

BEYOND HEALTH[®] *News*

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“The obscure we see eventually; the completely obvious, it seems, takes longer.”

-Edward R. Murrow

Swine Flu is Here

Don't panic...

The swine flu may be here, and the “medical experts” may be alarming the population, but the level of concern is not supported by the scientific evidence. There is a lot of money to be made by selling useless drugs for the government to stockpile and by producing dangerous vaccines to give to the population. In short, there is a huge incentive to magnify the problem in order to justify the enormous expenses to “protect the population.”

In 2005, there was a similar scare for bird flu. Billions were spent to purchase drugs that were never going to be used. Here is what BHN had to say at that time: “We see no scientific evidence to support the current concern regarding bird flu. As far as we can tell, this crisis has been invented and 100% driven by drug companies and the medical establishment for economic reasons.”

We were right last time, and we see little difference this time around. Readers should do what they are supposed to be doing in the first place—

looking after their health. The most important thing is to keep your immunity strong. Remember: Healthy people don't get sick. Don't damage your immunity by eating toxic foods like sugar, white flour and processed oils—one teaspoon of sugar will depress your immunity by 50 percent within two hours of ingesting it. Support your immunity with a good diet and a good supplement program. Everyone needs to be on a minimum of the Beyond Health Basic Kit and preferably the Comprehensive Kit. Taking plenty of vitamin C each day is essential, at least six grams are recommended and more is better.

It's always useful to remember that healthy people don't get sick. In indigenous populations like the Hunzas and Vilcabambans, people lived well into their hundreds without getting a single cold. For any virus, be it swine flu or the common cold, to get a foothold in your body, your natural defenses have to be in a state of neglect and disrepair. It's like the levees in New Orleans. The poorly constructed and unmaintained levees in New Orleans had been a scandal for years. When Hurricane Katrina hit, they failed. If your immune system is in a state of neglect and disrepair, it will fail you when challenged. We don't “catch” the flu, we give it to ourselves.

Books by Raymond Francis

Translations...

Both of Raymond Francis' breakthrough books *Never Be Sick Again* and *Never Be Fat Again* are now available to more

people than ever; they have literally gone around the world. Both have been translated into Chinese and are readily available in China. *Never Be Sick Again* is now available worldwide in French. An English edition has recently been published in Nigeria for the African market. *Never Be Fat Again* is also available in Romanian.

BHN recommends that everyone read these two cutting-edge books. They are available at major book stores, at Amazon.com and at beyondhealth.com where you can obtain autographed copies for use as gifts.

Summer is Coming

Get some sun...

Every year about this time we think it our duty to remind you to get out in the sun. Sunlight is an essential nutrient, and you cannot live healthy without it. Get regular sunlight and do NOT use sunscreen—sunscreen blocks out essential wavelengths and most sunscreen products are extremely toxic, even carcinogenic. Unfortunately, this is not the advice you will be getting from the media and our “medical experts.” Our obsolete medical establishment continues to perpetuate the myth that the sun causes skin cancer. They tell us to avoid the sun. This bad advice has cost countless thousands of lives by resulting in an epidemic of vitamin D deficiency and all the many diseases resulting from vitamin D deficiencies including cancer, heart disease, multiple sclerosis, osteoporosis, type 1 diabetes, infections and autoimmune diseases. More than 40 per-

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cent of the population is deficient in vitamin D.

This is not a license to abuse the sun and get sunburned. Sunburn causes irreparable damage to the skin. Use the sun sensibly, and slowly build a healthy tan. Start with only minutes per day and work your way up slowly. The vitamin D you will get during this process will protect you even from colds and flu, not to mention cancer. Full body sun between the hours of 11 am and 2 pm are the most effective. This is when you maximize your exposure to UVB. Sunlight contains two main wavelengths of ultraviolet light—UVA and UVB. It's the UVB that helps your skin produce vitamin D. UVA, on the other hand, penetrates skin more deeply and causes more free radical damage. UVA rays are constant during all hours of daylight, while UVB is maximized at midday, so you need midday sun—the opposite of what we have all been misled to believe.

