

# BEYOND HEALTH<sup>®</sup> *News*

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2009

**“Chemicals have replaced bacteria and viruses as the main threat to human health...The diseases we are beginning to see as the major causes of death...are diseases of chemical origin.”**

-Rick Irvin, Toxicologist  
*Texas A&M University*

## Sixth Mass Extinction

*It's happening...*

According to a paper published in a recent *Proceedings of the National Academy of Sciences*, amphibian extinction rates are rising to unprecedented levels. Biologists are warning that the current extinction rate of amphibians is cause for alarm, and that the earth is experiencing its sixth mass extinction. Amphibians are survivors. Among the oldest organisms on earth, they have survived four prior mass extinctions. The fact that they are now suffering a massive die off is giving us a clear message that something is very, very wrong.

One factor in this extinction is a deadly disease that is jumping from one species to another. A newly emerging infectious disease, chytridiomycosis, is thought to be directly responsible for wiping out more than 200 species. Chytridiomycosis is a surprisingly virulent aquatic fungus of unknown origin. It's the first of its kind to infect vertebrates, and only amphibians. Environmental chemicals are known to

be playing a role in these problems.

One of the co-authors of this paper, Vance T. Vredenburg, assistant professor of biology at San Francisco State University said, “We humans may be doing fine right now, but they are doing poorly. The question, really, is whether we’ll listen before it’s too late. A general message from amphibians is that we may have little time to stave off a potential mass extinction.”

One problem with Professor Vredenburg’s statement above is that we humans are *not* doing just fine right now. He is obviously spending too much time looking at frogs. There are major problems right now, and they are getting worse with each passing year. There are increasing patterns of abnormalities in humans. Chemicals in our environment are already threatening the future of our species. Since the 1960s there has been a 60 percent increase in the number of males born with reproductive disorders and symptoms of feminization. Male sperm counts have been reduced by 50 percent in the last century. In one study of human embryos from young, healthy women in their twenties, almost 80 percent were found to be genetically abnormal. These children will all be born with abnormalities. One out of six eight-year-old girls has already entered puberty, and an increasing number of three-year-olds are showing sexual development. In China, a 2001 study found that 85 percent of the university students they tested were infertile. What does this mean for the future of the human race?

A host of environmental chemicals with hormone-like effects are accumulating in our environment. Plasticizers used in plastics along with insecticides, herbicides, fungicides, prescription drugs and other chemicals are known to affect hormone regulation in our bodies. Men with the highest levels of these chemicals have the lowest sperm counts. PCBs and dioxins do the same. Birth control pills contain female hormones that are passed into the sewage system and then recycled into tap water. This is a known factor in the feminization process we are witnessing. Since many of these dangerous hormone-disrupting chemicals are found in tap water—a logical response is not to drink tap water. This is only one reason why every reader should be using a Beyond Health Reverse Osmosis water purification system.

Do not use birth control pills, do not consume canned drinks or foods, eat only organic foods, drink purified water, and do not use prescription drugs. We used to think that if we removed the toxin, all would be well. We now know that toxins can, without changing DNA, change the way DNA expresses in subsequent generations. Toxic damage we do today can still be with us generations from now, even if those people have never been exposed to the toxin that is causing the problem. This is alarming. In fact, the dramatic rise in breast and prostate cancer we are experiencing may actually be the cumulative effect of toxic exposures over several generations.

A nationwide poll of biologists,

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conducted by the American Museum of Natural History, found that 70 percent of them believe the following: “We are in the midst of a mass extinction of living things and this dramatic loss of species poses a major threat to human existence...This mass extinction is the fastest in the earth’s 4.5 billion-year history and, unlike prior extinctions, is mainly the result of human activity.” It is time for us to sit up, take notice, and do something—if not for our own lives, but for those to come.

