

BEYOND HEALTH[®] *News*

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“The central tragedy of the prevailing dogma of medicine is that it has convinced the public that diseases can only be treated with drugs and surgery, and that disease prevention and reversal with nondrug natural measures is not scientific.” — Majid Ali, M.D.
Former Professor of Pathology, Columbia University

Japanese Radiation

Stay healthy...

BHN has received many emails and phone calls from people concerned about the radiation leaking from the Japanese nuclear reactors. There is no question that dangerous amounts of radioactive particles have been released and have been carried in the prevailing jet stream winds impacting the west coast from Los Angeles to Alaska and the rest of the world as well. While government officials try to play down the danger, radiation researchers say there is no such thing as a safe level of radiation.

Radiation generates massive amounts of free radicals, which do oxidative damage to DNA and cause cancer years later. This is why it is a good idea to maximize your overall antioxidant defenses. The problems with radioactive iodine are well known. Japanese health authorities are passing out iodine tablets to those in the vicinity of these reactors. Because most Americans are deficient in iodine, absorbing the radioactive iodine isotopes can be a real problem. The body will absorb the isotopes when it is in need of iodine. Satisfying your iodine needs by taking supplemental potassium iodide prevents the uptake of the radioactive isotopes and helps to prevent thyroid cancer.

Thyroid cancer is already epidemic in the U.S., mostly because of medical x-rays such as dental, chest, and CT scans, but also because of previous exposure to radioactive iodine. Everyone should know their iodine status and be supplementing if they are deficient, regardless of radiation leaks. Beyond Health has kits available to measure your status.

First and foremost, like any toxin, radioactivity harms the unhealthy first and most. Healthy people will be less affected; those who are more nutrient deficient and more toxic will suffer far more damage from radiation. Staying healthy is something we should be striving toward anyway, not just when there is a disaster. Since radiation does oxidative, free-radical damage to DNA and body tissues, giving your body lots of antioxidants will offer protection. Because of our poor diets, most Americans have poor antioxidant defense systems. In addition, be sure to provide your DNA repair system with all the nutrients it needs to do its job.

To protect yourself, first have your iodine status measured. If you are deficient, and most of us are, you need to supplement. Optimize your antioxidant status and DNA repair capability. Eat plenty of organic, fresh fruits and vegetables. Take vitamin C to bowel tolerance. Supplement with other antioxidants like vitamin E, N-acetyl cysteine, curcumin, quercetin, selenium, co-enzyme Q10, alpha-lipoic acid and tocotrienols. Tocotrienols may be more important than previously known. A recent animal experiment at the U.S. Armed Forces Radiobiology Research Institute found that gamma tocotrienol can protect against radiation exposure. A previous study of clean-up workers at the Chernobyl Nuclear Power found that 600 mg of lipoic acid per day for two months was able to normalize many abnormalities in these damaged people. Pretreatment with lipoic acid, prior to radiation treatments, has

been shown to significantly reduce radiation damage to the brain. In addition, support your DNA repair with vitamins B3, B6, B12 and folate as well as zinc and L-carnitine.

The most important thing you can do is what you are supposed to be doing in the first place—keeping yourself healthy. When you are healthy, all of your defense mechanisms will be operating at peak performance. To be healthy you cannot consume the Big Four (sugar, wheat, processed oils and dairy/excess animal protein). Eat a primarily vegetarian diet with lots of fresh vegetables. Get on a high quality supplement program, get regular exercise, take regular saunas, get adequate sleep, regular sunshine and engage in regular stress reduction exercises such as meditation. These are the foundations of good health and they will protect you from disease, aging and radiation damage.

Unscientific Medicine

More proof...

A new study in the January *Archives of Internal Medicine* looked at conventional medicine's treatment of infectious diseases and found the same shocking inadequacy as previous studies. The researchers concluded that only 14 percent of the recommended treatments are based on sound scientific evidence. This finding is right in line with all the other studies that have found only 10 to 15 percent of medicine to be science based. The researchers discovered that, even when doctors follow existing medical guidelines to the letter, 86 percent of the time they are using treatments that have little or no scientific support. The problem is when doctors follow the existing guidelines, they mistakenly believe they are practicing “evidence-based medicine,” but there is no scientific evidence behind the guidelines. In reality, the guidelines are based on the assumptions or opinions of the members of the guideline-drafting panel.