If you want to prevent skin cancer, eat a good diet and take high-quality

supplements, including vitamins C, D, E, beta carotene and essential fatty acids. Safe “sunscreens include real olive oil, real coconut oil and a water solution of vitamin C applied to the skin prior to sun exposure.

In 2001, the National Academy of Sciences published a comprehensive report showing that the omega-3 to omega-6 ratio in your diet was the key to preventing skin cancer. The average American consumes far too many omega-6 fats, and far too little omega-3. Further, most of the omega-6 and 3s we consume are damaged oils, containing trans fats and oxidized molecules that we know are unhealthy.

If you want to reduce or virtually eliminate your risk of skin and other cancers, it is essential to radically reduce your consumption of commercial vegetable oils, as they are too high in omega-6 fats, and those fats have been damaged, making them toxic. A century ago, the average American consumed less than one pound of these oils per year, and today that amount has exploded to 75 pounds of these toxic poisons per year—it's amazing any of us are still alive. Do not purchase “supermarket oils” or any of the processed foods containing them. These supermarket oils include soy, corn, canola, sunflower, safflower, peanut, cottonseed, all hydrogenated, and most olive oils.

Meanwhile, an Australian study showed a 40 percent reduction in melanoma for those who ate fish, which is rich in omega-3. Beyond Health offers products that contain the correct oils for good health—shop there for healthy oils.

Warning: Plastic Water Bottles
Stop drinking bottled water...

New research shows that most bottled water is dangerous. Bottled water has become one of the largest industries in the world. Over half of all Americans drink bottled water, spending 240 to 10,000 times more per gallon for bottled water than they do for tap water. This

trend has been fueled by the conception that bottled water is safer or healthier than tap water. This now appears to be a gross misconception! Scientists at Frankfurt University have shown that *water in plastic bottles* is contaminated with chemicals that act like female hormones in the body.

BHN has told you for years that polycarbonate bottles leach a toxic chemical, called bisphenol A (BPA), with estrogenic, hormone-disrupting properties. Hormones, secreted by endocrine glands, give instructions to cells and serve critical functions throughout the body. BPA can alter the function of the endocrine system by mimicking the body's natural hormones. BPA produces this effect at exceedingly low concentrations, giving inappropriate messages to cells and genes; in turn creating biological chaos in the body. BPA is also known to promote cancer. Shockingly, it now appears that other plastics that we were told were safe, such as polyethylene terephthalate (PET), also leach dangerous estrogenic chemicals. Almost all of the water bottles that people use daily are made of PET. Even your BHN staff has been consuming water bottled in PET.

A recent study in *a 2009 Environmental Science and Pollution Research* analyzed 20 brands of mineral water. Nine were bottled in glass, nine bottled in plastic and two bottled in composite packaging (paperboard boxes coated with an inner plastic film). The researchers took water samples from the bottles and tested them for the presence of estrogenic chemicals. Almost 80 percent of the water in plastic bottles and 100 percent of the water bottled in composite packaging (many mothers give children milk and fruit juices packaged in such containers) showed significant hormonal activity. One of the researchers said, “When we started the work we did not expect to find such a massive estrogen contamination in a foodstuff which is so strictly controlled.”

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The authors concluded: “We must have identified just the tip of the iceberg in that plastic packaging may be a major source of xenohormone contamination of many other edibles. Our findings provide an insight into the potential exposure to endocrine-disrupting chemicals due to unexpected sources of contamination.” (Xenohormones are manmade chemicals that have a hormone-like effect.)

While some xenohormones were also found in one third of the glass bottles, it was half as much as in the plastic bottles. *Given these findings, BHN strongly recommends that you eliminate, or at least sharply reduce, your consumption of water bottled in PET plastic bottles.* Glass bottles are the safer, more-sensible choice. The best choice is to carry your own glass bottle filled with Beyond Health’s reverse osmosis water. It’s the least expensive way to get pure water, costing only pennies per gallon.

More Vitamin Problems

From ConsumerLab...