**Statin Update**  
*Causes dementia...*

Statin drugs are prescribed for people with high cholesterol. Unfortunately, these highly toxic chemicals do little or nothing to prevent deaths from heart attack, while doing a lot of harm. Yet millions of Americans are on these dangerous drugs. New research conducted at the University of Rochester Medical Center has concluded that in addition to causing heart disease, fatigue, loss of

balance, neuropathy, muscle pain and weakness and nerve problems, statins also cause dementia.

The study found that statin drugs adversely affect a particular group of brain cells important to the health of aging brains. According to researchers, “There has been a great deal of discussion about a link between statins and dementia, but evidence either way has been scant until now.” The researchers examined the effect of statins on glial progenitor cells. These are brain cells held in reserve which the brain can change and customize according to whatever type of cell it needs to stay healthy. Statins cause the cells to take a form which the brain can no longer modify or transform. This depletes the brain’s ability to repair itself, resulting in repair deficits and dementia—just one more way that modern medicine makes you sick.

**Vitamin D**  
*Lowers death rate...*

Vitamin D deficiency leads to substantially increased risk of death. This is the conclusion of researchers at Johns Hopkins as reported in August in the *Archives of Internal Medicine*. This study analyzed results from 13,000 men and women and found that those with the lowest vitamin D levels had a 26 percent increased risk of death. Other studies have linked vitamin D deficits to increased rates of breast cancer and depression in the elderly as well as to an 80 percent increased risk of peripheral artery disease.

Vitamin D is well known to play an essential role in cell growth, in boosting the body’s immune system and in strengthening bones. Unfortunately, studies are finding that too many Americans are deficient. This is why it is important to have your vitamin D level measured. Ask your doctor to measure your 25-Hydroxyvitamin D levels and keep your level in the upper half of the normal range. It is also

important that your doctor NOT use Quest Diagnostics to do the test as their tests are not accurate. Supplement with the kind of high-quality vitamin D found in Beyond Health products and take extra cod liver oil every day. This is especially important during the winter season when there is less sunlight. Get regular sunlight as often as possible. In the summer, as little as 15 minutes of daily sun exposure can produce amounts of vitamin D that are sufficient to sustain health.

**Fat Children a Crime**  
*Perhaps...*

Some health professionals are now saying that overfeeding children is equivalent to child abuse. Overweight children are more likely to develop childhood diabetes, high blood pressure, high cholesterol and other problems that usually develop later in life. They are also more likely to grow into obese adults, and are thus at a higher risk of adult heart disease, diabetes, various cancers and other health problems that lead to earlier death.

According to an investigation conducted by the BBC, British child protection officials threatened to take an obese boy away from his mother in early 2007. Observers say this is only part of a growing trend toward a new way of looking at overweight and obesity. Parents may be held legally responsible for their fat children.

**Parents Set the Example**  
*Eat more veggies...*

Childhood obesity is a growing national health problem. The answer is more fresh fruits and vegetables in the diet. Parents who want their children to eat their fruits and vegetables should practice what they preach. New findings, in a study of more than 1,300 families, reported in the journal *Preventive Medicine* show that when parents eat more fruits and vegetables, so do their children. The exception is in children

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who are already overweight. Already physically and psychologically addicted to the bad foods, they do not respond well to the example of eating more fruits and vegetables.

Lead researcher, Dr. Debra Haire-Joshu of Saint Louis University School of Public Health in St. Louis, said, “We know that parents have a tremendous influence over how many fruits and vegetables their children eat.” She added, “When parents eat and give their children high fat snacks or soft drinks, children learn these eating patterns instead.”

This study points to the importance of educating parents about how to eat a good diet themselves and to start early being a role model for their children. A good place to start would be to read Raymond Francis’ book *Never Be Sick Again*.

**Incense Linked to Respiratory Cancers**  
*Smells good but...*

Incense has been used in many cultures’ religious and spiritual ceremonies for millennia. People commonly burn incense in their homes in Asia, and it is becoming more popular in Western countries as well. While it may smell good and be trendy, it is not safe.

