

BEYOND HEALTH[®] *News*

May-June

2010

“Modern Medicine is no longer about health. It is a for-profit disease industry that can only survive if millions of people get sick and stay that way...”

– Sick in America (20/20 John Stossel Special)

Genetically Modified Soy Linked to Disease

Sterility and infant mortality...

BHN has consistently warned against the consumption of GM (genetically modified) foods. Monsanto's genetically modified (GM) soy is grown on 91 percent of U.S. soybean fields. Millions of Americans are consuming GM soy. BHN has long advised that soy is no longer a food and should not be consumed. A new study out of Russia confirms our caution.

Over a course of three generations, hamsters were fed GM soy with devastating results. By the third generation, most GM soy-fed hamsters were sterile and had lost the ability to have babies. They also suffered slower growth, and a high mortality rate among the pups. Some in the third generation even had hair growing inside their mouths!

The evidence against GM foods continues to grow. No one should be eating this stuff. The problem is everyone is eating it, and most don't even know it. Talk to your members of congress and ask for regulation or outright banning. Better yet, vote for new members of congress that have not yet been corrupted by all the special interest money.

More on GM Crops

They cause liver and kidney damage...

Most Americans are unwittingly consuming large quantities of GM foods. Over 90 percent of all the genetically engineered crop acreage in North America consists of corn, cotton, soy, canola and sugar beets. Potatoes and tomatoes in processed foods may also come from genetically engineered seed.

Today, up to 85 percent of U.S. corn is genetically engineered as are 91 percent of soybeans and 88 percent of cotton. Cottonseed oil is often used in food products. These numbers go up every year. Organic corn and soy are not a solution. They are contaminated with GMOs and should not be consumed. Roughly 75 percent of U.S. processed foods — boxed cereals, other grain products, frozen dinners, cooking oils and more — contain some GM ingredients. Meanwhile, most people are clueless as to what is going on and what they are eating.

Genetic modification of crops involves transferring genes from a plant or animal into a plant. Nearly all GM changes so far are to boost yields and deter insects and viruses, cutting the use of pesticides. Over the last decade, numerous studies have revealed that genetically engineered foods can pose serious risks to humans as well as to domesticated animals, wildlife and the environment.

As for environmental impacts, the use of genetic engineering in agriculture can lead to uncontrolled biological pollution, threatening numerous microbial, plant and animal species with extinction, and the potential contamination of all non-genetically engineered life forms with novel and possibly hazardous genetic material. Despite these long-term and wide-ranging risks, Congress has yet to pass a single law

intended to manage them responsibly. Consumers are being allowed to purchase and consume unlabeled genetically engineered foods, despite a finding by FDA scientists that these foods could pose serious risks.

A recent report published in the *International Journal of Microbiology* has confirmed that Monsanto's GM crops are causing severe health problems. A lawsuit forced Monsanto to release data revealing that animals fed its patented GM corn suffered liver and kidney damage within three months. When female rats were fed one variety of the corn, it led to elevated blood sugar and increased triglyceride levels.

This report adds to the mounting evidence that GM crops are dangerous. Yet Monsanto continues to insist that its GM products are safe. Study after study, including those conducted by Monsanto itself, is showing that GM foods are detrimental to health. GM foods are unfit for human consumption and should not be classified as food. If you live in the U.S. and you care about your health, you basically can no longer eat corn, soy or canola products, nor can you eat 75 percent of the foods sold in supermarkets.

Meanwhile, even Bulgaria is ahead of the U.S. and has banned the cultivation of GM crops. “There will be no field on the country's territory where GMOs can be cultivated,” said Member of Parliament Kostadin Yazov.

Vaccinations Suspended

After deaths and complications...

The Indian Council of Medical Research has ordered the suspension of a program to vaccinate young women with the Gardasil vaccine that is supposed to prevent cervical cancer. The suspension

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occurred after four deaths and complications among 120 girls were reported after vaccination. The girls complained of stomach disorders, epilepsy, headaches and early menarche.

Meanwhile, in the U.S., 49 deaths have been reported from this vaccine that has no discernable benefits. Consider that when 52 deaths were attributed to unintended acceleration in Toyotas, that triggered a \$2 billion recall and congressional hearings. Yet Gardasil has killed 49 and injured thousands, but is still recommended. No wonder medical intervention is the leading cause of death in the U.S.

Food Is Good

Walnuts control tumor growth...