ConsumerLab recently concluded another study of vitamin products, with predictable results. More than 30 percent of the products tested contained significantly more or less than claimed on the label and many were contaminated with lead. Forty percent of general multivitamins were short on ingredients, sometimes containing only half of the claimed amount.

Children’s vitamins were of particular concern. For example, the Institute of Medicine has set upper safe limits for vitamin A for children age 4-to-8 of 1,300 IU (international units). Three children’s formulas exceeded this limit with one measuring 5000 IU.

ConsumerLab tests to find discrepancies in what is claimed on the label. The situation would be far worse if they were to measure the biological activity of the products. They would find that most have very limited biological activ-

ity in the body. This is why we recommend ordering your supplements from Beyond Health where you can always be assured of getting the highest quality and best value.

Olive Oil Health Benefits

New findings...

Researchers in Portugal have found the constituent in olive oil that provides the greatest protection from heart attack and stroke. The results were published in *Molecular Nutrition & Food Research*. This study of major antioxidants in olive oil showed that one, DHPEA-EDA, protects red blood cells from damage more than any other part of olive oil. Researcher Fatima Paiva-Martins at the University of Porto said, “These findings provide the scientific basis for the clear health benefits that have been seen in people who have olive oil in their diet.”

The major cause of heart disease is the free radical oxidation of LDL or so-called “bad cholesterol,” resulting in hardening of the arteries. Red blood cells are particularly susceptible to oxidative damage because they are the body’s oxygen carriers. DHPEA-EDA protected red blood cells even at low concentrations. The researchers say the study provides the first evidence that this compound is the major source of the health benefit associated with extra virgin olive oils, which contain increased levels of DHPEA-EDA compared to other oils. In high-quality extra virgin olive oils, DHPEA-EDA may make up half the total antioxidant component of the oil. Unfortunately, most products labeled extra virgin olive oil will not provide very much of this health-promoting compound because of improper processing and adulteration. For more information on this subject go to www.beyondhealth.com and read Raymond Francis’ articles *Why Beyond Health Olive Oil and The Olive Oil Scandal*.

Nanoparticles Found Dangerous

Avoid products made from them...

A study presented at the recent National Meeting of the American Chemical Society indicates that nanoparticles, which are now being added to cosmetics, sunscreens, and hundreds of other personal care products, may be harmful to the environment. Hundreds of products utilizing these microscopic particles — 1/5,000th the diameter of a human hair — are already on the market.

As happens all too often, products are put on the market before they have been adequately tested for safety—most prescription drugs and GMO foods being prime examples. The problem is no one really understands the environmental and human health effects of nanotechnology, and with many more nano-products poised for debut, it is time to reassess what we may be doing to ourselves.

The above study, focused on nanotitanium dioxide (nano-TiO2) particles found in cosmetics, sunscreens, and other personal care products. The particles are added to those products for their ability to block ultraviolet light in sunlight. However, after application, the particles are washed down the drain as people bathe and end up in municipal sewage treatment plants. From there, they can enter lakes, rivers, and other water sources where microorganisms serve essential roles in maintaining a healthy environment. Harming these organisms could have catastrophic effects on the entire ecosystem.

What the study found is that bacteria exposed to various amounts of nano-TiO2 experienced surprisingly large reductions in survival, even at extremely low concentrations for less than an hour of exposure. This is a startling result that could have a profound effect on aquatic life.

As usual, don’t expect the government to protect us. But each of us can do our part by not purchasing nano-containing cosmetics, sunscreens, and other personal care products and by advising others to do the same.

MSM

By Raymond Francis

What is MSM, and why should you care? A healthy body is made of healthy cells, and healthy cells need sulfur. It is essential that the body have a plentiful supply of this mineral in its usable form. MSM (*Methyl sulfonyl methane*) is an organic form of sulfur that is easily absorbed and utilized by the body. It is a naturally-occurring compound that is found in many foods including meat, seafood, fruits and vegetables. MSM plays an essential role in heavy metal detoxification. It mitigates allergies, reduces joint pain, improves digestive ailments, alleviates emphysema and helps with diabetes.

