BEYOND HEALTH® News

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"The more corrupt the state, the more numerous the laws."

— Tacitus, Roman historian, 56-117 AD

Dental Fluorosis

Now at 41 percent...

A new study, "Prevalence and Severity of Dental Fluorosis in the United States, 1999-2004," has estimated that dental fluorosis now affects 41 percent of adolescents aged 12-15 in the U.S. Fluorosis is mottling of dental enamel. It is characterized by a white chalky appearance to the enamel, which gradually undergoes black and brown discoloration, as well as cracking and pitting of the teeth. Fluorosis is caused by a child receiving too much fluoride during tooth development.

Dentists will tell their patients that fluorosis is just a cosmetic problem. It is not. Fluorosis is the external manifestation of toxic fluoride poisoning. The bones are also being affected. This is called skeletal fluorosis, and it often results in a misdiagnosis of osteoporosis.

Fluoride does not prevent tooth decay. It is a dangerous toxin that must be avoided. Do not drink fluoridated water, and do not use toothpaste that contains fluoride.

Fragrances and Toxins

Most are toxic...

For those who may have received perfume, cologne or aftershave for Christmas–beware. Even expensive perfumes are usually made with a toxic soup of dangerous and untested chemicals that can produce problems from allergies to hormone disruption. The problem is that manufacturers are exempt from listing the ingredients of anything labeled as a "fragrance," and many of the ingredients used to make fragrances are toxic.

A recent study by the Environmental Working Group and the Campaign for Safe Cosmetics had well-known, name-brand fragrances analyzed for their chemical content. The group sent 17 perfumes to an independent testing laboratory, and found some surprises that you need to know about. Here is what they found:

The average perfume contained 10 known allergens that can trigger reactions from asthma to headaches to contact dermatitis. Even more disturbing, the researchers uncovered 10 chemicals known to disrupt the hormonal (endocrine) system. Each perfume contained an average of four of these chemicals. An endocrine disruptor is a synthetic chemical that either mimics or blocks hormones and disrupts the body's normal functions when absorbed into the body. This disruption can happen through altering normal hormone levels, halting or stimulating the production of hormones, or changing the way hormones travel through the body—thus affecting the functions that these hormones control. This disruption of control can lead to a variety of health problems including reduced fertility, increased rates of cancer, abnormal sexual development and reduced brain and nervous system development.

While the above is bad enough, other perfume ingredients are known to react with indoor air to form formaldehyde, ultrafine particles and other pollutants. These dangerous fragrance chemicals are also found in air fresheners, shampoos, lotions, bath products, and dishwashing and laundry detergents. BHN recommends avoiding all products containing fragrances, unless you know the fragrance is made from natural herbs or flowers.

Arctic Birds Toxic

And so are we…

Americans are among the most toxic creatures on the planet, and it is getting worse every year. The problem was recently highlighted by a study of birds on a remote arctic island, far removed from any human activity. The birds were loaded with high levels of insecticides and heavy metals, including mercury, lead and cadmium.

The birds obtained these toxins from the fish and shellfish they ate. If this is happening far from human activity, imagine the toxicity closer to large port cities. These toxins are affecting all aquatic and human life. We have to stop using the oceans as toxic waste dumps, and we have to all work at lowering our own toxic loads. Stop using toxic products and start doing regular saunas to reduce your toxic load.

Polyphenols and Diabetes

They help…

The polyphenols in green tea are antioxidants that are known to be beneficial for a wide variety of inflammatory diseases, including cancer. New research, published in *Food Chemistry* indicates that polyphenols help to protect the health of diabetics. The study found that green tea can protect diabetics, as well as those with pre-diabetic conditions from serious complications.

Many varieties of tea contain phytochemicals loaded with a host of health benefits. A 2010 study in *Food*

THIS ISSUE...

News in Review 1
Is Your Medication Robbing You of Nutrients? 4
Questions & Answers 6
Michelle's Menu 8
Subscribe a Friend 8

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Chemistry found that one polyphenol, known as epigallocatechin-3-gallate (EGCG), protects people with high-glucose conditions such as diabetes and the pre-diabetic metabolic syndrome from developing heart disease and other glucose-related health problems. Other studies have shown EGCG has a positive impact on arthritis, mental health problems, oral health, osteoporosis, weight loss and even cancer.

