is also listed as a probable human carcinogen. These detergents break down the skin's moisture barrier, easily allowing other chemicals to penetrate the skin, and they combine with other chemicals, forming powerful carcinogens.

Acrylamide is found in many hand and face creams, and has been linked to tumors in laboratory research. Dioxane is a powerful carcinogen and can be found as a contaminant in common ingredients such as PEG, polysorbates, laureth and ethoxylated alcohols. Dioxane has even been found in baby shampoo. Other toxins include phenol carboic acid and propylene glycol.

Toothpaste is something most people use daily without realizing it is a dangerous source of toxins. Read the warning label on the box to get an idea of how toxic this stuff is: "Keep out of reach of children under 6 years of age. If more than a pea-sized amount is accidentally swallowed, get medical help or contact a Poison Control Center right away."

Toothpaste contains a deadly mixture of numerous toxins, such as fluoride, artificial colors, flavors and sweeteners, synthetic detergents like sodium lauryl sulfate and various carcinogens, all of which can pass through the mucous membranes and bioaccumulate in the body.

Shampoo is another toxin-loaded product that many use daily. Shampoos contain synthetic detergents such as sodium lauryl sulfate. These toxins pass through the skin and bioaccumulate in tissues to levels that cause cellular malfunction and disease. Shampoos also contain preservatives such as paraben compounds. Propylene glycol is another problem. This chemical is used in antifreeze and can be found in numerous shampoo and skincare products. It is a skin irritant and

**BEYOND HEALTH<sup>®</sup>News**

is published bi-monthly by Beyond Health International, LLC, which is dedicated to cutting through the confusion and bringing you high-quality information, products, and services to enhance the quality of your life.

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is known to cause liver and kidney damage. Shampoos also contain a variety of artificial colors and other toxic and carcinogenic chemicals. Artificial colors have been shown to be carcinogenic, not only when ingested, but also when applied to the skin.

The largest category of cosmetic and personal care products is perfumes, colognes and fragrances. Even high-end perfumes are made with cocktails of dangerous and untested chemicals that may produce problems from allergies to hormone disruption and cancer. According to the Environmental Working Group, most perfumes contain an average of 10 known allergens that can trigger reactions from asthma to headaches to contact dermatitis, and an average of four chemicals known to disrupt the hormonal (endocrine) system. These endocrine disruptors have been linked to reproductive defects in male infants, sperm damage in men, and more recently, hyperactivity in children. More than 5,000 different chemicals are used to make synthetic fragrances. These ingredients are not regulated, and they do not need to be listed on the label. Some of these chemicals are known to cause allergies, cancer, and do reproductive and hormonal damage. Do yourself a favor and get toxic personal care products out of your life—a simple, yet health-enhancing choice.

**Stress and Your Bugs**

*Stress changes the balance...*

Humans have far more bacteria living in their gut than they have cells in their body. We are totally dependent on these bacteria for our health and well being. Anything that unbalances this population of about 500 different kinds of organisms can have serious repercussions, because that balance

can dictate your health. We have already seen this with antibiotics, which cause catastrophic changes in your intestinal flora. The resulting imbalance is called dysbiosis, and it causes diseases of every description—from depression to inflammatory bowel disease, asthma and even cancer. Physicians have become one of our leading causes of disease because they prescribe dangerous life-changing drugs like antibiotics. Another factor affecting dysbiosis is stress.

Stress can change the balance of the bacteria that live in the gut. Since these bacteria have a large effect on immune function, this helps to explain why stress can screw up your normal immune response. A new study by researchers at Ohio State University has found that stress creates changes in the composition, diversity and number of gut microorganisms. This in turn leads to the overgrowth of potentially harmful organisms, such as *Clostridium* and yeasts. By upsetting the normal balance, stress causes more pathogenic or disease-forming species to grow. These pathogenic bacteria cause a massive increase in inflammation, and inflammation is the foundation stone of every chronic disease.

Another common route to dysbiosis is eating sugar. Sugar supports the growth of bad bacteria as well as yeast, fungi, viruses and cancer cells. A major source of inflammation in the body is a digestive system that is out of balance, and antibiotics, sugar and stress create such an imbalance.

