

# BEYOND HEALTH<sup>®</sup> *News*

March - April

2009

“You’re never too old to become younger.”

-Mae West

## Another Vitamin Study

*Do they work...*

It seems that vitamins don’t work—again! A new study in the *Archives of Internal Medicine* has determined that vitamins do nothing to prevent cancer or heart disease. The study analyzed data from more than 161,000 women ages 50 to 79 who participated in the Women’s Health Initiative for an average of eight years during the 1990s. More than 41 percent of them used multivitamins. These findings are similar to another recent large-scale study, the Physicians’ Health Study II, finding negative results for vitamins E and C in preventing prostate cancer.

Why is it that thousands of smaller studies find significant health benefits from vitamins, but large population studies do not? BHN has been telling you the answer for years. Most of the supplements on the market are junk. More than half of all Americans take dietary supplements, yet almost half of all multivitamins do not dissolve on time to be of use to the body. Even the ones that do dissolve are not all that

good. Some are even harmful. Most of the vitamins C and E on the market are not something BHN would recommend.

These studies are valid, and they are telling us what we have been telling you. One woman cited in the recent literature on this subject had been taking a multi-vitamin supplement for the last 30 years. She purchased them in bulk from her local wholesale warehouse. She was wasting her money buying junk. She and most others are not getting the protection from disease they think they are buying, and that is why it is not possible to measure any benefits.

For those seeking more information on vitamin quality, read *The Roadmap to Choosing Supplements*. This free report is available online at [www.beyondhealth.com](http://www.beyondhealth.com).

## Supplement Testing

*More of the same...*

Consumer Lab (CL) tests supplement products on a regular basis. Some of their findings are shocking, but not to us here at Beyond Health. We are well aware of the deception that goes on in the supplement industry. That’s why Beyond Health exists—to make sure you have a source where you are assured of always getting the best products and the best value for your money.

Recent tests by CL have found that Red Yeast Rice supplements, used for lowering cholesterol, varied in strength by 100 times. Four of these products contained a potential kidney toxin. Two Turmeric supplements, which are used for gastrointestinal problems, were

found to contain high amounts of lead contamination. Vitamin A supplements were found to contain too little or too much.

Meanwhile, a study of zinc lozenges found that only one-out-of-four contained the amount of zinc required to reduce the duration and severity of a cold. In addition CL found continuing problems with generic blood pressure lowering drugs, which have actually been responsible for *increasing* blood pressure.

## Vitamin B1 and Kidney Disease

*Makes it go away...*

Diabetics often suffer kidney problems (diabetic nephropathy). The disease develops progressively in patients with type 2 diabetes, and it manifests as high excretion of the protein albumin in the urine. New research published in the journal *Diabetologia* shows that high doses of vitamin B1 (thiamine) can reverse the onset of early diabetic kidney disease, dramatically decreasing the excretion of albumin and even reversing early stage kidney disease.

Oral doses of 300 mg of thiamine per day for three months reduced the rate of albumin excretion in type 2 diabetes patients by 41% from the value at the start of the study. The results also showed 35% of patients with high albumin experienced a return to normal after being treated with thiamine. The researchers concluded that type 2 diabetes patients are deficient in vitamin B1, and that this could be an important factor in their development of kidney and vascular problems.

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**Drugs Do It Again**  
*Alzheimer's deaths...*

Long-term use of antipsychotic drugs in Alzheimer's patients doubles their rate of death after one year. A new study in *Lancet Neurology* has found that antipsychotic drugs, which are used to treat agitation and disruptive behaviors in Alzheimer's patients, can be fatal if continued for extended periods of time. Many patients are kept on these drugs for long periods. This four-year study tracked patients with long-term use and found that those on the drugs were substantially more likely to die after one year than those taking placebos.

