

BEYOND HEALTH[®] *News*

July-August

2010

“I think we have more machinery of government than is necessary, too many parasites living on the labor of the industrious.”

– Thomas Jefferson

Making a Difference

Raymond Francis honored...

Greenschools, an organization whose mission is to create greener and healthier learning environments through education and awareness, awarded Raymond Francis its 2010 Green Difference Award on May 27 at its annual meeting in Cambridge, Massachusetts. Raymond was honored for his unique contribution in developing the one disease model of health that is so simple it can be taught to children and yet so powerful, it can prevent and reverse almost any disease.

Modern Medicine Fails Again

Gets it wrong on Alzheimer's...

A panel of “experts” met recently at the National Institutes of Health (NIH) to determine whether or not Alzheimer’s disease can be prevented through dietary and lifestyle changes. After evaluating only a small number of studies, the panel concluded that Alzheimer’s disease *cannot* be prevented. This is a prime example of the kind of flawed thinking that is contributing to our epidemic of chronic disease, why our physicians can’t cure disease and why disease costs are out of control. As conventional medicine continues to fall further and further behind the science, it is rapidly making itself irrelevant. Since the panel believes Alzheimer’s is not preventable, perhaps the “experts” on this panel already have Alzheimer’s which is why they can’t think straight.

There is enormous evidence that diet and lifestyle affect whether or not you get sick and whether or not you get Alzheimer’s. For example, people eating a Mediterranean diet

have a lower risk of developing Alzheimer’s disease. However, such data was ignored by the panel because they were unable to figure out whether eating a Mediterranean diet lowers the risk of Alzheimer’s or whether already having a lower risk of Alzheimer’s is what makes people eat Mediterranean diets. BHN believes that most people eat Mediterranean diets because they live around the Mediterranean.

A 2009 study in the *Journal of Alzheimer’s Disease*, found that exposure to nitrosamines, nitrates and nitrites in processed food and the environment are linked to Alzheimer’s. These chemicals are commonly used in agriculture and added to processed foods or, in the case of nitrosamines, commonly form from reactions between nitrites and amines in proteins.

A 2003 study in the *Proceedings of the National Academy of Sciences* showed that eating the deadly metabolic poison known as sugar causes Alzheimer’s. Sugar increases blood sugar levels, causing an increase in blood *insulin*. The excess insulin is then degraded by the enzyme *insulysin* so as to restore normal insulin levels. However, this same enzyme also degrades beta-amyloid peptides in the brain. The researchers believe that regular sugar consumption creates chronically high insulin levels. High insulin uses up too much of the available *insulysin* capacity, thereby preventing the normal degradation of amyloid peptides which leads to an accumulation of beta-amyloid peptides in the brain—resulting in Alzheimer’s. There are other mechanisms at work. The body’s reaction to high blood sugar results in low blood sugar (hypoglycemia), and hypoglycemia makes the brain substantially more susceptible to damage from toxins. The formation of advanced glycation end products (reaction of sugar with proteins in the brain) also plays a role.

High homocysteine levels generate brain-damaging free radicals. According to a study in a February 2002 *New England Journal of Medicine*, people with high levels

of homocysteine have *double* the risk of Alzheimer’s compared to those with normal homocysteine. People who are deficient in vitamins B6, B12 and folic acid often develop high homocysteine. In a March 1997 study in the *Journal of Gerontology and Biological Sciences*, Alzheimer’s patients were found to be deficient in both vitamin B12 and folate when compared to age-matched controls. In fact, supplemental B12 has been shown to completely reverse memory loss in some older people. About 15 percent of the population has a gene that puts them at high risk for dementia when deficient in B12. Supplementation with B12 will both prevent and reverse this dementia. B vitamins are critical to controlling homocysteine and B vitamins are depleted by eating sugar.

Magnesium deficiency plays a vital role in the development of neurological diseases. Magnesium deficiency not only precipitates the production of free radicals, it also magnifies the extent of the damage by doubling the number of free radicals in the body. Most Americans are deficient in magnesium and magnesium is depleted by eating sugar.