Cancer is not a thing that can be surgically removed, poisoned or irradiated. Cancer is a biological process that you can turn on or off. We know that there are chemicals in fruits and vegetables that can interfere with every step of the cancer process. A new study shows that walnuts interfere with the cancer process and slows the growth of prostate tumors. Researchers have found that walnuts have beneficial effects on multiple genes related to the control of tumor growth and metabolism.

The mice that ate the human equivalent of two-and-a-half ounces of whole walnuts for 18 weeks had significantly smaller and slower-growing prostate tumors compared to the control group. Overall the walnut group reduced prostate cancer growth by 30 to 40 percent. Meanwhile, just two handfuls of walnuts a day have been found to cut the breast cancer risk in half, and slowed tumor growth by 50 percent. Other studies have found that eating walnuts, which are rich in omega-3 polyunsaturated fats, antioxidants and other plant chemicals, decreases the risk of cardiovascular disease.

P&G Reducing Dioxane

It about time...

BHN has always advised against using regular commercial personal-care products. These products contain numerous toxins that add to our toxic overload and make us sick. This is why Beyond Health researches personal-care products and makes safe ones available to the public, including soap, shampoo, toothpaste, deodorant and skin creams. It's a good idea to only use products that have been approved by Beyond Health.

It comes as good news that Proctor and Gamble (P&G) has announced that it will be reducing the levels of toxic 1,4-dioxane in its Herbal Essences line of hair care products. P&G has stated that it will reformulate eighteen different Herbal Essences. They are doing this in response to threats of lawsuits so these products will meet the guidelines established by California's Proposition 65, which require that consumer products contain no more than 10 parts per million (ppm) of 1,4-dioxane. According to the California Environmental Protection Agency, 1,4-dioxane is known to cause cancer and may cause kidney, respiratory, and neurological toxicity.

Since Herbal Essences products are marketed as being natural, organic and herbal, it is entirely unacceptable that they have consistently tested among the highest for 1,4-dioxane and have up to twice the maximum limits. 1,4-dioxane is a powerful petrochemical carcinogen that is created inadvertently due to the chemical processing, therefore, it is not listed

on ingredient labels. Nevertheless, the chemical is highly toxic and consumers are exposed to it through a myriad of different sources. For example, 1,4-dioxane does not biodegrade and it makes its way through wastewater treatment plants back into water supplies.

New FDA Restrictions

On four asthma drugs...

The U.S. Food and Drug Administration (FDA) recently issued new restrictions for four popular long-acting asthma drugs, finally admitting that asthma drugs can actually cause serious asthma attacks. Novartis AG's Foradil, GlaxoSmithKline's Serevent and Advair, and AstraZeneca's Symbicort are the drugs that will require new and stronger warning labels. Each of these drugs has long contained a label that reads, "increases risk of asthma-related death."

These asthma drugs are used by roughly six million asthma patients. However, they are so dangerous that, if combined with other asthma drugs, they can actually cause an asthma attack. The problem is that conventional medicine is so whacko that it is considered good medicine to give people drugs to treat asthma that can cause asthma attacks and death. Rather than requiring new warning labels, these dangerous drugs should be removed from the market. Toxicity is one of the two causes of disease, and drugs are toxic. No one should be taking drugs.

More on Vitamin D

The discoveries keep coming...

The more research we do on vitamin D, the more it looks like a miracle drug, and vitamin D's effect on cancer risk is becoming increasingly apparent. There are now more than 800 scientific studies confirming the link between vitamin D deficiency and multiple types of cancers, including prostate cancer.

New research shows that men with higher levels of vitamin D were seven times less likely to die from prostate cancer than those with lower amounts. It has been estimated that keeping vitamin D levels normal could prevent 600,000 cases of colorectal and breast cancer each year,

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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worldwide. Adequate vitamin D is the cheapest anti-cancer insurance you can buy. Everyone should know what their vitamin D level is. This is a simple blood test that tests for 25-hydroxy vitamin D. I recommend you ask your doctor for this test. You need to ask for this specifically because many doctors, not knowing any better, test for the wrong form of vitamin D. Keep your level at the upper range of normal. You can do this through a combination of getting a safe amount of sun exposure on a regular basis and by taking Beyond Health's oral vitamin D3 supplement.

Vitamin K2 Protective

Against cancer...