**Perchlorate Still a Problem**

*Even in organic foods...*

Perchlorate is a key ingredient in rocket fuel and an industrial chemical that is contaminating the water supply and our food. Perchlorate pollution, now widespread, is a

powerful endocrine disruptor, capable of disrupting the thyroid's ability to produce critical hormones by limiting the thyroid's iodine uptake. As a result, perchlorate may affect normal brain development in fetuses, infants and children. Perchlorate is being found in both conventional and organically grown food and in almost all the humans tested. A recent study in *Environmental Science and Technology* on perchlorate levels in North America reported the following:

*“Conventionally and organically produced lettuce and other leafy vegetable samples were collected from production fields and farmers’ markets in the central and coastal valleys of California, New Mexico, Colorado, Michigan, Ohio, New York, Quebec and New Jersey. Results show that 16 percent of the conventionally produced samples and 32 percent of the organically produced samples had quantifiable levels of perchlorate ... Estimated perchlorate exposure from organically produced leafy vegetables was approximately two times that of conventional produce.”*

According to data from the U.S. Environmental Protection Agency, *“More than 4 percent of public water systems have detected perchlorate and between 5 million and 17 million people may be served drinking water containing perchlorate.”* This contaminated water is also used to irrigate crops, and this is how it even gets into organic foods.

Perchlorate contamination is now so widespread that it may be impossible to avoid it completely, especially since it is even present in organic foods. You may be at particular risk if your food has been grown near defense or aerospace industries. Colorado River water is known to be contaminated. Using a reverse osmosis water filter for your drinking water is always a good idea.

## ARE YOU AS HEALTHY AS YOU THINK?

by

*Raymond Francis*

Most people who think they're healthy are actually slowly declining toward serious health problems that, when they finally arrive, will seem to have come without warning.

Most of us consider it normal to get sick several times a year, to use up our sick leave at work, or to occasionally miss a favorite gathering or activity because we're feeling "a little under the weather." This may be normal, but it isn't how it's supposed to be. The body's natural state is homeostasis, where all systems are balanced and running smoothly. When in homeostasis, you can't get sick, not even a cold. When properly supported, the body knows exactly how to maintain this healthy state. Ignore its basic needs for too long, however, and your body will let you know that it is not amused!

You might be tapped on the shoulder with a little sniffle, a headache, indigestion, a cough, or some aches and pains. (We have drugstore aisles full of pills to whisk away these little nuisances.) Or you might get a whack that sends you to the doctor and lands you in bed for a few days. Either way, by the time these symptoms appear on the surface, homeostasis has been compromised, and an iceberg of nutritional deficiencies and toxic accumulation has been forming in your body.

You see, there really aren't thousands of diseases, each caused by its own nasty bug. There is only one disease: malfunctioning cells. If every cell in your body were doing what it was designed to do, you would be in homeostasis, and you couldn't possibly be sick. Yet there are only two causes of malfunctioning cells: deficiency and toxicity. Either the cells aren't getting enough of something they need, or they're getting too much of something they don't need.

So the only way to get sick is to starve your cells, or poison them! The secret to health is giving cells what they need while protecting them from what they don't need.

### Why So Many of Us Are Sick

More than three out of four Americans have a diagnosable chronic disease, and more than two out of three of us are overweight. The reason we have so much disease today is that almost every one of us is in toxic overload *and* is chronically deficient in at least several essential nutrients. The result is a pandemic of chronic disease. To end the pandemic, we have to improve our diets and reduce our exposure to toxins. This will require a major change in our

lifestyles—a change that is highly preferable to a future of declining health and escalating medical expenses.

Deficiency is the first problem we must address. Americans are starving to death! That may be hard to swallow when you notice that more and more people are overweight and obese, but it's true. We're eating more *calories* than ever before, but our cells are not getting the *nutrients* they need to stay healthy. And it is making us sick and lowering our quality of life.

Ninety cents out of every American food dollar is spent on processed foods. The processed foods we eat are bulging with empty calories but are lacking in life-supporting nutrients. They're also loaded with toxins that poison our cells. If you want to be healthy, you don't have a choice. As much as possible, you must get the processed foods out of your life and switch to a diet based on organically produced fresh fruits and vegetables that are high in nutrition and low in toxins.

In addition to giving yourself better nutrition, you have to stop poisoning yourself. Not only are processed foods full of toxins, so is our air and water, and so are our homes, automobiles, and cleaning and personal care products. Our tap water is intentionally contaminated with toxic chlorine and fluoride. Making matters worse, conventional medicine damages our health with toxic prescription drugs, immune-stressing vaccinations and DNA-damaging X-rays.