EGCG also protects against glycation. Glycation occurs when sugar molecules, such as fructose or glucose, react with proteins or fats in the body. This forms molecules called advanced glycation end products (AGEs). Once critical molecules in the body have reacted to form AGEs, they become much more susceptible to damage from free radicals, creating health problems and accelerating aging. AGEs damage DNA, as well as the enzymes that are needed to repair DNA. Disabled enzymes also shut down critical functions inside cells including oxygen respiration and energy production. AGEs also are absorbed into various body tissues where they remain for long periods of time and initiate long-term chronic inflammation. Immune cells try to get rid of AGEs, and if you eat a lot of sugar and create a lot of AGEs, the immune system becomes exhausted, making you more susceptible to infections and cancer. In short, EGCGs protect against the harmful cascade of detrimental effects that are known to be triggered by high blood sugar levels.

BHN recommends regular consumption of green and white teas that are high in polyphenols. Such high-quality teas are available at Beyond Health; they typically contain more than three times the polyphenol content of most teas.

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Organic Foods

Do they deliver...

Conventional thinking is that organic foods cost more, but are no better for you than conventional foods. Numerous studies have proven that organic foods are better, and now a new study in the journal *Public Library of Science* adds to these prior findings.

Researcher John Reganold, professor of soil science at Washington State University, conducted a comprehensive analysis of strawberries, both commercial and organic. Here is what Reganold and his team found: Organic strawberries contain far more antioxidants, vitamin C and beneficial polyphenolic compounds than conventional strawberries; and they have a longer shelf life. In addition, organic strawberries taste better overall, in terms of sweetness and general strawberry flavor.

The soils were also measured. The organic soils tested extremely rich in key nutrients, enzymes and biological and chemical elements that were lacking in conventional fields. The study also revealed that organic produce can be raised with the same, or even better, yields as conventional produce, but without all the harmful chemicals and pesticides that destroy both human health and the environment.

Rheumatoid Arthritis Increasing

D deficiency a factor...

Recent research out of the Mayo Clinic has found that rheumatoid arthritis is on the increase among Caucasian women and that vitamin D deficiency is a factor. While there are many factors that influence arthritis, the researchers concluded that the most likely cause of the increase we are seeing is vitamin D deficiency, which has been rising, especially among women.

Smoking is also commonly associated with causing rheumatoid arthritis. Another factor may be that the composition of female oral contraceptives has changed over the years. Oral contraceptives used to have more estrogen in them than they do today, which provides a protective benefit against rheumatoid arthritis. With less estrogen, there is less protective benefit.

The best way to get vitamin D is through regular exposure to sunlight. Vitamin D3 supplements such as Beyond Health's Vitamin D3 Formula are also a good option.

Ben & Jerry's Cited

Not all natural...

The Center for Science in the Public Interest (CSPI), a consumer watchdog group, has cited Ben & Jerry's for falsely calling its premium ice creams "All Natural." For example, the CSPI claims that 90 percent of the flavors used by Ben & Jerry's are not natural at all. Other artificial and chemically-altered ingredients include corn syrup, alkalized cocoa, partially hydrogenated soybean oil, vanillin, maltodextrin and dextrose. These are all completely artificial, or involve some type of chemical processing.

Here is what Michael F. Jacobson, executive director of CSPI, had to say: *"Ben & Jerry's sylvan labels notwithstanding, these ingredients come from the factory, not the farm. And slapping an 'all natural' label on the products certainly implies that the products are top quality and deserve to fetch a higher price. It's a stretch to call any of [these ingredients] 'natural'."*

The CSPI brought these problems to the attention of the U.S. Food and Drug Administration (FDA) back in 2002. Since that time, the CSPI has watched the quality of Ben & Jerry's products get even worse. The group is now urging Ben & Jerry's to fix its deceptive labeling or else face legal charges to be brought before both the FDA and state attorneys general. Of course, even "good" ice cream is not a healthy food and should be avoided.

More on GM Foods

New warnings...

