

BEYOND HEALTH[®] *News*

November-December

2010

“Fluoridation is the greatest case of scientific fraud of this century.”

— Robert Carlton, Ph.D., *former EPA scientist*

Memory and Vitamin D

Sharpen your brain...

Study after study are revealing the almost magical qualities of vitamin D. Now a new study has found that vitamin D is critical to memory in older people. Seniors showing signs of poor memory and decline in learning and thinking abilities can be helped with vitamin D supplementation. Reporting in the *Archives of Internal Medicine*, researchers found that those with severe Vitamin D deficiency were 60 percent more likely to experience substantial cognitive decline when compared to people with normal vitamin D levels in the blood. Interestingly, studies in the past have also suggested positive improvement in the attention span of elderly individuals who were given vitamin D supplementation. More and more studies are showing that vitamin D not only protects against cancer, bone loss and infection, but is essential to good health in general.

BHN recommends that everyone get healthy levels of sun exposure as often as possible and to have their serum vitamin D levels measured at least every two years. Supplementation is a wise insurance policy, and for this we recommend Beyond Health's liquid Vitamin D3 Formula.

Mold Allergies and Vitamin D

Prevents and treats...

A new study in the *Journal of Clinical Investigation* has found that vitamin D may be able to prevent and even treat allergies to common molds. Mold allergies are a nuisance to people who have them, but they can be dangerous for those with asthma or cystic fibrosis.

The study discovered that people who developed these allergies had lower levels of vitamin compared to healthy people. Vitamin D not only helped lower the levels of allergy-driving proteins, but it also boosted the production of proteins that increased the body's resistance to this type of allergy. This means that maintaining adequate vitamin D levels can not only help to prevent but also help those who already have such allergies.

Preventing the Flu

Use vitamin D...

To prevent the flu, the one thing you don't want to do is get a flu shot. There is no scientific proof that flu shots prevent the flu. In fact, they are known to cause the flu; we know they are dangerous, so why get them? Remember that people who get a flu shot five years in a row increase their risk of developing Alzheimer's disease by 1000 percent.

Sweden's Medical Products Agency has opened an inquiry into the problem of swine flu vaccinations causing narcolepsy, a chronic sleeping disorder. This action was provoked by reports concerning children aged between 12-16 years who developed symptoms compatible with narcolepsy that occurred one to two months after swine flu vaccinations. Finland is also looking into the possible link between narcolepsy

and the swine flu vaccination. Instead of dangerous vaccinations, there are a number of things you can do to prevent yourself from getting the flu.

Vitamin D supplementation is a far better, safer and more effective option for preventing flu. The fact is that people with normal levels of vitamin D get fewer cases of colds and flu. Some experts believe that the reason we get more respiratory infections in the winter is because of less sunlight and lower levels of vitamin D. BHN recommends 2000 IU per day in the winter months.

Other nutrients that support immunity and prevent the flu include vitamin C. Everyone should be taking at least 6000 mg per day. N-acetyl-cysteine (NAC) not only helps the body fight flu; research shows that it also dramatically reduces symptoms in those who already have the flu. Zinc and selenium are two minerals that strengthen the immune system. Supplementing with these is especially helpful for older adults, who are most likely to have low blood levels of zinc and/or selenium. However, zinc and selenium supplements won't help you immediately, as it takes several months for your body to build up effective stores. Taking about 25 mg of zinc daily and 100 mcg of selenium is usually sufficient.

Tea and Fluoride

Beware the fluoride...

Numerous studies continue to demonstrate the health-enhancing qualities of tea, particularly green and white tea. Unfortunately, tea has a downside. The tea plant accumulates more fluoride, from pollution of soil and air, than any other edible plant, and fluoride is a dangerous toxin. This is why choosing which brand of

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tea you drink is very important.

Because tea accumulates fluoride, the fluoride in tea can be much higher than the Maximum Contaminant Level (MCL) set for fluoride in drinking water, which is 4 mg per day. The fluoride content in tea has risen dramatically over the last 20 years, along with tea consumption, and is now off the charts in many cases. A Canadian study found an average of 7.8 milligrams of fluoride in one cup of black tea! British and African studies from the 1990's showed a daily fluoride intake of between 5.8 mgs and 9 mgs a day from tea alone. This is truly excessive and will damage health.