Food additives in the form of flavor enhancers such as MSG, artificial sweeteners such as aspartame, artificial colors, and artificial flavors all damage brain cells and contribute to neurodegenerative diseases like Alzheimer’s. These dangerous neurotoxins are found in most processed foods.

Another factor in the causation of Alzheimer’s is aluminum. A study by the University of California focused on a region in northwestern Italy that is known to have a high concentration of aluminum in its drinking water. In fact, some of this water contains six times the maximum amount of aluminum recommended by most environmental agencies. The study concluded that this region of Italy had an above average death rate from Alzheimer’s, *and* that even minute amounts of aluminum accelerated cellular death.

THIS ISSUE...

News in Review	1
ObamaCare	4
Questions & Answers	6
Michelle’s Menu	8
Subscribe a Friend	8

Almost all municipal water supplies in the United States contain aluminum, not to mention toothpaste tubes, aluminum cookware, and food and beverages packaged in aluminum including fruit juices, beer and sodas. Adding fluoride to our drinking water and toothpaste compounds the problem. Fluoride, a dangerous toxin in its own right, is known to enhance the absorption of aluminum by reacting with fluoride to form aluminum fluoride, a powerful neurotoxin which is easily transported into the brain. Combining aluminum, fluoride, and aspartame in a soda creates an enormously powerful mixture of brain toxins. Unfortunately, numerous processed foods including soups, sodas and breakfast cereals are made using tap water containing aluminum fluoride.

Mercury produces free radicals and poses a particular risk. A study in the April 2001 issue of the British journal *NeuroReport* stated: "Seven of the characteristic markers that we look for to distinguish Alzheimer's disease can be produced in normal brain tissues...by the addition of extremely low levels of mercury." Alzheimer's patients are known to have higher than average mercury levels, and *the American people have over 500 tons of mercury in their dental fillings!* Even the mercury contained in vaccines contributes; *having a flu shot five years in a row will increase your risk of Alzheimer's by 1000 percent.*

High cholesterol is a risk factor. High cholesterol increases the level of certain

proteins that are abnormally processed by people with Alzheimer's. This sets off a chain reaction which results in forming beta-amyloid peptides. Sugar consumption increases cholesterol.

Another risk factor for Alzheimer's is the now highly-discredited hormone replacement therapy (HRT) for women. A May 2003 *Journal of the American Medical Association* reported that *HRT doubles the risk of Alzheimer's disease.* "No one anticipated this outcome," said Dr. Marilyn Albert, a professor of neurobiology at Johns Hopkins. This news was just the latest in a series of studies finding that the supposed benefits of HRT do not exist and that HRT increases the risk of serious diseases, including those it was supposed to prevent. Because of HRT, millions of women are at risk for everything from cancer to heart disease to Alzheimer's (another of conventional medicine's epic blunders).

Other sources of brain-damaging free radicals include fluoride in toothpaste, illegal street drugs including marijuana, pesticides, and herbicides, all of which are capable of doing permanent brain damage. As you can see, much is known about the risk factors that contribute to Alzheimer's. However, we also know a lot about how certain substances can slow its progression and improve function in patients. Knowing what we now know, we can prevent almost all cases of Alzheimer's, as well as slowing and even reversing its development in those already afflicted. All that is necessary is to put this knowledge to work.

Since Alzheimer's results from free radical damage to the brain, the need to supply the body with antioxidant nutrients such as vitamins C and E is obvious. There is overwhelming evidence that antioxidants are highly protective in both prevention and treatment of Alzheimer's. Vitamin E has been found to prevent beta-amyloid peptides from killing brain cells.

To prevent or mitigate Alzheimer's, start your own program now. Begin with a good diet. First, get the Big Four *out* of your life; sugar, white flour, processed oils, and milk. These products are huge contributors to our epidemic of chronic and degenerative disease. Eat a minimum of five servings of fresh, organic fruit and vegetables every day. Avoid all processed and fast foods. Avoid coffee, sodas, snack foods, and french fries. Eliminate supermarket oils from your kitchen. Supplement with omega-3 fats; people with the highest intake of fish oil have 70 percent lower risk.