Prescription drugs are toxins. They poison the body in order to suppress symptoms. This is why properly-prescribed prescription drugs are the third leading cause of death in America. Combining multiple drugs is even more toxic and deadly. The toxic load imposed by drugs makes it difficult and often impossible to get well. This is why people have to stay on the drugs. Drugs

make people sick, inhibit healing and even kill people. Why would anyone want to take drugs? There are safer, less expensive and more effective alternatives to every drug. BHN advises everyone to question their doctor carefully about drug use—think about just saying “no” to drugs.

**More on Mammograms**  
*You get more cancer...*

Radiation is a proven cause of cancer. X-rays are ionizing radiation and mammograms are X-rays. Science and logic show that these commonly administered X-rays cause cancer. Chest X-rays are known to increase the risk of cancer, and mammograms expose your body to 1,000 times more radiation than a chest X-ray!

Now a new study exposes this fact even further. A November 24, 2008 study in the *Archives of Internal Medicine* looked at a total of 230,000 women age 50 to 64 over a six-year period. At the end of a six year period, the study found women who had mammograms every two years had 22 percent more invasive breast cancers than women who had a single mammogram.

Most women are unaware of how dangerous and ineffective mammograms are. There is no credible evidence that mammograms save lives. In fact, research demonstrates that annual mammograms do nothing to improve breast cancer survival rates. Mammograms fail to detect existing cancer about 20 percent of the time. There is a similar problem with false positives, causing needless worry and painful, invasive biopsies. Dr. Epstein, M.D., professor emeritus of Environmental and Occupational Medicine at the University of Illinois School of Public Health, and chairman of the Cancer Prevention Coalition had this to say about mammograms: “They fit the classification of crimes against humanity.”

A much safer and more effective diagnostic tool is thermograms. Thermograms are noninvasive, safe and

accurate. Mammograms cannot detect a tumor until after it has been growing for years and reaches a certain size. Thermograms can detect the possibility of breast cancer much earlier, because it can image the early stages of angiogenesis (the formation of a direct supply of blood to cancer cells, which is necessary for the tumors to grow).

**Sugar Causes Addiction**  
*More addictive than cocaine...*

Sugar is a deadly metabolic poison causing every imaginable disease from the common cold to Alzheimer's to cancer, as well as accelerating aging. That's bad enough, but sugar is also highly addictive, even more addictive than cocaine.

Animal studies show that regular consumption of sugar causes long-lasting changes in brain chemistry, similar to those caused by street drugs such as cocaine or heroin. These changes mean that even a single exposure to sweet, salty or fatty foods will change gene expression, stimulating opioids in the brain. These pleasure chemicals are addictive.

Most Americans are addicted to sugar without knowing it, and the average person consumes about a half pound per day. For every dollar spent on food in America, 90 cents is spent on junk foods (processed foods). In 2006 alone, more than 2800 new candy, dessert, ice cream and other snacks were introduced into the American market. Unfortunately, processed foods are nutritionally deficient and loaded with toxins—deficiency and toxicity are the two causes of all disease.

Processed junk foods taste good, are relatively inexpensive, and make life easier. The problem is they also make you sick. Many processed foods are loaded with sugar, salt, glutamates, flavors, colors, preservatives and other toxins. Perhaps the single most important thing anyone can do for their health is to get off processed foods and switch to a diet of fresh whole foods.

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**Splenda Research**  
*Shocking new findings...*

Splenda is an artificial sweetener that was approved by the FDA in 1998 without sufficient testing for human safety. It is used in commercial baked goods, beverages, fruit juices, chewing gum, deserts and as a household sweetener. The longest human study lasted only four days. Hardly reassuring for long-term human safety!

Splenda is a brand name for a compound called sucralose, a manmade molecule that does not exist in Nature. The body does not metabolize sucralose, but about 15 percent of what you consume ends up in the body and is absorbed by fat cells. Splenda causes symptoms including: skin rashes, shortness of breath, tissue swelling, headaches, runny nose, itchy and bloodshot eyes, diarrhea, bloating, heart palpitations, joint aches, anxiety, depression, and dizziness.