Making matters worse, fluorides accumulate in the body, causing more damage with time. In addition, the MCL set by the government is fraudulent, and the amount we are getting is far more dangerous than it is made out to be. Ninety percent of the data showing the mutagenic properties of fluoride were deliberately omitted in order to set the MCL standard at a higher level, permitting more fluoridation. Fluoride is a known cancer promoter, having the ability to transform healthy cells into cancer cells.

Many companies selling green tea try to make a selling point of their high

fluoride content as being beneficial in preventing cavities. This is nonsense. There isn't a single double-blind study anywhere proving that fluoride either prevents tooth decay or does the body any good whatsoever. Meanwhile, there are double-blind studies proving adverse health effects at the 1 mg per liter level that is put into our tap water. There are no studies documenting safety at any intake level.

It is worthy to note that decades ago physicians used fluoride to successfully treat hyperthyroidism. They used doses of 0.9 mg to 4.5 mg of fluoride per day to poison over-active thyroids and reduce their activity. Compare this to the 7.8 mg you can get from one cup of tea! What is all this fluoride doing to our thyroids?

Green and white teas are known to contain beneficial antioxidants such as epigallocatechin gallate (EGCG), a compound that belongs to a family of antioxidants known as polyphenols. Polyphenols have been shown to slow down the development of some forms of cancer. Fluorides can adversely affect the action of these antioxidants.

Tea is good and a beneficial addition to almost anyone's diet. The key is to select a tea that is low in fluoride and high in natural antioxidants. Beyond Health carries both high quality green and white teas.

Ginseng Supplements

Buyers beware...

ConsumerLab, in their latest testing of ginseng supplements, has found that five out of eleven ginseng supplements were contaminated with lead and/or pesticides. Ginseng has often been promoted for increasing vitality, and studies indicate that certain preparations may help prevent colds and flu or keep blood sugar levels down in people with diabetes. A range of other uses have also been suggested. But all is not well in the world of ginseng. Tod Cooperman, M.D., President of ConsumerLab.com said, "Consumers need to be wary of the quality of ginseng supplements ... there is enormous variation in the amount of ginsenosides—key ginseng compounds—in marketed supplements."

Consumers need to be aware of these problems, and unfortunately, problems

with quality are not limited to ginseng. This is why BHN has always cautioned readers not to purchase supplements unless they are certain of the quality. Don't waste your money. BHN-approved products can be accessed at www.beyondhealth.com.

Breastfeeding

Diabetes and obesity...

Women who don't breastfeed are more likely to develop type 2 diabetes. A study in the September issue of the *American Journal of Medicine* concluded that mothers who did not breastfeed their children have significantly higher rates, twice the risk, of type 2 diabetes later in life than mothers who breastfed. This study is just one more argument for breastfeeding.

Another problem is when women are not breastfeeding; they are feeding inappropriate food to the infant, causing obesity in the children. A recent study in *Nutrition & Dietetics* found that mothers were feeding infants as young as four weeks old inappropriate foods such as bread, ice-cream, and sodas. Almost one in four mothers had introduced such foods before six months of age. Such children are more likely to be overweight as they age.

More on Cell Phones

They cause tinnitus...

BHN is pledged to keeping readers up to date on information regarding cell phones, and we have been doing this for well over a decade. New information recently published in *Occupational and Environmental Medicine* indicates that regularly using a mobile phone, for at least four years, is associated with doubling the risk of developing chronic tinnitus (persistent ringing/roaring/hissing in the ear).

The researchers say that chronic tinnitus is increasing, and is currently around 10 to 15 percent in the developed world, with few treatment options. There are few known risk factors or clear explanations for this trend. The high microwave energy produced by mobile phones has been suggested as a possible cause. Those who used their cell phones for an average of 10 minutes a day were 71 percent more likely to have the condition.

Cell phones have already been

BEYOND HEALTH[®]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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associated with causing brain cancer, salivary gland cancers, cognitive problems, insomnia, eye damage, bone damage, Alzheimer's disease and more. Now we can add tinnitus to the list. Unfortunately, the growing list of problems with these dangerous devices doesn't seem to be having an impact on their growing use, so the magnitude of the problems will grow with this increased use.