Beyond eating right, supplementing with high quality Beyond Health-approved nutrients is essential. Vitamins

A, C, D, E, K, carotenes, quercetin, lipoic acid, CoQ10, N-acetyl-L-cysteine, acetyl-L-carnitine, phosphatidylserine, glycerophosphocholine, plus magnesium and manganese are all highly protective. Vitamin B complex including B1, B2, B3, B4, B5, B6, B12 and folic acid is a must. Research shows that people with the highest intake of B3 have 80 percent lower risk. Adding the herb ginkgo biloba to the above is also recommended. Studies have shown ginkgo to be just as effective as prescription drugs in treating Alzheimer's and, of course, without the side effects.

Exercising your brain is also important. If you don't use it, you lose it. Read about new things, do crossword puzzles, play chess, learn new skills, and keep socially engaged. Regular saunas are helpful to reduce toxic load. Regular exercise has been found to be good for brain function. Exercise for at least 30 minutes daily and definitely include rebounding in your regimen.

BHN disagrees with the NIH's panel of "experts." Alzheimer's is preventable, and we all need to be working on preventing it.

New Data on Chlorinated Pools *Lifelong health problems...*

In the May/June issue of BHN we talked about the danger of swimming in chlorinated pools. A new study in the *European Respiratory Journal* has reached startling conclusions that reinforce BHN's warnings. Young children who swim in chlorinated pools suffer permanent lung damage, increasing their lifelong risk of respiratory infections, allergies and asthma.

The chlorine exposure appears to damage developing lung tissue in a way that makes children more sensitive not only to allergens but also to infectious agents. The study found that children who swim in indoor pools, where the chlorine concentration in the air is higher than outdoors, had an even higher risk of permanent lung damage. Children who had been to chlorinated outdoor pools for 20 or more hours by age two are twice as likely to suffer from lung infections as children who had not been to chlorinated pools at all. Children who had been to indoor pools were three-and-one-half times as likely to have a history of infection. Chlorine and so-called "salt" pools are health hazards to everyone, but especially to children. To obtain a chlorine-free pool system, call Beyond Health.

BEYOND HEALTH[®] News

is published bi-monthly by Beyond Health International, LLC, which is dedicated to cutting through the confusion and bringing you high-quality information, products, and services to enhance the quality of your life.

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Asthma and Vitamin D

Deficiency causes asthma...

Studies have linked vitamin D deficiency to a variety of diseases including bone disease, cancer, depression, autoimmune disorders, and now in a new study to asthma. Eighty-six percent of children in the study with asthma were deficient in vitamin D.

Only 5-to-37 percent of American infants meet the standard for vitamin D set by the American Academy of Pediatrics, which is only 400 IU per day. There is a need for babies and children to supplement. In fact, a 2007 study concluded that poor diets and the lack of vitamin D among mothers were the determining factors in whether their children suffered from asthma, independent of the child's own vitamin D intake after birth.

Asthma now affects over 20 million Americans, and it has increased by more than 300 percent over the last 20 years. Physicians treat this disease with highly toxic drugs, such as Advair. Meanwhile the chemicals in Advair can increase the severity of an asthma attack and may be causing up to 5,000 asthma-related deaths in the United States per year.

Asthma often disappears in people who switch to a good diet, devoid of the Big Four (sugar, white flour, processed oil and dairy/excess animal protein) and who increase their nutrient intake. Eating lots of fresh fruits and vegetables and taking high-quality supplements including adequate amounts of vitamins C, D and E plus quercetin will do wonders for anyone with asthma.

Vaccinations and Your Health

More bad news...

A common childhood vaccine that's used to treat and prevent diarrheal infection from rotavirus is being questioned. The rotavirus is the world's leading cause of diarrhea in infants. In the U.S. about 50,000 infants per year require hospitalization, and about 40 infants die from it.

Modern medicine's answer to this problem is to vaccinate infants against rotavirus. Unfortunately, vaccinations are ineffective and dangerous so it comes as no surprise that since the introduction of the vaccine, the death rate from rotavirus infection in infants has not decreased at all. In fact, it has gone up!