In addition to the list of side effects listed above, a recent study in a 2008 *Journal of Toxicology and Environmental Health* has found that Splenda reduced the amount of good bacteria in the stomach by up to 50 percent. Splenda also increases the pH levels in the intestines and contributed to increases in body weight. None of this is good if you care about your health. The bacteria balance in your gut is extremely important to health, and cutting them in half is a real threat. BHN recommends avoiding all artificial sweeteners. For more information on Splenda, visit: [www.truthaboutsplenda.com](http://www.truthaboutsplenda.com).

**More on Vitamin D**  
*Protects the heart...*

Vitamin D is becoming quite a star. It seems everyone is researching it, and we keep learning more. Almost everything we know about vitamin D has been learned since 1997 because this is when a simple blood test was developed to measure vitamin D levels. We already

know that vitamin D helps to prevent cancer, enhance immunity and build strong bones, and now a new study in the December 9, 2008 *Journal of the American College of Cardiology* has found it also protects the heart. Data from the long-term Framingham Heart Study indicate that people with low vitamin D levels are twice as likely to suffer a heart attack, stroke or other cardiovascular problem compared to those with higher levels.

Vitamin D is generated primarily in the human skin through exposure to sunlight. Because most of us don't get enough sunlight, up to 50 percent of adults and 30 percent of children and teenagers in the United States are vitamin D deficient. About 95 percent of our senior citizens, and especially black Americans, are deficient. At least 36 organ tissues in your body biologically respond to vitamin D. These include bone marrow, breast, colon, intestine, kidney, lung, prostate, retina, skin, stomach, uterine and now heart tissues. Inflammation is the cause of heart disease and vitamin D deficiency increases inflammation. In addition, vitamin D influences gene expression in about 10 percent of our genes, helping to prevent diseases from the common cold to cancer.

The current RDA for vitamin D is 200 IU for people age 14 to 50, 400 IU for people age 51 to 70, and 600 IU for those over 71. These numbers are far too low. The American Academy of Pediatrics has even recently doubled its recommendation for vitamin D in children to 400 IU a day, but that is still inadequate. Current recommendations by vitamin D researchers are 4,000 to 5,000 IUs per day for most adults and more if you are overweight. Consider that 30 minutes of noontime summer sun will provide 50,000 IU in a Caucasian. Even older humans make at least 8,000 to 10,000 IU after brief exposure to sunlight.

Because vitamin D is so important,

and because so many of us are deficient, it is important to have your vitamin D level measured periodically. Any doctor can order a test for vitamin D, but at least twenty percent of doctors order the wrong test, and even those who order the correct test often use the wrong testing lab. Be sure to tell the doctor exactly what you want so they don't get it wrong.

The only blood test that can diagnose vitamin D deficiency is a **25-hydroxy-vitamin D** [25(OH)D]. Physicians often order the wrong test, **1,25-dihydroxy-vitamin D**. The problem with this test is that if your 25(OH)D is low, the body will compensate by producing more 1,25-dihydroxy-vitamin D. A doctor who orders this test may tell you that you are normal when you are really deficient. This could have disastrous consequences for you. Further, there are different ways of performing this test and it makes a huge difference in the accuracy of the results. It is important to order from the correct testing laboratory. LabCorp is generally considered to be a good resource, while Quest Diagnostics is not.

What should your vitamin D levels be? Vitamin D experts recommend 25(OH)D levels above 50 ng/ml, preferably between 50 and 80 ng/ml. The body will store vitamin D to help carry you through when the sun isn't shining. At less than 50 ng, the body will use what it is making. At over 50 ng, it will store the vitamin in fat and muscle tissue for future use. So that's the range where you want to keep yourself year-round, 50 to 80 ng/ml.

