

# BEYOND HEALTH<sup>®</sup> *News*

January - February

2010

“Human history becomes more and more a race between education and catastrophe.”

– Wayne Dyer, *Author*

## The Flu Myth

*We told you so...*

In the May/June 2009 issue of BHN, we cautioned that The Swine Flu epidemic was just another myth perpetrated by the disease industry to make money—and make money they did! While prescription drug sales are forecast to rise by a third in the next five years, vaccine sales are expected to double, from \$19 billion last year to \$39 billion in 2013—five times the \$8 billion in vaccine sales in 2004.

Even pharmacies and supermarkets got into the act selling flu shots for \$10 to \$18 each. Flu shots were offered at venues including Rite Aid, Wal-Mart, CVS, Walgreen, Kroger and Safeway. Public service ads on radio and TV urged everyone to get vaccinated. There was even talk of mandatory vaccinations.

We said in May/June, “the level of concern is not supported by the scientific evidence...this crisis has been invented and 100% driven by drug companies and the medical establishment for economic reasons.” So what has actually happened? There will be fewer flu deaths in 2009 (seasonal and swine flu combined) than in quite a long time. A recent CBS expose’ estimated that government swine flu mortality statistics have been inflated by as much as 80-90 percent, and most of the few who have died of swine fly have had pre-existing conditions.

The truth is no healthy person has even contracted the swine flu, much less died of it. You can be sure that anyone who died of swine flu without a “pre-existing condition” was grossly nutrient deficient and probably eating a diet filled with sugar, white flour, processed oils and dairy/excessive animal protein. Meanwhile, people around the world are dying from the vaccination itself.

Despite successful efforts by Big Pharma to co-opt government policy and spread a message of fear and panic, more and more people aren’t buying it. In a recent Washington Post-ABC News poll, 62 percent of those interviewed between the ages of 30 and 64, and 53 percent of those 65 and over did not plan to get the flu shot. These same proportions hold among public hospital workers; *less than half* plan to get the swine flu vaccination, citing potential side effects and questions as to vaccine efficacy as their top reasons. Doctors and scientists are joining the ranks of those who question this poorly tested vaccine and doubt that its benefits outweigh the considerable risks.

What are these risks? A deadly and potentially fatal disease called Guillain-Barre Syndrome that attacks the lining of nerves, causing paralysis and inability to breathe; allergic reactions including anaphylactic shock—it can be fatal. Indeed, the government has sent a confidential letter to about 600 neurologists warning them to be on the alert for an increase in Guillain-Barre, but the public has been kept in the dark. Other risks include convulsions, vasculitis and cancer, to name a few. The fact is there is no such thing as a safe vaccine. Recall that back in 1976 more people died from a similar swine flu vaccine than died from the flu.

The swine flu vaccine has also been hit by cancer fears after a German health expert gave a warning about its safety.

Lung specialist Wolfgang Wodarg has said that there are many risks associated with this vaccine including that the vaccine contains cancerous cells from animals, and some fear that the risk of cancer could be increased by injecting the cells.

Fortunately, there are ways to prevent getting the swine flu or any other infection that are safer and even more effective than any vaccine. Get on a good diet and supplement program. Do not eat sugar, white flour and other processed foods. Be sure you are getting adequate amounts of vitamins C, D and E.

## Breast Cancer

*Patients treated needlessly...*

A recent study in the *British Medical Journal* has concluded that about one-third of women diagnosed with breast cancer in public screening programs are treated needlessly because their tumor will not be life-threatening.

In many cases, the cancer will grow so slowly that the patient will die of other causes before it produces symptoms, or it might remain dormant or even shrink over the years. Because doctors have no idea whether a cancer will be lethal or harmless, they tend to treat all patients the same. But cancer treatment, using powerful drugs, radiotherapy, or surgery, causes enormous harm.

The researchers estimated that about one-third of breast cancer patients were being over diagnosed and over treated. They offered no solution to the problem. BHN maintains there is only one solution to *any* health problem—get well. This means normalizing cell chemistry by changing your diet and lifestyle to one that does not support cancer. This is something everyone should be doing everyday in the first place.

