

BEYOND HEALTH[®] *News*

March-April

2010

“Wonder whether the world is being run by smart people who are putting us on, or by imbeciles who really mean it.”

– Mark Twain

Toxic Drugs Do It Again

Heart attacks and heart failure...

Doctors at the FDA are recommending removal of the drug Avandia from the market. Avandia, intended to treat Type 2 diabetes, is known as rosiglitazone. A recent study by the Food and Drug Administration found that Avandia caused heart attacks and heart failure. Dr. David Graham and Dr. Kate Gelperin, authors of this report said, “Rosiglitazone should be removed from the market.” It is estimated that removing this dangerous toxin from the market would save about *800 lives per month*. Tragically, Type 2 diabetes is simple to cure, so no one needs drugs in the first place, much less to be on drugs for the remainder of their life.

Avandia has been one of the biggest-selling drugs in the world, with sales of \$3.2 billion in 2006. While the argument to take Avandia off the market is sound, don't expect immediate results. The FDA is run by the drug companies, so expect all kinds of delays in order to keep the revenues flowing as long as possible. Tragically, millions of Americans take prescription drugs every day. Hundreds of thousands die every year and millions have their health damaged by these deadly toxins. It's difficult to think of a drug for which there isn't a safer, less expensive and more effective alternative. Just say “No” to drugs.

Cell Phone Update

More bad news...

For well over a decade, BHN has been keeping you informed of the latest research regarding cell phones. Our advice has been consistent as follows: “We still advise our readers to limit their use to only the most essential calls, and then limit the call to two minutes. Keep phones turned off, and use the speaker phone feature to make your calls. Keep the phone as far from your body as possible, and keep children away from the immediate vicinity of your call.”

Unfortunately, most people are not taking our advice. They seem reluctant to limit their cell phone use, and these dangerous devices continue to proliferate. An estimated 275 million people in the United States and about 4 billion people worldwide are now using cell phones. Tragically, more and more children and teens are using cell phones. In fact, in the U.S., nine out of ten 16-year-olds have their own cell phone, as well as many primary schoolchildren. It is noteworthy that brain cancer has now surpassed leukemia as the number one cancer killer in children. The incidence of pediatric brain cancers in Australia has increased 21 percent in just one decade.

Because the negative effects of cell phone usage are not immediate, people think they are safe. Cell phones have been used heavily for only about 15 years, but it can take 10 to 30 years for brain tumors to develop as a result of cell phone use. Children, however, are more susceptible to cell phone damage because their cells are still reproducing more rapidly—their brains and nervous systems are still developing, and their skulls are thinner. A study by Dr. Lennart Hardell, a professor in oncology and cancer epidemiology in Sweden, has found that teenagers with heavy use of cell phones have 500 percent more brain cancer as young adults, and that young people who used the cordless phones found in many homes was almost as great, at more than 400 percent higher.

Here is what Dr. Hardell had to say about cell phone use in general: “What we did find was an increased risk for tumours in the temporal area of the brain, which is that part of the brain where the highest exposure to microwaves on the same side as the person had used the mobile phone. We found overall an increased risk of 30 percent for brain tumours, increasing for those who had used the mobile phone for over 10 years to 80 percent increased risk. This is a significant finding.” In Europe and the U.K. the incidence of brain tumors has increased by 40 percent over the last 20 years. Some researchers are predicting an epidemic of brain cancer as cell phone use continues to grow.

Brain cancer is not the only concern. An Israeli scientist, Dr. Siegal Sadetzki, has found a link between cell phone usage and the development of malignant tumors of the salivary gland. Dr. Sadetzki, a physician, epidemiologist and lecturer at Tel Aviv University, published the results of a study recently in the *American Journal of Epidemiology*. Those who used a cell phone heavily on the side of the head where the tumor developed were found to have an increased risk of about 50 percent for developing a tumor of the main salivary, compared to those who did not use cell phones.

Other studies have indicated risks beyond brain and salivary tumors into cognitive problems, disorientation, eye damage, bone damage, Alzheimer's and more. A study sponsored by the telecommunications industry found an almost 300 percent increase in the incidence of genetic damage when human blood cells were exposed to cell-phone radiation. Last year, Dr. Ronald B. Herberman, the head of the University of Pittsburgh Cancer Institute issued an unprecedented warning to his faculty and staff: Limit cell phone use because of the health risks.