Vitamin K has been found beneficial in the fight against cancer. A study by the European Prospective Investigation into Cancer and Nutrition (EPIC) found that increased intake of vitamin K2 reduces the risk of prostate cancer by 35 percent. Interestingly, the potential benefits of vitamin K2 were most pronounced for advanced prostate cancer, and some studies have suggested that vitamin K may be used therapeutically in the treatment of lung cancer, liver cancer and leukemia.

Vitamin K is also vital in heart disease prevention. It helps prevent hardening of the arteries—a common risk factor in coronary artery disease and heart failure.

Other beneficial effects of vitamin K include strengthening bones, protecting against Alzheimer's, and reducing bruising. Because most of us don't get enough K2 on a daily basis through the foods eat, we should be supplementing. Beyond Health's Bone Mineral Formula contains a biologically adequate amount of vitamin K2.

Birth Weight Declining

Doctors mystified...

From 1990 to 2005, the birth weight of babies born in the U.S. has declined by an average of two ounces according to a study published in January in the *Journal of Obstetrics and Gynecology*. "The results are surprising and unexpected," said researcher Emily Oken of the Harvard Medical School.

The trend toward lower birth weights

is disturbing because low-birth-weight babies are at higher risk for a host of health problems in the future, including diabetes, high blood pressure and heart disease.

While the researchers say they don't know why this is happening, it should be obvious that our declining nutritional competence and increasing toxic load are the prime causes. It is already well known that smoking, alcohol, drugs and stress lead to low birth weight.

It is critical for women who are intending to have children to get on a good diet, a good supplement program and a good detoxification program. Reading *Never Be Sick Again* would be a good first step for any prospective mother.

Fat Kills

Healthy survival decreased...

Healthy survival is defined as: Having enough mental and physical ability to do daily tasks. A new study in the *British Medical Journal* has found that for every 2 pounds you gain after age 18, your chances of healthy survival past age 70 drop by 5 percent. Women who were already overweight at age 18 and then gained 22 more pounds had only a 20 percent chance of surviving to age 70 in good health.

This shocking new study shows once again that overweight people are less healthy and die younger than people of normal weight. Overweight people have more disease, such as diabetes, cancer and heart disease, and tend to die 3 years younger, while obese people die 10 years younger.

A lot of people think gaining weight as they age is natural. It is not natural. Overweight is a disease that has a lot of negative consequences. Even small weight gains are not innocuous. Fat people take more time off work because of their various ailments and health problems. The annual health cost of treating obese people is now estimated at over \$150 billion per year. Disease-care costs are out of control and bankrupting our businesses and governments. In fact, these costs are driving American manufacturers to move their activities to other countries with lower health costs. Anyone who is over their weight at age 18 should read Raymond

Francis' book *Never Be Fat Again*.

Warning on Triclosan

The FDA is in the act...

Back in 2001, BHN sounded an alarm for our readers on the dangers of *triclosan*. We advised at that time not to use any products that contain triclosan—our advice has not changed. Triclosan is an antibacterial chemical added to liquid soaps, hand sanitizers, dishwashing liquids, shaving gels and even socks, workout clothes and toys, and in many other products with labels that tout "antibacterial" properties. It is even in toothpaste!

Finally, better late than never, the FDA has prodded by congress to say that recent research raises "valid concerns" about the possible health effects of triclosan. The problem is that this toxic chemical is bioaccumulating in our bodies and the environment; it is in our drinking water and rivers. According to the Centers for Disease Control and Prevention, triclosan is now being found in the urine of 75 percent of the population. It is at unacceptable levels in human breast milk. This toxic chemical disrupts the body's delicate endocrine system that regulates growth and development, and it helps to create antibiotic resistant bacteria. Then there is the fact that there is no earthly reason to use it. An advisory panel to the FDA said in 2005 that there was no evidence the antibacterial soaps work better than regular soap and water.

Many European countries have banned or greatly restricted the use of triclosan. Meanwhile, the FDA has been working for 38 years to establish rules for the use of triclosan, but has not yet completed that task. Why are we not surprised? After political pressure from congress, the FDA is finally reassessing their original approval. Read labels carefully and do not purchase products containing triclosan.