A rotavirus vaccine was first introduced in the 1990s, but was removed from the market in 1999 when it was found to be causing very serious side effects called intussusceptions. This is where a child's intestine would fold into another part. One

portion of the bowel slides into the next, much like the pieces of a telescope. When this occurs, it creates an obstruction in the bowel, with the walls of the intestines pressing against one another. This, in turn, leads to swelling, inflammation, and decreased blood flow to the intestines involved. However, within the last 10 years, two other rotavirus vaccines have been brought to the market.

Now, at a special meeting on May 7th called by the FDA, it has been disclosed that a pig virus have been found in a rotavirus vaccine. Injecting foreign viruses into humans is an extremely bad idea. Certain pig viruses are extremely dangerous to humans, but even if these particular viruses are not immediately dangerous, they can put an ongoing load on the immune system, and our immune systems are already overloaded. There is bound to be human cell disruption of some kind as a result. Further, it is possible for animal viruses to recombine with human viruses and create new and even more dangerous viruses.

The problem is vaccines are frequently grown in cultured media that are contaminated with viral particles and foreign proteins. Once these proteins are injected into your body or swallowed, they are capable of causing significant complications.

Meanwhile in Australia a child influenza vaccine has been taken off the market after a government investigation found it induced seizures in children at nine times the expected rate. Australia's Health Department has suspended its seasonal flu-vaccine program, and on April 23 launched an investigation into reports that hundreds of children suffered side effects including convulsions, vomiting and fever after receiving their annual vaccination.

Vaccinations remain one of modern medicine's greatest blunders. With unproven benefits and proven dangerous side effects, it is up to informed parents to protect their children. More and more parents are exercising their rights by refusing vaccinations.

More Problems With Fish Oils

That's why Beyond Health exists...

We keep telling people that the supplement market is a zoo. That's why Beyond Health exists. Beyond Health supplies only the highest quality supplements available. Beyond Health spends the money and does the work in insure that you get only the best of the best health-supporting products. No other company that we know of provides this kind

of service. Taking high quality supplements is essential because the biological usefulness of supplements that are not of the very highest quality falls off very rapidly. In addition, many products are contaminated with toxins.

FishOilSafety.com has recently issued test results finding toxic PCBs in popular brands of Omega-3 fish oil supplements. The company raised questions about the levels of toxic PCBs found in popular fish oil products that are marketed to consumers, including pregnant women and children. Some brands of fish oil supplements contain 70 times higher levels of PCBs than others. Now there is a lawsuit underway. The suit was filed last month against eight fish oil supplement makers and retailers for failing to warn consumers about the PCB contamination. The defendants include some big names, such as Now Foods; CVS Pharmacy, Inc.; General Nutrition Corp. (GNC); Now Health Group, Inc.; Omega Protein, Inc.; Pharmavite LLC (Nature Made brand); Rite Aid Corp.; Solgar, Inc.; and TwinLab Corp.

Wheat and Diabetes

A new link...

It is well known that too many carbohydrates contribute to causing type 2 diabetes. However, new research links wheat to type 1 diabetes. Type 1 diabetes is an autoimmune disease where the body attacks and destroys its own tissue, and in this case, cells in the pancreas.

People with type 1 diabetes often have a genetic predisposition to developing this disease. It has been found previously that milk proteins trigger type 1 diabetes in susceptible people. It now appears that the gluten protein found in wheat, rye and barley may play a critical role in turning the genetic diabetes switch to "on" in those who carry the gene.

Humans were never intended to eat grains, and research is showing increasingly that modern wheat may be the worst grain of all to consume. Even people who already have type 1 diabetes may benefit from avoiding all wheat and gluten-containing grains.

Beyond Health News Archives

User Name - bhnews

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Effective: August 10, 2010

OBAMACARE

by

Raymond Francis

ObamaCare has been passed and signed into law. While healthcare reform is desperately needed, is this the reform we need?

The existing drugs-and-surgery approach to healthcare is a failure; it keeps people sick and costs high. ObamaCare traps us into this failed system and makes change even more difficult. This is not the reform we need, and it comes at a huge cost not only in dollars but in more government intrusion into our lives, loss of freedom and serious constitutional questions. ObamaCare is like rearranging the deck chairs on the Titanic, hoping it will keep us from sinking!