Cell phones even weaken your bones. A study in a 2009 *Journal of Craniofacial Surgery* found that wearing a cell phone on your hip reduces pelvic bone mineral

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density next to where the phone is carried. In addition, previous studies have found that cell phone radiation affects men's sperm count, and the quality and motility of their sperm. This could be an even more important issue than its effect on bone density. Men of reproductive age should exercise caution due to the potential for damage to their future children.

Meanwhile the telecommunications industry is spending a lot of money and working overtime to obscure and hide the risks from the public. The truth is the safety of cell phones is being increasingly called into question, and there are no established safety standards for testing these devices.

Here is what Lloyd Morgan, a Director of the Central Brain Tumor Registry of the United States had to say: "Exposure to cell phone radiation is the largest human health experiment ever undertaken, without informed consent, and has some 4 billion participants enrolled. I fear we will see a tsunami of brain tumors, although it is too early to see that now since the tumors have a 30-year latency. I pray I'm wrong, but brace yourself."

Cell phone towers are another issue. As reported in BHN's July/August 2008 issue, studies in Egypt, Germany and Spain have found that people living within 1200 feet of a cell-phone tower have high cancer rates and suffer sleep disruption, chronic fatigue, nausea, skin problems, irritability, brain disturbances, poor attention span,

loss of memory, impaired problem solving, and cardiovascular problems.

BHN continues to recommend that our readers limit their use to only the most essential calls, and then limit the call to less than two minutes. When cell phones are on they are emitting radiation, even when you are not using them. Keep phones turned off when not being used; turn it on as needed to check for messages. Do not hold a phone next to your brain. Use the speaker-phone feature to make your calls, keeping the phone as far away as possible. Do not carry a cell phone close to your body while it is on. Keep children away from the immediate vicinity when you make a call. Do not allow children under the age of 18 to use mobile phones except in emergencies. Use of cell phones inside buildings or in cars increases cancer risk, because it increases the radiation a phone must emit in order to function. Use of text messages and non-wireless headsets can reduce cancer risk. BHN will continue to keep you updated as new information becomes available.

Fatty Acids and Genes

Alters the expression of genes...

One of the biggest changes in our diet over the last century has been in the amount and the type of fats and oils we consume. Certain omega-3 and omega-6 fatty acids are called "essential" because our bodies can't make them and we can't live without them. Today it is estimated that 90 percent of the U.S. population is deficient in essential fatty acids, and this is having a catastrophic effect on our health.

We are consuming an excess of omega-6 fatty acids and not enough omega-3s. The excess of omega-6s, which are converted into inflammatory molecules, has produced excessive inflammation in our bodies. As a result of this shift, we have seen a sharp increase in inflammatory diseases, including asthma, allergies, arthritis and autoimmune diseases.

New research reported at a meeting of the American Society for Biochemistry and Molecular Biology has discovered a mechanism for what happens at the cellular level. What this study found is that when you eat a diet that has the correct ratio (which is 2:1 Omega 6 to Omega 3 fatty acids) not only will you decrease your inflammation greatly but also you will change how your genes express. This is an enormously important finding because we all have genes that can express disease, but you don't want that to happen. The

genes will not cause disease unless you turn them on, and you can turn them on by not having the correct balance of essential fatty acids.

When people are fed the correct essential fatty acids, not only were signaling genes that promote inflammation significantly reduced compared to a normal American diet, but a signaling gene for a protein called PI3K, a critical component in autoimmune and allergic inflammation responses, was also reduced. This study shows, for the first time in humans, that changes in gene expression are likely an important mechanism by which these omega fatty acids influence our health.

BHN recommend that almost every American supplement with essential fatty acids. These are contained in Beyond Health's supplement kits.

Magnesium Supplements

Increase brain power...

A January 2008 study in *Neuron* has concluded that an increase in brain magnesium improves learning and memory, suggesting that increasing magnesium intake may be a valid strategy to enhance cognitive abilities. Magnesium is an essential mineral and studies show that at least four-out-of-five Americans are chronically deficient in Magnesium.