## THIS ISSUE...

News in Review . . . . . 1

The Cholesterol Myth . . . . . 4

Questions & Answers . . . . . 6

Subscribe a Friend . . . . . 8

**Canned Foods**

*Dangerous in many ways...*

The single largest cause of disease in America is malnutrition due to the consumption of processed foods. The two causes of all disease are deficiency and toxicity at the cellular level. There is a reason why we have such an unhealthy population with soaring disease costs. The leading contributor is processed foods. Processed foods cause disease because they are both deficient in nutrients and filled with toxins. Canned foods are a class of processed food that poses some special problems with toxins. Foods packaged in cans include everything from water to sodas, beer, tuna, beans, soups and vegetables.

Most cans are lined with a plastic material that is made with a chemical called bisphenol-A (BPA). BPA is an estrogen-like chemical that disrupts normal hormone balance. Hormones control a wide range of functions in the human body and changing their balance triggers diseases, including reproductive and neurological damage. With about two million tons used worldwide each year, BPA is one of the highest-volume synthetic chemicals in the world, and it is found in the bodies

of more than 90 percent of Americans. Traces of it leach from containers made of polycarbonate, which is a hard, clear plastic, and the epoxy linings of canned foods and beverages. Unfortunately, bisphenol-A is biologically active at exceedingly low concentrations, causing disruption of the body's hormone system. BPA can cause everything from cancer to diabetes and heart disease as it leaches from the plastic liner, gets into the food and poisons you.

Safety standards for BPA were established in the 1950s, long before the estrogen-mimicking effects of BPA were discovered. Since then, a congressional subcommittee in 2009 recommended banning the use of BPA in all food and beverage containers. An article in the October 2009 *Consumer Reports* determined that an adult eating *one serving of canned beans* could ingest about 80 times the upper limit recommended by current experts in the field. Children eating multiple servings of canned foods would approach levels of BPA known to cause disease in animal studies. We know this is already happening and it is one reason why our children are so unhealthy.

As much as possible, avoid processed foods. They are deficient in key nutrients and toxic. Processed foods cause disease, and canned foods present some special risks. Most especially, do not feed canned foods to children as they are the most vulnerable to damage. Eat fresh, whole foods to the best of your ability to obtain. Even then, be sure to supplement with high-quality supplements.

**Shocking D Deficiency**

*Take this seriously...*

Researchers have called the results "shocking" after a national survey found that 70 percent of our children are vitamin D deficient. They blamed the low vitamin levels on poor diet and too little sunshine.

Vitamin D is critical to bone growth, and most children lack vitamin D. These children will not be building strong bones that will see them through for a lifetime. Vitamin D prevents cancer, and cancer is a leading cause of death for children. Vitamin D prevents heart disease and 80 percent of our children already have early heart disease and 15 percent already have their arteries more than half blocked.

Our children spend too much time indoors. They need more sunlight. However, unless you live in the southern part of the country, even if you go outside in the winter, you will still not get enough vitamin D. Supplementing is essential, especially in the winter months. Beyond Health has one of the best vitamin D products on the market. We recommend you use it.

**Flame Retardants Dropped**

*Good things do happen...*

Three major suppliers of one of the worlds most widely used flame retardants have announced they will cease production of these toxic chemicals within three years because they pose risks to human health and the environment. Flame retardants are chemicals that reduce the spread of fire in a variety of common products from fabrics to plastic. The most widely used flame retardants are a class of chemicals called polybrominated diphenyl ethers (PBDEs). They now contaminate the environment and are coming under increased scrutiny because of their toxic effects on humans and animals. PBDEs were first introduced 30 years ago and are widely used despite minimal health testing.

Polybrominated diphenyl ethers are very similar to PCBs, a class of chemicals banned in 1976 because they were found to cause immune suppression, altered sexual development, cancer, delayed brain development, lower IQ, and behavioral problems like hyperactivity in humans. As with PCBs, exposure to PBDEs may be particularly harmful during a critical window of brain development during pregnancy and early childhood.

PBDEs escape into the environment from common consumer products like home furniture (including mattresses and upholstered furniture) and electronics (including TVs, computers, and others) during manufacture, use and disposal. They are rapidly building up inside our bodies where they concentrate in the fatty tissues. The amount of PBDEs in our bodies has already reached a level of concern, and the amount is doubling every five years. They are being found in alarming concentrations in human breast milk. The testing that has been done indicates that brominated flame retardants are toxic to neurological

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development and the levels found in some mothers and fetuses are rapidly approaching the levels shown to impair learning and behavior in laboratory experiments.