A new study published in the medical journal *Cancer* followed more than 60,000 people, finding a link between heavy incense use and various respiratory cancers. Regularly inhaling the smoke puts people at risk for cancer. Past research has found that burning materials, including incense, can produce cancer-causing substances, including polyaromatic hydrocarbons. However, until now, no one ever studied the potential hazards of burning incense.

The researchers found that incense use was associated with a statistically significant higher risk for cancers of the upper respiratory tract. Those who used incense heavily had higher rates of a type of cancer called squamous cell carcinoma,

which refers to tumors that arise in the cells lining the internal and external surfaces of the body. People who used incense in their homes all day or throughout the day and night were 80 percent more likely than non-users to develop squamous cell carcinoma of the entire respiratory tract.

**Vitamin B6 Deficiency Epidemic**  
*Part of the problem...*

The World Health Organization has determined that 1.2 billion people in the world are starving to death, not because they don’t get enough food, but because they eat too much of the wrong foods. Three hundred million Americans fall into this category. They are starving to death and the result is an epidemic of chronic and degenerative disease.

Not surprisingly, a new study in the *American Journal of Clinical Nutrition* has found widespread vitamin B6 deficiency in the U.S. Large sectors of the U.S. population are deficient in vitamin B6, according to this study conducted by researchers from Tufts University who said, “Across the study population, we noticed participants with inadequate vitamin B6 status even though they reported consuming more than the Recommended Daily Allowance of vitamin B6, which is less than two milligrams per day.” Women of childbearing age were at increased risk for deficiency, especially those who had a history of oral contraceptive use. Among women who did not take vitamin B6 supplements but did take oral contraceptives, 75 percent came up B6 deficient.

A major reason why people who appear to be getting enough B6, but are not getting what they need, especially in those who supplement, is that most of the vitamin B6 used in supplements and as food additives is the wrong form of B6. Cheap B6 contains analog molecules that interfere with B6 metabolism, creating a B6 deficiency. Just one more reason to purchase supplements from

companies like Beyond Health that use the correct biological forms.

**Vitamin B12 Deficiency**  
*Linked to brain shrinkage...*

Brains shrink as we get older. Some shrink more than others, causing various neurological disorders, including Alzheimer’s. Dr. Susanne Sorensen from the Alzheimer’s Society said: “Shrinkage is usually associated with the development of dementia.” A new study in the 9 September 2008 *Neurology* has concluded that insufficient B12 in older people causes the brain to shrink. Over a five year period, the group with the lowest levels of vitamin B12 lost twice as much brain volume as those with higher levels. Interestingly, none of these people were actually deficient according to today’s standards. Yet people with the lowest levels suffered the most damage.

Supplementing with B12, especially if you are older is a good idea. But here is the problem. Most of the B12 supplements on the market are not in the correct biological form to get good results. For example, the vast majority of B12 supplements are in the form of cyanocobalamin. Cyanocobalamin is a synthetic, manmade molecule that is foreign to the body. It has low biological activity and even breaks down to produce cyanide in the body. Many people have problems absorbing B12. The best way to supplement with B12 is to use a high-quality, sublingual delivery system in the form of hydroxocobalamin. By simply supplementing with more vitamin B12, we can help to prevent brain shrinkage and save our memory.

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or Comments? Visit:**

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## Insomnia

By Raymond Francis

**W**hile most people will experience an occasional sleepless night, insomnia is a condition where lack of sleep is a regular occurrence characterized by an inability to either fall asleep or remain asleep during the night. Tens of millions of Americans do not get sufficient rest due to insomnia. According to the American Sleep Foundation, more than 40 percent of American adults are so sleepy during the day that it interferes with their daily activity. Falling asleep while driving causes about 100,000 automobile accidents per year. Adequate sleep is critical to achieving optimal health because sleep is restorative. The body does many housekeeping chores while we sleep including repairs to the damage done during the day.