Chemotherapy Drugs

Killing the workers...

Today, most cancer patients die from their treatment and not from their cancer. Tragically, most people do chemotherapy because they think it's their only option. Yet more than three out of four doctors would not use it on themselves. It is well known in the cancer industry that chemotherapy is both dangerous and ineffective. Despite this, about 80 percent of all cancer patients get chemotherapy—an expensive choice in exchange for no benefits. Statistics show that about 98 percent of patients who opt for chemotherapy would actually live longer and have higher quality lives if they opted to do nothing at all.

While the damage done to cancer patients is well established, new studies show that chemotherapy drugs have taken a deadly toll on the hospital and clinic workers who handled them. Many thousands of health care workers were exposed to these dangerous chemicals. These workers are now being diagnosed with cancers that have been linked to that exposure.

Past studies have found contamination in areas where workers prepare and deliver chemotherapy drugs, as well as finding these chemicals in the blood and urine of nurses and others who worked with them. A Danish study found an elevated risk for breast, thyroid, nervous system and brain cancers in the nursing population. Even tiny amounts of these dangerous chemicals are causing cancer in healthy people.

More Heavy Metals

Coming your way...

The U.S. government is encouraging farmers to dump ash leftover from burning coal into their fields. The government

sees this as a way to dispose of these toxic wastes. As usual, the government is not looking out for our health. According to the Wall Street Journal, about 130 million tons of ash and sludge are produced each year from burning coal, enough to fill one million railcars. This ash contains toxins such as arsenic, mercury, lead and other heavy metals. When used for farming, these metals will get into our food and poison us. Lead stays in soil for hundreds of years and accumulates in green produce.

The results of such misguided policy, dumping toxic waste onto our food supply, will be even more disease and more cancer than we have now. This is just one more reason to purchase organic foods exclusively.

Pool Safety

New data...

Swimming in chlorinated pools is a serious health hazard, most especially for children. Young children who spend more than a total of 20 hours in a chlorinated pool have a higher lifetime risk of respiratory infections and problems. The risk is even higher when swimming in a public pool where there are more people and more organic contamination.

A 2010 study in *Environmental Science & Technology* has found that when sweat, urine, hair, skin, cosmetics, sunscreens, and other organics react with chlorine, some uniquely toxic chemicals are formed. These chemicals do genetic cell damage that has been linked with asthma and bladder cancer.

As a practical matter, do not allow children to swim in chlorinated pools, and most especially not in large public pools. If you own a pool, switch from a chlorine system to a non-chlorine system. Beyond Health has researched such systems and has an approved system available.

Vaccine Trial Disaster

Girls die...

Six young girls died recently from shots of Merck's Gardasil vaccine and GlaxoSmithKline's Cervarix vaccine during an experimental Indian trial. The Indian government wanted a trial before granting

import licenses for the vaccines. As a result of the trial, India has halted the use of these two human papillomavirus (HPV) vaccines.

It is interesting to note that India halted the use of the vaccines after only six deaths'. The U.S. continues their use after 67 deaths and still counting. In fact, U.S. officials keep pushing these vaccines on the public.

There is no scientific evidence that vaccinations provide a useful benefit. There is, however, copious evidence that vaccines do harm. We on the Beyond Health staff routinely refuse all vaccinations. Infections are not caused by a vaccination deficiency. They are caused by nutritional deficiencies and toxicity. If you keep yourself healthy, you should live a lifetime without as much as a cold.

BEYOND HEALTH OLIVE OIL



Get a bottle of Olive Oil and gift bag for 19.95*





Protects against heart disease, cancer and immune related inflammatory responses.

“
 This olive oil is produced for us by a small family farm in the Central Valley of California. The olives are grown without pesticides, and are hand-picked, carefully washed and dried, and milled with a stone wheel within 24 hours of harvesting. The paste is then pressed in a hydraulic press, and the oil collected in stainless steel vats, decanted and bottled. This first cold pressed oil is the genuine stuff, retaining all its nutrients, natural flavor and goodness!
 ”

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OLIVE OIL FROM BEYOND HEALTH

by

Raymond Francis

Why Beyond Health Olive Oil? For those who have asked this question, the answer lies in Beyond Health's mission: To improve the health of the American people by supplying cutting-edge health education and carefully researched, world class, health-supporting products. Toward this end, Beyond Health searches for the highest-quality products and makes them available to the public—all in one place. This is a unique and valuable service, and selecting healthy olive oil is just one example of that service. The health benefits of olive oil are well established, which is why I recommend it. The challenge is to find *real* olive oil.