The European Union reduced the use of PBDEs in the late 1990s after finding increasing levels in the breast milk of Swedish mothers and preliminary evidence of toxic effects. Since 1998, concentrations of PBDEs in breast milk of Swedish women have declined steadily, while they have gone up and up in the U.S. Similarly, PCB levels found in the population began to decline after the U.S. banned the chemical. Reducing exposure prevented further harm to human health.

The threat posed by PBDEs demonstrates a national failure to protect the public health from toxic chemicals used in industry and placed in consumer products. Tens of thousands of industrial chemicals are on the market with little or no information about potential health impacts. Even where significant evidence of harm to public health exists, inadequate resources and legal authority prevent regulatory agencies from taking protective action.

While it is good news that three manufacturers will phase out production of their toxic flame retardants, most of us already have high concentrations of these chemicals in our bodies and other suppliers will keep producing them. This is why saunas have become a household necessity. Saunas effectively remove these and many other toxins from your body. Beyond Health supplies a sauna that has been approved by Raymond Francis for his personal use.

### Antibiotic Resistance

*Increasing...*

Antibiotic resistance is a worldwide public health problem and new studies show it is continuing to grow. Antibiotic resistance occurs when strains of bacteria in the human body become resistant to antibiotics due to improper use and abuse. Antibiotic resistant infections are now killing people and are particularly dangerous for hospitalized patients.

A new study in Europe shows that antibiotic resistance is on the rise. For every class of drug examined, levels of resistance genes have significantly increased since 1940. Genes that confer resistance to

tetracycline have spiked in recent decades, becoming 15 times more abundant than in the 1970s.

The irresponsible use of antibiotics both in medicine and agriculture is playing a significant role in the emergence of resistant bacteria. In hospitals, 190 million doses of antibiotics are administered each day. Among non-hospitalized patients, more than 133 million courses of antibiotics are prescribed by doctors each year. It is estimated in medical journals that 50 percent of these latter prescriptions are unnecessary since they are being prescribed for colds, coughs and other viral infections. In truth almost none of them are necessary because there are safer, more natural ways of dealing with infections.

Inappropriate prescribing of antibiotics has been attributed to a number of causes including people who insist on antibiotics. Many individuals either expect or ask their physicians to prescribe antibiotics when they feel sick or have a common cold. Patients should understand that antibiotics are intended to treat bacterial infections, not viral infections. Most colds are viral infections. Physicians often prescribe the drugs because they feel they do not have time to explain why they are not necessary.

The bacterial infections that contribute most to human disease are also those in which emerging and microbial resistance is most evident: diarrheal diseases, respiratory tract infections, meningitis, sexually transmitted infections, and hospital-acquired infections. Some important examples include penicillin-resistant *Streptococcus pneumoniae*, vancomycin-resistant enterococci, methicillin-resistant *Staphylococcus aureus*, multi-resistant salmonellae, and multi-resistant *Mycobacterium tuberculosis*. The development of resistance to drugs commonly used to treat malaria is of particular concern.

The consequences are severe. Infections caused by resistant microbes fail to respond to treatment, resulting in prolonged illness and greater risk of death. Treatment failures also lead to longer periods of infectivity, which increase the numbers of infected people moving in the community and thus expose the general population to the risk of contracting a resistant strain of infection. What can you do? Keep your immunity strong so you don't get infections. Avoid

vaccinations because they damage the immune system. Supplement with vitamins C, D, E and the mineral zinc. If you do get an infection, treat it naturally with vitamins, minerals and natural antibiotics like oregano and olive leaf extract. Don't contribute to the problem, just say "no" to antibiotics.

### Tocotrienols Protect Brain Cells

*Prevents brain cell death...*

Oxidative damage to the brain results in age-related neurodegenerative diseases such as Alzheimer's, Parkinson's and Huntington's diseases. Oxidative, free-radical damage accumulated over time, leads to massive loss of brain cells. A major contributor to this cell death is glutamate toxicity in the brain. In fact, the oxidative stress caused by glutamates has been proven to be the primary cause of death for certain types of brain cells.

Unfortunately, the modern diet is filled with processed foods that contain glutamates and cause brain damage. MSG (monosodium glutamate), natural flavorings, textured protein, hydrolyzed protein, sodium caseinate and many other food additives contain glutamates. These should all be avoided—read labels carefully.

Fortunately, there is a way to help protect the brain. A study in the *Journal of Biological Chemistry* found that tocotrienols, especially alpha-tocotrienol, protects against cell death by glutamates. Tocotrienols are a type of vitamin E. Even relatively low concentrations of tocotrienols have been found to provide protection against glutamate-induced death of brain cells.