Given the number of people suffering from insomnia and the negative effect it is having on our health and safety, it is useful to explore some of the causes and solutions for this problem. There are many potential causes for insomnia, and often more than one cause is at work. Sometimes it is difficult to find the exact cause in a particular individual. This is why promoting overall health is the best solution. This means learning how to eat a good diet, avoiding toxins and getting adequate physical activity and sunlight.

### Diet

To eat a good diet, you need to avoid the Big Four (sugar, white flour, processed supermarket oils, and dairy/excess animal protein) and then eat a lot of fresh, organic fruits and vegetables. Diet can be a primary cause of insomnia.

Caffeine consumption alone is often the cause for many people. Everyone has a different capacity to metabolize caffeine, and some metabolize it very slowly. I have seen cases where as little as one cup of coffee for breakfast can keep someone awake all night. Coffee, tea, soft drinks, chocolate and some over-the-counter medications all contain caffeine. People who depend on caffeine to get through the day usually feel drowsy in the morning since they haven't had a good night's sleep. By drinking coffee to wake up, a vicious cycle is created. The caffeine perks you up in the morning, but at the same time, it overstresses the adrenal glands, which causes imbalances later during the day. Even though caffeine may make you feel more awake in the morning, it disrupts the production of melatonin and other hormones, causing insomnia.

If you are suffering from insomnia, and you are using caffeine, you need to permanently get this neurotoxic substance out of your life. One of the best ways to do that is to pick up the book by Dr. Jonathan Wright called *The New Detox Diet*.

Sugar is another problem. Eating sugar, which is found in many foods, causes blood sugar levels to fluctuate between too high and too low. Low blood sugar (hypoglycemia) during the night causes an adrenal stress reaction that disrupts sleep. Stay off of sugar, most especially in the evening.

Food intolerances, while causing restlessness, irritability, fatigue, and inattentiveness during the day, are a common cause of insomnia during the night. Allergic reactions cause the release of histamine, which causes a dysfunction in the biochemical pathways of the brain. There are various ways to identify food allergies, including a six-day fast and one at a time reintroduction of foods.

### Excitotoxins

Excitotoxins are chemicals that excite brain cells. Keeping brain cells excited will interfere with sleep. Even worse, excitotoxins will damage and even destroy brain cells. One class of excitotoxins is called *glutamates*. Most people have heard of MSG or monosodium glutamate. But there are other forms of glutamates as well, and they are used to enhance flavor in about 80 percent of all processed foods and in almost all fast foods. Glutamates are often hidden on product labels with various names such as hydrolyzed vegetable protein or sodium caseinate. Hydrolyzed vegetable protein is added to everything from canned tuna to soups to baby food. The best thing to do is avoid all processed and fast foods.

Another major excitotoxin is aspartame, an artificial sweetener. NutraSweet is one brand of aspartame. Aspartame is used in numerous diet drinks and sugar-free diet foods. About 40 percent of the aspartame molecule is composed of an excitotoxin called aspartate. When aspartame is metabolized in the body, the aspartate is released. Avoid all products containing aspartame.

### Environment

External electromagnetic fields can interfere with the body's electromagnetic field, interfering with sleep. People with untreatable insomnia should consider the possible effects of nearby power lines, electric clocks near the head of the bed, electric blankets and electrically heated water beds.

### Mental and Physical

Chronic stress and emotional factors have been long known as major causes of insomnia. Stress and deep-seated conflicts can disturb brain chemistry, and not only contribute to the development of insomnia but to the worsening of it as well. Chronic stress depletes nutrient reserves, disrupts hormone

balance and creates a damaging cycle of less sleep and more stress. If these elements are present in your life, you need to resolve and remove them. Meditation, therapy and exercise are all ways of dealing with these problems.

Physical problems such as stomach, bladder, liver, colon and heart problems as well as hormonal imbalances can disturb sleep. My friend, the late Dr. John Lee, used natural progesterone to treat women with insomnia because they suffered from excess estrogen. Many women, because of poor diets and exposure to estrogenic chemicals from the environment become estrogen dominant, and excess estrogen causes sleep disturbances. Fat cells produce a flood of excess estrogen, so losing excess weight can be an important factor in restoring normal sleep patterns. On the other side of the coin, low estrogen can diminish magnesium uptake and magnesium is needed to relax the body and prevent sleep disturbances. Lack of exposure to natural sunlight causes hormonal imbalances that result in chronic sleeping problems.