The world is awash in phony food products. For example, new genetic tests indicate that 77 percent of the fish sold in the U.S. as red snapper consists of other illegally mislabeled species. The problems with olive oil are *far* worse. *A 1996 study by the FDA found that 96 percent of the extra virgin oils they tested had been adulterated with cheap, inferior oils.* When I wrote *The Olive Oil Scandal* in 1998, I began a quest to find real high quality olive oil that would be healthy for Beyond Health's customers. Putting the Beyond Health label on olive oil is a continuation of this quest. Olive oil is a natural product with annual fluctuations in flavor and antioxidant content due to changing weather conditions. By branding its own oil, Beyond Health is free to research each annual harvest for the best combination of flavor and health-giving properties. The best of the best can be supplied without having to switch brands and confuse customers.

Most olive oil is *not* what you think it is, and it is *not* healthy. There is not enough space in this article to describe all the differences between *real* extra virgin olive oil and the adulterated products normally sold in stores. Suffice it to say the difference is vast, and these oils should be avoided. The problems with olive oil begin with the demand exceeding supply. To meet the demand, the international olive oil market is fraught with fraud. Adulteration is rampant, and *more olive oil is sold than is produced.* This is why finding *real* olive oil is not a job for the average shopper. The good intentions of adding healthy olive oil to your diet can quickly become a bad choice, both for your pocketbook and your health.

Most olive oil today is adulterated with other highly-processed oils. *Such oils are not health supporting and most are toxic.* They often contain toxic trans fats, solvent residues, pesticides, and other contaminants. Highly refined, solvent extracted, hazelnut oil is the most common adulterant because it is cheap, and its presence is extremely difficult to detect even with the best analytical methods. In fact, much of the olive oil on the international market is up to 50 percent hazelnut oil, often containing toxic solvent residues from

its manufacture and, of course, lacking the health benefits of real olive oil. Even the portion that is olive oil is not high quality. These blended oils are often made with low-quality olives grown in poor soils or hot climates and are lacking in antioxidants. Low-quality olives include those that are harvested late and are overripe, or those not processed quickly enough after harvesting to prevent damaging fermentation. Low quality olive oil is usually highly processed to improve its apparent quality. Techniques such as steaming, bleaching with peroxide, and adding food coloring are often employed. Adding a small amount of higher-quality oil is a way of adding flavor. Such processed and adulterated oils are manipulated to meet certain technical and taste requirements in order to appear to be higher quality, but they are not healthy. Labeling such oils as "extra virgin" is both fraudulent and commonplace. In fact, the words "extra virgin" and "cold-pressed" on the label are meaningless in today's market.

Consumers are not adequately protected because the laws have not kept pace with the development of the industry. Olive oil was once a cottage industry based on family-owned farms that took pride in their oil. Today it is a giant global industry. This transition is why many of the abuses in this industry are not yet illegal. For example, *there is no law that says extra virgin olive oil has to be 100 percent olive oil.* Even so, the FDA has rejected olive oil shipments from places like Lebanon, Tunisia and Turkey due to egregious adulteration and contamination. Recently in a Whole Foods market, I saw one liter bottles of Italian, extra virgin, olive oil selling for \$6.99. One can only guess what is in those bottles. In Italy, *just the labor and bottling costs for a liter of high quality, extra-virgin oil can be \$10.* Such oils normally sell for up to \$50 per liter in the United States. Low price means low quality, but even price is no guarantee of quality. I have seen low-quality oils selling in gourmet specialty shops for premium prices. One distributor who was prosecuted for selling adulterated oil said in his defense: "I'm a crook, but not in a wrongful way. My customers knew from the lower price that I wasn't selling them 100 percent olive oil."