MSM is found in every cell in the body, and because sulfur is so important, supplementing with MSM is a good idea, especially for people over age 50. Some say we don't need to supplement because MSM is found in so many foods. However, storage, cooking and processing destroy MSM, so most of us need to supplement.

Sulfur is an essential building block for proteins and is vital to the creation and regeneration of the body's tissues including joints, cartilage, skin, hair and nails. Sulfur supports many vital biochemical processes in the body, including energy production. Sulfur is essential to life, and the major function of MSM in the body is in creating healthy new cells. If your body is sulfur deficient, cell walls become hard and stiff, hindering the flow of fluid through them. MSM makes cells flexible and elastic. If the concentration of MSM in the body is low, new cells lose flexibility and elasticity; tissues made from those cells will not function normally and are more likely to fail.

Healthy cells are permeable, and MSM makes cells permeable. Permeability allows water and nutrients to freely flow into cells and allows wastes and toxins to properly flow out. This in turn means more efficient elimination of toxins and a reduction in inflammation and pain.

Healthy cells will not only make you feel better, they will make you look better with a softer, smoother complexion and stronger hair and nails. Sulfur has been called nature's "beauty mineral" because it is needed to keep the hair glossy and smooth and the complexion clear and youthful. Without proper levels of MSM, your body will be unable to build healthy cells; this leads to problems such as lost flexibility, scar tissue, wrinkles, varicose veins, hardened arteries, damaged lung tissues, dry cracking skin, digestive disorders, joint problems, and inability to defend against allergic reactions to food, animals and pollens.

MSM is fundamental to our biochemistry, affecting many bodily functions, including immunity. The proper acid/alka-

line balance of the body cannot be maintained without sulfur. MSM has excellent anti-inflammatory and pain-reducing properties. MSM supports healthy connective tissues like tendons, ligaments, and muscle. MSM is used around the world for relief from arthritis, muscle pain, joint pain, fibromyalgia and inflammation; it has shown a remarkable ability to reduce or eliminate muscle soreness and cramps. It's even given to race horses before a race to prevent muscle soreness, and afterward to reduce the risk of cramping. People with arthritis report substantial and long-lasting relief. MSM is considered one of the safest and most effective pain relievers. When cells are more permeable and fluid passes through more easily, this helps equalize pressure, reducing or eliminating the cause of pain. Harmful substances such as lactic acid and toxins are allowed to flow out, while nutrients are permitted to flow in. This prevents the pressure buildup in cells that causes inflammation.

By reducing inflammation, MSM permits muscles to heal and prevents them from becoming sore. MSM helps repair worn or damaged cartilage in joints, ligaments and tendons with healthy, flexible new cells. MSM is used for relief from food and pollen allergies and is as effective as or better than traditional antihistamine preparations. MSM has been successfully used for head trauma, interstitial cystitis, scleroderma, rheumatoid arthritis and osteoarthritis, re-transformation of cancer cells, increasing blood circulation, normalizing the immune system, Alzheimer's disease, and back pain. MSM is also a powerful detoxifier. MSM increases the body's ability to produce insulin. It helps to normalize blood sugar, and supplementation has rebalanced blood sugar in many cases. It is important for carbohydrate metabolism and speeds wound healing. MSM also can reduce scar tissue by altering the cross linking process in collagen to allow tissue repair and healing to take place. MSM has also shown amazing action against parasites, including *Giardia*, *Trichomonas*, roundworms and nematodes. When parasites attach to the intestinal lining, they can live, reproduce and rob the body of nutrients. MSM blocks parasites by competing for receptor sites on the mucous membrane. When parasites cannot attach themselves, they are simply flushed out of the system. To top it off, MSM is nontoxic and does not interfere with any other pharmaceutical medicines or supplements.