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or Comments? Visit:**

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## Heart Disease

By Raymond Francis

**M**odern medicine ranks cardiovascular disease as the leading cause of death, killing almost a million people per year. Yet heart disease used to be a rare disease, and it is almost entirely preventable and reversible—no one should have this disease. The heart is a pump, beating about 100,000 times a day, pushing blood through 60,000 miles of pipes (blood vessels). It is important to keep the pump in good operating condition and to keep the pipes clean and unobstructed. Mother Nature knows how to do this and do it well—it is we who screw it up by causing deficiency and toxicity.

The heart is a hardworking organ, and in order to function well, it requires large amounts of essential nutrients and energy daily. Since most Americans are nutrient deficient, this helps explain our epidemic of heart disease. For the most part, heart disease is a nutritional-deficiency disease, which is reasonably simple to prevent as well as reverse.

Unfortunately, most people and their physicians believe that high cholesterol causes heart disease—it *doesn't*. This is why half of all heart attacks occur in people with normal cholesterol. As a result of this myth, millions of Americans take toxic, health damaging, cholesterol-lowering drugs called statins. These drugs are taking a tragic toll on our health, causing everything from congestive heart failure to amnesia, muscle wasting, permanent nerve damage, immune suppression, cancer and depression. Yet all of this damage is for nothing. Studies show that statin drugs do not reduce the risk of dying of a heart attack. A study of stroke death showed that more people died who were on the drugs than those taking placebos. A similar study of heart disease in a 2001 *British Journal of Pharmacology* found that people who took statin drugs experienced no benefits regarding and had an overall death rate higher than those who took placebos.

The truth about cholesterol is this—it is only when cholesterol is oxidized that it becomes dangerous. Numerous studies have shown that if you prevent cholesterol from becoming oxidized, heart disease does not happen. What is important is to protect cholesterol from oxidation. Eating a non-inflammatory diet and taking antioxidant supplements will help to protect cholesterol from oxidation.

The cause of heart disease is—inflammation. The reason we have so much heart disease is that we eat a pro-inflammatory diet, rich in sugar, white flour, excessive omega-6 fatty acids and trans fats. In short, sugar, white flour and canola, soybean, peanut, safflower, sunflower, corn and hydrogenated oils are major causes of heart disease. If you care about your health, get these toxic foods out of your life! Not only

do these toxic foods cause inflammation, they also result in excessive weight, and fat cells cause even more inflammation. This is why fat people have more disease, including heart disease.

What would happen if we were to cut out these toxic, pro-inflammatory foods, replace them with healthy foods and adopt a healthy lifestyle? Would you believe a 92 percent reduction in heart attacks? Well, that's what actually happened. A 2007 study in the *Archives of Internal Medicine* found that adopting a healthy lifestyle of moderate exercise and not smoking combined with a good diet of fresh vegetables, fruit, whole grains, legumes and fish lowered the risk of heart attack by 92 percent—not shabby!

Since malnutrition plays such an important role in heart disease, it makes sense that nutritional supplementation with vitamins and minerals and especially antioxidants should be beneficial, which they are. A 2003 study in the *Journal of Nutrition* found that people who took multi-vitamins are at substantially less risk than those who don't. Antioxidants, such as vitamins C and E have special importance and have been proven to be highly protective.

C-reactive protein (CRP) is a measure of the amount of inflammation in the body. Studies show that people with the highest levels of vitamin C have the lowest CRP. So it is not a surprise that a study of 85,000 nurses over a 16 year period, showed a significant reduction in heart attacks in those with the highest vitamin C intake, as reported in a 2003 *Journal of the American College of Cardiology*.

A study in a 2007 *Circulation* found that high-quality vitamin E significantly reduced the risk of blood clots that cause heart attacks and strokes. Another study in a 1996 *Lancet* found that supplementing with 400 to 800 IU per day of high-quality vitamin E reduced heart attacks by 77 percent. A number of studies have demonstrated that supplementing with a combination of vitamins C and E, especially when combined with zinc, has a dramatic effect on reducing heart attacks and strokes.