People who are suffering with brain disease and those who wish to prevent it should consider supplementing with tocotrienols. Tocotrienols are available through Beyond Health.

**Beyond Health News Archives**

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## THE CHOLESTEROL MYTH

by

*Raymond Francis*

Cholesterol does not cause heart disease. The French have the highest average cholesterol in Europe, around 250, but the lowest incidence of heart disease and half the heart attacks we have here in the U.S. In Crete, the home of the healthy Mediterranean diet, a 10-year study failed to find a single heart attack despite average cholesterol levels well over 200. There are as many heart attacks in people with cholesterol levels over 300 as those whose levels are under 200. *Half of all heart attacks occur in people with normal cholesterol levels.*

Lowering cholesterol does not improve health outcomes. In those cases where cholesterol-lowering drugs called *statins* appear to have had a beneficial effect, it is because they act as weak anti-inflammatories, and inflammation *does* cause heart disease. But there are much safer and more effective ways of addressing inflammation than using dangerous statin drugs.

Why then are more than 20 million Americans taking a statin drug to lower their cholesterol? The answer is a story involving the triumph of money and power over science.

Atherosclerosis—the main cause of heart attacks and strokes—is the accumulation of fatty plaque inside the walls of major arteries. As the disease progresses, arteries become increasingly narrow, making it easier for a blood clot or piece of dislodged plaque to completely block blood flow, resulting in either a heart attack or a stroke.

When cholesterol was found to be a major component of arterial plaque, the “cholesterol theory of heart disease” was born, thinking that high cholesterol levels cause atherosclerosis. The truth, however, is not so simple. Cholesterol is an anti-oxidant, a repair and healing molecule. The body produces more of it in response to stress and tissue damage, when repair and healing are needed. Remove the causes of the body’s distress, like inflammation and oxidation, and you lower cholesterol. It turned out that blaming cholesterol for heart disease makes as much sense as blaming the Red Cross for the disasters it responds to.

Drug companies responded to the cholesterol theory by investing millions in developing cholesterol-lowering drugs. Now, although unbiased science has disproved the cholesterol theory, these companies have an enormous vested interest in keeping the cholesterol myth alive and well, and they’re doing an excellent job of doing just that.

Pfizer’s Lipitor is the best-selling drug of all time. It brings in ten billion dollars a year and has quadrupled Pfizer’s net income. Up to 80 million Americans have elevated cholesterol according to new guidelines, making them eligible to receive statins. That’s 60 million potential customers not yet taking statins! Pfizer and other drug giants are spending millions to convince them and

their doctors that they need statins, which are taken for life. With insurance and government subsidies, we’re all paying for these ineffective, unnecessary, toxic drugs. It is exactly this kind of “healthcare” that threatens to bankrupt our country!

And toxic drugs they are. Statins are loaded with nasty side effects. Some occur right away; others crop up after years. Some cease when medications are discontinued; others don’t. By blocking the body’s production of CoQ10, statins cause serious problems ranging from potentially fatal muscle inflammation and wasting to congestive heart failure. In all, they interfere with at least twenty biochemical pathways in the body.

Cognitive problems affect about 15 percent of statin users, including episodes of temporary amnesia called transient global amnesia (TGA). Statins have an adverse effect on tau, a protein made by brain cells that helps maintain their structure. Abnormal tau proteins are linked with neurodegenerative diseases like Alzheimer’s, Parkinson’s and ALS. Statins also cause progressive cognitive decline, ranging from mild to severe, and anxiety, depression, inability to deal with stress, and violent behavior. Statin-takers are more likely to develop peripheral neuropathy, and to experience tremors and vertigo.

Other health issues linked with statins include cancer, suppressed immunity, cataracts and optic nerve problems, liver damage, impotence and loss of libido, hypersensitivity reactions that can lead to the autoimmune disease lupus, birth defects if taken by pregnant women, skin rashes and dryness, hair loss, gastro-intestinal problems, insomnia, and pancreatitis. Vitamin E is a key anti-oxidant protecting the heart. Statins decrease blood levels of vitamin E and interfere with E’s anti-oxidant capabilities. Low levels of vitamin D are a risk factor for heart disease; statins decrease your ability to manufacture vitamin D from sunlight.