Deficiency is one of the two causes of all disease, and researchers have speculated that the accelerated loss of brain function we see in our older population is connected to magnesium deficiency. Symptoms of magnesium deficiency include: insomnia, anxiety, hyperactivity, restlessness, panic attacks, numbness, tingling, fatigue, muscle soreness, twitches, cramps, back aches, neck pain, tension headaches, osteoporosis, palpitations, heart arrhythmias, angina due to spasms of the coronary arteries, high blood pressure, mitral valve prolapse and premenstrual irritability.

Because of widespread magnesium deficiency, most of us need to supplement with magnesium. A big problem is that most magnesium supplements provide little usable magnesium to the body. In addition, many people have trouble absorbing magnesium because of damaged gut tissue. This is why doctors often resort to injectable magnesium. To solve this problem, Beyond Health provides a product combination, Magnesium Formula and Choline Citrate, that together enormously enhance magnesium absorption and make it available to the brain.

BEYOND HEALTH[®] News

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Toxic Overload

We are all poisoned...

Toxicity is one of the two causes of all disease, and almost every American is in toxic overload. Toxicity is now playing a major role in our epidemic of chronic and degenerative disease. Many Americans now have levels of toxins in their bodies that are at or above the same levels that cause disease in experimental animals. We are reminded of this reality by a new report by the CDC (Centers for Disease Control and Prevention) in their Fourth National Report on Human Exposure to Environmental Chemicals.

The CDC tested blood and urine and found that out of 212 chemicals, most Americans tested positive, and six chemicals of the 212 were found in virtually every person tested. The six were acrylamide from cooking carbohydrates at high temperatures, flame retardants, MTBE from gasoline, Bisphenol A from plastics, PFOA from non-stick cookware and stain-resistant clothing, and mercury. Each of these is capable of causing disease and all six together, not to mention various amounts of the other 206 toxins, present a significant challenge to the body.

We all need to work on reducing our toxic loads. To do this, stop putting toxins in. Learn how to avoid toxins in the air, water, personal-care products and food. How to do this is outlined in Raymond Francis' book *Never Be Sick Again*. Next, support your body's detoxification system with a good diet and supplement with B vitamins, vitamins C and E, essential fatty acids, selenium, glycine, cysteine, glutamine, methionine, taurine, glutamic acid and aspartic acid. In addition, we need to reduce the existing toxic burden in the body. The way to do this is with saunas.

Saunas have been used since antiquity. Once an option, but now a necessity for every American, saunas are the only reliable way we know to get rid of our stored toxins. How to sauna correctly is described in both *Never Be Sick Again* and *Never Be Fat Again*. Beyond Health makes available a sauna that is approved by Raymond Francis.

Beware Parking Lots

Coal tar sealant contamination...

Many Americans live in apartments adjacent to parking lots. Parking lots treated with coal tar sealants contaminate adjacent buildings with carcinogenic polycyclic aromatic hydrocarbons (PAHs). Coal-tar-based sealcoats, the black, shiny material sprayed or painted on many

parking lots, driveways, and playgrounds contains PAHs. New research conducted by scientists at the U.S. Geological Survey has found that apartments with adjacent parking lots treated with a coal-tar based sealcoat contaminated house dust with high concentrations of PAHs—as much as 1000 times higher than apartments without such parking lots.

Coal tar is a byproduct of the coking of coal, and can contain 50 percent or more PAHs by weight. This is a huge amount, and it is an issue because PAHs are carcinogens and are toxic to fish and other aquatic life. Small particles of sealcoat are tracked indoors by residents after they walk across the parking lot, while contaminated dust blows in the wind. The study found that apartments adjacent to coal-tar-sealcoated parking lots contained high concentrations of PAHs in house dust, and that dust directly on the coal-tar-sealcoated parking lots had PAH concentrations that were 530 times higher than dust on the parking lots without coal-tar sealcoat.

Sealcoat products are widely used in the U.S., both commercially and by homeowners on their driveways. The products are commonly applied to parking lots of commercial businesses (including strip malls and shopping centers), apartment and condominium complexes, churches, schools, business parks, residential driveways, and playgrounds. The sealcoat wears off of the surface relatively rapidly, especially in areas of high traffic, and manufacturers recommend resealing every three-to-five-years. This rapid erosion puts a huge amount of PAHs into the environment. Coal-tar-emulsion based products are more commonly used in the Midwest, the South, and on the East Coast. Safer asphalt-based sealcoat is more commonly used on the West Coast.

