

# BEYOND HEALTH<sup>®</sup> *News*

September - October

2009

**“We have sunk to such a depth that the restatement of the obvious has become the first duty of intelligent men.”**

**-George Orwell**

## **Mercury Contamination**

*In high fructose corn syrup...*

The high fructose corn syrup (HFCS), found in sodas and many other products, is a known cause of disease, including overweight disease. Here is yet another reason why you should not be consuming it: It's often contaminated with mercury!

A recent study in *Environmental Health* found that about half of all high fructose corn syrup contained detectable levels of mercury. Mercury and other heavy metals are particularly damaging to the proximal tubules of the kidneys. This can lead to increased urine albumin excretion and sodium absorption, high blood pressure, and chronic kidney disease—one more reason not to consume this deadly toxin.

## **Fructose Impairs Memory**

*Affects ability to remember...*

Researchers at Georgia State University have found that diets high in fructose impaired memory in rats. Rats fed a diet in which fructose represented 60 percent

of their calories performed poorly in memory tests. The fructose didn't affect their ability to learn, but it did affect their ability to remember.

Fructose is found in most processed foods and beverages, but unlike table sugar (sucrose), fructose produces an excessive amount of triglycerides. Triglycerides then interfere with insulin signaling in the brain, which plays a major role in the ability of the brain to change based on new experiences.

Consumption of foods sweetened with fructose, particularly sodas, has been increasing for decades. High intake of fructose is associated with numerous health problems, including insulin resistance, Type 2 diabetes, obesity and cardiovascular disease. Given the newly discovered problems with memory and the amount of soda consumption by our young people, fructose may be playing a role in the poor academic performance of our children.

## **Vitamins Keep You Young**

*New data on telomeres...*

Aging is a mistake, at least the kind of accelerated aging most Americans experience. A new study in the *American Journal of Clinical Nutrition* suggests one way to stay young—take multivitamins. The study measured the length of telomeres. Telomeres are DNA sequences at the ends of chromosomes. Each time a cell divides, the telomeres shorten. With time, the telomeres shorten

to the point where the DNA replication becomes incomplete; the necessary information is not transferred to the new cell causing a malfunction and eventual cell death. An analogy to put this in perspective is photocopying blueprints over and over, eventually parts of the picture fade and information becomes missing. This is aging. Longer telomeres mean more potential complete cell replications which can also be defined as being biologically younger.

Researchers from the National Institute of Environmental Health Sciences found that people who took multivitamins had longer telomeres, meaning they were biologically younger than those of non-users. Telomere length in people who took multivitamins measured about 5 percent longer, which would add about four years to the average lifespan!

BHN believes that the study results would have been even more dramatic if the participants in the study were all taking high-quality vitamins. According to the *American Journal of Clinical Nutrition*, about 35 percent of all adults in the United States take multivitamins regularly, yet it has been difficult to measure the benefits. One problem is that almost half of all multivitamins do not dissolve soon enough to be of use to the body. Most of the remaining vitamins, for a number of reasons, are not biologically useful and some are even harmful. Only a handful of companies in the world have the knowledge and are willing to spend

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the money and do what it takes to get it right. To get optimal results, BHN continues to recommend the Beyond Health brand as the highest-quality supplements on the market. It is not possible to purchase anything better because it is not possible to make anything better.

**Hormone Replacement**

*Linked to lung cancer...*

Hormone replacement therapy (HRT), for menopause, has already been linked to higher rates of strokes and breast cancer. In fact, even medical journals are saying that the reason for the recent decrease in breast-cancer deaths is due to the fact that, fewer doctors are prescribing HRT for their patients.

However, new findings based on secondary analyses of a study of over 16,000 menopausal women in the U.S. government's Women's Health Initiative, has found that HRT also strongly increases the risk of death among women who develop lung cancer. The analysis

focused on the incidence of the most common form of lung cancer and its mortality rate comparing women who followed the hormonal treatment with another group who took placebos. There was no significant difference between the two groups in the rate of lung cancer, but the mortality rate after the diagnosis was two times higher among the women who followed hormonal therapy. It's amazing, but every time someone takes a serious look at a prescription drug, we find they are dangerous—so why take them?