New research has been supporting the effectiveness of MSM supplementation. A 2008 study in the *FASEB Journal* found that supplementing the diet with MSM can increase the amount of glutathione in the liver. Glutathione is a major part of our antioxidant defense system, and maintaining adequate

amounts of glutathione is essential to good health—hospital patients with low glutathione are more likely to die. The researchers found that, “Adding MSM to the drinking water of mice resulted in a greater than doubling of the amount of total glutathione in the liver. They also found that animals administered carbon tetrachloride, a potent liver toxin, and also given MSM showed a significant reduction of liver damage compared to non-MSM animals.” This study shows that MSM protects the liver from damage by toxins.

A 2007 study at the University of California, San Diego demonstrated how MSM protects cartilage and reduces inflammation in osteoarthritis. MSM reduced the expression of genes for pro-inflammatory cytokines and cartilage degrading enzymes. Several other studies with MSM have shown a positive effect in supporting joint function among persons living with osteoarthritis. Meanwhile, a 2008 study in *Experimental Biology* found that MSM had a protective effect against the development of osteoarthritis. As more people become aware of the risks of taking prescription and over-the-counter pain medications, MSM is gaining a reputation as a natural solution for pain.

MSM ranks in the “extremely low” toxicity category. When oral supplements are taken, the body will distribute MSM where it is needed. After about 12 hours, any excess amounts will be flushed out. One caveat is that people with kidney stones may not want to take MSM. Likewise, those who are allergic to sulfur-containing substances should avoid MSM as a precaution. Some people may experience detoxification symptoms in the first one to ten days of taking MSM while toxins are flushed from the system. Symptoms may include diarrhea, skin rash and or possible headache along with several days of fatigue. In general, the more intense the symptoms the more toxins there are in the body, and the more MSM is needed for detoxification. To avoid such reactions, simply start with a lower dose. We suggest starting with only one 500 mg capsule and slowly increasing the dose.

Like most nutrients, MSM acts synergistically with other nutrients. For example, both biotin and vitamin C help MSM to metabolize. Sulfur is present in every cell of every living thing, it might seem that we would get plenty of this essential mineral from dietary sources and should not need supplements, but that may not be the case, especially for vegetarians. Plants cells contain sulfur but not in abundant quantities. Then MSM levels decline noticeably with age. As we get older, supplementing becomes more important to maintain adequate sulfur levels in the body.

Not surprisingly, not all MSM is created equal. Most of what is sold is cheap junk. There are two methods by which MSM is purified—crystallization and distillation. Crystallization costs substantially less, and MSM products

made from this process can be purchased at much lower prices, but crystallization greatly increases the risk of producing an impure and inferior product. Such products often contain contaminants such as lead, arsenic, cadmium, aluminum, mercury and even microbes.

Crystallization is highly dependent upon the quality of the local water used, the quality of the raw materials, and the procedures used in the manufacturing. A crystal inherently contains occlusions wherein impurities can become entrapped. This is of great concern regarding suppliers in countries such as India and China, where water quality has been identified as substandard. Heavy metals and other impurities have been reported in Chinese and Indian dietary supplements.

Distillation is a more cost-intensive process, but proper distillation ensures that the final product contains only pure MSM. Beyond Health’s MSM uses only the highest-quality, distilled MSM and nothing else. You will not find any additives, fillers, binding agents, or anything else in our product. In fact, it is not possible to purchase an MSM product that is superior Beyond Health’s—such is our passion for quality! Remember, the reason you are taking MSM is to improve your health—don’t take inferior MSM!

The generally recommended dosage of MSM is 1,500 to 6,000 mg per day. The optimum daily dosage of MSM depends largely on body size, age and the nature and severity of any deficiency symptoms you may be experiencing. Since vitamin C provides a positive synergistic effect, it should be taken along with MSM. For the highest quality MSM available, call Beyond Health at 800-250-3063, or go to www.beyondhealth.com.

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: I have been suffering one infection after another. Can you tell me how to boost my immunity?

C. D. – Sausalito, CA

Answer: First of all, get out and get some sunshine. The sun is a powerful immune system builder. One of your problems may be that you are vitamin D deficient. Even in the San Francisco Bay Area there isn't enough UVB in the winter to sustain vitamin D levels. You should have your doctor measure your blood 25 (OH) D level.