Should you live in such a situation, be sure to vacuum frequently with a vacuum that has a HEPA filter, and be sure to sauna frequently to get out stored toxins. Support liver detoxification pathways with appropriate supplements from Beyond Health, which has a Liver Support Kit.

The Healthcare Debate

We need to lower costs...

Your BHN editorial staff recently came across a news item we published in this journal in 2004. Here it is:

General Motor's Liability

Topping \$60 billion, General Motor's healthcare liability for its retirees is now at \$63.4 billion. This is even after recent

Medicare legislation that reduced its obligations. Healthcare is now one of GM's single largest annual expenditures and it adds about \$1400 to the cost of each vehicle produced. This is several times the healthcare cost of each Japanese vehicle, putting U.S. automotive manufactures at a competitive disadvantage. The staggering size of GM's liabilities will continue to weigh on the company's credit ratings, cash flow, and earnings. Both our businesses and governments are staggering under the burden of health costs. There is an urgent need for a national campaign to teach people how to be healthy so as to reduce these costs to manageable levels. (Join a TPED chapter in your community.)

At this point, we all know what happened to GM. The problem is the same thing is happening to the U.S. The U.S. government is in the process of going bankrupt and the economists are predicting the U.S. is on the way to becoming a third-world country. Our disease-care costs are one of the biggest factors driving this catastrophe. Now more than ever, we must teach our people how to get well and stay well so these disease costs can be eliminated. A good first start is to tell everyone you know to read *Never Be Sick Again*.

Driving Through That Tunnel

Roll up the windows...

We all need to do what we can on a daily basis to lower our toxic load, and one thing you can do is beware of tunnels. Tunnels concentrate air pollution by up to 1,000 times. A new study published in *Atmospheric Environment* has found that, in addition to other pollutants, tunnels concentrate a toxic cocktail of ultrafine particles to levels so high they constitute a health threat. The effects can range from minor respiratory problems in healthy people, to a heart attack in people with existing heart conditions.

When going through a tunnel, roll up you windows. If your air conditioning system is on, hit the recycle button and cut off the outside air. People who are riding motorcycles or driving convertibles will be exposed to high concentrations of these pollutants.

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CURCUMIN

*by**Raymond Francis*

Mother Nature is so wonderful. It automatically provides us with all the things we need to be healthy. Our job is to recognize this and work with nature. Instead, the norm in the modern culture is to work against nature, which is why we have so much disease. One of the wonders of nature is a spice called turmeric. Turmeric is a member of the ginger family, and it is used as a yellow food coloring and as a traditional Indian curry spice. It has also been used as a traditional medicine in Egypt and India for at least 6000 years.

The biologically active ingredient in turmeric is called curcumin. Curcumin makes up about 2-to-3 percent of the turmeric and consists of a number of biologically active compounds called curcuminoids. Modern research has found curcumin to be an amazing substance that both helps to prevent and reverse numerous diseases, including cancer. A wealth of scientific data now shows that curcumin has powerful antioxidant, anti-inflammatory and anti-cancer properties. Further, curcumin has been proven safe and without side effects even at doses of ten grams per day.

What makes curcumin so truly special is that it affects numerous genetic and biochemical pathways at the same time, resulting in a lot of very beneficial biochemistry. The fact that curcumin affects multiple molecular targets and signaling pathways provides the scientific basis for its effectiveness with so many different diseases.

All chronic diseases are inflammatory; chronic inflammation ages and destroys the body. Curcumin is an anti-inflammatory and helps to reduce inflammation and edema. This is why it works well for the many conditions that are driven by inflammation. Curcumin inhibits enzymes that are necessary for the synthesis of inflammatory chemicals in the body. It is known to prevent the synthesis of several inflammatory prostaglandins and leukotrienes and to inhibit pro-inflammatory arachidonic acid. In fact, the natural anti-inflammatory activity of curcumin is comparable to steroid drugs, without all the dangers and side effects. Studies have shown curcumin to be equal to powerful prescription drugs in treating post operative inflammation and arthritis.