Disease-care costs are out of control. Rapidly increasing and economically unsustainable, these costs threaten to bankrupt our governments and businesses. The unfunded liability for Medicare and Social Security alone is well over \$100 trillion. There is no way this money can be paid without crippling taxation and confiscation of wealth (as has been done in Argentina with confiscation of bank accounts and pensions), catastrophic consequences for our economy, a lower standard of living, and a bleak future for our young who will have to pay the bills. Economists are predicting that the U.S. is plunging toward bankruptcy and third-world status. Even the Congressional Budget Office projects that Medicare and Medicaid alone will eventually take up every tax dollar raised, leaving not a cent for anything else, including national defense. ObamaCare does nothing to address these problems. Instead, it makes them worse, adding trillions of dollars to our existing liabilities—driving us toward bankruptcy even faster. Social Security is already paying out more than it is taking in—a cruel Ponzi scheme that is robbing our young of their future.

We need healthcare reform, but ObamaCare doesn't come close. It perpetuates the same failed approaches with another unfunded entitlement program that expands the power of the federal government, making even more people government dependent. Now that the government is in charge, healthcare decisions will soon become political decisions. This is certain to reduce the quality and availability of care, just as it has in every place that has tried such a system. After a bigger, more-costly government, what is the largest single beneficiary of ObamaCare? The drug industry! And why is that not a surprise?

The reason healthcare costs are out of control is that conventional medicine doesn't work. It's a disease industry that depends on millions of people getting sick *and* staying that way. Conventional medicine doesn't prevent or reverse disease. It waits for disease to happen and then runs up

the bills by treating symptoms and keeping people sick, pumping profits into the drug industry. *Preventing and reversing disease is the only true way to reduce costs*, but our physicians have no training in how to do that. About 85 percent of conventional medicine has never been proven by scientific method to be safe or effective. Yet this unscientific gobbledygook is what we teach to our medical students. No wonder it isn't working!

Conventional medicine not only keeps people sick, it makes them even sicker by poisoning them with toxic chemicals and chopping out body parts with surgery. This deeply flawed system is why medical intervention is the leading cause of death in America and why medical costs are out of control. Properly prescribed prescription drugs are our third leading cause of death. Think of how many millions of lives and how many hundreds of billions of dollars could be saved just by outlawing these toxic chemicals. *That* would be healthcare reform!

True healthcare reform must be about replacing the conventional medical system that focuses on diagnosing and suppressing symptoms with a true health medicine system that creates health and focuses on preventing and reversing disease. ObamaCare does nothing to reform medicine, and as a result, costs will continue to increase, and our population will continue to get sicker. We need a revolution in healthcare, but that revolution is not going to happen because ObamaCare locks in the system that is a proven failure. The only way to control costs under this system will be massive rationing of care. Faceless bureaucrats will decide who gets what.

Another reason why healthcare costs are out of control is how we finance it. The present system of third-party payment provides little incentive to save. People are more careful when they are spending their own money. The \$40 hospital aspirin is a perfect example. As long as insurance is paying for it, who cares? If you were paying for it, you might bring your own aspirin. If you had to pay \$100,000 for that bypass operation, you might consider changing your diet to cure your heart disease. We need to get back to a system of private expenditures. Money spent to buy personal health insurance needs to be tax exempt. Right now, employers pay for most health insurance, but this is at the cost of lower wages. Give the employee that money in wages and let it be tax exempt if they spend it on health insurance. This would bring more price control into the healthcare equation. There are excellent market-based approaches to paying for healthcare. There is no need for the government to be involved, other than to get out of the

way by removing the legal impediments to these superior answers to our problems.

Third party payment has ill effects. Historically, medical benefits were brought about by the placebo effect because of the personal relationship the patient had with their physician, often despite the poison the doctor was prescribing. Doctors used to make house calls. They knew the patient and the family. Today, medicine has been depersonalized, and the placebo effect has been replaced by toxic drugs and surgery. The doctor spends only minutes with the patient and does not feel responsible to the patient. Under ObamaCare, the doctor will become increasingly responsible to the government—moving in the wrong direction. You would get more time and attention from the doctor if you were paying the bill.