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Most people have the misconception that their doctor is using the best that modern science has to offer. Nothing could be further from the truth. The reason why conventional medicine can't cure disease, and instead causes disease, is because most of what our doctors have been taught has little or no basis in science. Numerous studies have determined that conventional medicine is unscientific and so far behind the science that it has become one of our leading causes of disease and the leading cause of death in the United States. Most of medical practice is based on a collection of old wives tales and personal opinion. The results are disastrous, causing a sharp decline in the health of the American people, making people sick, keeping people sick and running the costs up to unsustainable levels.

A landmark study by the U.S. Office of Technology Assessment concluded that only 10 to 15 percent of conventional medical treatment has any basis in science. This means that 85 to 90 percent of medical practice has never been proven by scientific method to be safe and effective. Over the last century, there have been unprecedented advances in science, but conventional medicine has not translated this knowledge into clinical practice. Physicians have little training in science and no idea how to read, interpret or understand

the scientific literature. Because of this, most of the medical research published in the leading medical journals is poorly directed, deeply flawed and often reaches conclusions that are not supported by the data in the study. No wonder when the eminent scientist Linus Pauling commented on cancer research, he called it "a fraud."

Conventional medicine is now so far behind our advances in science, and the situation has become so serious, that the prestigious Institute of Medicine of the National Academy of Sciences studied the matter and issued a report in 2001. This report, *Crossing the Quality Chasm*, concluded that "between the health care we now have and the health care we could have lies not just a gap but a chasm." This chasm exists because medicine has failed miserably to keep up with the advances in science over the last century and to translate that knowledge into clinical practice. The Academy called for "a fundamental, sweeping redesign" in the way medicine is practiced. It's been 10 years since that report was issued, and that sweeping redesign hasn't happened and isn't happening. Medical practice is still mostly unscientific, ineffective and dangerous.

Given the fact that most of medical practice is unscientific guesswork, what is the average person to do? The answer is to educate yourself so you can get healthy, stay healthy and avoid the need for medical treatment. Health is a choice, but you have to learn how to choose it.

Secondhand Smoke

Harming hearing...

We all know that smoking is unhealthy and that secondhand smoke is harmful. However, did you know it can harm your hearing? A surprising new study in *Tobacco Control* has concluded that nonsmokers exposed to secondhand smoke are 14 percent more likely to suffer hearing loss in the low to mid-frequency range. The mechanism by which the hearing loss happens is not fully understood. Previous studies have also found an association between smoking and hearing loss.

More on Vaccines

Causing seizures...

BHN has consistently worked to educate our readers about the vaccine fraud. Basically, there is no valid scientific evidence that vaccines provide meaningful protection from

disease and an enormous amount of scientific evidence that they do harm. New information on Sanofi-Aventis's flu vaccine Fluzone is worthy of note for our readers. Children given this flu vaccine have been experiencing seizures.

Almost all the reported seizures have occurred within 24 hours after the children received the vaccine, and most of the children suffering these seizures have been under the age of two. All of the children have "recovered," and the FDA says there are no lasting side effects. Their official statement is, "All children recovered and no lasting effects have been seen." Such a statement is absurd. All vaccines have lasting side effects, and the effects from these seizures may take years to measure. If history is any judge, the damage done by these seizures will compromise the future health and mental function of those children. So far, 42 cases of seizures have been reported. History shows that only one to ten percent of vaccine side effects are ever reported, so there are potentially thousands of children who may have been affected. Further, even children who did not suffer convulsions almost certainly experienced damage as well.

Most people are unaware that vaccines are not adequately tested for safety and effectiveness. The "gold standard" in medical testing is randomized, double-blind placebo-controlled studies. But this doesn't happen with vaccines. The vaccine industry doesn't want to do this kind of testing because when they do it, they find that vaccines are dangerous and ineffective—an inconvenient truth.

More on Fluoride

Damaging the brain...

Fluoride is one of the biggest medical frauds in history. Fluoride is an extremely powerful toxin that has for more than a half century been falsely promoted as preventing dental cavities. Fluoride causes a wide array of severe health problems, including cancer, hyperactivity and/or lethargy, muscle disorders, and damage to immunity, teeth and bones. And as studies continue to confirm, fluoride damages the brain.