The real problem in heart disease is *oxidized* cholesterol. Normal un-oxidized cholesterol is harmless. This is why some people with normal cholesterol levels get heart attacks while others with high levels do not—the difference is in the amount of chronic inflammation in their bodies and whether or not their cholesterol is being oxidized. It doesn’t matter whether your cholesterol is high or low.

Inflammation and oxidation are interrelated processes. Inflammation is the body’s healthy response to injury, irritation or infection. It neutralizes harmful microorganisms, helps repair wounds (often by calling in cholesterol, which is a component of scar tissue), and cleans up debris. However chronic inflammation is an unhealthy condition which generates a constant supply of free radicals that overwhelm our anti-oxidant defenses.

Unchecked free radicals create further damage generating more inflammation, and a vicious cycle is underway.

Arteries work hard, see a lot of wear and tear and are constantly being repaired. In a healthy body, this repair work involves temporary inflammation and an influx of cholesterol that subside once the repair has been made. The problem is that most of us have a diet and lifestyle that promote chronic systemic inflammation. We compound the problem by failing to get enough anti-oxidants from fresh fruits and vegetables and from supplements. This sets the stage for chronic diseases like atherosclerosis. In an unhealthy body, normal arterial damage is not fully repaired and leads instead to chronic inflammation and free radical damage. The body manufactures more and more cholesterol which is rushed to the scene, becomes oxidized and forms more and more plaque.

What are the components of our inflammatory diet and lifestyle? The deadly metabolic poisons sugar and white flour have an enormous inflammatory effect on the body. Transfats are a major contributor to heart disease and greatly increase both inflammation and oxidation. Refined oils lead to deficiencies in essential fatty acids like the omega-3s that prevent inflammation. According to a 2005 study in *Archives of Internal Medicine*, fish and flax oils, both high in omega 3 fats, have prevented more cardiac deaths and total mortality than statins. Dairy and grain-fed animal proteins contain an inflammatory balance of fats; avoid farmed fish that are grain-fed, and get meat from grass-fed animals.

Eating too much grain and animal protein versus fruits and vegetables creates systemic acidity, another cause of inflammation. A diet deficient in folic acid, B6 and B-12 causes an unhealthy accumulation of homocysteine, a pro-oxidant and pro-inflammatory that is linked to heart disease. Chronic infections are inflammatory and can damage arteries. For example, pathogens that cause gum infections are found in heart disease; for healthy gums, get plenty of vitamin C and CoQ10. Chronic stress, allergies, insufficient sleep, being overweight and lack of exercise all have inflammatory effects.

Many environmental toxins are pro-inflammatory and pro-oxidant. Chlorine, for example, is a powerful oxidizing agent capable of causing extensive damage to blood vessels—so we put it in our tap water. Heavy metals, such as lead and mercury, have been implicated in artery disease. Smoking is a major risk factor in heart disease.

On the other hand, a massive amount of evidence has shown that increasing consumption of anti-oxidants reduces the odds of getting atherosclerosis. The “French Paradox” refers to the fact that although the French have notoriously high levels of cholesterol, high blood pressure and most of them smoke, they have low rates of heart disease. The paradox can be explained by their better diets, containing more fresh fruits and vegetables, and their habit of drinking red wine with meals. Red grapes

are especially high in anti-oxidant flavonoids. Flavonoids work synergistically with vitamin C and are found in abundance in many fruits and vegetables, especially grapes, apples, citrus, onions, tomatoes, squash, eggplant, parsley and berries, and in green tea—most of which have been studied and found to reduce heart disease substantially. The French also use garlic and olive oil liberally. Garlic prevents the oxidation of cholesterol and reduces plaque accumulation in the arteries. Those on a Mediterranean-type diet, who consume a lot of olive oil, have 20% higher levels of oleic acid in their cholesterol, making it more resistant to oxidation. Other phenol compounds in olive oil add to its anti-oxidant value (the higher quality the olive oil, the more phenols there will be).

Since each antioxidant has a somewhat different role, getting a wide range of antioxidant supplements is best. Linus Pauling considered atherosclerosis a vitamin C-deficiency disease. Not only is C one of our most important anti-oxidants, it is crucial for the production of collagen, needed to build and repair artery walls. Low vitamin E levels have been more predictive of cardiac mortality than any other single factor. This fat-soluble vitamin gets incorporated into cell membranes where it prevents oxidation of cholesterol and other fat particles. CoQ10 assists E. Beta carotene, vitamin D, lipoic acid, selenium and zinc are all important anti-oxidants to include.