Prescription drugs provide few, if any, benefits while doing enormous harm. Remember that “properly-prescribed” prescription drugs are officially the third leading cause of death in America. We witness high profile people dying from drugs, such as Michael Jackson, Anna Nicole Smith, Elvis Presley, Heath Ledger and others, but we fail to acknowledge the hundreds of thousands of others who die each year from these highly-toxic chemicals. How many lives could be saved if people would just say “no” to drugs?

**More on Vitamin D**

*New model of cancer development...*

Researchers studying vitamin D have proposed a new model of cancer development. The existing model of cancer development looks at genetic mutations as the earliest driving forces behind cancer. However, research reported in the May 24 *Science Daily* suggests a new model that involves vitamin D. The research concludes that much of the evolutionary process in cancer could be arrested at the outset by maintaining adequate vitamin D levels.

Epidemiologist Cedric Garland said, “The first event in cancer is loss of communication among cells due to, among other things, low vitamin D and calcium levels. This loss may play a key role in cancer by disrupting the communication between cells that is essential to healthy

cell turnover, allowing more aggressive cancer cells to take over.” Hundreds of studies have shown that vitamin D is essential in preventing cancer. This is the first to propose a new understanding of how this happens.

Building on the above, a newly published study in the June 2009 *Annals of Epidemiology* has suggested that raising vitamin D levels would prevent 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year, and three quarters of the deaths from these diseases in the U.S. and Canada.

The amount of information on the health benefits of adequate vitamin D are now so overwhelming, that BHN recommends everyone have their vitamin D levels measured. Your serum 25(OH)D level should be between to 40-60 ng/ml (100-150 nmol/L), and preferably at the higher end of this range. Regular sun exposure is the best way to keep your D levels normal, but if supplementation is required, we recommend Beyond Health's Vitamin D Formula as it is of exceptional quality and bioavailability.

**More on Vitamin D**

*Protects the aging brain...*

Another new study on vitamin D has concluded that vitamin D can help you stay mentally fit as you age. A study of over 3000 men between the ages of 40 and 79 determined that those with high vitamin D levels did significantly better on a task designed to test mental agility. The researchers don't know exactly how vitamin D and mental agility are connected. They theorized it may be due to the vitamin's role in increasing certain hormonal activity, or it could have a protective effect on brain neurons. Regardless, it appears that maintaining adequate levels of vitamin D may also help you stay mentally fit as you age.

**BEYOND HEALTH<sup>®</sup> News**  
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**ADDRESS**  
 Beyond Health News  
 6555 NW 9th Ave. Ste. 108  
 Fort Lauderdale, FL 33309  
 800.250.3063  
 mail@beyondhealth.com

**WEBSITE**  
 www.beyondhealth.com

**PRODUCED BY**  
 Raymond Francis, Publisher  
 Pamela Strong, Co-Editor  
 Joan Carole, Co-Editor  
 Ben Anderson, Production Manager

Beyond Health News is not engaged in rendering medical advice; this material is for information only. For specific personal health needs, readers should seek advice from competent medical professionals.

**Cancer and Green Tea**

*It works...*

Researchers have been noting for years that green tea extract, called epigallocatechin gallate or EGCG, was effective in inhibiting abnormal cellular growth in lab dishes. Publishing in the *Journal of Clinical Oncology*, Dr. Shanafelt, from the Mayo Clinic, decided to try EGCG on a group of humans suffering with abnormal cellular growth of their white cells.

Thirty-three patients received doses of EGCG ranging from 400 mg to 2,000 mg twice a day. Fifteen of these patients showed a 20 percent or greater reduction in their abnormal white cell counts, which lasted for at least two months in eleven of these patients. The highest dose seemed to be the most effective. In 76 percent of those patients taking 1,200 mg to 2,000 mg twice a day, EGCG appeared to work, helping to stabilize the early stage of abnormal cellular growth in the white cells. While not a surprise, good to know.