A recent study in the *Journal of Hazardous Materials* concluded that chronic exposure to elevated levels of fluoride results in decreased memory and learning ability. Levels of fluoride in drinking water, within the range of levels currently allowed, negatively impact children's intelligence. Numerous studies in

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humans have found an association between high levels of fluoride in drinking water and reduced intelligence. More than 100 animal studies have linked fluoride to brain damage.

The Centers for Disease Control reports that 41 percent of 12 to 15 year-olds have dental fluorosis. Dental fluorosis results in hypomineralization of the teeth, producing yellow, brown and orange mottling and pitted surfaces. It is caused by exposure to fluoride during periods of tooth development, and it permanently damages the teeth and bones. In its mildest form, dental fluorosis looks like little white specks on your teeth. It is a clear sign of toxic overexposure to fluoride. The prevalence of dental fluorosis has been increasing in the United States with the increasing ingestion of fluoride from water, toothpaste and other sources. Children with dental fluorosis are almost certainly suffering brain damage as well. While fluoride damages your bones and decreases bone strength, this damage is often misdiagnosed as osteoporosis. Fluoride also increases lead absorption and serum lead concentrations; lead is extremely toxic to the body. In addition, fluoride is pro-inflammatory, reduces thyroid function and lowers the availability of calcium to the body, which impairs cardiac function.

In the United States, the primary source of ingested fluoride is fluoridated water, including that used in the preparation of processed foods and beverages. For many infants, formula is a major source of nutrition, and formula is often reconstituted with fluoridated tap water. The concentration of fluoride in infant formulas reconstituted with fluoridated water is up to 200 times greater than that found in breast milk. *Never use fluoridated water to make infant formula!* Better yet, don't use infant formula. BHN recommends using a Beyond Health Reverse Osmosis system to purify your drinking water. Use only Beyond Health approved toothpaste and avoid all processed foods. One mg of fluoride per day is capable of causing cancer. The average American is getting 7 mg per day of this deadly toxin.

Treating Alzheimer's

With coconut oil...

Decades ago, type 2 diabetes used to be called "sugar diabetes." There was a reason for this. Eating sugar causes diabetes. Too bad we have moved away from that accurate

description of this disease. However, sugar causes another form of diabetes—diabetes of the brain. We call it Alzheimer's disease.

Diabetes is the condition where your body's response to insulin is weakened, and sugar is no longer adequately transported into cells. Insulin resistance is the result of constantly assaulting your body with the dangerous toxin known as sugar. Excessive sugar, especially fructose, and grain consumption are the driving factors behind insulin resistance. Grains, even whole grains, will flood the body with too much sugar and cause insulin resistance. Insulin resistance contributes massively to inflammation, and inflammation will damage and degenerate your brain.

Your brain is almost totally dependant on sugar to make the energy it needs to function. Constantly assaulting the brain with excessive amounts of sugar damages its ability to handle sugar. As it turns out, the brain actually manufactures its own insulin to convert glucose in your blood stream into the food the brain cells need to survive. Due to the excessive demands of too much sugar, your brain's production of insulin decreases, and your brain literally begins to starve, as it is being deprived of the glucose it needs to create the energy it requires for normal function. When this happens, parts of their brain starve for energy and slowly die off, leading to impaired functioning and eventual loss of memory, speech, movement and personality. It is not a coincidence that people with diabetes have a 65 percent increased risk of developing Alzheimer's disease.

Fortunately, for those who have already damaged their brain by eating too much sugar and grains, there is a solution. The brain is able to run on more than one type of fuel, and this is where coconut oil becomes important. Sixty-six percent of coconut oil is in the form of medium chain triglycerides (MTC), and the body is able to use MTC to create energy. This means that you can restore energy to the brain and prevent further damage from lack of energy. It may even be possible to repair some of the damage that has already been done.