**Conventional Medicine**

Conventional medicine’s “solution” to health problems is to suppress the symptoms. It’s no different for insomnia. Every year millions of Americans are prescribed drugs to help them sleep better. Unfortunately, drugs are toxic, and while they may address a specific symptom, they poison the entire body. This flawed approach not only fails to address the true causes of insomnia, it also creates new health problems as well as dependencies. Sleeping pills depress brain function, decreasing the amount of time spent in health-giving deep sleep. People can suffer withdrawal symptoms and become dependent on the drugs. Memory is affected and studies show that people actually perform less well after taking sleeping pills than they do after a sleepless night.

**What to Do**

It is especially important to address caffeine and sugar consumption and food intolerances as causes of insomnia. Keeping a careful diary of everything you eat and drink and how you feel and sleep can help to get insights into the causes of your problem.

For some, something as simple as removing a common allergen like dairy from their diet can cure their insomnia. Removing excitotoxins from the diet is a wise strategy. Since about 80 percent of processed foods, and many restaurant foods, contain excitotoxins, it is important to eat a diet of fresh, unprocessed, organic foods—whole grains, raw vegetables, salads and fruits. Avoid sugar, reduce alcohol consumption and cut out caffeine. Meditating before you go to bed and drinking some chamomile tea can be very relaxing. Get a daily dose of sunshine, as the midday sun daily helps to set

the body’s clock. Gentle exercising before bedtime, as in rebounding, can also help with sleep. Use environmentally safe mattresses and bedding, as chemicals out-gassing from synthetics can disturb sleep. Hot baths can be helpful. Many naturopaths recommend a hot Epsom-salt bath before bedtime (one or two cups of salt). Lastly, keep your bedroom dark and well ventilated.

Supplements are known to be helpful. Both calcium and magnesium have a relaxing effect on the body, and most Americans are deficient in both. I have used magnesium supplementation to help many people with insomnia. Most Americans are deficient in B vitamins, which are critical to important body functions. For example, vitamin B6 is required for the conversion of the amino acid tryptophan into the neurotransmitter serotonin, which helps to control sleep. B12 is another important vitamin for insomnia. As usual, you have to be careful of what forms of these vitamins you use. Unless you use the correct forms of B6 and B12, you will receive little benefit and may actually do harm. The Beyond Health brand always supplies the very best. N-acetyl carnitine and phosphatidyl serine are also helpful. Herbal remedies are also helpful and have been long used. The most common herb is valerian. Even acupuncture has been shown to be helpful.

Insomnia is no different from any other health problem. Ultimately, it is the result of malfunctioning cells caused by deficiency and toxicity. By addressing causes, cells can be returned to normal, and insomnia as well as any other disease will simply disappear.

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

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**Question:** Is it safe to feed peanut butter to children?

M. C. – San Diego, CA

**Answer:** I don't think that any commercial peanut butter is safe to feed to a child. Peanut butter sandwiches are as American as apple pie, but that doesn't make it a good idea. Peanut butter is one of the most contaminated foods on the market.

Peanuts are a heavily sprayed crop and are contaminated with numerous pesticides and other agricultural chemicals. According to the *FDA Total Diet Study*, peanut butter is one of the most contaminated foods sold with over 180 toxic residues, including the highly carcinogenic aflatoxin, which is produced by a mold that grows on peanuts. Peanuts with the most mold are sent off to make peanut butter, so peanut butter is loaded with mold toxins. If you want peanut butter, buy fresh peanuts at a health food store and make your own—far safer. Many health food stores have grinders available for your use.

**Question:** My family doesn't understand when I try to feed them food based on food-combining principles. How do I make them understand why this is necessary?