Curcumin is also an antioxidant. Antioxidants protect the body from damage by free radicals. Free radicals can originate from environmental chemicals, tissue injury,

infections, autoimmune processes and even from the fat cells of overweight people. Studies have shown curcumin to be comparable to vitamins C and E in exhibiting strong antioxidant activity. In fact, one study showed curcumin to be eight times more powerful than vitamin E in preventing lipid peroxidation.

Curcumin helps to prevent heart disease. It does this by inhibiting inflammation and oxidative damage, lowering cholesterol and triglyceride levels, decreasing the susceptibility of low density lipoprotein (LDL) to lipid peroxidation, and preventing blood clots by inhibiting platelet aggregation.

Curcumin has antibiotic properties. It inhibits the growth of a variety of bacteria, parasites and pathogenic fungi. Even topical applications of curcumin extract are effective for skin infections.

Curcumin protects the liver. It has been found to have a hepatoprotective effect similar to that of silymarin. Several studies have shown curcumin's ability to protect animal livers from a variety of insults induced by chemicals and drugs. Curcumin has also been found to reverse biliary hyperplasia, fatty liver and liver necrosis induced by exposure to aflatoxin.

Crohn's Disease, irritable bowel syndrome and ulcerative colitis are other disease conditions helped by curcumin. Studies show that animals pretreated with curcumin experienced a clear reduction in intestinal inflammation when exposed to an irritant as compared to controls. Curcumin accelerates wound healing and helps to repair damaged gut tissues.

Cystic fibrosis is yet another condition helped by curcumin. Researchers at Yale University found that curcumin may correct a cellular malformation that causes cystic fibrosis. In animal experiments, curcumin corrected the cystic fibrosis defect and significantly increased the survival of the animals.

Then there is cancer. Curcumin appears to suppress cancer by interfering with the production of proteins in the cancer cells that protect the cells from normal cell death. All doses of curcumin decreased cancer cell growth and triggered cell death, but higher doses were more effective, and the higher the dose used, the more cancer cells died. Topical application of curcumin also inhibited the growth

of skin cancer cells. According to a 2003 study in *Blood*, Curcumin stopped the activation of processes known to lead to the spread of cancer cells and triggered apoptosis. Apoptosis is a process where cancer cells program themselves to die. A 2002 study in *Cancer* found that curcumin can stop the growth of human pancreatic cancer cells. The researchers found that curcumin inhibited the production of interleukin-8, a protein produced by white blood cells that contributes to tumor growth. According to researchers at M.D. Anderson Cancer Center, curcumin blocks a key biological pathway needed for development of melanoma and other cancers. Curcumin shuts down nuclear factor-kappa B (NF-KB), a powerful master switch known to regulate expression of more than 300 genes that promote an abnormal inflammatory response, which leads to a variety of disorders, including arthritis and cancer.

And it goes on. Curcumin reduces the amyloid protein plaques associated with Alzheimer's. In a recent study involving animal brains injected with amyloid, curcumin reduced the accumulation of amyloid deposits and reduced the loss of proteins in the spaces between brain cells. India has the lowest rate of Alzheimer's in the world, probably correlated with the consumption of curry which contains turmeric, the source of curcumin.

Extensive research shows curcumin is effective in multiple situations, even including diabetes and multiple sclerosis, but as with any supplement, there is bad, good, better and best available. With supplements, you always want the best because it is the best that really work and give you true value for your money. Take the example of multivitamins. Almost half of the brands on the market don't even dissolve soon enough to be of use to the body. Even when they do dissolve, most are made from cheap synthetic molecules that do not metabolize well in the body, even having toxic effects. No matter how little you pay for them, the supplements that don't work are the most expensive supplements you can buy. Studies show that almost 98 percent of the supplements on the market are a poor value because they are ineffective and/or toxic. The best cost more, but they actually work! That is good value for your pocketbook and your health. Most curcumin products are very poorly absorbed into the blood after oral ingestion. This is why many studies on curcumin were done with intravenous injections in order to achieve effective blood levels.