Raymond Francis spent two years to find a coconut oil that met his standards of quality. As a result, Beyond Health coconut oil provides the highest quality coconut oil on the market. Studies show that 20 grams per day, or just over two tablespoons of coconut oil,

will supply a therapeutic level of MTC. This is sufficient as either a preventative measure against degenerative neurological diseases or as a treatment for existing problems. BHN recommends starting with one teaspoon with breakfast and slowly building up to four tablespoons taken with food. MTC is also useful for people with Parkinson's, ALS and other neurodegenerative diseases.

To avoid Alzheimer's, also avoid mercury dental fillings, mercury-containing vaccinations, aluminum-containing anti-perspirants and cooking in aluminum cookware. Another thing that you can do to both prevent and treat Alzheimer's is exercise. The risk of developing Alzheimer's is 400 percent higher in people who are less active during their leisure time.

B12 and Alzheimer's

Protects the brain...

A recent study in the journal *Neurology* found that people who consume foods rich in vitamin B12 reduce their risk of developing Alzheimer's in their later years. Vitamin B12 is found in animal sources of food, which is one of the reasons a strict vegetarian or vegan diet is not advisable for most people. Vitamin B12 deficiency has resulted in many documented cases of brain abnormalities in strict vegetarians.

Vitamin D and Asthma

Deficiency linked to asthma...

Recent reviews of the medical literature indicate that vitamin D deficiency is linked to asthma. A 2010 study in the *Annals of Allergy, Asthma & Immunology* concluded that vitamin D deficiency may be linked to airway inflammation, decreased lung function and poor asthma control. It appears that vitamin D helps improve asthma symptoms by preventing the release of inflammatory cytokines and increasing the secretion of anti-inflammatory proteins. Vitamin D is found in foods, such as eggs and fish. It is also produced in the body after sun exposure. Most Americans are deficient in vitamin D, especially at the end of the winter. Supplementing daily with Beyond Health's Vitamin D3 Formula is recommended.



BOUNCING MAGIC

by
Raymond Francis

Our health is determined by many factors, including diet, toxins, genes, stress, thoughts and emotions, and the amount of physical activity we get. Research has proven that the benefits of exercise are cumulative and that physical activity is absolutely essential for health. Unfortunately, we have become a nation of couch potatoes. Even our children are sedentary—physical play has been replaced with television and video games. In fact, 60 percent of our adult population is sedentary, both professionally and recreationally, and about 25 percent of Americans engage in absolutely no exercise whatsoever. Did you know that this level of inactivity virtually guarantees disease? We are not getting enough physical activity to stay healthy, and it is having a profoundly negative effect on the health and productivity of our nation.

Traditionally, getting enough exercise was not a problem. Our ancestors either farmed or gathered their food, getting plenty of exercise through their daily activities. Today, things are different; we must choose to do regular physical activity, or it simply won't happen. However, given the time, effort, and money that exercising can require, it can be difficult to find a workable solution. Wouldn't it be wonderful if there were a way to get the activity we need in just a few easy minutes a day, in the comfort of our own homes, and with a minimum of effort and expense? Sound too good to be true?

Rebounding to the rescue! What is rebounding? It is a unique form of exercise that involves bouncing up and down on a mini-trampoline, and its effects are almost magical. It is simple, surprisingly easy to do, a lot of fun, safe, and it can be done by almost anyone regardless of his or her age or physical condition. I know it sounds like a panacea, and that is exactly what it is! Rebounding tones, conditions, strengthens and heals the entire body in as little as 15 minutes per day.

Why is rebounding so good for you? Because it is good for your cells. Rebounding is a concentrated form of exercise that exercises every cell in your entire body. Remember, if your cells are healthy, you cannot be sick. Only when a large number of cells malfunction can you become diseased. We have always known that exercise is good for health and the reasons why are becoming clearer all the time: Research presented two years ago at the annual meeting of the American Thoracic Society found that physically stretching cells has a profound impact on their biochemistry and behavior. Moving and stretching a cell, as rebounding does, helps to supply essential nutrients and to eliminate toxic waste products. When you bounce on a rebounder, your entire body (internal organs, bones, connective tissue, and skin) becomes stronger, more flexible, and healthier. Both blood circulation and lymphatic drainage are vastly improved.