What most people don't know is that

they are already consuming substantial quantities of GM (genetically modified) foods. The United Kingdom's Royal Society has announced that genetic modification "could lead to unpredicted harmful changes in the nutritional state of foods." Jeffrey M. Smith, author of *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods* had this to say: "Swapping genes between organisms can produce unknown toxic effects and allergies that are most likely to affect children." The danger is that we are right now changing the genetic codes of our children with potentially catastrophic effects on their future health as well as the future of the human race.

The Center for Food Safety estimates that 70 percent of all the processed foods on supermarket shelves contain genetically engineered ingredients—a powerful argument for avoiding all processed foods. The main genetically engineered foods already on the market are: white potatoes, tomatoes, soy beans, corn, canola, as well as papayas grown in Hawaii. Corn, canola and soy beans are used in many other products. This is why such a high percent of packaged foods in a supermarket, in the form of cereals, baby food and formula, salad dressing, chips, cookies or bread, contain either some GM canola oil, soy oil, soy flour, soy lecithin, soy protein, corn oil, corn starch or corn syrup. That's the reality. Yet only 40 percent of Americans know that most of the foods they are buying are GM. Almost 25 percent believe that GM foods are not even being sold in America. If you needed another reason to avoid all processed foods, this is a big one. We are already buying enough disease at the supermarket, we don't need more.

More than 90 percent of soy and over 70 percent of all corn grown in the U.S. is now GM, and up-to-half of the organic corn and soy is GM contaminated. Children consume a large amount of GM products because they eat a higher percentage of corn in their diet compared to adults. Some infants are reared on soy infant formula. Basically, corn and soy are no longer foods in America. Don't think that you can salvage the situation by purchasing organic corn or soy. The organic products are contaminated because the pollen from GM farms blows in the wind, seeds get commingled in the seed distribution chain and because the same farm machinery is used on different farms. This contamination is already enormous, and labels saying GM-free cannot be trusted. There may soon be no such thing as organic soy or corn in the U.S.

Milk is another problem. Children consume a large amount of milk in the United States. About one-third of the milk comes from cows treated with GM growth hormone (rBGH). Cows treated with rBGH produce milk high in IGF-1 (Insulin-Like Growth Factor). Studies show that humans with elevated levels of IGF-1 are much more likely to get cancer. According to the *Journal of the Royal Society of Medicine*, infants are being exposed to quantities of growth hormone that can be more than 12 times the recommended minimum. Meanwhile, after accidents, cancer has become the leading cause of death for children.

Changes in nutrition have a greater impact on the structure and functioning of young, fast-growing bodies. More of the food is converted to build organs and tissues, whereas adults convert more to energy and store this as fat. Epidemiologist Eric Brunner said that "small changes to the nutritional content might have effects on infant bowel function."

Our children have become the experimental animals for GM foods. Since many diseases take a very long time to develop, we will have a very difficult time tracing these diseases back to the true cause. As much as possible, avoid GM foods. That means avoiding processed foods as well as all corn and soy. Do not use canola oil or purchase papayas grown in Hawaii. If GM foods are a concern for you, talk to your congressman so we can begin to pass some laws to regulate the safety of GM foods.

Improving Memory

With supplements...

A 2010 study in the journal *Clinical Interventions in Aging* has found that elderly volunteers with memory problems can benefit from daily supplementation with phosphatidylserine and omega-3 fatty acids. The study found that supplementing for a period of 6 weeks improved the ability to recall words 42 percent. Coconut oil has also been found to be beneficial as well as acetyl L-carnitine. Very clearly, supplements can help to improve memory in the elderly.

Life Expectancy Declining

Expected to drop further...

Life expectancy in the U.S. is on the way down, and it is projected to continue to drop. To put this in perspective, life expectancy in the U.S. already ranks only number 50 out of 223 nations. Further losses will drop us into third-world status. Our children are so sick, they are the first generation in 200 years who are not expected to outlive their parents. Now a new report from the U.S. Centers for Disease Control and Prevention says that overall life expectancy has already slipped from 77.9 years to 77.8 years.

It is ironic that the more money we spend on healthcare, the more our health continues to deteriorate. We spend far more per-capita than any country in the world, yet we rank near the bottom of the industrialized countries in overall health, and our life expectancy is falling. There is a huge disconnect between the money we are spending and the poor results we're getting in return. Given these realities, we have the worst performing healthcare system in the world.