Beyond Health News Archives

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Effective: June 10, 2010

SWIM IN BOTTLED WATER

by

Raymond Francis

Pools and Spas are wonderful for exercise, relaxation and recreation, but they are also health hazards, especially to children. The major challenge with pools and spas is to keep the water clean and safe. The traditional answer to this challenge is to use chlorine. Chlorine is universally used to chemically disinfect water because it is a powerful oxidizing agent that kills germs, bacteria and other living organisms. Most people never give it a thought. Elected public officials assure us that chlorinated tap water is completely safe for human consumption. The truth is chlorine kills microorganisms because it is a very toxic chemical. Chlorine is also toxic to you, and you should not be drinking, bathing, swimming or soaking in it. Fortunately, Beyond Health has solutions for each of these problems.

Chlorine is harmful to you when you drink it. The U.S. Council of Environmental Quality reports that cancer risks for people who drink chlorinated water are 93% higher than people who don't. But chlorine is also absorbed into your skin and inhaled into your lungs when you shower. It has been estimated that the chlorine in the air of your shower contains up to 100 times the amount of chlorine that is in the water, because chlorine evaporates out of water at a relatively low temperature. If you bathe or shower in unfiltered tap water you are inhaling and absorbing chlorine into your body. In fact, research shows that the dangers of vaporized chlorine are 100 times greater through inhalation and bathing than drinking.

Americans are becoming more aware of the contaminants in our nation's water supplies and many are installing water filters to purify their drinking water. But most continue to bathe and shower straight from the tap, unaware that inhaling unfiltered shower vapors is more harmful than drinking the water itself. It is even worse when swimming in a chlorinated pool or soaking in a chlorinated spa. While a shower may take only a few minutes, children may spend hours playing in a pool and adults may spend long periods soaking in a spa. All that time, you are breathing in the fumes and absorbing chlorine through your skin.

While chlorine itself is dangerous, even more dangerous is that chlorine reacts with organic matter in the water and forms powerful carcinogens, called trihalomethanes, which

are also inhaled and absorbed through the skin. These chemicals, also known as organochlorides, do not degrade easily and they bioaccumulate in the fatty tissues of the body (breast, other fatty areas, mother's milk, blood and semen). In fact, women with breast cancer have 50% to 60% higher levels of organochlorides in their breast tissue than women without breast cancer.

Organochlorides can cause cancer by damaging DNA (mutations), suppressing immune function and interfering with the natural controls of cell growth. Many researchers have reported on the toxicity and unexpected high penetration rates of these volatile organic chemicals. When we drink water, only about 20-to-50 percent of these chemicals ingested are actually taken up into the body because of what happens to them in the digestive system. With skin absorption, virtually 100 percent of the contaminants can go directly into the bloodstream and accumulate in tissues.

Swimming in chlorinated water causes aggravated respiratory conditions such as asthma, dry and brittle hair, dry skin, rashes and eye irritations. Most important is what is happening at the cellular level. Chlorine readily passes through the cell wall and oxidizes the fatty acids of the cell, damaging DNA and disrupting life-sustaining functions.

Beyond Health has already researched and approved shower and bath filters. For drinking water, our Reverse Osmosis system is the best home system on the market and suitable for supplying high-quality water in almost every home. Recently, we introduced our whole-house filter system for removing chlorine and organochlorides from *all* the household water. NOW we have a system for your pool and spa.

How would you like to swim or soak in water so pure it is like rainwater? That's right, no chemicals—you can drink the water. Beyond Health now offers the safest and most advanced spa and pool water purification technology on the planet. My pool maintenance man remarked that in all his years of maintaining pools, he has never seen water so clear and so beautiful as the water in my pool. I am swimming in the equivalent of high-quality bottled water. It is chemically-free, crystal clear and requires less maintenance and expense than any other system. The water feels incredibly soft and

refreshing. It smells like fresh rainwater and even tastes wonderful. I have never experienced a pool like it before, and because it is safe, I enjoy it so much more. If you own a pool or spa, call Beyond Health and consider one of these systems for your family. Until the last day of June, we are offering an introductory discount plus free shipping. Call Beyond Health between 9 am and 5 pm Eastern Time at: 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.

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This offer expires June 30, 2010.

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

Question: Is there a particular diet that would help to prevent prostate cancer?

B. P. – Coral Springs, FL

Answer: Modern diets cause virtually all cancer. Stay off the Big Four: sugar, wheat, processed oils and dairy/excess animal protein. Avoid all processed foods and particularly all processed dairy products and charcoaled meats. Foods that have been identified to be particularly beneficial in preventing prostate cancer include tomatoes, cauliflower, broccoli, green tea and also vitamin E. Get on a good supplement program like Beyond Health's Comprehensive Kit.