Visualize for a moment a balloon filled with water. Hold the balloon by its stem and observe how gravity pulls on the water, slightly stretching the balloon. Now move your hand rapidly up and down and observe how the extra gravitational force causes the balloon to significantly stretch and distort. When you bounce up and down on a rebounder, this is what happens to every cell in your body. Rebounding alternately puts pressure on and takes pressure off of body cells, like squeezing a sponge. This moving and stretching of the cells facilitates nutrient delivery and toxin removal, which is exactly what you need to be healthy. When normal cell chemistry is enhanced, all sorts of wonderful things happen to your cells, tissues, and systems. These include improving brain function, muscle building, fat burning, tissue healing, blood pressure regulation, appetite regulation, balance and coordination, elimination of fatigue, and countless other physiological enhancements. All of this without having to take the time to go to the gym, work up a sweat, or end up with sore muscles and possible injuries.

Especially when compared to conventional exercises such as push-ups and weight lifting, which apply weight and movement only to specific muscles or muscle groups, rebounding is a more efficient way to exercise your body because it applies weight and movement to every cell. The extra force of gravity caused by the bouncing movement strengthens bones and joints, yet it does so without the jarring and potential damage of most impact activities.

Here are just some of the benefits that can be achieved by rebounding:

- Efficient weight loss
- Getting rid of toxins
- Stronger bones and joints
- Improved immunity
- Faster healing
- Improving sagging skin
- Strengthening muscles
- Resolving back problems
- Lowering blood pressure
- Improving vision
- Improving hearing
- Decreasing appetite
- Improving digestion
- Enhancing brain function
- Eliminating tiredness

Here is what Dr. Gus Prosch of Biomed Health Services had to say about how rebounding affects our cells and health:

“...the membranes around the cells strengthen as they demand more protein. These thicker membranes are better able to fight off foreign invaders like germs, toxins, poisons and other pollutants more effectively. Here everything improves: the blood, the brain, the lungs, the muscles, all the internal organs...and even more.”

Dr. James White at the University of California San Diego says that rebounding exercise is, “...the closest thing to the Fountain of Youth that science has discovered,” and that rebounding “is effective in improving the symptoms of over 80% of the patients reporting to our rehabilitation lab.” Ruthmary McDowell, a 94 year-old woman from Seattle, experienced such an improvement. She said, “After being very ill, I could not seem to get better. It was most discouraging. I really think it [rebounding] has saved my life.”

Is rebounding right for you? It is right if you find exercise boring and want an exercise that is fun, convenient, and just plain easy to do. It is right if you are pressed for time, like I am. You will appreciate that it takes only 15 to 30 minutes per day and that even 5 minutes a day is beneficial. I now do two 15-minute sessions, one in the morning and another in the evening. Rebounding is the one exercise that will give you fabulous all-around results, even improving your mental well being, with the least amount of hassle, expense, or risk. In fact, exercising on a quality rebounder is the safest and most risk free of any exercise I can think of. Regardless of age or physical condition, almost anyone can devise a beneficial rebounding program. Even professional athletes measurably improve their performance by rebounding.

Many exercises are uncomfortable, cost too much, or take too much time. People tend to give up and do nothing. Rebounding is the answer to all these problems. You don't need special clothing or lots of equipment, and you can do it while speaking on the phone, watching TV, or dancing to music.

So how do you go about buying a rebounder? One thing you do not want to do is purchase a cheap \$50 mini-trampoline at your local sporting goods store. This type of rebounder can actually do you more harm than good. Inexpensive rebounders tend to have bad springs; the cheap tube springs found on most rebounders do not absorb and cushion your weight properly-causing a bounce that is abrupt and jarring. People have actually suffered permanent nerve damage from using such units. What you want is a rebounder with fat barrel springs that allows for smooth deceleration, bringing you to a gentle stop. Another problem with cheap rebounders is poor-quality matting material. Cheap mats stretch too much, do not support your feet properly, and potentially place undue stress on your ankles, knees, and back. By contrast, good rebounders have high quality mats that hold their shape and do not overstretch. Other considerations for a rebounder include the strength of the frame, the height and number of legs, the quality of the sewing that attaches the

webbing to the mat, and the ease with which the unit can be folded out of the way or made portable.