O. T. – Los Angeles, CA

**Answer:** I can understand why they don't understand. The need for food combining has only been recently understood and appreciated. Historically when we lived off the land, as we did throughout most of our history, the need did not exist. The problem originates in adopting modern diets where different types of food can be consumed at the same meal.

Different foods digest at different rates and in different environments. Some digest quickly, some slowly. Some digest in a very acid environment and others in an alkaline environment. When you mix these foods at one meal, as we do in our modern diet, there is no way they all will digest properly. Due to poor digestion, nutrients will not be available for assimilation, leading to malnutrition. Poorly digested food will ferment and putrefy in the lower intestine, creating toxins, overgrowth of undesirable bacteria, excess gas, heartburn, gastrointestinal reflux and bloating—resulting in a huge number of health problems. The more different classes of foods you eat at a meal, the worse it gets. Explosive mixtures can be created, as many people have experienced with enormous amounts of excess gas and burping. This is why the sales of digestive aids in our drug stores are astronomical.

Proper food combining is relatively easy. Think of foods as belonging to four groups: proteins, vegetables, starches and fruits. Fruit has the shortest digestion time of any of the groups and protein has the longest time. This is why fruit is

best consumed alone, and should never be combined with protein. Yet you see this happen all the time. A restaurant where I sometimes have Sunday brunch will serve orange juice and a fruit course of melon or fruit cup before serving your protein omelet—bad idea. To make matters even worse, the omelet is served with toast or pancakes. This adds starch to a mixture that is already in deep trouble. Another example of a bad idea is “healthy” granola. Granola contains starches (grains) along with nuts (proteins) and dried fruits (raisins). This supposedly good food is actually bad for your digestion. Here are the simple rules of food combining:

- Eat fruit alone
- Do not eat protein and starch
- Protein and vegetables are okay
- Starch and vegetables are okay
- Proteins include the obvious, along with seeds and nuts.
- Starches include grains, legumes, potatoes, yams and squashes.

**Question:** What is rebounding?

Bob – Internet

**Answer:** Rebounding is jumping or doing other kinds of bouncing exercise on a rebounder or mini-trampoline. The difference is not in the activity, but in the equipment you are using. A mini-trampoline is not as sturdy as a well-made rebounder, and when you jump on it, it gives too much. This leads to accidents and also to a more jarring experience that is not good for the body. See my article on rebounding in the Article Archives at [beyondhealth.com](http://beyondhealth.com).

**Question:** I just read a report from the Vitamin D Council which states that cod liver oil should never be ingested because “it contains toxic amounts of vitamin A” which also “antagonizes the action of vitamin D.” Dr. Mercola, who has a very popular website and many followers, has come out against taking cod liver oil. I have been taking cod liver oil on your recommendation for several years now. Have I done myself harm?

W. R. – Internet

**Answer:** You have not done any harm if you have been taking the cod liver oil supplied by Beyond Health. This is a perfect example of why you can't go to a store and buy supplements. The average person doesn't have the technical knowledge to know how to choose good products. This is why Beyond Health exists. The supplement world is a zoo. We do the homework for you, and you don't have to worry about what you are buying.

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

What this study found is that many cod liver oil products contained disproportionately small amounts of vitamin D and excessive quantities of vitamin A. This interferes with vitamin D metabolism and has a detrimental effect. There are major brands out there with the wrong ratios. One prominent manufacturer sells cod liver oil containing only 3 to 60 IU of vitamin D, but between 3,000 and 6,000 IU of vitamin A. This is way out of whack. The oil sold by Beyond Health has a healthy ratio of 400 IU of vitamin D and 700 to 1200 IU of vitamin A. Our cod liver oil has a maximum ratio of three IUs of vitamin A to one vitamin D. The brand cited above has a maximum ratio of 2000 A to one D. There is a big difference between three and 2000. If Beyond Health doesn't carry a particular brand, there is usually a good reason. If you just buy at the store, you are almost sure to lose.