**Genetically Modified Food**

*New warnings...*

Alternative practitioners across the country are prescribing diets for their patients that are free of GM food. The prudent consumer should follow suit and remove GM foods from their diet. This is not easy to do, especially if you shop in a supermarket where 75-to-80 percent of the food is either genetically modified or contaminated with GM foods. Since labeling is not required, the consumer is in the dark.

After reviewing the data in hundreds of scientific journals, the dangers of GM foods have become so obvious that the American Academy of Environmental Medicine has recently issued an advisory to physicians to warn their patients about the dangers of genetically modified organisms. Animal studies have shown a direct relationship between GM food and

disease. Some scientists believe there is a direct relationship between GM foods and the rapidly deteriorating health of the American people.

In the early 90's a consensus was reached among FDA scientists that GM foods are inherently dangerous and could lead to all sorts of serious health problems. Unfortunately, politics triumphed over science and the government supported this dangerous technology. Testing for safety is not required or even recommended by the government.

Numerous studies of testing GM food with laboratory animals have produced an alarming list of harmful, and even fatal, side effects. Many animals experienced significant damage to their DNA resulting in low birth weights, infertility and high rates of infant mortality—*exactly what we are experiencing in our own U.S. population*. In addition to the effects on fertility, immune system problems are on the rise and animals are suddenly dropping dead after consuming GM plants. Among other observed problems are gastrointestinal dysfunction, rapid aging and disruption of insulin regulation—could this be contributing to our diabetes epidemic? In one experiment, female rats fed genetically modified soy had most of their babies die within three weeks. Of the baby rats that survived, they were born smaller and had fertility problems as they matured. With findings such as this, we need to be aware that ALL the soy in the U.S. today is GM soy or significantly contaminated with GM soy. U.S. produced soy is not safe to eat, not even organic soy.

A very worrisome problem is that genes from the GM food transfer to bacteria in the gut, altering these critical organisms that are essential to our health. For example, a gene that is engineered to produce a pesticide in a plant will transfer to the bacteria in our gut and poison us on a daily basis. Scientists have been warn-

ing of such problems for two decades, yet nothing has been done to protect the public. Biologist David Schubert of the Salk Institute has stated that our children have become “experimental animals.” All of us have become guinea pigs because GM foods have been introduced without adequate safety testing and with no requirement for honest labeling.

Consider some of the things that have happened with GM foods. Genetically modified corn that has been designed to create its own pesticide has been shown in several studies to provoke intense allergic and immune reactions and death. Shepherds whose sheep grazed GM cotton after harvest witnessed thousands of their sheep die. All sheep fed the GM cotton eventually died within 30 days while those that grazed on natural cotton remained healthy. Farmers have reported that their pigs became sterile after consuming GM corn. Genetically modified tomatoes when fed to rats were shown to cause bleeding stomachs and eventually killed many of the rats.

These are just a few examples of the effects of using GM food. BHN recommends avoiding such foods as much as possible. *Do not purchase food in supermarkets!* As much as possible eat locally-grown organic foods purchased at farmer's markets and local food markets. Know where your food comes from. Completely avoid all U.S. grown corn, soy and Hawaiian papayas, even if organically produced.

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or Comments? Visit:**

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**“TOXIC HUNGER”****... is at the foundation of food addiction and the major cause of obesity***By**Joel Fuhman, M.D*

**M**ost people never experience the healthy sensation of feeling hungry. In fact, most desire to avoid it. Feeling hungry is actually a wonderful guide to ingesting the amount of calories you require for health and maintaining your ideal weight. When we eat out of true hunger, food tastes much better and we are physiologically primed for proper digestion. Hunger, in the true sense of the word, indicates to us that it is time to eat again.

Consider that real hunger is not often experienced in our modern, overfed population. Most people no longer even remember or are aware what hunger even feels like. Most are surprised to find that true hunger is felt in the throat and not in the head or stomach.