It is important to use a curcumin product that is free of toxic contaminants, biologically active and well-absorbed after oral ingestion. As an example of products you don't want, ConsumerLab.com found a popular brand

of curcumin to contain 18.7 mcg of lead in a daily serving — the highest amount it has ever reported. Another brand was contaminated with 8.3 mcg of lead. These amounts are well above what is safe and should be avoided. Two other curcumin products provided only 11.5% and 49.5%, respectively, of expected curcumin compounds. As usual, it's a zoo out there, which is why Beyond Health exists—to help people get the very best for their health.

Who should be taking curcumin? Almost every American today is suffering from some inflammatory disorder, from allergies to cancer. Curcumin helps with all of them. How much should you take? Most studies have been done at dosages of 400 to 1200 mg. per day depending on the need. Two 250 mg capsules would be about right for most people. People with special problems need more. Reported side effects are uncommon and are generally limited to mild stomach distress, but taking it with food usually solves this problem. Curcumin may increase the risk of bleeding in people taking warfarin or other blood thinning drugs. People taking toxic prescription drugs should always check with their doctor before taking supplements. Supplements have the potential to make a drug even more effective, thereby making it even more toxic and damaging to your body.

To help our customers obtain a reliable supply of superior-quality curcumin, Beyond Health now offers such a product—*Beyond Health Curcumin Formula*. This formula has been proven in clinical studies by the M.D. Anderson Cancer Center at the University of Texas to be safe, pure, biologically effective and well-absorbed after oral ingestion.

Raymond Francis is an MIT-trained scientist, a registered nutrition consultant, author of Never Be Sick Again and Never Be Fat Again. He is the chairman of The Project to End Disease and an internationally recognized leader in optimal health maintenance.

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Question: Kudos to Beyond Health News for your accurate coverage of the Swine Flu Pandemic. In the Jan/Feb issue you talked about the “Flu Myth,” and as usual, you were right once again—there was no epidemic.

E.G. – Chicago, IL

Answer: Thanks for your thanks. All we do is report the science and the facts. Unfortunately, the news media is all about marketing hype. The World Health Organization (WHO) declared a pandemic, even though there was no evidence to support it. The whole swine flu episode was just money making propaganda. Unfortunately, our poorly trained physicians don't know any better and they go along with it. But then they have to go along with it, even if it doesn't make any sense. The quickest way to end a medical career is to question the safety and value of vaccinations.

Around the world, hundreds of millions of doses of unused swine flu vaccines are being dumped. Billions of tax dollars were wasted for these useless and dangerous vaccines. Millions of people had their health permanently damaged by getting vaccinated with them. Despite the fact that official press releases by the medical establishment still talk about the “Swine Flu Pandemic,” even some doctors are now calling the whole thing a hoax.

There is no evidence that flu vaccines do any good and plenty of evidence they do harm. So why get them? Healthy people don't get infections, so stay healthy and there's no problem. Adequate amounts of zinc and vitamins C, D and E will go a long way toward preventing colds and flu.

Beyond flu vaccines, there is, in fact, no evidence that any vaccine does a body good, and we know they all do harm. Vaccines do permanent damage to the immune system. This is why it is not surprising that in February, when there was an outbreak of mumps among almost 2000 people in New York and New Jersey, 80% of the victims were people who had been vaccinated. Consider that, first of all, the vaccine did not protect them. Secondly, the vaccine had damaged their immunity so most of the people getting sick were those who had been vaccinated. If the vaccine were effective, the vaccinated people would have been protected and the unvaccinated should have been getting sick. Instead, it was the other way around. It was the vaccinated who were getting sick.

It is time for people to wake up and stop listening to the disease industry. All they have to offer is disease. What you want is health. Instead read *Never Be Sick Again*, and learn how to get well and stay well.

Question: Winter is ending and I am sure this is when people would be at their lowest for vitamin D. What do you recommend people should take every day?

L. O. – Baltimore, MD

Answer: People should take the amount they need. The health benefits of vitamin D are growing as more research is published, and more experts are recommending higher doses. I advise that people should ask their doctor to measure their 25-hydroxy vitamin D levels and then keep their serum vitamin D at the high end of normal. A new study out of China showed that 94 percent of people between the ages of fifty and seventy were deficient in vitamin D.