The problem is we don't have a health-care system. We have a disease-care system that is totally dependent on millions of people getting sick and staying sick—it thrives on disease. We have a system that is based entirely on treating the symptoms of disease—on managing disease—instead of teaching people how to avoid disease through nutrition or curing disease should it happen.

Unfortunately for us, conventional medicine does nothing to prevent disease, and it is now so far behind the existing science, it is becoming irrelevant. This leaves us paying for a dysfunctional medical system that is threatening our government with financial bankruptcy.

The answer to these problems is to change the medical paradigm from disease-care to health-care. Raymond Francis' book *Never Be Sick Again* leads the way to a new scientifically-based, health-care system that works.

IS YOUR MEDICATION ROBBING YOU OF NUTRIENTS?

by
Hyla Cass, M.D.

We have been called a pill-popping society, and statistics bear this out. Nearly 50 percent of American adults take at least one prescription drug, and 20 percent take three or more. In a survey, more than half of those over 65 and 30 percent of people 45-to-65 used at least three prescription drugs in a one-month period. With our increasing reliance on medications comes nutrient depletion, a problem we can't ignore. Every medication, including over-the-counter drugs, will drain the body of specific nutrients. On top of this, most Americans are already suffering from nutrient depletion. In fact, many of the conditions we see in everyday practice may actually be related to this deficiency.

The good news is that with the right supplements, you can avoid depletion side effects, and even better, you may be able to control and prevent chronic diseases, such as diabetes, cardiovascular disease and osteoporosis.

I have seen case after case of patients who have experienced nutrient loss from taking prescribed medications. Too often, neither the patients nor their doctors were aware that the cause of symptoms was the medications themselves.

For example, a 57-year-old retired schoolteacher, Kathy, was being treated by her internist with three medications: the thiazide diuretic, Diuril, for high blood pressure; Fosamax for osteoporosis; and the beta-blocker, Tenormin, for heart palpitations.

She was referred to me, an integrative psychiatrist, because she suffered from fatigue, anxiety, depression and insomnia. I couldn't find an obvious psychological explanation for these symptoms, except perhaps for the stress of her physical illnesses.

The likeliest cause of her symptoms was the drugs themselves. So, rather than adding an antidepressant, an anti-anxiety pill or sleeping agent, I checked the known nutrient depletions associated with these medications. Lab results confirmed that Kathy was deficient in three essential minerals: magnesium, potassium and zinc.

Any one of her three medications could deplete potassium and magnesium, causing arrhythmias, hypertension, fatigue and depression. The diuretic also could be depleting zinc. Her internist agreed that he would continue to oversee her medications while I supervised her nutritional regimen.

Daily doses of magnesium, zinc and potassium, in addition to a high-potency multivitamin, resolved Kathy's "psychiatric" symptoms. Once her mineral levels were restored, her energy and mood were back to normal. She was not only spared the burden of an additional medication, but was able to lower the doses of the three she was taking.

I see cases similar to Kathy's more frequently than I'd like. Physicians will often tell these patients that their symptoms are "part of the illness" or "just signs that they're getting older." They then prescribe an additional drug or two for the side effects, further compounding the problem.

To understand the role of medications in nutrient depletion, we must first understand the variety of nutrient-depleting mechanisms in pharmacy.

Many drugs, such as the stimulants Ritalin (methylphenidate) and Adderall, are prescribed for attention deficit disorder. These can reduce appetite. This, in turn, decreases the intake of beneficial nutrients. Some antidepressants also tend to have this appetite-reducing effect.

On the flip side, a drug can reduce nutritional status by increasing the desire for unhealthy foods, such as refined carbohydrates. Many of the neuroleptics (antipsychotic drugs) and some antidepressants cause insulin resistance or metabolic syndrome, with resulting blood sugar swings. Patients then crave simple carbohydrates, such as sugar, bread and pasta. Steroid drugs, including those given by an inhaler, can create similar issues as well.

Certain medications reduce the absorption of nutrients. In passing through the gastrointestinal tract, drugs often bind to specific nutrients before they're absorbed into the bloodstream. The antibiotic, tetracycline, for example, can block absorption by binding with minerals such as calcium, magnesium, iron and zinc in the GI tract.