Avoid ingesting oxidized fats—do not purchase the usual supermarket oils. Minimize cooking with fats, and when you do, use organic ghee, coconut oil or olive oil on low heat (don't let the pan smoke). Store olive oil away from heat and light. Refrigerate nuts, seeds, cod liver oil and flax oil.

Heart disease is both preventable and reversible. There is no need for drugs or surgery. Don't let the cholesterol myth confuse you. Exercise regularly and supply your arteries with excellent nutrition—eat a good, plant-based diet and high-quality antioxidant supplements. Keep inflammation down and you keep heart disease away.

*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.*

***Have Health Questions  
or Comments?***

***please visit:***

**[www.beyondhealth.com](http://www.beyondhealth.com)**

**Question:** Do you have a recommendation for dry hands? My hands are getting progressively worse due to dry skin that cracks and turns into open sores. It's been very painful and hand creams aren't making my hands any better.

– Internet

**Answer:** Beyond Health has a lotion made with coconut oil which is very healing (Collagen & Almond Hand and Body Lotion), but dry hands are a symptom of a biochemical imbalance that needs to be addressed internally as well. Covering the fundamentals (see my books) and getting on our Life Essentials Comprehensive Kit is always recommended.

I'm also wondering if you're getting enough oil in your diet. Many people today are afraid of eating fat because they are afraid of heart disease and obesity, etc., however we do need the "good fats"—like olive oil, coconut oil, and flax oil. The problem is getting these oils in a healthy form. Because it's hard to find "real" (unprocessed, unadulterated) olive oil and coconut oil, we carry our own brand of each. I would suggest getting both of these and enjoying them liberally in your diet. I would also suggest getting some of our Cod Liver Oil and taking 1-2 tablespoons a day, especially during the winter months. Use flaxseed oil to make salad dressing.

The mineral zinc is also crucial. Some people experience this problem because they have thyroid disease. Have your doctor check this out.

**Question:** I have read Dr. Francis' books and understand the information about vaccinations. However, could you please address the Hepatitis B shot. My school is asking that I get the vaccination and I want to know specifically the problems for and against getting the shot.

S. E. – Internet

**Answer:** The Hepatitis B shot is no different from other vaccinations in terms of its damage to the immune system and introduction into the body of a variety of toxins. It has been linked specifically with autoimmune and neurological illnesses like rheumatoid arthritis, multiple sclerosis, seizures, encephalitis, etc.

It is difficult to make the case *for* the shot. Hepatitis B is not a widespread problem except among IV drug users and those with multiple sexual partners, as it is most often transmitted through the blood. I take it you are an adult who works in a school. Hepatitis B is rare among children. The vaccine does protect some people against getting Hepatitis B, but the risks are too great for the benefit derived.

While it is risky for an adult to get a vaccination, it is even more so for a child. This is why it is so tragic that hospitals routinely give the hepatitis B vaccine to newborns shortly after birth. This is unbelievably stupid. By the time the child reaches

the age where they would be at risk for this infection, any immunity the shot conferred will have worn off. Meanwhile, it is damaging the health of the infant. You get no benefit, if there ever was one, and the cost to the child's health is enormous. The vaccination is automatic so parents have to be proactive to protect their infants from this medical malpractice.

**Question:** I was wondering if you can tell me what kind of TV it is good to buy?

– Internet

**Answer:** Of the available TVs, we would recommend the LCD television rather than the plasma screen. This is because the plasma operates at higher voltage and creates a stronger electromagnetic field.

**Question:** I was just wondering if you have ever written anything on colon cleansing or have an opinion on it.

P. – Internet

**Answer:** Colon cleansing can be useful in certain circumstances, but I think most of the colon cleansing products are either too harsh or too mild. I recommend instead something called the Vitamin C Flush. When the body's tissues are fully saturated with Vitamin C, and can't absorb any more, you get a rather explosive bowel movement. This must be done in the proper way and only with the kind of high quality vitamin C that we sell at Beyond Health. Let me know if you are interested in the details as we have a protocol we can send on how to do this cleanse.

**Question:** Could you tell me, is there somewhere where I could find out the foods that contain aspartame? Also are there other names that manufacturers put in the ingredients section of their product that really means aspartame?