Other nutrients that help to prevent heart disease include B vitamins, especially vitamins B6, B12 and folate. Each of these helps to lower homocysteine, a compound that damages arteries and is a risk factor for heart disease.

Coenzyme Q10 is a wise addition to a heart-healthy supplement program. CoQ10 helps cells to produce energy, and the heart has the greatest energy needs of any organ in the body. CoQ10 strengthens the heart, and it is important to know that cholesterol-lowering drugs interfere with the body's production of CoQ10. Some B vitamins work syner-

gistically with CoQ10 to produce energy.

Omega-3 oils are another important supplement. Omega-3s are found in flax oil and fish oil. They function as mild blood thinners and also improve the flexibility of blood vessels. Omega-3s also lower the risk of heart rhythm abnormalities (arrhythmias). A 2007 study in the *American Journal of Clinical Nutrition* found that supplementing with 500 to 1000 mg of fish oil daily not only lowered the risk of irregular heartbeats but also lowered blood pressure, fasting glucose, blood triglycerides and /Body Mass Index (MBI).

Magnesium deficiency ranks high as a cause of heart disease, and about 3-out-of-4 Americans are magnesium deficient. Many studies have found a link between low magnesium and the risk of heart attack and stroke. Magnesium slightly thins the blood, but most importantly, it has a dramatic effect on reducing inflammation.

Flavonoids such as curcumin and quercetin perform a variety of beneficial effects including lowering CRP levels (a measure of inflammation), preventing blood platelets from sticking and forming clots, as well as lowering cholesterol.

Other things you can do to prevent heart disease include avoiding X-rays. X-rays cause inflammatory damage to tissues and contribute to heart disease. Even the inhalation of small particles contributes to heart disease. A 2008 study in the *American Journal of Respiratory and Critical Care Medicine* found that filtering fine particles from indoor air for only two days resulted in improved blood circulation in small blood vessels. The researchers recommended HEPA filters for every home, most especially those near heavily-traveled roads.

Cardiovascular disease can be virtually eliminated by adopting a healthy diet and lifestyle. There is no reason to suffer a heart attack or stroke. These events are preventable and heart disease is reversible—and they are not caused by high cholesterol. All that is necessary is to get off the standard pro-inflammatory diet that most Americans are on. This means avoiding the Big Four—sugar, white flour, processed oils, and dairy/excess animal protein. Eat a diet of fresh, organic, whole vegetables, fruits and other plant foods. Supplement with high-quality supplements. For most people, I recommend Beyond Health's Comprehensive and Cardiovascular Kits.

*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.*

## BH News Archive Feature

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Diet	Urinary Tract Infection
EFA formula	Vision health
Fatigue	Vitamin C
Water	Weight Loss

**Question:** Is it safe to take human growth hormone?

B. T. – Roswell, GA

**Answer:** Human growth hormone (HGH) is highly advertised and a popular-selling product. HGH is produced by the anterior pituitary gland in the brain. It promotes tissue repair, cell regeneration in the bones, muscles and vital organs, and supports the immune system in combating infection and disease. As we age, our HGH levels decline to a fraction of the levels of our youth. Many in modern medicine believe that supplementing our diets with HGH is an effective way to avoid the diseases and conditions associated with aging and improve vitality and appearance.

Buyers are told the HGH will improve immune, brain and heart function, boost energy, remove wrinkles and help shed body fat. I don't buy it! If you want to increase HGH in your body, moderate exercise will double it and vigorous exercise will triple it. Playing games with hormones is not recommended. The chemistry is too complex and you have no idea what you are doing. Look how many years it took to find out that hormone replacement therapy for women actually caused all the diseases it was supposed to be preventing, including cancer, heart disease and osteoporosis.