With these considerations in mind, I have selected a rebounder that meets my specifications. It is 40 inches in diameter, 10 inches high and weighs 25 pounds. It uses special fat-barrel springs, and both the frame and legs are made of heavy-grade steel. The mat is made of an industrial fabric which is specifically engineered for rebounders and trampolines. It is flexible, but does not stretch; it provides a firm and stable surface, yet is supple enough to cushion joints. It does not crease or fold and always returns to its original flat condition. It is of the highest quality and should provide a lifetime of good use. Best of all, it really works! All of the other exercise machines I ever purchased have ended up as high-priced clothes hangers. My rebounder actually gets *used*. I noticed good results in my own well being after just a couple of weeks. My body loves it and I very much look forward to my daily workout. I cannot recommend rebounding highly enough as both a fun and effective form of exercise. Rebounders are available at Beyond Health. Call 1-800-250-3063, or go to www.beyondhealth.com. An optional handlebar is also available. Do your body a favor and start rebounding now!

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.

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Question: What supplementation would you suggest for an athletic 11 year boy with asthma?

Answer: You should pride yourself in recognizing that supplementation is needed for young athletes. I would recommend Beyond Health Multi-Vitamin Formula, Cod Liver Oil, CoQ10, and vitamins C, D and E.

An active child should take additional vitamin C to keep their immune system strong. I would recommend at least one tablet twice a day. To reverse inflammatory conditions (like asthma) we often recommend Vitamin C “to bowel tolerance.” Athletes also require extra antioxidants. CoQ10 is an antioxidant and would be beneficial to your son’s program. With his asthma, Beyond Health Vitamin E Formula and Cellular Repair Formula would also be excellent additions as they would bolster his immune system. As for Vitamin D, one Multi will give him 200 IU of Vitamin D and each teaspoon of Cod Liver Oil will give him another additional 400 IU. A tablespoon plus the Multi would give him a substantial total of 1,400 IU. However because there are so many factors involved in Vitamin D intake, we advise everyone to have their Vitamin D levels tested as a normal part of regular check-ups. Supplement as necessary to keep in the upper part of the normal range.

In addition, of paramount importance in keeping immunity strong is avoiding all forms of sugar except whole fruits. This even includes elimination of fruit juices because these have too much bioavailable sugar.

As my article on asthma on our website states, allergies are a key to asthma, and a strong immune system is the answer to allergies. So anything that eliminates allergic reactions and strengthens his immune system will help.

Question: I have Multiple Sclerosis. What is necessary for me to start my road to recovery?

Answer: I have worked with MS patients whose MS has gone into remission and not returned. We believe that there is only one disease—malfunctioning cells—and only two reasons cells malfunction—toxicity and nutrient deficiency. Multiple sclerosis, like any other disease, has these two causes and can be reversed with our approach.

Start by reading my book, *Never Be Sick Again*. Getting on our Ultimate Wellness Kit is vital. I also suggest that people with MS add our Brain Support Kit.

Secondly, have your Vitamin D level tested. It needs to be in the “high normal” range. (Note: Request the serum 25 (OH) D test *not* the 1.25(OH) 2D test). Although not by any means a complete answer to multiple sclerosis, recent research has shown that deficiency in vitamin D may be a cause as most people who have MS are deficient. Whereas, taking it has not been shown to reverse MS, it may help symptomatically and it will help to prevent osteoporosis and other problems associated with D deficiency.

Multiple Sclerosis has also been linked with allergies, excitotoxins, dairy ingestion and gut disturbances caused by using antibiotics. You must eliminate the Big Four and all

processed foods from your diet. This may be difficult, but having MS is more difficult. I had one client with a diagnosis of multiple sclerosis, and she was completely cured by taking adequate amounts of Vitamin B12. As everyone requires different intakes of vitamins based on their individual deficiencies, B12 is just an example how one simple modification can alter your life for the better.

Question: Isn’t death and old age just another acceptable form of poor health? We can only cure what we recognize. If we can’t recognize death as a disease that can be cured, then can we ever strive for that reality? Aren’t we all dying?

Answer: Great question. We don’t fully understand the aging process. Some people believe that our cells are programmed to divide only so many times and then they stop. However, we do know that a population of about 30,000 people called the Hunzas who lived on the mountain peaks of the Himalayas, lived to be an average age of 120 without being sick a day in their lives.