High quality, extra virgin olive oil contains generous amounts of flavonoids, polyphenols and squalene. Researchers have identified these constituents of olive oil as protective against cancer, which is one reason why olive oil is among the healthiest oils you can consume. Flavonoids, polyphenols and squalene are antioxidants that help protect cells from damage by free radicals. Squalene also contributes to the body's detoxification and defense systems. Finding flavorful oil that optimizes these antioxidants is what you want, but *not* what you get with most olive oil.

The exceptional health-giving properties of olive oil have been cited in numerous studies as contributing to the well-known health benefits of the Mediterranean diet. The Mediterranean diet is rich in fresh vegetables, fruits, nuts, and olive oil; people on Mediterranean diets often obtain *one third* of their calories from olive oil. In addition to the health benefits of these good foods, olive oil itself is known to reduce cholesterol, prevent oxidation of LDL cholesterol, lower blood pressure, and prevent cancer as determined by studies in numerous journals including the *American Journal of Cardiology*, *the Archives of Internal Medicine*, *the Journal of Epidemiology and Community Health*, and the *European Journal of Clinical Nutrition*.

Given all the problems, how does Beyond Health go about finding oil that meets my exacting standards for flavor and health-giving properties? The answer is we work at it. Quality in olive oil production is even more variable than wine production. Creating a quality olive oil is an art and is even more expensive than creating a quality wine. Beyond Health looks for a producer who is growing olives in rich soil. The farm must be located in a climate that is not too warm or too wet, which can lead to lower quality oil. Olives grown in colder climates have more antioxidants, while wet climates have more pests requiring the use of insecticides. Olives must be handpicked, not mechanically harvested, because care must be taken to exclude leaves from the harvest and not to injure the olives. Injured olives begin to ferment, and while leaves add desired green color to the oil, the chlorophyll from leaves promotes oxidation, destroying precious antioxidants. The harvested olives must be crushed within hours, not days (as is often the case); olives begin to ferment and turn rancid within three to four hours of harvesting. All this extra care adds to cost.

To produce high-quality oil, traditional production techniques should be employed. Most commercially produced oil is filtered and looks clear because their high speed production techniques introduce hard-to-separate water. Any water in the oil will cause it to oxidize and deteriorate much faster. A stone wheel should be used to crush the olives. This is slow, time consuming and costly, but results in a better product where, importantly, the oil and water fractions are easily separated. Crushing with faster, less expensive methods such as a high speed hammer mill causes the oil and water to become emulsified. This results in intimate contact between the oil and water that dissolves away precious water-soluble antioxidants. Emulsification makes it more difficult to separate the water from the oil and necessitates that the oil be filtered, because water can be absorbed on the small particles. *The best oils are unfiltered and cloudy because the small particles contain both flavor and antioxidants.*

Olive oil should not be packaged in clear-glass containers. Producers do this as a marketing technique to display the oil, and to save money because clear glass costs less. Dark bottles are necessary because light catalyzes reactions in the oil that destroys antioxidants and causes rapid aging. Even light-protected olive oil is

best consumed within eighteen months of its bottling date. Oil that is significantly older than two years will begin to turn rancid and lose its health-giving properties. This is why Beyond Health dates all its bottles. Refrigerating the oil will help to prolong its useful life.

In an era when chronic disease is an out-of-control epidemic, it is essential to eat a healthful diet. Remember, the purpose of food is to give your cells what they need for good health, and *real* olive oil does this. We would all do well to emulate the Mediterranean diet. While there is no one Mediterranean diet, the common characteristics include six-to-nine servings of fruits and vegetables per day, as opposed to the two-to-three servings of the average American. Rich in fruits and vegetables, this diet also includes whole grains, nuts, beans, fish and olive oil. The Mediterraneans consume less sugar, red meat and dairy. Eating this diet has proven to reduce inflammation and blood clotting and to prevent heart disease, hypertension and cancer. Consumption of *real* olive oil is an essential part of this healthy diet. To obtain Beyond Health Olive Oil, go to www.beyondhealth.com or call 800-250-3063.

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

Reprinted from Beyond Health News, Sept/Oct 2004



Question: How much vitamin C do I need to take every day?

N. D. — Santa Clara, CA

Answer: The amount of vitamin C you should take is the amount your body needs to stay healthy. This is determined by three factors: your genetic makeup, your environment and your current state of health. There is no clinical way to measure what this number is. It is something you have to determine on your own.