Instead of true hunger, people are experiencing detoxification or withdrawal symptoms that they mistake for hunger. They feel shaky, head-achy, weak, get abdominal cramps or spasms, which they believe to be hunger because they are relieved by eating. I call this “toxic hunger.” Toxic hunger is symptoms a person experiences that are due to toxic wastes being mobilized for elimination. It occurs after a meal is digested and the digestive track is empty, and it could make us feel very uncomfortable.

Generally, we eat to get rid of these withdrawal symptoms and it works. In fact, this is one of the most important contributors to our population’s overweight condition. We eat the wrong foods, and just a few hours later we feel ill, stressed out, shaky, weak, mentally dull, and we are driven to eat again to relieve the discomfort. Did you ever hear someone saying they needed to eat because they felt so shaky? The question is, are these symptoms true hunger, hypoglycemia, or something else? I claim that these symptoms occur simultaneous to our blood sugar decreasing but they are not caused by “hypoglycemia.” Rather, they result from tissue sensitivity to mobilization of waste products which occurs when most active digestion is finished.

Let me reassure you that I do not want you to go hungry and deny yourself food to achieve an ideal weight. There is a better answer. When we eat a nutrient-dense diet, rich with lots of colorful vegetables, we will better meet our nutrient needs, and this will reduce and eliminate uncomfortable “withdrawal” symptoms. High nutrient eating enables us to deal better with all types of stress, but in this case, eating more high-nutrient foods will enable us to avoid “stress hunger” and eliminate cravings and the drive to overeat.

When our diet is low in nutrients, we build up intra-cellular

waste products. So when digestion stops, our body goes through a period of “cleaning,” meaning that our tissues release toxic substances into circulation for removal. Our cells can harbor toxic products that build up in the body when our diet is relatively nutrient-poor. Phytonutrients are required for the body to properly detoxify metabolic waste products. When we don’t eat sufficient phytochemical-rich-vegetation and consume excess animal proteins (creating excess nitrogenous wastes), we exacerbate the build-up of metabolic waste products in our bodies.

We get confused because when we eat the same heavy foods that are causing the problem to begin with, we feel better. This makes becoming overweight inevitable: if we stop digesting food, even for a short time, our bodies will begin to experience symptoms of detoxification or withdrawal from our unhealthy diet. To counter this we eat heavy meals, eat too often and keep our digestive track overfed to lessen the discomfort from our stressful diet-style.

When our bodies have acclimated to noxious agents it is called addiction. Try to stop taking the heroin and we will feel ill. In fact, we must have it, or we will become terribly sick. This is called withdrawal. When we stop doing something harmful to ourselves we feel ill as the body mobilizes cellular wastes and attempts to repair the damage caused by the exposure.

If you habitually drink three cups of coffee or caffeinated soda a day, you will get a withdrawal headache when your caffeine level dips too low. Taking in more caffeine or food could make you feel better by retarding the detoxification or withdrawal symptoms.

Likewise, a few hours after eating the standard low-nutrient diet, most people begin to feel “hungry.” They feel weak, headachy, tired, mentally dull, and have stomach spasms. I call it “stress or toxic hunger” because these symptoms only occur in those who have been eating a toxic diet. True hunger would not have occurred so early after the meal.

True hunger signals occur when our bodies need calories to maintain our lean body mass. No one would become overweight if they ate food demanded by true hunger and true hunger only. But in our present toxic food environment, we have lost the ability to connect with the body signals that tell us how much food we actually need. We have become slaves to withdrawal symptoms and eat all day long, even when there is no biological need for calories.

Fortunately, this cycle of eating, and then avoiding the symptoms of detoxification by eating again, does not have to continue. There is a way out. When you restore the nutritional integrity and relative cleanliness to your tissues, you simply will not have the desire to eat to get rid of the toxin-induced symptoms.