Security will be compromised. Due to increased social-welfare spending, funding will have to be switched from defense to welfare. We live in an increasingly complex and dangerous world. There are people pledged to our destruction who are working to obtain the means to accomplish that pledge. The need for a strong defense is real, but there will be less money to pay for it. America is still a powerful country, but that is changing. The U.S. Navy is already down to the same number of ships it had in 1916. The Coast Guard is essential for homeland security, yet the average age of our Coast Guard ships is over 40 years. These aging ships suffer frequent breakdowns, require enormous amounts of maintenance, are frequently out of service and are a hazard to the men and women who serve on them. They are being scrapped faster than they are being replaced. The Air Force has an aging fleet that needs replacement. The Army needs to replace vehicles and equipment purchased three decades ago during the Reagan era. As ObamaCare chews up trillions of dollars, less will be available for our security.

Costs will go up and jobs will be lost. AT&T is already taking a \$1 billion write-down due to the new health law—the beginning of a wave of corporate losses at a time when the economy is in recession. Increasing the costs to our businesses makes them less competitive, and more jobs will be lost to foreign competitors. Corporations will have to raise prices to pay these costs, so be prepared to pay more for everything. Drug companies will raise prices to pay the additional taxes they will have to pay starting next year. With 30-to-40 million newly insured people under ObamaCare, the demand for healthcare will increase significantly, driving up prices and increasing the cost of health insurance. Then there is the growth of government. ObamaCare gives the IRS \$10 billion to hire an estimated 16,500 new IRS agents who will enforce the new taxes and fees for small businesses—and that's just the beginning. Businesses will have to spend more money to comply with all the regulations, driving up their costs and prices, not to mention driving them crazy with an army of IRS agents harassing them.

Attorneys general from at least 20 states have already sued the federal government, claiming the healthcare law is unconstitutional. Their suits claim, “The Constitution nowhere authorizes the United States to mandate, either directly or under threat of penalty, that all citizens and legal residents have qualifying health care coverage.” The federal government has no constitutional right to force citizens to buy healthcare insurance. It has no right to legislate how states conduct and regulate healthcare. The traditional sovereignty of the states over the practice of medicine has been usurped by the federal government.

Playing a shell game about who pays for healthcare is not healthcare reform. There is no such thing as free healthcare. You pay for healthcare one way or another, and it is better if you have personal control over these expenditures—same as making any other purchase.

Real healthcare reform will come when we start teaching and promoting health and stop arguing about who will pay for disease. Almost all disease is preventable and reversible, so let's do that. Yet government actively suppresses effective alternative care. Vitamin supplements can cure disease; they kill no one. Prescription drugs cannot cure disease; they kill hundreds of thousands and hospitalize millions of victims every year. So which is the government trying to suppress? Vitamins!

ObamaCare realigns the historical relationship between the government and the people. America is rapidly becoming a Fascist state, where ownership is private but the government controls. Fascism, like Communism, doesn't work. All it does is increase costs, decrease competitiveness, reduce job opportunities, depress the economy, reduce freedom, impoverish the people and reduce your standard of living. Meanwhile, the government will be trying to convince you that you are getting something for free. With certainty, there are three things ObamaCare will do: 1) Increase costs. 2) Cause millions to lose their existing healthcare coverage. 3) Ration care, especially for the elderly. In a democracy people get the government they deserve. It is time for every American to think about what the role of government should be and what kind of healthcare system they want.

It is more important than ever for every American to read *Never Be Sick Again*. Learning how to get well, stay well and not be sick is the only real solution to our excessive healthcare costs.

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.

Question: My doctor has advised that I have a CT scan. I don't feel comfortable with that. Are there safer alternatives?

F. A. – San Mateo, CA

Answer: You are right to question the doctor and be concerned. The average American's radiation exposure has nearly doubled in the last three decades, mostly due to CT scans. X-rays are one of the procedures that we know for certain cause cancer, and 90 percent of all X-rays are not medically justified. You need to use your own judgment in the matter of whether to get the scan, but it should be an informed decision.