The average adult would be well advised to take 8 to 10 grams of vitamin C per day. I personally take 16 grams. People with infections or chronic disease problems may need 40, 50 or even as much as 100 grams per day.

Here is how to determine what your body needs: Gradually increase your vitamin C intake by one or two grams per day until you develop loose stools. Once this happens, back off to where this doesn't happen. The rule of thumb is about 80 percent of where you were when the loose stools occurred. This amount is called "bowel tolerance. It is the amount your body needs, and what you should be taking.

Question: I take warfarin and my doctor told me not to take vitamin E, yet you put vitamin E in many of your kits. Should I just ask to leave the E out when ordering?

O. C. — Fort Meyers, FL

Answer: First of all, why take warfarin? It is a dangerous drug that will do you long-term harm, destroying your cartilage and bones, among other damage. A good diet and a good supplement program will be a lot safer and more effective.

Regarding the vitamin E, take the E. It's good for you. Unfortunately, you have a conventionally-trained doctor and you have to remember that conventional medicine has little basis in science. It is mostly based on anecdotes, and most of those anecdotes are wrong, as is this one that vitamin E promotes bleeding. The science is clear. There is no evidence that vitamin E will inhibit your blood's ability to clot when needed. Studies show that high doses of E have no deleterious effects on platelet aggregation or bleeding time.

Question: I am concerned about Alzheimer's disease, and I read that curcumin can prevent Alzheimer's. I was wondering if that is true and if I should be taking it?

P. H. — Dublin, NH

Answer: What you read is correct. Recent studies have discovered that curcumin reduces the amyloid protein plaques associated with Alzheimer's disease. Curcumin reduced the accumulation of amyloid deposits in animal brains injected with amyloid, and reduced the loss of proteins in the spaces between brain cells. By reducing the loss of protein in synapses, curcumin helps maintain memory. Curcumin also appears to act as an anti-inflammatory, which reduces inflammation in neurologic tissue, protecting it from oxidative damage. India has the lowest rate of Alzheimer's in the world. It is not a coincidence that the Indians have a high consumption of curry which contains turmeric, the source of curcumin.

I take curcumin every day myself, and I recommend it to you. It not only protects against Alzheimer's, it also protects against a variety of diseases including heart disease and cancer. Curcumin was found to be safe in human clinical trials with doses up to 10 grams per day. Dosages for optimum benefit have not been determined, but common recommendations are 500 mg of curcumin three times daily.

Question: I have a six-year-old son who has just tested positive for a skin TB test. I am not happy with the antibiotic treatment recommended by the doctor, and I am looking for other options. Do you have any suggestions?

S. S. — Fort Lauderdale, FL

Answer: First you have to determine if any treatment is needed. The skin reaction could be a false positive and no treatment is required. The first thing to do is ask for a blood test. Ask to have a MELISA test. If the test is negative, there is no need for further action. If the test is positive, then you need to look further.

If there is an active infection, then there are a variety of treatments available that do not involve dangerous prescription drugs like antibiotics. Vitamin C is always essential, and treatment with intravenous vitamin C would be one option to consider. Another option is vitamin D. A study in Indonesia cured 100 percent of the patients, with several forms of active tuberculosis, by using 10,000 IU per day of vitamin D. Another option would be to find an M.D. who uses Photoluminescence Therapy (UBI treatment of blood). This involves removing some blood, exposing it to ultraviolet light, and putting it back in the body. In the early days when this therapy was developed, it was able to cure every type of TB it was used on.

However, we always have to remember that germs don't cause disease. Sick people are the cause of all disease. If your son

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

does have an active infection, you have to ask why he is sick and correct that problem.

Question: I have a low thyroid. My doctor says I do not have Hashimoto's disease. Do you have any suggestions?

I. S. — Miami, FL

Answer: As a reminder, there is only one disease, only two causes of disease and only one solution to disease—to get well. The two causes of disease are deficiency and toxicity. A common cause of low thyroid is iodine deficiency. Your iodine level should be measured, and Beyond Health can supply you with a test to do this. If your iodine is low, you can supplement to bring the iodine up to normal levels.