In an environment of healthy food choices, we would not feel any symptoms after a meal until hormonal and neurological messengers indicated glycogen reserves in the liver were running low. Our bodies possess a beautifully orchestrated ability to give us precise signals which tell us exactly how much to eat to maintain an ideal weight for our long term health. I call these signals “true hunger” to differentiate them from the “toxic hunger” everyone else calls hunger.

Feeding ourselves to satisfy true hunger does not cause weight gain, and if people were better connected with these normal signals it would be almost impossible for anyone to become overweight. True hunger is felt in the throat, neck and mouth, not in the stomach or head. It is a drawing sensation. It is not very uncomfortable to feel real hunger, it makes food taste much better when you eat, and it makes eating an intense pleasure.

True hunger requires no special food to satisfy it. It is relieved by eating almost anything. We can't crave some particular food and call it hunger; a craving by definition is an addictive drive, not something felt by a person who is not an addict. Remember almost all Americans are addicted to their toxic habits. A disease-causing diet is addicting. A health-supporting diet is not.

In order to achieve an ideal weight and consume the exact amount of calories to maintain a lean body mass we do not have to carry around a calculator and a scale to figure out how much to eat. A healthy body will give us the correct signals. So in order to achieve superior health, maximize our longevity potential, and achieve our ideal weight, we have to eat well enough to get back in touch with true hunger and rid ourselves of this “stress hunger.”

Every cell is like a little factory; it makes products, produces waste and then must compact, detoxify and remove waste. If we don't get sufficient antioxidants and phytonutrients from our diet, our cells are unable to effectively remove self-produced waste. If we let waste metabolites build up, the body will attempt to mobilize them when it can; but it can only do that effectively if not actively digesting food. Eating makes one feel better because it halts or delays the detoxification process.

My book, *Eat For Health* explains how eating more micronutrient-rich food is the most effective way to reach your ideal weight and stay there permanently when you get there. There are lots of ways to lose weight, but only by eating lots of

nutrient-rich foods as your chosen method for weight loss will you not have to fight off cravings and ill feelings.

In a portion-controlled (calorie counting) diet, it is likely that the body will not get adequate fiber or nutrients. The body will have a compounded sensation of hunger and craving, which for most is simply overwhelming. It invariably results in people losing weight, then gaining back their weight. Calorie counting simply doesn't work in the long run. Diets based on portion control and calorie counting generally permits the eating of highly toxic, low-nutrient foods guaranteed to perpetuate addictive drives. The result is an under-nourished body and uncontrollable and frequent food cravings.

Without an adequate education in superior nutrition and solid principles to stick to, dieters flounder and fail, bouncing from one diet to another, always losing a little and regaining, frequently regaining more than they lost.

We must prioritize our food intake around nutrient dense, high fiber, high water content food, which means fruits, vegetables and beans. For superior health and ideal weight, we must know how to seek nutritional excellence in spite of the misinformation and confusion about food that surrounds us.

This is all about knowledge, not will-power. With the right knowledge, we can get more pleasure from eating, avoid restrictive diets, and protect our precious health. So for superior health and ideal weight, don't diet, *Eat For Health*.

*Joel Fuhrman, M.D is a board certified family physician specializing in nutritional medicine. He is the author of the best selling Eat To Live, Disease-Proof Your Child and his most recent work, Eat For Health. Visit him at DrFuhrman.com.*

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**Question:** We got an electric blanket as a gift. The cooler weather is coming, and I was wondering if these newer ones are safe to use.

A. J. – Syracuse, NY

**Answer:** Electric blankets are great in theory. You can lower your thermostat, save energy and still keep warm. However, I don't recommend them because they generate an electromagnetic field (EMF), which could be a health risk.

The human body is an electromagnetic field, and it generates an EMF. To think that our body is not going to be influenced by an external EMF is naive to say the least. EMFs have been associated with an increased risk of cancer such as leukemia.

At one time, the theory was that low-level magnetic fields were not harmful, but we now know that EMFs are indeed hazardous to human health. They are now considered "probable carcinogens." EMFs have been linked to cases of childhood leukemia, lymphoma and other health problems. The exact mechanism by which exposure leads to cancer has not been established, but one mechanism may be due to the ability of EMFs to alter the expression of genes, turning them on and off at inappropriate times.