Question: We have recently switched to eating a lot of veggie burgers, but I wonder if we are doing the right thing. I'd like your opinion.

W. W. – Concord, NH

Answer: Veggie burgers may be convenient and sound like a good alternative to animal products—the thinking being that fake meat is healthier than animal meat—but they should be avoided. Veggie burgers are not a good food for many reasons.

First of all, veggie burgers are made of soy. Unfermented soy is not particularly healthy. It contains phytoestrogens that can disrupt hormonal balance and lead to health problems. I could talk a lot about why soy is not a good choice, but here is the immediate problem. There is no soy in the United States. Over 90 percent of the soy produced in the U.S. is genetically modified. This is no longer soy, it is something else—a manmade product that should be given a new name. Even organic soy is now so contaminated with GM soy that it is not recommended. The evidence is overwhelming that this stuff is not safe to eat.

Another problem is about how veggie burgers are made. Many veggie burgers contain hexane residues. Hexane is an organic solvent that is known to be neurotoxic, creating nervous system disorders. Many veggie burgers are made from highly processed soybeans that have undergone treatment with hexane. Most brands of non-organic soy burgers use *textured vegetable protein* and *soy protein isolate*, which are highly-processed soy products. To get soy protein, manufacturers use hexane to dissolve the oil and separate it from the protein. In fact, almost any product that contains a soy protein isolate, soy protein concentrate, or textured vegetable protein has been created by using hexane.

Question: I read that vaccinations contained aluminum and that aluminum is toxic. Is this true, and is it harmful?

A. T. – Sidney, NY

Answer: Many vaccines contain aluminum, and it is harmful. This is one of the reasons I don't recommend vaccinations. You may recall there was a campaign to get mercury out of vaccines. They substituted the aluminum for the mercury in most vaccines. The problem is aluminum is also toxic, and in some ways, may be more toxic than the mercury it is replacing.

Researchers who are studying this matter have made some shocking observations. For example, 90 percent of the children in one particular school, who had developed ADHD during the course of a single year, measured very high in aluminum. A high percentage of autistic children also had very high aluminum levels.

The use of thimerosal (mercury) in vaccines has declined significantly due to concerns about its toxicity. However, autism rates have continued to increase, even though mercury has decreased. This is not a surprise. Once you understand why the aluminum is there, why this is happening becomes clear.

Mercury and aluminum are both toxic to the body. When you inject them into the body, the immune system responds to this insult. The elevated immune response causes the body to make more antibodies to the antigens in the vaccine. So these metals are there to make the vaccine more effective by getting a bigger immune response. The problem is that the heightened immune response also damages you and damages the brains of these young children. Aluminum plays no useful biological role that we know of. It is toxic to the body.

Aluminum is not only toxic itself, but it makes whatever amount of mercury you have in your system even more toxic. It does this by impairing the body's ability to excrete mercury, and by impairing glutathione synthesis. As a consequence, aluminum will make what ever mercury you are exposed to, such as from fish or dental amalgams, even more toxic.

Today children receive multiple vaccines over a short period of time. As a result, they are getting concentrations of aluminum that are 10-to-20 times higher than the mercury they used to get. Typically, children today are receiving 17 shots that contain aluminum. Your doctor will tell you that these shots contain legally safe amounts of aluminum. This is not true. The FDA's standards for aluminum in vaccines have to do with their use as an immune stimulant in the vaccine. The standard has absolutely nothing to do with the safety of the aluminum. As usual, do not depend on the government to protect you.

Vaccinations are dangerous, ineffective and one of conventional medicine's greatest blunders. Given these facts, why would anyone want one or give them to an innocent child?

Question: I see that airports are starting to use x-ray machines to screen passengers. Have you seen this? Do you think the x-rays that will be used are unhealthy? I'm all for airport screening

to keep us safe when traveling, I just don't want to be subjecting my body to unnecessary x-rays that may do harm to my health.

J. H. – Internet

Answer: You are quite correct that airports have started to use new machines to screen passengers. However, these are not X ray machines. They use another technology called terahertz waves. *Terahertz waves* (THz waves) occupy a position in the electromagnetic spectrum between microwaves and infrared. THz waves pass through non-conducting materials such as clothes, paper, wood and brick and so that cameras sensitive to them can quickly search people at a distance. While this may be good for security, it is not good for your health. With the government, health always takes a back seat, that's why health costs are now threatening to bankrupt our governments. The only problem is, we have to pay the costs.