We recognize there is nothing that can be done about getting chronologically older, but there are things we can do to slow the progression of our biological age. By keeping your biological age younger than your chronological age, you can age gracefully without disease. I am age 74, but I have reduced the biological age of my arteries to that of a 25-year-old, and I am working toward having the arteries of a teenager by the time I am 80. Our mission at Beyond Health is about helping people to slow the aging process, remain biologically younger and avoid disease.

Question: I have tremendous allergic rhinitis. I am congested most of the time. I eat healthy, use supplementation, and exercise. I live in a polluted city, but in a green area, outside the center of the city. What could be wrong?

Answer: I have had much success in helping myself and others to eliminate allergies. First and foremost, you need to strengthen your immune system and reduce inflammation. Implementing the lifestyle suggestions in my books is vital to your success. Elimination of sugar, wheat, processed oils and dairy/excessive animal proteins (the Big Four) must occur. You will need to replace these with fresh produce and other whole foods, including good oils like coconut, olive, flax and fish oils. In addition, you need to take our pure and biologically active Multi-Vitamin and powdered Vitamin C to bowel tolerance along with our Immune Support Kit. You will need large amounts of these until your immune competence has been restored.

I suggest that you also tested for food allergies, chronic infections and intestinal dysbiosis (an overgrowth of unhealthy bacteria in your gut). All or any of these could be complicating the situation as well.

Lastly, rebounding, infrared saunas and air purifiers are also highly recommended for detoxification. You can view detailed information on our Web site.

Question: I recently received my blood work and I have low Vitamin D and Calcium. In addition, I have a low white blood cell count. I thought taking Magnesium would be helpful? Please advise.

Answer: I can kill two birds with one stone. One cause of low serum calcium is a Vitamin D deficiency. Therefore, since your Vitamin D is low, this might be the reason that your Calcium is low too. To address the Calcium deficiency, I recommend that you take 4 tablets per day of our Bone Mineral Formula. In addition, to correct a vitamin D deficiency, you should take 5,000 IU to 10,000 IU a day (that would be 10-20 drops of the liquid D3).

After a few months, retest your vitamin D until you attain a “high-normal” level. Once this occurs, take 2-3 drops of the Vitamin D a day along with the Multi-Vitamin and continuing with the Bone Mineral Formula. In addition, you can also take our cod liver oil as this supplies your omega 3 fatty acids plus vitamin D and vitamin A. Once your levels are where they should be, drop to 2,000 IU of vitamin D3 a day.

Extra magnesium may not address this issue, but I advise taking it. Most Americans are deficient in magnesium.

As Vitamin D deficiency could be an indirect cause of a low white blood count, I will defer to your physician as there are so many reasons it could be low.

Question: My wife has anal cancer. I have read that low doses of Nexatone (LDN) would be helpful. What is your opinion on this medication? In addition, how do you feel about Joanna Budwig’s flax and cottage cheese mix?

Answer: I have worked with many people to reverse cancer. We know it is possible as people have followed the plan in my book *Never Be Sick Again* and cured their cancer.

I believe you are asking about Naltrexone? Very low-doses of Naltrexone have been used to increase endorphins. Although it is used at very low doses, it is not something that I recommend. I believe that Naltrexone, like other drugs, puts a toxic load on the body without getting to the root of the problem. You are treating symptoms, not causes. For cancer, it is especially important to eliminate The Big Four: sugar, wheat, processed oils and dairy/excess animal protein. In addition, I recommend our Ultimate Kit plus our Cancer Support Kit as a comprehensive supplement program.

I consider the Johanna Budwig protocol useful for many people; however the dairy aspect can be problematic. About half the population is allergic to dairy. Having an allergic reaction puts stress on the immune system, reducing the ability to fight against cancer. There are substitutes available for the dairy that can be used in this protocol. You can find them online.

Question: What is your opinion on Aluminum Woks? I just received a Calphalon Wok as a gift and I’m afraid to use it. Help!

Answer: As long as the anodized finish remains in tact, you are

protected and will not get aluminum in your food. However, if the finish gets damaged, your aluminum wok will no longer be safe to use. Aluminum ingested in food is in a different form from the aluminum you would ingest from the cookware. Although you would be ingesting much less from the cookware than you would be getting from food, it would be in a more dangerous form that would bioaccumulate in your tissues.