For these and other reasons, exposure to EMFs should be limited as much as is practical not only with electric blankets, but also with appliances, such as hair dryers, that are held close to the body. There is debate as to what EMF level is considered safe. The Environmental Protection Agency (EPA) has proposed a safety standard of 1 mG. Electric blankets are capable of creating a magnetic field anywhere from 5 to 20 times higher than the EPA's proposed safe level.

A recent study in the *American Journal of Epidemiology* concluded that regular use of an electric blanket may increase breast cancer risk in some women, and according to a 2007 report in the *European Journal of Cancer Prevention*, using electric blankets was associated with a 15 percent higher prevalence of endometrial cancer; using an electric blanket for 20 or more years was associated with a 36 percent higher prevalence of endometrial cancer.

Electric blankets are to be especially avoided if you are pregnant. A developing fetus would be especially vulnerable to EMFs. For example, studies show that using an electric blanket early in pregnancy doubles the risk of miscarriage.

**Question:** Do you think marijuana should be legalized in the U.S.?

S. J. – Mazatlan, Mexico

**Answer:** There are many good arguments on both sides of this question. Without being for or against legalization, my concern is the health effects of marijuana. These effects are the same whether it is legalized or not. I have written about the toxicity of marijuana in the past. After only two years of regular use, extensive brain damage can be measured. Some experts are predicting an epidemic of Alzheimer's and Parkinson's among our young as they age due to the widespread use of this drug. Remember, the marijuana of today is far stronger than that used back in the 60s, so the toxicity is many times greater.

Making matters worse is the new evidence published in the June issue of the American Chemical Society's *Chemical Research in Toxicology*. European scientists, using a highly sensitive new test, have found that marijuana smoke damages DNA in ways that could increase the risk of cancer. Previous research on tobacco smoke found toxic substances that can damage DNA and increase the risk of lung and other cancers. However, there has been uncertainty over whether marijuana smoke has the same effect. We now know it does.

Scientists are especially concerned about the toxicity of acetaldehyde, present in both tobacco and marijuana. However, it has been difficult to measure DNA damage from acetaldehyde with conventional tests. We now have the answer, it is clear that marijuana smoke damages DNA. The researchers concluded that, "The data obtained from this study suggesting the DNA damaging potential of cannabis smoke highlight the need for stringent regulation of the consumption of cannabis cigarettes, thus limiting the development of adverse health effects such as cancer."

**Question:** My daughter is planning to have a C-section birth. My feeling is that it is always better to do it the natural way. I was wondering if there were any particular reasons why a C-section is not a good choice.

P. W. – San Francisco, CA

**Answer:** There are good reasons *not* to have a C-section birth, even though everybody is doing them. About one-out-of-three births is now by C-section and the number is growing every year. Yet, according the Department of Health and Human Services, the medically justified rate of cesarean birth is only 15 percent. Doctors support this method of delivery because they make money off it and because it makes scheduling easy. The average cost of a cesarean delivery is about double that of a natural delivery.

However, a woman's request for a C-section delivery is usually based in inaccurate and incomplete information. The

risks to both mother and child in this elective surgery are higher than most people realize. The morbidity rate is five-to-ten times higher than women who give birth naturally. Recovery is longer and the risks of pain, infection, hemorrhage and blood clots are substantially higher. C-sections also increase the risk of serious problems with subsequent pregnancies.

In addition to the effects on the mother, you also have to take into consideration the effects on the child. C-section infants have a higher risk of respiratory problems, particularly if they are born early. For example, infants born at 37 weeks are 400 percent more likely to experience breathing problems when compared to those born after 39 weeks. More than 15 percent of babies born at 37 weeks suffer complications that require intensive care such as low blood sugar and infections. C-section babies are twice as likely to develop allergies and experience conditions such as eczema, and they are more susceptible to neurological problems as they grow older.