Weight loss drugs and cholesterol lowering medicines similarly bind to fats, preventing them from being absorbed. Drugs that treat acid reflux or heartburn raise the pH environment of the upper GI tract, which reduces absorption of needed vitamins and minerals. This is especially problematic among the elderly, who often are already low in stomach acid.

Nutrients are essential to the metabolic activities of every cell in the body. They're used up in the process and need to be replaced by new nutrients in food or supplements. Some drugs deplete nutrients by speeding up this metabolic rate. These drugs include antibiotics (including penicillin and gentamicin) and steroids, such as prednisone and the gout medication, colchicine.

Other drugs block the nutrients' effects or production at the cellular level. In addition to the intended effect on enzymes or receptors, medications can influence enzymes or receptors that help process essential nutrients. For example, widely prescribed statin drugs block the activity of HMG-CoA, an enzyme that's required to manufacture cholesterol in the body. This action also depletes the body of coenzyme Q10, which requires HMG-CoA for its production. This has a serious negative impact on muscle and heart health.

Drugs also can increase the loss of nutrients through the urinary system. Any drug that does this can drain the body's levels of water-soluble nutrients, including B vitamins and minerals, such

as magnesium and potassium. The major offenders are medications to treat hypertension, particularly the diuretics that reduce blood pressure by increasing the volume of water flushed out of the body.

Drug-induced nutrient depletion is far more common than we think. In evaluating patients' symptoms, doctors must assess whether symptoms are due to the illness, to side effects of the drugs or to drug-induced nutrient depletion. Considering the inadequate nutrition of most people, we must remember that the illness itself may be due, in part, to nutrient deficiency. To cover all bases, it is easiest to provide baseline coverage: a daily high potency multivitamin mineral formula, CoQ10 (200 mg), omega-3 fatty acids (2 grams) and additional vitamin D and probiotics, especially if you've taken antibiotics.

The bottom line: As physicians, we must look more deeply and determine underlying causes to determine whether drugs are harming patients, and what we can do to reverse these effects. As a consumer, be aware of these drug-nutrient depletions, and do what you can to avoid taking medications whenever you can, using natural products instead.

Hyla Cass, M.D. is a board-certified psychiatrist and nationally recognized expert on integrative medicine, For more information, see her book, Supplement Your Prescription: What Your Doctor Doesn't Know About Nutrition *available at her website, www.cassmd.com.*

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Question: I have restless leg syndrome. Can you recommend a supplement?

T. I. — Providence, RI

Answer: The most common cause of restless leg syndrome is a deficiency of magnesium and B vitamins. I suggest you get on Beyond Health's special magnesium protocol where you take magnesium along with choline citrate. Many people malabsorb magnesium because their guts have been damaged by taking antibiotics. This combination produces an electrically neutral compound that bypasses the normal uptake mechanism and gets magnesium into people with absorption problems. Some people experience a creeping, crawling feeling in their legs, which is usually a B vitamin deficiency problem.

There is another factor that I see a lot of these days, and that is the problem called "estrogen dominance." Too much estrogen can cause losses of magnesium and B vitamins. Since the average diet is loaded with estrogen, getting too much is easy to do. If you are a female, birth control pills will supply you with a lot of estrogen.

Farmers and ranchers routinely give synthetic estrogen to chicken and cattle. This fattens them up faster and gets them to market sooner with higher weights. Unfortunately, when you eat the meat and dairy products, they fatten you up as well, besides providing you with prostate enlargement, prostate cancer and breast cancer. Eat only organically produced meats, and since dairy is not an acceptable food in the first place, get milk products out of your life. For assistance with the magnesium protocol, call Beyond Health.

Question: I have cervical dysplasia. Do you have any suggestions as to how I can help myself?

B. T. — Tarrytown, NY

Answer: Cervical dysplasia is abnormal cells found in the cervix, usually leading to cervical cancer. It can be caused by infection or physical trauma, but is usually the result of estrogen dominance. As mentioned above, this can be caused by the excess estrogen you consume in meat and dairy products. However, there is another reason for estrogen dominance—the consumption of environmental chemicals called *xenoestrogens*. Xenoestrogens are chemicals that have a different chemical structure than estrogen, but they have the ability to attach to estrogen receptor sites on cells and provide an estrogen effect. Xenoestrogens are everywhere in our environment, so you must make an effort to avoid them. These include pesticides, phthalates and bisphenol-A.