In the course of a normal day, you put a lot of wear and tear on the body that needs repair. When you are healthy, your body is self-regulating and self-repairing. But when you're out of balance and the damage is not repaired every day, you start the next day with a repair deficit. If you continue to do this long enough, those repair deficits will accumulate to the point that your body starts to fall apart. Just as your car will break down for lack of maintenance, so will you. Poorly maintained cars end up in junkyards, while poorly maintained people end up in nursing homes. When your repair deficits stack up, your body ceases to internally communicate and self-regulate, and homeostasis is lost.

So you see, a big disease that seems to strike for no reason was actually a long time coming!

### How to Get Well and Stay Well

To keep yourself in good repair, you need to supply your cells with all the raw materials they need to do their jobs. This will not happen if you are chronically short even

one nutrient. You also have to be careful not to disable your repair machinery with toxins. Unfortunately, most of us are doing just the opposite. Almost every American is chronically deficient in at least several essential nutrients, including essential fatty acids to build cell membranes. We are also overloaded with hundreds of toxins that are accumulating in our bodies, interfering with cell repair. No wonder virtually every American is sick to one degree or another.

For most people, disease is a result of a combination of poor nutrition, toxic exposure, lack of exercise, stress, vaccinations, x-rays, antibiotics and other prescription drugs. But no matter how you got there, if you are on the downward spiral to chronic degenerative disease, you have only one choice—get well! It's not easy, but it's your only real option. **Suppressing symptoms with drugs and surgery will not solve your problem—restoring your health will.**

Beyond Health provides many free articles, its own line of superior quality supplements, and other carefully selected products to help you get well and stay well. Go to [www.beyondhealth.com](http://www.beyondhealth.com). **It is amazing how healthy you can become if you stop making yourself sick!**

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

### Beyond Health News Archives

User Name - bhnews

Password - stress

Effective: 10-10-2011

## QUESTIONS & ANSWERS

**Question:** Whenever I am stressed, I crave sugar. I was wondering if this is normal, and if there is something I can do about it.

E. T. — Orlando, FL

**Answer:** First about your cravings, there is plenty of science to explain what you experience, and it is common. Stress releases hormones called glucocorticoids. Glucocorticoids in turn cause an increase in insulin, and insulin instructs cells to take up sugar. This causes blood sugar levels to drop, creating a need to rebalance blood sugar, hence your cravings.

There is also another dimension to your sugar cravings. Eating sugar increases the neurochemicals serotonin and dopamine. Both of these create a sense of calm. They are feel-good chemicals. Dopamine has been associated with addiction because it taps into the body's pleasure/reward system, and this helps to explain why people become addicted to sugar.

Finally, as to what you can do about it, learning to control stress is critical. Meditation, relaxation techniques and exercise are all helpful. Daily meditation can lower your overall stress levels. This helps to reduce the excess of stress hormones when you do become stressed. How you react to stressful events is under your control, so be mindful of what is happening in the moment and choose not to be stressed. In addition, if you crave sugar, but don't have any around, you won't be able to eat it. So don't buy sugary foods. Reward yourself with something healthier like raw nuts.

**Question:** I have diabetes and have just been diagnosed with diabetic kidney failure. My doctor says I have to go on dialysis. I am not looking forward to that. Is there anything I can do to help the situation?

S. C. — Long Beach, CA

**Answer:** The answer could be a low carbohydrate, high fat diet. Such a diet is used to control seizures in children with epilepsy, but it may reverse kidney failure in people with diabetes. It is certainly worth a try. See if you can get your doctor to work with you on it.

In fact, even if you have type 1 diabetes, it may be possible to reverse your kidney problems. A new study in the June *PLoS ONE*, a peer-reviewed science journal, found that a low carbohydrate diet that is high in good fats can reverse kidney failure in diabetics. This is called a ketogenic

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

diet because it lowers blood sugar levels. Diabetics have high blood sugar and high insulin. This high glucose metabolism causes kidney failure in diabetics. A ketogenic diet forces the body to produce ketones that the cells use instead to create energy, eliminating the harmful effects of the sugar metabolism while still supplying energy raw materials to the cells in the form of ketones. In this animal study, researchers at Mount Sinai School of Medicine found that test animals on the ketogenic diet had their kidney failure completely reversed in just eight weeks, proving that dietary intervention alone is sufficient to do this. The researchers determined that the expression of the genes that cause the kidney failure was reversed while on the ketogenic diet.