CT scans can be very helpful in making a diagnosis. They became popular because they offer a quick, relatively inexpensive way to get an almost surgical view of the body. While providing detailed, three-dimensional images of the body, they come at a cost. Just one CT chest scan exposes you to as much radiation as nearly 400 chest X-rays—there needs to be a compelling reason to do something like that. In fact, you can get even more radiation than you think you are getting. Three California hospitals have reported hundreds of acute radiation overdoses last year. You can be certain there is a lot of other overdosing going on.

Only months ago, there were accusations by former FDA researchers that the FDA was suppressing data on the true dangers of CT scans. One scientist, Dr. Julian Nicholas who is now at the Scripps Clinic in San Diego, was *fred* after he raised concerns about the risks of radiation exposure from medical imaging. The problem is that a CT scan represents so much radiation that cancer will almost surely follow. This may be years later, but follow nonetheless. Other FDA staffers have been pressured to change their scientific opinions on these radiation dangers. Hundreds of studies have linked radiation from medical imaging to cancer that can surface decades later. Remember, the FDA doesn't work for you; it works for the disease industry.

You would be wise to get a second opinion from a competent alternative practitioner. Most likely there are safer ways to diagnose your problem, but you need to work with someone who knows what they are doing.

Question: I have been experiencing pain in the right hand side of my stomach after eating. My doctor says I need to have surgery and remove my gallbladder. Surgery doesn't sound too good to me. Is there another way to handle this?

C. A. – New York, NY

Answer: Find yourself a good alternative doctor and get a second opinion. About 90 percent of surgery is not medically justified, so you have a good chance of not needing surgery. Gallbladder removal is one of the most common surgeries, so it makes up a

good percentage of a surgeon's income—hence the need to do a lot of them.

Removing a body part should not be taken lightly. Unknown to most of our physicians, body parts are there for a reason and we need them. Because it is possible to survive without an organ doesn't mean that we should throw it away lightly. They are all part of a system, and the system will suffer. When the gallbladder is removed, your liver must work extra hard to make up for the loss. Removal compromises the normal function of the digestive system, and raises the risk for digestive diseases such as colorectal cancer. An organ damaged by a traumatic injury may have to be removed, but a diseased organ can often be brought back to health.

Your gallbladder aids digestion by processing bile, a fluid manufactured by the liver to help break down fats in the small intestine. If bile flow is interrupted by a gallstone, your gallbladder may become painful and inflamed and your digestion will suffer, most particularly when you eat fats. If you develop gallstones that block bile flow, a conventional physician may advise surgery. However, a naturopathic physician may prescribe something like dandelion tea that can help solve the problem. In fact, there are a number of approaches using natural substances that you can pursue to get rid of the stones before resorting to something as drastic as surgery.

Good advice for you, and for all of us—stop eating garbage. Get off all those processed foods and switch to a diet of fresh fruits and vegetables.

Question: We have been trying to have a child and have been unable to do so. We went to a fertility clinic. They say there is nothing wrong that they can determine. Is there something we can do with our diet or supplements that could help?

C. R. – Oakland, CA

Answer: As with anything you want the body to do, it will do it better when you supply it with the nutrition it needs and stop supplying it with toxins. If you have not read my book *Never Be Sick Again*, be sure to read it because it will tell you how to eat a good diet and reduce your toxic overload. I would also advise that you get on Beyond Health's Comprehensive Kit. This is a very powerful supplement program that will help the body to function at a higher level.

These things being said, here is something else that is commonly overlooked and quite significant—gluten sensitivity. It has been estimated that at least half the population is sensitive to gluten, and one of the possible manifestations is infertility. Gluten-containing grains include wheat, kamut, spelt, barley, rye, oats and triticale. Gluten is often used as a food additive in the form of a flavoring, stabilizing or thickening agent. It's hard

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

to stay away from gluten, it's everywhere. You can experiment with this yourself. There is a lot of information available on the Internet on how to eat a gluten-free diet. Go on a gluten-free diet and see how you do. It costs you nothing, and its something that at least half the population should be doing in the first place.