These xenoestrogens are fat-soluble molecules. They build up in your body with time. The best way to get rid of them is with frequent saunas. How to do that is outlined in both my books *Never Be Sick Again* and *Never Be Fat Again*.

Question: I've tried twice now to change my diet and get my pH out of the acidic range. The second time I ate only foods listed on the alkaline portion of the chart. It worked for maybe 3 days and now after two weeks I've been back to a low pH of 6.2 or 6.5. Is there a common cause of why this isn't working for me?

E.M. — Villanova, PA

Answer: There can be several different reasons you can't maintain an alkaline pH.

1. Your body may be cleansing and dumping stored acidic toxins into your urine.
2. You may be eating foods that your body is allergic or sensitive to. Even though they are listed as alkaline foods, an allergic reaction to them will acidify your body, sometimes for days after eating the offending food.
3. You may be measuring your pH at different times during the day. You should always measure immediately after waking up in the morning, after 6 hours of bed rest. pH will fluctuate considerably during the day depending on a variety of factors. For example, you will be acidic after exercise.
4. You may not be getting enough minerals.
5. You may not be absorbing magnesium very well. Magnesium is an important alkaline-forming mineral, yet most people don't absorb it well due to gut lining damage, something that is all too common. Taking choline citrate along with magnesium will greatly improve its absorption and can make a huge difference in achieving an alkaline pH.

Question: What I would like is some information on floaters in my eye (the left one). Could you give me some information which would clear this up?

T.T. — Winnetka, CA

Answer: Although annoying, floaters are generally harmless unless you suddenly develop a lot of them, especially if accompanied by flashes of light. If this should happen, see an eye specialist as soon as possible as it could indicate a detached retina.

So, what exactly are floaters? A gel-like substance called the vitreous humor fills your eyeballs. This vitreous can begin to dissolve and liquefy, creating a watery center. Undissolved gel particles can then float around in the liquid center, casting shadows on the retina which we see as "floaters."

Conventional medicine views this dissolution of the vitreous as a part of normal aging, however, it's really just one more indication of correctable cellular malfunction. Start feeding your cells with a good diet and high-quality supplements. Include an array of anti-oxidants, especially vitamin C and quercitin, which is in our Cell Repair Formula and will specifically strengthen the

collagen that makes up the vitreous. In addition, take four of our Pro-Rites per day.

Simple eye exercises and massage at various points during the day can also help by improving circulation to the eye. This facilitates the movement of oxygen and other nutrients into the eyes. Look up as far as you can, then down, then to one side, then to the other. Repeat this 4 times. Massage around your eyes very gently and, without pressing, over the closed lids. Give it some time and you should notice fewer and fewer floaters.

Question: I am 6 months pregnant and have been planning to breastfeed my baby. However I recently read that "breast milk is now the most contaminated food that any human eats!" I'm wondering if formula isn't a better way to go.

S.D. — Weehawken, NJ

Answer: Although you are right to be concerned about toxins in breast milk, breastfeeding is still far better for your baby than any kind of formula. Apart from the extra emotional bonding that takes place, there are vital immune factors, growth factors and powerful anti-cancer proteins in breast milk that are irreplaceable. Several nutrients seem to be much better absorbed by babies from breast milk. There have been numerous studies at this point comparing breastfed and formula fed babies. Breastfed babies are smarter; have stronger immune systems so get fewer infections; are less likely to develop allergies, asthma or juvenile diabetes and some childhood cancers; have a reduced risk of getting SIDS or ADHD; and are half as apt to become obese. Many of these benefits last for a lifetime. Also many increase the longer you breastfeed, so breastfeed as long as it is practical for you to do so. Three years would be ideal.

Breastfeeding also has benefits to the mother. Breastfeeding mothers produce lower levels of stress hormones, which helps them to conserve the energy needed to produce breast milk and also helps with the psychological stress of caring for an infant. Breastfeeding also reduces your risk of future breast cancer and of type 2 diabetes.