One product in particular that I was wondering about is Coffeemate. I didn't see the name aspartame on it, but have I have been told that it is in it. Do you know if this is true? Any information you can give me about this would be greatly appreciated.

C. E. – Internet

**Answer:** NutraSweet® and Equal are the two trade names I know of for aspartame, and it's everywhere in processed foods. Here's a list I found on the internet:

**The Following Reduced Calorie Products Have Aspartame-Sweetened Choices**

- Breath Mints
- Carbonated Soft Drinks
- Cereals

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

- Chewing Gum
- Flavored Syrups for Coffee
- Flavored Water Products
- Frozen Ice
- Frozen Ice Cream Novelties
- Fruit Spreads
- Gelatin, Sugar Free
- Hard Candies
- Ice Cream Toppings
- Ice Creams, No Sugar Added or Sugar Free
- Iced Tea, Powder
- Iced Tea, Ready to Drink
- Instant Cocoa Mix
- Jams & Jellies
- Juice Blends
- Juice Drinks
- Maple Syrups
- Meal Replacements
- Mousse
- No Sugar Added Pies
- Non-Carbonated Diet Soft drinks
- Nutritional Bars
- Powdered Soft Drinks
- Protein Nutritional Drinks
- Pudding
- Soft Candy Chews
- Sugar Free Chocolate Syrup
- Sugar Free Cookies
- Sugar Free Ketchup
- Table Top Sweeteners
- Vegetable Drinks
- Yogurt, Drinkable
- Yogurt, Fat Free
- Yogurt, Sugar Free

The wisest choice is to avoid processed foods altogether.

Regarding Coffeemate, aspartame is not used as an ingredient in Coffeemate. However, various Coffeemate products contain other artificial sweeteners, namely sucralose and acesulfame potassium. Both of these are not something you should be putting into your body. Processed foods like Coffeemate are the leading cause of disease in our society. No one should be using them in the first place.

**Question:** What kind of a diet would you recommend for an autistic child?

C. E. – West Palm Beach, FL

**Answer:** My general approach to this problem is first to support the brain with proper nutrients and second not to

damage the brain any more than it is already damaged. Support the brain with essential fatty acids. This means supplementing with flaxseed oil and fish oil. The other side of this coin is to avoid all the bad oils—the supermarket oils. Bad oils include canola, soy, corn, sunflower, safflower and peanut oils.

Avoid damaging the brain with excitotoxins. Avoid feeding the autistic person processed foods. Actually, nobody should be eating processed foods, but people with brain problems most of all. Processed foods contain many chemicals that damage health, including artificial colors, but about 80 percent of processed foods contain glutamates, which are a class of compounds that directly damage the brain. Glutamates are most often disguised on the label as soy protein isolates, natural flavoring and many other names.

Lots of fresh fruits and vegetables are the way to go. They contain vitamins, minerals and flavonoids that are all brain protective. Avoid the Big Four (sugar, white flour, processed oils and dairy/excess animal protein.) Use a Beyond Health Reverse Osmosis System to obtain potable drinking water. Tap water is loaded with brain-damaging chemicals such as aluminum and fluoride. Lastly, supplement with high-quality nutritional supplements. I recommend the Beyond Health Comprehensive Kit as a minimum. Adding the Brain Support Kit to that is a wise idea.

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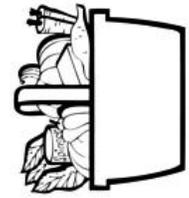
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## Michelle's Menu

### CHEEZY KALE CHIPS

- 1 bunch of kale
- 1/2 organic red bell pepper
- 1 lemon, juiced
- 1/3 cup raw cashews, soaked in pure water (at least an hour or overnight)
- 1 clove garlic
- 3 tablespoons nutritional yeast
- 1/2 teaspoon sea salt

Cut or otherwise remove the kale from the stems (it is ok if the stem is not removed from the top of the kale where it is not as bulky). Break the kale into "chip-sized" pieces, 2-3 inches. Place in large Ziploc or glass dish. In a Vita-Mix or other blender, puree the remaining ingredients. Pour it over the kale in the dish or baggie seeking to thoroughly coat the kale. Allow it to "marinate" at room temperature about an hour. Place the kale-coated pieces on dehydrator screens (no teflex sheets are needed). Dehydrate at 105 degrees for 12-24 hours, or until crispy.

These are so delicious that they will disappear quickly. Even veggie haters can't tell it is kale! I think they taste far better than nacho cheese chips.

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