It is known that infertility is more common in women with untreated celiac disease. In addition, other gynecological and obstetrical problems are also more common, including miscarriages and preterm births. In men, gluten sensitivity can manifest as lower sperm numbers, altered shape, and reduced function.

Humans were never intended to eat grains. It's becoming painfully obvious that eating gluten-containing grains like wheat is a big mistake. Good luck!

Question: I have been experiencing a lot of anxiety attacks. Some of them are just overwhelming with heart palpitations and chest pain that can last for hours afterwards. My doctor's answer is antidepressant drugs. I know that is not addressing the causes, only treating the symptoms. Do you have any suggestions?

Anonymous – Hillsboro Beach, FL

Answer: You need to work with someone who can help you with this, as it can be quite complicated. Call our office and I can refer you to a medical doctor who specializes in alternative approaches to these problems.

There are many safe approaches to reducing anxiety. There is no need to resort to prescription drugs, which are certain to cause you a host of new problems due to their toxicity. As with any health problem, you most likely would not be experiencing it if you were eating a healthy diet. Ninety cents out of the American food dollar is spent on garbage. If you eat garbage, your body won't work right. Garbage is something that will not give your body what it needs and is unfit for human consumption. Yet this is what most people eat every day—processed foods from the supermarket.

Due to the garbage we eat, more than 90 percent of the U.S. population is deficient in omega-3 fatty acids. An omega-3 deficiency can cause anxiety. Most people don't consume enough fresh vegetables, and vegetables contain flavonoids, such as hesperidin, quercetin, and curcumin, which have been shown to reduce anxiety. Most Americans are deficient in magnesium, and magnesium is a natural calmativ agent, reducing the over-reactivity seen with anxiety disorders. White tea can be helpful, and a high-quality white tea is now available from Beyond Health. White tea is rich in a flavonoid called epigallocatechin gallate. This flavonoid has been shown to calm the brain and reduce anxiety.

One thing that you should especially look out for is to not eat any excitoxins. These are chemicals that can excite your brain and cause all kinds of problems. Aspartame, the artificial sweetener found in most diet sodas and many diet foods is especially neurotoxic and can cause anxiety attacks. Glutamates, a class of compounds added to foods to enhance flavor are another source of problems. Glutamates can excite nerve cells to death. The most well-known is monosodium glutamate (MSG). However, something can read MSG-free and still be loaded with glutamates. You have to read labels very carefully. Glutamates can be disguised as vegetable protein, hydrolyzed proteins, isolated protein, natural flavoring, spices and sodium or calcium caseinate


On the bottom line, get on a good diet, a good supplement program and avoid excitoxins and you should do just fine without antidepressant drugs. And by the way, avoid caffeine which is a stimulant. Call Beyond Health to get help with the supplements.

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provides you with a simple way to help keep health costs down starting with our

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by taking Beyond Health's supplements, you can not only eliminate the risk of harmful side affects that prescription drugs cause, but also prevent and reverse disease for less money!



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Michelle's Menu

SWISS CHARD AND BEET SALAD

4 large servings

6-8 large leaves of Swiss Chard, chopped (including stems)

5 small raw red beets, peeled and grated (1 1/2" - 2" beets)

1/3 cup onion, thinly sliced

2/3 cup organic peas (frozen is fine)

Dressing:

1/3 cup raw honey or raw agave nectar

(You may use 1 Tbsp. of one of these and 2-3 tiny scoops of KAL Pure Stevia Extract Powder)

1/3 cup raw apple cider vinegar

1/3 cup Beyond Health Olive Oil or flax oil

1 tablespoon onion, finely chopped

1 heaping tablespoon poppy seeds

1/2 teaspoon Redmond Real Salt

1/16 teaspoon cayenne pepper

Place the chard, beets and onions in a large bowl. Place the frozen peas in a strainer and thaw them under lukewarm water. Add them to the chard mixture. Place all of the dressing ingredients into a jar with a tight lid. Secure the lid and shake well to mix. Pour enough of the dressing over salad ingredients to coat it according to taste. Toss and serve or chill for an hour or less before serving. Recipe by Michelle King Davis

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