Then there are problems with bonding. C-section mothers, recovering from major surgery, are unable to provide the early bonding that natural-birth mothers can. Also breast feeding can be more difficult. In all, there are lots of good reasons not to elect a C-section if you can avoid it.

Although most C-sections are unnecessary, avoiding necessary C-sections can be as simple as getting adequate amounts of vitamin D. Recent research indicates that women with low levels of vitamin D are 400 percent more likely to need a C-section delivery. Most adults should be supplementing with 5000 IU of vitamin D per day. This would mean taking 10 drops of Beyond Health's liquid vitamin D per day.

**Question:** I have been suffering from panic attacks for years and other members of my family have had similar problems. Do you think it's genetic, and is there anything I can do about it?

T. V. – Austin, TX

**Answer:** The fact that panic attacks also happen in other family members might indicate a genetic component to your problem. In talking with you on the phone, I discovered that you drink a lot of coffee. That may be your problem.

Caffeine affects different people in different ways depending on how their body handles this particular chemical. Some people experience caffeine-induced insomnia, while others can experience caffeine-induced anxiety and panic attacks. The way your body processes caffeine can be genetically determined and run in families. An obvious experiment for you to try is—get off the coffee!

**Question:** My gallbladder has been surgically removed. Do you have any suggestions to help with this situation?

**Answer:** As you must be aware, digesting fats becomes a problem after gallbladder removal, and people like yourself tend to avoid them. Avoiding fats is not good because they are essential nutrients and because fats are necessary for the absorption of many vitamins, minerals and amino acids. Daily use of coconut oil is the solution. Coconut oil will help to absorb all the good nutrients, but it does not require digestion like other fats. This makes it easy on the system since pancreatic enzymes and bile from the gallbladder are simply not needed. However, you need to use high-quality coconut oil such as the Beyond Health brand.

**Question:** I have been diagnosed with a low thyroid, and I experience fatigue, cold hands and feet and slow healing from injuries. My doctor has me on Synthroid. Is there anything else I can do?

**Answer:** What you should do depends on why your thyroid is malfunctioning. Low thyroid function can result from numerous factors including poor diet, lifestyle factors, autoimmune disease and toxins. Stress can be a big factor.

Given all the above, here are some general guidelines. Talk to your doctor about switching from the synthetic Synthroid to natural thyroid hormones. If your doctor has not measured your iodine level, this needs to be done. Iodine deficiency causes low thyroid function and is easy to correct with iodine supplementation. Many thyroid problems have been solved with this simple step. Supplementing with the amino acid tyrosine can also be helpful. Beyond Health's superior-quality coconut oil is also recommended. Coconut oil is known to increase the metabolic rate in the body, having a stimulating effect on the thyroid, boosting it to a higher level of activity. Beyond these, don't drink fluoridated water or brush your teeth with fluoride-containing toothpaste, as fluoride is toxic to the thyroid.

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# BEYOND HEALTH<sup>®</sup> News

6555 NW 9th Ave. Ste. 108, Fort Lauderdale, FL 33309

*Michelle's Menu:*

**ZESTY ALMOND GARLIC DIP**

For use as a vegetable dip

3/4 cup almonds (best if they are soaked for several hours in pure water, then drained)

3/4 cup pure water

2 cloves garlic

1 lemon, juiced (1/4 cup juice)

1/2 teaspoon sea salt – or adjust to taste

1 teaspoon ground cumin

1 teaspoon ground chili powder

dash cayenne pepper

1/2 cup extra virgin olive oil

1/4-1/2 cup pure water

1/4 cup fresh cilantro, minced

In a food processor, chop almonds to a fine meal. Add 3/4 cup of pure water and process until smooth. Add all other ingredients except oil and cilantro and process until smooth. Then slowly add oil while processing until oil is well mixed into dip. Use enough of the remaining water to create the desired consistency. By hand, stir in chopped cilantro. Chill and serve.

Recipe by Michelle King Davis

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