Unfortunately your baby, like all babies today, is already being exposed to toxins in the womb and will be born pre-polluted. But you can reduce your baby's exposure by reducing your own toxic load. Make sure the bodycare and household products you're using don't contain toxins, get a good water filter for your home and take frequent infrared saunas. The toxins that accumulate in breast milk are fat soluble, like dioxins, perchlorate, PCBs, and polybrominated diphenyl ethers (PBDEs). Infrared saunas are particularly good at getting these fat-soluble toxins out of your body. While breastfeeding, don't try to lose your pregnancy weight too fast. This extra weight stores fat-soluble toxins keeping them out of your bloodstream and out of your breast milk.

Question: I have used sunblock every day for the past several years to prevent skin cancer (although after reading your book I understand more about the toxic ingredients in sunblock) and to prevent wrinkles. The book recommends not using sunscreen. Does exposure to the sun (20-30 minutes a day) really cause wrinkles? And is there something else I can use specifically to prevent wrinkles?

— Internet

Answer: You may be interested to know that sunblock actually causes wrinkles! The preservatives and parabens in sunblock do enormous damage. When I had my radio show, a guest from the US Department of Agriculture described research showing that parabens did as much damage to the skin as a bad sunburn.

Intelligent use of the sun combined with anti-oxidant protection will not cause wrinkles. Since each person is different in terms of how much sunlight they can tolerate before burning, I suggest building up a tan slowly, according to your own observations—stopping if you begin to get pink. The tan then protects your skin.

Vitamin C is the most important anti-oxidant of all. You can dilute a teaspoon of our powdered vitamin C in a little water and dab it on your skin with a cotton ball for additional antioxidant protection. Massaging olive oil into the skin is another way of providing topical antioxidant protection.

Question: I am suffering from atrial fibrillation and my doctor has prescribed Warfarin. I don't like to take drugs. Can you suggest anything that might help?

C. W. — Palm Beach, FL

Answer: Atrial fibrillation, or AFib, is an abnormal heartbeat and the most common type of arrhythmia. The beat of the heart is controlled by an electrical impulse, so AFib is basically a problem with your electrical system.

There are a number of reasons why this can happen. The most usual problem is magnesium deficiency, and about 75 percent of our population is magnesium deficient. So the first thing to do is make sure you are getting adequate magnesium. Beyond Health's Magnesium Formula along with Choline Citrate to aid in absorption would be my recommendation. Take about 400 mg of magnesium per day. In addition, take 6 grams of vitamin C per day, up to 400 mg of CoQ10, and up to 5 grams of Carnitine. Most AFib patients will normalize within 6 months after going on such a program. To prevent clots, a natural approach would be to take Nattokinase, an enzyme product that is very effective.

Chronic stress can be a cause of AFib. Biofeedback and relaxation therapy has proven to be beneficial for a lot of people. Another thing to look at is the status of your thyroid hormones. Excess mercury in the system can also be a problem. Have your heavy metals tested with a chelation challenge test.

Michelle's Menu

ZESTY CABBAGE TOMATO SOUP

1 T. Beyond Health Olive Oil
1 large onion, chopped
4 cloves garlic, minced
1/2 cup celery, diced
1 large unpeeled organic potato, chopped
1 cup green beans, chopped
1/2 cup carrots, diced
3-4 cups green cabbage, coarsely chopped (depending upon taste)
6 1/2 cups tomatoes, diced with liquid (pulse in food processor, leaving small chunks)
1 cup pure water or organic broth
1-2 cups cooked white beans (according to taste)
1 cup cooked or leftover brown rice
1/3 cup fresh parsley, chopped
1 tsp. dried oregano or 1 T. fresh oregano
1 tsp. crushed red peppers (or less if you don't like spicy)
1/2 tsp. Redmond Real Salt, or to taste
fresh ground black pepper

Place the Beyond Health Olive Oil in a large stockpot on medium heat. Add the onion, garlic and celery. Cover, reduce heat and simmer 2-3 minutes, adding a small amount of water if necessary to prevent scorching. Add all remaining ingredients. Bring soup to a boil. Cover and simmer for 30 minutes or longer, until vegetables are tender (or you may place it in a crock pot for several hours). Serve. Leftovers freeze well, if desired. Recipe by Michelle King Davis

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