Such a diet would have to avoid all sugar, grains and potatoes. It is, of course, important to eat the right fats. This would include healthy oils such as high quality olive and coconut oils along with flaxseed and fish oils. The best solution is don't have diabetes. If you have type 2 diabetes, it is simple to cure and can be done in a matter of weeks by changing your diet. Simply eat real foods instead of the garbage available at supermarkets. My books are loaded with dietary dos and don'ts.

**Question:** I live in the Seattle area, and I know that we are being exposed to radiation from the Japanese nuclear power plant disaster. We are taking Beyond Health products and have upped our vitamin C and other antioxidants. Is there anything we should be doing to give additional protection?

R. I. — Bellevue, WA

**Answer:** You are right to be concerned. If what I have been reading is correct, this is the worst nuclear disaster in history, and we haven't been told the half of it. There are apparently already increasing death rates for children under one year of age both on the east and west coasts of America and in western Canada.

The Fukushima complex is still leaking radiation, and newly released neutron data from three University of California San Diego scientists confirms that the disaster continues to contaminate the surrounding environment and upper atmosphere with large doses of radioactivity. Making matters worse, the Japanese have been burning contaminated materials to get rid of them, sending radioactive smoke particles toward North America. According to Reuters, areas surrounding the crippled Fukushima nuclear plant could remain uninhabitable for decades. Some are even predicting that Tokyo itself will become uninhabitable. In short, we are all at risk and need

to take protective measures.

Since you are already taking precautions by upping your antioxidants, you're already doing the basics, but extra vitamin B12 and lipoic acid will help in protecting and repairing DNA. Be sure to take our tocotrienols. Military-sponsored studies show that tocotrienols offer significant radiation protection in experimental animals. Take two of our gelcaps per day and take them separate from vitamin E, as they will compete for absorption if taken together.

**Question:** I live in Vero Beach, Florida, and a recent report in our newspaper said that 50-65% of turtles throughout sections of Florida's rivers are being found with tumors. The report said that the fact that only turtles in polluted waters have the tumors raises questions about pesticides and chemicals weakening the immune systems of the turtles. Although the tumors are believed to result from viral infections, this happens when the immune system fails to function properly and protect against the viruses and cancer cells. If this is happening to the turtles, what do you suppose is happening to us?

K. A. — Vero Beach, FL

**Answer:** The turtles are not alone. The exact same thing is happening to you! We all have to be aware of this and do things to compensate. There is solid evidence that exposure to industrial chemicals and pesticides increases the risk of developing infections and tumors in humans. Central Florida river systems are being particularly impacted. The quantities of pesticides and chemicals from lawn spray applications, commercial citrus grove run-off and large scale aerial and truck applications of mosquito control pesticides are continually increasing. Developmental mutations and alterations in important behaviors critical to survival have been reported in fish and other aquatic organisms (especially shrimp). This is happening even with very low levels of pesticide run-off exposure.

When the immune system is weakened by pesticides, viral and cancer cells grow more rapidly, causing greater damage to the organism. There is a whole new science called "immuno-toxicology" that specifically looks at how manmade chemicals lower white cell count, interfere with the mechanisms immune cells use to locate and destroy bacteria and viruses, interfere with the production of critical immune regulators such as interferons and interleukins and weaken the immune system. So we know that these chemicals damage immunity. A study in a *Canadian Medical Association Journal* found that apple growers exposed to insecticides had a higher incidence of

leukopenia (very low white blood count) than a control population. Other studies have shown that the incidence of leukemia in farmers has significantly increased since the introduction of modern pesticides. An eight year study at Travis Air Force Base Medical Center in California showed that children exposed to pesticides at the base developed bone marrow disorders.

There are things we can do. We have to stop dumping pesticides in our water, air, lawns and homes. Using a good water filter for your drinking water is essential. The Beyond Health Reverse Osmosis system is an excellent choice.

I recently called the mosquito control people at my county government and asked to be put on a notification list whenever they plan to spray for mosquitoes in my area. This gives me the opportunity to be someplace else when they do the spraying. I also use a HEPA air filter in my bedroom to filter the air, and I sauna regularly to remove any accumulated toxins. We live in a toxic world and it is getting worse every day, but there are options to lower the impact on ourselves and our loved ones.