Research published in a recent *Journal of Nutrition* recommends an intake of 2100 and 3100 International Units

(IUs) per day during the winter months. The anti-cancer properties of vitamin D appear to click in at daily doses of about 1,100 IUs. The current official recommendation is 200 IUs per day for those under fifty, 400 IUs for men and women between fifty-one and seventy, and 600 IUs per day for those over the age of seventy.

Sunlight is the best source of vitamin D. That's why people who live in Northern parts of the country, where the winters are long, have greater need for supplementation because there's less sun exposure.

Dark skinned and older individuals require higher amounts of supplementation because they are less efficient at producing vitamin D from sunlight, requiring longer periods of exposure. Some experts believe that the lower levels of vitamin D seen in people with dark skin could account for their higher rates of disease, including some types of cancer.

Fortunately, Beyond Health offers a superior vitamin D product. It is very pure, in the correct biological form and it comes as a sublingual liquid. This method of supplying the vitamin gets around the fact that many older Americans malabsorb vitamin D from the gut. Absorbing it through the mucus membranes in the mouth is an ingenious solution to bypassing absorption problems in the gut. According to most studies, the risk of toxicity is very low at doses of 5,000 International Units and under. I personally take 2500 IUs per day.

Question: I have been taking a beta carotene supplement and I just read that a study showed that people who take beta carotene have a higher incidence of cancer. Is this true? I'd like to know what you think.

K. E. – Macon, GA

Answer: There were actually two studies in, 1994 and 1996, which I am aware of that demonstrated a higher incidence of cancer in those taking beta carotene supplements. I think the studies were well done, but there are lots of ifs, ands, and buts that muddy the water.

Beta carotene is one of a family of compounds known as carotenoids. Carotenoids are yellow, orange, and red pigments that are abundant in plants and fruits. For example, the orange pigment in carrots is from beta carotene. Carotenoids are known for their antioxidant properties, and they are known as the dietary source of Pro Vitamin A. Vitamin A is necessary for normal metabolism and growth and it is important for vision and immune system function. Antioxidants such as beta carotene are said to have the primary health benefit of preventing aging at a cellular level by helping to deal with free radicals.

How could something so good cause a problem? Here is one consideration: Clinical studies are done with synthetics and not natural vitamins. Synthetic beta carotene is known to be fundamentally different than natural carotene. Natural carotene is a different molecule and it occurs in combination with other supporting carotenes such as alpha carotene, zeaxanthin, cryptoxanthin and lutein. In addition, nutrients act as a team and antioxidants synergize with and support each other. Just taking one will not achieve the beneficial synergistic effect of several working together. Yet only one at a time is used in the studies.

Here is another item to consider: The people who showed a higher incidence of lung cancer in the studies were smokers. Non-smokers didn't have a problem. A 1999 study in the *Journal of the National Cancer Institute* shed some light on this. The study showed that excess beta carotene stored in the lungs becomes

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

oxidized into by-products that interfere with normal cell division control. This can cause the cell to grow uncontrollably, which is cancer. Excess beta carotene, exposed to the high oxygen levels in lung cells, along with the oxidizing effects of cigarette smoke, upsets a fine-tuned system for keeping cancer under control. According to the lead researcher, "These oxidized metabolites decreased a tumor suppressor and increased a tumor promoter in the animals' lungs."

Populations that eat more fruits and vegetables rich in beta carotene and other carotenoids have a lower incidence of cancer, particularly lung cancer. This is another good reason to eat a diet filled with fresh vegetables and fruits.

Since I don't smoke and I take natural mixed carotenoids with a combination of other antioxidants, I am not concerned about these studies. I continue to take my beta carotene supplement, which I have been taking for more than a quarter century.

Question: My father has emphysema and is also suffering kidney failure and is on dialysis. Can you recommend anything for him?

W. D. – Toronto, Canada

Answer: One good piece of advice is to switch to an alkalizing diet. Your father needs to consume a diet rich in vegetables and fruits. He should blenderize or juice vegetables every day. Studies have shown that the symptoms of emphysema and the progression of renal disease can be forestalled by consuming an alkalizing diet.