Beyond Health neither sells or recommends HGH because studies show it to be risky. HGH supplementation has causes fluid retention and problems with blood pressure and blood sugar controls. In addition, there is concern that HGH may stimulate the growth of small tumors in the body. A small, non-threatening cluster of cancer cells could be turned into a life-threatening cancer. Is it worth the risk?

**Question:** We got an electric blanket as a gift last Christmas. I was wondering just how safe it is to use.

W. H. – Woonsocket, RI

**Answer:** In a time when we all need to conserve energy, an electric blanket sounds like a great idea. You can turn the thermostat way down and still stay warm. However, there are some potential problems with this solution. A good down comforter may be the better choice.

In the home, EMFs come from household wiring, appliances, mobile phones and overhead power lines. As electricity flows through a wire, it creates an electromagnetic field that affects nearby objects, including ourselves. At one time it was believed that EMFs were harmless. We now know differently. EMFs have been linked to childhood leukemia, lymphoma and other disease conditions. It appears that even low-level EMFs have the ability to alter normal gene expression, causing cellular malfunction and disease, and exposure may be especially dangerous for children and pregnant women.

There are studies on this subject. For example, a 2007 study in the *European Journal of Cancer Prevention* found that women who used electric blankets had a 15 percent higher prevalence of endometrial cancer, and those who used them for 20 years or more had a 36 percent higher prevalence. Other studies have shown that the EMFs generated by electric blankets suppress melatonin production, and links have been found between low melatonin and breast cancer.

The EPA recommends a safety standard of 1 mG (milligauss). Electric blankets are capable of producing fields in the 5 to 20 mG range. In addition, many scientists believe that even the 1 mG level is too high. On the bottom line, here is a hazard that is easy to avoid. Why not avoid it?

Some manufacturers now make blankets that they claim will generate no harmful electromagnetic radiation. This isn't exactly true. They still generate an electrical field that may still be hazardous. If you still want to use your blanket, what you might consider doing is using it to heat the bed before you retire for the evening and then shut it off and unplug it just before you get in the bed.

**Question:** My doctor has suggested I take Tamoxifen to prevent breast cancer. I am not sure what to do and would like your opinion.

T. I. – Houston, TX

**Answer:** Tamoxifen is a drug that interferes with the activity of estrogen. Estrogen drives breast cancer, and this drug is used to reduce the risk of breast cancer in those who are considered to be at increased risk for this condition. Some of the side effects include blood clots, strokes, cataracts, joint pain, leg cramps and cancer. It is up to you as to whether you take this drug or not, but the fact that Tamoxifen has been shown to actually increase the risk of cancer might have you rethink going on such a program.

**Question:** I have been reading a lot about "colloidal minerals" and I would like to know what you think about them before I buy some.

T. S. – Belmont, CA

**Answer:** There has been a lot of hype about the supposed superiority of colloidal minerals, but it's just that—a lot of unscientific hype. Colloidal minerals are basically a scam to sell products that are not only useless, but may even be dangerous. I happen to know a lot about colloid chemistry, and for many years I was a member of the Colloid and Surface Chemistry Division of the American Chemical Society.

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

A colloid is simply any substance whose particle size is small enough to keep it suspended in a liquid or gas, yet large enough to prevent or delay its passage through a semi-permeable membrane. This latter part is the key. Cell membranes are semi-permeable membranes, and since colloids, by their very nature, do not readily pass through a semi-permeable membrane, then colloidal minerals will not be bioavailable to cells. Since they don't enter the cells where they are needed, they are useless. Beyond that, these products contain contaminants that can be very toxic to the body. Save your money and your health!

**Question:** I did some research, and spoke to acquaintances in the know about vitamin C. I was told that ascorbic acid, in and of itself (even the L ascorbic) is of little value without the co-factors that are part of the complex, for example, the bioflavonoids that transport the vitamin to receptor sites in the body. Can you please comment on this?