However, even if you have enough iodine, you can still have problems if the action of the iodine is being blocked. For example, if you eat a lot of bread, this can be a problem. Bread is loaded with bromine, which is used as a dough conditioner, and bromine blocks the action of iodine. Likewise, fluoride blocks iodine as well. Unless you are real careful, you will be getting excessive fluoride in your tap water, toothpaste, food and tea.

I suggest you measure your iodine, supplement if necessary and reduce your exposure to bromine and fluoride. Beyond Health's Reverse Osmosis System is a great way to get the fluoride out, along with a bevy of other contaminants.

Question: My doctor have been measuring my PSA levels at my regular checkups to test for prostate cancer. I read recently the PSA test is not accurate. Very confusing. Can you shed light on this?

C. S. — Bangor, ME

Answer: What you read is correct. The PSA test is not an accurate diagnostic tool for prostate cancer. That being said, the PSA test is still commonly used as a screening tool for detecting prostate cancer. Relying on the PSA to diagnose prostate cancer has led to unnecessary treatment and suffering. If your PSA is elevated, ask a lot of questions before agreeing to any kind of treatment.

The American Cancer Society says, "There can be different reasons for an elevated PSA level, including prostate cancer, benign prostate enlargement, inflammation, infection, age, and race." As you can see, there are many factors that can make PSA test results confusing and lead to potentially unnecessary prostate-cancer treatments.

Scientists at Stanford university studied prostate tissues collected over a 20 year period and compared the tissues to PSA results. They concluded that the PSA test indicates nothing more than the size of the prostate gland, and that the test is almost worthless for predicting a man's risk of contracting prostate cancer.

Most experts now agree that PSA testing is unreliable at best, and useless at worst for accurately diagnosing prostate cancer. There is also agreement that routine PSA blood tests often lead to over-diagnosis of prostate cancer, resulting in unnecessary treatments, which can significantly decrease your quality of life.

Question: I have acne and my doctor has me on antibiotics. Is there a better solution?

W. R. — Pompano Beach, FL

Answer: First of all, antibiotics are extremely dangerous drugs and they are doing you harm. It would do you no harm and lots of good to get off of them immediately.

You are obviously eating a bad diet. Acne is the result of eating a high-glycemic diet with too much sugar and other high-glycemic foods such as bread, pasta, rice, and potatoes. Eating such foods increases blood insulin which increases IGF-1 (Insulin-like growth factor 1). IGF-1 then causes overproduction of skin cells, which can obstruct pores. In addition, IGF-1 and insulin also increase testosterone production, which causes skin to produce more oil. These acting together cause acne.

Get these inappropriate foods out of your life, get on Beyond Health's Ultimate Wellness Kit, and your acne should go away. However, since you have been taking antibiotics, you have created a host of new health problems, far more serious than acne, that you now have to deal with. I suggest you get on both pro- and pre-biotics to help rebalance your gut flora. Call the Beyond Health office for help.

Beyond Health News Archives

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Effective: 12-10-2010



Michelle's Menu

HOLIDAY PUMPKIN OATMEAL

3-4 servings

- 1 1/4 cups organic old fashioned rolled oats (Bob's Red Mill makes a gluten free variety)
- 2 1/2 - 3 cups pure water (depending upon preferred consistency)
- 2 cups pumpkin
- 1/2 Tbsp. ground cinnamon

- 1/8 tsp. ground cloves
- 1/2 tsp. ground nutmeg
- 1 tsp. ginger
- 1 tsp. vanilla
- 4 tiny scoops KAL Pure Stevia Extract Powder
- 1/2 cup chopped walnuts or pecans (optional)
- 2 Tbsp. organic flax seeds, ground (optional)
- dairy free milk alternative to serve it with (cashew milk is delicious)

Place the oats and pure water in a medium sized saucepan and bring it to a boil over medium heat. Reduce heat, cover and simmer for 7-9 minutes. Add pumpkin, spices, stevia and vanilla. Stir well and heat. Spoon into bowls, top with nuts, if desired, and serve. Add the ground flax seed only when it has cooled sufficiently to keep enzymes intact.

NOTE: This makes a festive, yet healthy, holiday breakfast. A fresh pumpkin may be baked using the same instructions given in the September/October issue of Beyond Health News for baking winter squash. For instructions on making dairy free nut and seed milks, see p. 75 of Beyond Healthy Recipes. Recipe by Michelle King Davis

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