By the way, when I called the county to be put on the notification list, they first wanted a doctor's order. I convinced them to put me on without the doctor's order. I spoke with the manager in charge of the county mosquito abatement. He was very nice and tried to be helpful. He said all the things that he had obviously been told to say by the manufacturer. He said the insecticide they are using is perfectly safe, that it poses no health problem except for those few who are very chemically sensitive, and that it becomes inactive and dissipates about 20 minutes after application. The truth is quite different. Almost everything the man said was wrong. Yet, if I were not a chemist, I would have believed it, just as he believes what he has been told. The insecticide they are using is called "naled." A common brand name for naled is Dibrom, which is the brand my county uses. Naled is in the organophosphate pesticide family, and it is commonly used to kill adult (flying) mosquitoes. About one million pounds of naled are used every year in the U.S. Approximately 70 percent of this is used for mosquito control, almost all of it applied aerially. The remaining 30 percent is used in agriculture.

Like all organophosphate insecticides, naled is toxic to the nervous system. Unfortunately, it is more toxic when exposure occurs by breathing contaminated air, and most of it is applied by airplanes flying over your house. Toxicologists at the University of California found that naled is 20 times more toxic when exposure occurs through breathing than when exposure occurs through eating contaminated food or drinking contaminated water.

Further, the researchers found that small droplets of naled (the size produced by ultra low volume sprayers often used in mosquito spraying) were about four times more acutely toxic than larger droplets. Laboratory tests of animals breathing naled caused increased aggressiveness, reduced muscle strength, slow responses to stimulation and a severe deterioration of memory and learning. What it's doing to you and your children is anyone's guess. These behavioral changes occurred at all but the lowest dose level tested in males and all dose levels tested in females, suggesting that females are more sensitive than males to naled poisoning. Naled also causes major damage to a fetus, interfering with prenatal brain development and causing developmental delays. It also passes from a mother to their offspring through nursing.

Naled's breakdown product dichlorvos (another organophosphate insecticide) interferes with prenatal brain development. In laboratory animals, exposure for just 3 days during pregnancy when the brain is growing quickly reduced brain size 15 percent. Dichlorvos also causes cancer, according to the International Agency for Research on Carcinogens. In laboratory tests, it caused leukemia and pancreatic cancer. Two independent studies have shown that children exposed to household "no-pest" strips containing dichlorvos have a higher incidence of brain cancer than unexposed children. Aerial applications of naled can drift up to one-half mile, and it can persist in the air for days after spraying. Naled also affects bird and fish reproduction. Shrimp are killed by less than 10 parts per billion, and according to the EPA, naled is "very highly toxic" to oysters.

In addition to the organophosphate insecticide, naled also contains solvents such as naphthalene and trimethylbenzene. Naphthalene has been classified by the EPA as a possible human carcinogen because it caused lung tumors in mice following inhalation. Naphthalene exposure also causes headaches, restlessness, lethargy, nausea, diarrhea, and anemia—anemia in newborns can be caused by exposure during pregnancy. Trimethylbenzene is irritating to eyes and skin. It can depress the central nervous system and cause headache, fatigue, nausea and anxiety. It has also caused asthmatic bronchitis.

The turtles are not the only ones being affected by our increasingly toxic environment. We all need to take whatever steps we can to lower our exposure. Frequent saunas will help to keep our toxic loads from continuing to increase.

*Michelle's Menu*

**BRIANNA'S MARINATED KALE SALAD -2 SERVINGS**

- 1 large bunch of curly kale - stems removed
- 1 1/2 cups sliced crimini mushrooms (or preferred variety)
- 3 cloves garlic, minced
- 1 lemon, juiced (1/4 cup)
- 1/4 cup Beyond Health Olive Oil
- 2 T. Bragg's Liquid Aminos
- 1 tsp. garlic granules
- dash of cayenne



Place the kale in a gallon sized PVC and plasticizer free zipper bag. Add all other ingredients. Seal the bag removing the air. Pound and knead the bag until the content has reduced to 1/3 the size you began with. Place the bag in the refrigerator for 8-24 hours before serving. Remove from the bag and serve. The kale will soften as it marinates. The garlic granules provide a grainy texture to help it soften. This recipe created by my daughter, Brianna.

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

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