**Question:** What is harmful about eating canola oil or salad dressings made with it?

L. W. – Internet

**Answer:** I could write a book on the dangers of canola oil. Unfortunately people who don't understand the chemistry, or who don't take the time to do their homework, end up giving a lot of bad advice. At Beyond Health, we understand the chemistry and we do our homework.

Briefly, canola oil contains toxic erucic acid and even though it is made from hybridized seed, it still contains too much. Canola oil is very highly processed; it is refined and deodorized at high temperatures because of its excessive bad odor. These high temperatures create toxic trans fats and rancid oils, while at the same time removing any healthy fatty acids that the oil contained. Also, canola contains too much omega-6 fatty acids, and excessive omega-6s contribute to our epidemic of inflammation-driven chronic diseases. In addition, genetically engineered seed with inappropriate and unapproved genes has got out into production, despite a recall.

In several studies in Japan, the U.S. and Canada, canola oil has killed laboratory animals. It has also been found to seriously deplete vitamin E. Basically, canola oil contains little useful nutrition, contains lots of toxins and kills animals. Enough said!

**Question:** Is there anything you would recommend for bipolar disorder?

Meg – Internet

**Answer:** Bipolar disorder, formerly called manic depression, is a mood disorder that physicians find difficult to treat.

People who have this illness tend to experience extreme mood swings, along with other specific symptoms and behaviors. They experience unusual shifts in mood, energy, and ability to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder are often severe.

Bipolar is thought to be caused by an imbalance of key chemicals in the brain, and most scientists now agree that there is no single cause for bipolar disorder. Many factors act together to produce this illness. Different genes act together, and in combination with other factors, including the person's environment, to cause bipolar disorder. Lithium is commonly prescribed for these patients, but there is an army of additional toxic drugs that are also used. However, medical studies have proven that vitamins, supplements, tonics, exercises, and diets long touted for various illnesses can be effective, and they often do not carry the same risks and side effects as prescription drugs.

A 2008 study in *Biological Psychiatry* found that both depression and bipolar are often driven by low levels of the key antioxidant glutathione. N-acetylcysteine (NAC) is a precursor for glutathione. The researchers gave NAC to bipolar patients and achieved excellent results with the treated patients exhibiting "significant reduction in symptoms." The patients were given one gram of NAC twice per day. There is no question that supplements can be helpful. I recommend Beyond Health's Brain Support Kit.

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# BEYOND HEALTH<sup>®</sup> News

Box 150578, San Rafael, CA 94915

## Michelle's Menu

### YOU WON'T MISS THE MEAT SLOPPY JOES

- 1 1/2 cups dry lentils
- 3 cups pure water
- 1 large onion, chopped
- 1 green pepper, chopped
- 2 "tiny scoops" KAL Pure Stevia Extract Powder (or to taste)
- 3/4 cup unsweetened ketchup (1 use Westbrae)
- 2 Tbsp. organic mustard
- 1 Tbsp. Bragg's Raw Apple Cider Vinegar
- 1/2 tsp. salt (or to taste)
- 1/4 tsp. chili powder (optional)

Spritz your skillet with olive oil spray and begin to sauté the diced onions and green peppers. After two minutes, add the lentils and stir for two more minutes. Add the water, cover and bring to a boil. Reduce heat and simmer the lentil mixture for 25 minutes. Remove lid and test lentils. When the lentils are tender, simmer without the lid until almost all the liquid is gone. While the lentils are cooking, mix all of the other ingredients in a small bowl or glass measuring cup. When the liquid is about all cooked off, use a potato masher to mash the lentils. Add the sauce and simmer until heated through—about 10 minutes.

Serve on whole grain rolls, with whole grain crackers (like Mary's Gone brand) or my favorite, down the center of a large romaine leaf, with dill pickle for garnish.

This is a new feature in *Beyond Health News*. Watch for a healthy recipe in each issue from Michelle King, Raymond's co-author for *Never Be Fat Again*.



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