E. D. – Internet

**Answer:** Glad that you asked. This is something I have been meaning to address. I could write a book on it, but we don't have the space in this newsletter. While the vitamin C complex theory is an emotionally appealing idea, it is not true. What you have been told is not true. Vitamin C is ascorbate, not some imaginary complex.

After more than 60 years of extensive vitamin C research, there isn't a shred of scientific evidence to support the existence of vitamin C complexes. Vitamin C has been heavily researched by top scientists including Linus Pauling. None of these scientists has ever reported the existence of vitamin C complexes. Pauling was very clear that ascorbate is vitamin C. No complexes needed.

Then, there are decades of clinical vitamin C experience to prove that ascorbate alone does the job. If people are dying of scurvy, if you give them ascorbate, they get well. If C-complex is vitamin C, how come they get well with ascorbate alone? Patients in hospitals around the world are kept alive with ascorbate alone. How is this possible if C-complex is required? My friend, the late Dr. Robert Cathcart, was one of the top vitamin C experts in the world. For decades, he did miracle after miracle with intravenous ascorbate. How could he do so many miracles if he really needed to give C-complex? The livers and kidneys of most mammals produce ascorbate, not C-complex. Very clearly, just as Pauling said, ascorbate is vitamin C—not some C-complex fantasy.

Vitamin C complex is a myth invented by people who don't know their chemistry and some enterprising entrepreneurs who use the myth to differentiate their products. They are now selling a lot of so-called "natural vitamin C complex"

products to an unsuspecting public. This myth has been spread for commercial gain. Unfortunately myths can take on a life of their own, and at this point, this is a very big myth. After enough repetition, myths take on the appearance of truth.

The vitamin C that Beyond Health sells is the purest in the world. It costs a lot to make something that pure. While selling a so-called "natural" vitamin C complex enables the seller to sell impure junk. What they are really doing is hiding the fact that their vitamin C is less pure. Many contaminants are introduced during the manufacturing process. The C-complex hides them all. This is important because the junk that is in the product can be harmful. For example, many chemically sensitive people have found that Beyond Health Vitamin C is the only vitamin C they have ever been able to tolerate. This is because of the exceptional purity. Every responsible scientist agrees that ascorbate is vitamin C, not some mythical C-complex. Until the science changes, I'll stick with ascorbate for my personal use. When I was dying in 1985, ascorbate saved my life, not C-complex!



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# BEYOND HEALTH<sup>®</sup> News

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## *Michelle's Menu* **HEALTHY GARBANZO MASALA**

- 2 1/2 cups garbanzo beans, soaked and cooked (which will make 5 cups of garbanzos, cooked)
- 2 Tbsp. Beyond Health Olive Oil
- 1 medium to large onion, chopped
- 4 cloves of garlic, minced
- 1 pepper of choice (for mild, use a bell pepper, for spicier, use a hot pepper of some sort)
- 2 lb fresh organic tomatoes, chopped
- 1 1/2 tsp. curry powder
- 1 tsp. sea salt
- 1 tsp ground turmeric
- 1 tsp. ground red pepper (cayenne- use much less to make it mild)
- 1 tsp. ground coriander
- 1 tsp. Garam Masala powder ( an Indian spice- use less if you want it mild)
- 1 tsp. raw agave nectar
- 2-3 bay leaves
- 1/4 tsp. ground ginger or an inch of fresh ginger grated
- 1/4 cup chopped fresh cilantro

Heat olive oil in a large saucepan. Add onion, garlic and pepper. Saute for 5 minutes or until tender. Stir in tomatoes and next 9 ingredients. Simmer for 10 minutes. Stir in the chick peas and allow to simmer at least 5 minutes or until ready to serve. Remove bay leaves and garnish with the fresh cilantro as you serve. This may be served over organic brown rice as Indian dishes typically are served or to add even more nutrients and fresh greens, I like to finely chop mixed greens and lettuces and serve it over those, omitting the brown rice.

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