We are consuming the most acid-producing diet in history (high in sugar, grains and meats), and at the same time, the amount of alkalizing fruits and vegetables we consume has dropped. Further, commercially produced fruits and vegetables are now low in alkalizing minerals because of soil depletion. Alkalizing your father's diet is almost certain to have a beneficial effect as it will lower the chemical burden on his kidneys. Getting him on a good high-quality supplement program will also help. Call the Beyond Health office for assistance.

Question: Is there anything you can recommend for sciatica?

A. T. – Nashville, TN

Answer: Sciatica is a symptom of another medical problem, not a medical condition on its own. It refers to pain, weakness, numbness, or tingling in the leg, and is caused by injury to or compression of the sciatic nerve.

There are a number of different approaches to dealing with this problem including chiropractic and acupuncture. From a biochemical standpoint, studies have proven that nutritional supplements can be very beneficial. Supplements that have been proven to alleviate nerve pain include: CoQ10, curcumin, N-acetyl cysteine, quercetin, all the B vitamins and Vitamins C, D and E.

Question: I am trying to get my husband to take your supplements. He says vitamins make expensive urine and that he doesn't need them. What can I say to him to wake him up?

I. T. – Internet

Answer: Your husband is right. There is no reason to take supplements—providing. Providing he is eating food grown in mineral-rich soils that is fresh, organically grown, locally grown and not transported over long distances or stored for months

before being consumed. In addition, he's working outdoors, breathing unpolluted air, drinking unpolluted water, free of exposure to other environmental toxins, exercising daily, getting nine hours of sleep and living a stress-free life. If he does all that, who needs supplements? I do as much of that as I can and I still take supplements. You might ask him how he thinks he's doing regarding this list.

Question: I have a bad case of the shingles with a lot of pain. Can you suggest anything to help?

B. R. – Carson City, NV

Answer: Shingles is caused by the chickenpox virus reactivating in the body. Early symptoms of shingles include headache, sensitivity to light, and flu-like symptoms without a fever. A rash, that is more painful than itchy, can appear anywhere on the body forming blisters that scab over and usually clear up over a few weeks. The rashes can be quite painful as you have found out.

Having shingles is a visible sign that your immunity is depressed. Otherwise, the virus could not be activated as it is. Often, stress is a factor in shingles. The basic approach is to not eat things that support viral activity and support the immune system so as to suppress viral activity.

One dietary nutrient that supports viral activity is the amino acid arginine, which certain viruses need for their replication. If you deprive cells of arginine, this slows viral replication. Depriving cells of arginine can be done in two ways: Reducing your intake of arginine and by competing with arginine bioavailability, making it less available to the virus.


To reduce arginine intake, avoid high-arginine foods such as grains, chocolate, peanuts, almonds, seeds, raisins and gelatin. To compete with arginine, increase your intake of the amino acid lysine. Lysine makes arginine less bioavailable to cells and, therefore, to the virus. Foods such as fish, meat and legumes are high in lysine, but the best way to get a lot of lysine fast is to supplement with 1000 mg two-to-three times a day.

To improve your immunity, go up to bowel tolerance with vitamin C. Take extra zinc, vitamin D, B12 at 1000 to 2000 mcg/day, vitamin A and alpha lipoic acid. Natural antibiotics like olive leaf extract and oregano can also be helpful.

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Michelle's Menu

CRUNCHY CAULIFLOWER AND PEA SALAD

4-6 servings

- 3 cups chopped organic cauliflower florets
- 1 cup organic celery, chopped
- 8 ounces frozen peas (rinsed in colander, thawed and drained)
- 1 cup raw cashew pieces or pine nuts

1 small organic red onion, chopped

1/4 cup of organic green onions, chopped

Put all of the above in a medium sized glass bowl

Dressing:

1 cup veganaise (1 use the grapeseed oil or flax/olive oil variety)

2 teaspoons raw unfiltered apple cider vinegar

2 cloves garlic, pressed or minced

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/2 teaspoon oregano

1/2 teaspoon basil

1 teaspoon parsley

1/4 teaspoon fresh ground black pepper

Pure water, rice milk or nut milk to thin to ranch dressing consistency

Mix the dressing ingredients until smooth.

Pour dressing over vegetables and mix thoroughly. Chill I like to serve a large scoop of this salad on a lettuce leaf, topped with sprouts.

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