Question: How do you feel about the effects of a wood burning stove? I have developed interstitial cystitis that seems to get worse when our wood stove is in use. If we can no longer use the stove, what options do I have? Also, do you recommend Saunas?

Answer: There are many things I’ve had to give up in the quest for optimal health. Wood-burning fires are one, and every winter I mourn the loss again! I loved a nice fire in the fireplace, especially when entertaining.

All combustion products are toxic. Wood fires produce numerous chemicals that are toxic to humans. Air in wood-burning households has higher levels of toxins, particularly carbon monoxide, toxic oxides of nitrogen and sulfur, and carcinogenic hydrocarbons like benzo (A) pyrene.

A study in the *International Journal of Epidemiology* found that people exposed to wood stove smoke have 200 to 300 percent higher risk of mouth and throat cancer. The authors of this study estimate that wood smoke may be responsible for up to 30 percent of all such cancers! In addition woodstoves are linked with nasal polyps and sinus disease.

Could your woodstove be causing or contributing to your interstitial cystitis? Although I haven’t heard that woodstoves are related to this particular disease, everything we are exposed to either contributes or detracts from our health, so I wouldn’t rule it out.

I also suggest that you need take advantage of the supplement kits I have formulated. Our kits are designed to support detoxification pathways in the body. At a minimum, I would suggest the Ultimate Kit that addresses many of the detox pathways.

It is also very important to sauna. Experts in toxicology believe that everyone should have one. It helps remove fat-soluble toxins like the carcinogenic hydrocarbons benzo (A) pyrene and formaldehyde.

Lastly, protect yourself with high levels of antioxidants, like vitamins C and E, because the woodstove will produce a lot of free radical generating chemicals, i.e., the toxic oxides of nitrogen and sulfur. A variety of antioxidants are best because they serve different purposes and also support and reinforce each other. Besides vitamins C and E, Cellular Repair Formula, cod liver oil (for vitamins A and D), CoQ10, NAC and alpha lipoic acid (found in Thiodox), curcumin and selenium, all are important anti-oxidants. Drinking our green tea, which is many times higher in antioxidants than other green teas, would be another way to up your anti-oxidant protection.

As for cost-effective alternatives, one website for information is woodheat.org.

Michelle's Menu

EASY SUN-DRIED TOMATO PESTO (serves 4)

- 4 oz or about 2 cups (packed) organic basil leaves
- 1/2 cup organic sundried tomatoes (some health food stores carry Sonoma brand in bulk)
- 1/2 cup Beyond Health Olive Oil
- 1/2 cup organic walnut pieces
- 4 cloves garlic, peeled
- 3 T. nutritional yeast
- 1/2 tsp. Redmond Real Salt
- 1/2 tsp. organic red pepper flakes
- 7-10 crimini mushrooms (or your choice of variety)
- 2 T. pure water or organic white wine
- 3 artichoke hearts (packed in a jar with water, not oil), chopped
- Zucchini or whole grain pasta of choice, or a mixture



Place the sundried tomatoes in one cup of pure, warm water for a short time, until they soften. Cook pasta of choice according to package directions, or for an even healthier version, spiralize a zucchini to be used as "pasta" (*see note below). While the pasta is cooking, wash and slice the mushrooms. Steam sauté them with a couple tablespoons of pure water or organic white wine in a small skillet along with the chopped artichokes. Cover and simmer while making the pesto. Drain and reserve the soak water from the tomatoes. Place the basil, drained tomatoes, olive oil, walnut pieces, garlic cloves, nutritional yeast, salt and pepper flakes in a food processor. Process to a coarse paste and then add some of the reserved tomato soaking water to desired texture. Once the mushrooms are done and the excess water is evaporated, toss the pesto and mushroom mixture and serve over the prepared pasta or zucchini.

*I have a Paderno turning slicer (purchased at amazon.com) which can turn many vegetables into pasta in seconds. It is a great way to make pasta dishes even healthier. Beginners can mix a small amount of whole grain pasta with the "veggie pasta." A great way to increase nutrition.

Recipe by Michelle King Davis, health coach and creator of *Beyond Healthy Recipes*

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