There is an enormous amount of research being done with THz waves, and they have been thought to be safe. We know that X rays have a lot of energy and can break chemical bonds, ionizing atoms and molecules and damaging DNA. This can cause cancer. THz waves don't have that kind of energy. However, new research at the Center for Nonlinear Studies at Los Alamos National Laboratory in New Mexico is ringing alarm bells in the scientific community.

It appears that while the energy of THz waves is low, they interact with double-stranded DNA in a novel way. They produce resonant forces that unzip the strands of the DNA, doing catastrophic damage, interfering with gene expression and DNA replication. Given these facts, being bombarded by THz waves in every airport is probably not a good idea. No one knows what the effects may be. To be safe, assume they are bad, and refuse to go through the machine. This will subject you to the inconvenience of a personal search, but to me, the inconvenience is better than the unknown consequences of unzipping my DNA.

Question: Why are synthetic vitamins not good for you?

G. D. – San Antonio, TX

Answer: There is nothing wrong with a synthetic vitamin so long as the synthesis produces a molecule that is identical to the molecule that the body needs and wants. The problem with most synthetic vitamins is that the synthesis process produces molecules that are similar to but not exactly what the body needs and wants. Often, the only difference is in the shape of the molecule, but in biology, the shape is critical because the exact shape is what allows the molecule to react with enzymes. Here is an example: synthetic beta carotene is 100 percent trans-beta-carotene. Natural beta carotene is a mixture containing cis-beta carotene. Experiments show that naturally derived beta-carotene

is four times more effective as an antioxidant than synthetic beta-carotene, and synthetic beta carotene has been shown to increase cancer in smokers. In one experiment, synthetic beta-carotene was found to be no more effective than a placebo. In short, when choosing vitamins, you need to know a lot of biochemistry and be very selective.

Today, the majority of vitamin supplements on the market are made of synthetic vitamins, which contain molecules that are not appropriate. Supplements made from these vitamins will not perform the same functions in your body as vitamins found naturally in whole food or from properly made vitamin supplements. These inappropriate synthetic vitamins deplete your body of other nutrients and tax your kidneys before being excreted through your urine. A study in the *Journal of the American Nutraceutical Association* found that 97.5 percent of the supplements they studied were ineffective and/or toxic. This is what the consumer is up against.

When I was sick, I could not take vitamins. I went through dozens of brands and they all made me sick. I was exquisitely chemically sensitive, and anything that was not natural would cause reactions in my body. At the time this was happening, I wondered why. During my wellness process, I started to study vitamin chemistry and found out why. I have been studying vitamin chemistry for 25 years, and the result is my company Beyond Health International. Every supplement with a Beyond Health label is the highest quality available on the market because they are state-of-the-art in formulation and manufacturing. It is not possible to purchase anything better, because it is not possible to make anything better, until such time as the state-of-the-art is advanced. Nearly everything else on the market is inferior to what Beyond Health supplies.

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Michelle's Menu

CARRIBEAN BLACK BEANS AND QUINOA

*3-4 servings - ready in 25-30 minutes**

- 3/4 cup quinoa
- 1 1/2 cups water
- 1/2 large onion
- 1/2 teaspoon Redmond Real Salt (optional)
- 2 cloves garlic, minced
- 1 cup cooked black beans
- 1 tablespoon dried parsley or 1/8 cup fresh parsley
- 1 tablespoon basil
- 1 teaspoon oregano
- 1/2 teaspoon chili powder
- 1/2 teaspoon hot pepper sauce- optional (such as Tabasco)
- 2 medium sized organic tomatoes, chopped in 1/2 inch pieces

Rinse the quinoa in a small stainless steel strainer. Put it in a 2-quart saucepan along with the water, garlic, onion and salt (if using). Bring it to a boil, reduce heat, cover and simmer for 20 minutes. While it is simmering, chop the tomatoes and measure out the spices. Once the water is absorbed, add the black beans, tomatoes and spices. Stir and cover for two minutes, or just until heated through. Serve with extra hot sauce if desired. Serve with a tossed salad for a protein and nutrient rich meal.

*I soak and cook large batches of various beans when I have time, and then I freeze them in one and two cup portions. This saves time later and you don't have to use canned beans, which are not as healthy.

Recipe by Michelle King Davis, co-author of *Never Be Fat Again*

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