You must be sure to eat a good diet and supplement with high-quality nutrients. Eat a mostly plant-based diet that is 75 percent or more raw food by volume. Sprouts and green vegetables are balanced and nourishing choices. Drink freshly-made vegetable juices twice a day. Be sure to drink pure water as regular tap water is toxic and immunosuppressive. Use the Beyond Health Reverse Osmosis System for high-quality economical water. Get on the Beyond Health Comprehensive Kit and the Immune Support Kit. Go to bowel tolerance on vitamin C.

Get off the Big Four (sugar, white flour, processed oils, and dairy/excess animal protein). Sugar is a powerful immune suppressor. Stop using other immune-suppressing chemicals such as prescription drugs, excess salt and food preservatives, additives, stabilizers, and colorings. Avoid microwaved and fried foods, they suppress the immune system. Exercise moderately and get adequate rest. Sleep recharges the immune system. Then go on a water and vitamin C fast one day per week. This helps the body to rest and regenerate but also to get rid of stored toxins. Last but not least, get the stress out of your life, meditate daily, and maintain a positive attitude. It's amazing what happens when you stop making yourself sick.

Question: What do you recommend we do to get the high quality foods we need?

H. H. – Georgetown, Ontario

Answer: Living here in California where fresh organic foods are available year round makes life a lot easier for the health conscious. However, there are things you can do to improve upon the usual supermarket fare.

As much as possible, grow your own food. It's amazing how much food you can get from a garden that is just 30 square feet. In the winter, grow sprouts in your kitchen. Go online and get information on sprouting products and instructions on how to do it. A few sprouting jars will supply you with fresh, nutritious and inexpensive food all winter long. When available, buy locally grown foods, especially at farmer's markets. Talk to farmers and ask about pesticide and

herbicide use. Organic farms are popping up all over the place. Make sure the produce you select looks healthy, and never buy or consume anything that is even the slightest bit moldy. Be careful of purchasing foods containing toxic additives. Even meats and poultry can be injected with toxins, such as hydrolyzed protein extracts, to improve texture and flavor. With a little knowledge and effort, even people living as far north as you can eat a good diet. However, you still need to augment this with a high-quality supplement program.

Question: I was wondering if you would respond in your column about the recent ruling that there is no connection between childhood vaccinations and autism. I find this very difficult to believe.

Adriana – Internet

Answer: There is plenty of evidence of show that vaccinations cause brain damage, including autism. A court of law is a poor place to decide scientific questions. The people involved in the decision making have no understanding of science and can be easily misled. Here is the science: Vaccinations stimulate the brain's immune system in such a way that it remains chronically stimulated, *and this does cause damage to the brain.*

My friend Dr. Russell Blaylock, who is a regular guest on my radio show and one of the top medical minds in America, has testified before Congress on this subject. Although other "experts" testified there was no link between autism and vaccinations, Dr. Blaylock came armed with jaw-dropping study after study showing a link between childhood vaccinations and brain damage. None of these other so-called "experts" had done their homework; they were just parroting the standard industry propaganda without educating themselves—and yet they presumed to give advice to Congress. Such is the state of the world and the quality of the "science" we are getting from our obsolete physicians. The link between brain damage, autism and vaccinations is real and overwhelming—regardless of any court decision to the contrary.

Question: I have heard that reverse osmosis makes 'dead' water. It turns water acidic by taking out all the minerals please could you clarify this?

John – Internet

Question: Is it safe to use an ionized water filter that says it makes the water more alkaline? Does a reverse osmosis filter take all the minerals out of the water?

Linda – Internet

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

Answer: I will answer both above questions at the same time since they are related. It seems that there are a lot of different gimmicks around these days concerning water. We believe that most of them, such as ionized and alkalized water, are basically marketing hype.

It is very important that your body be slightly alkaline, because it is in a slightly alkaline environment that body chemistry works best. However, if you are taking in enough minerals through diet and supplements, and if your diet is primarily fruits and vegetables vs. grains and animal proteins, your body should be alkaline irrespective of water pH.

You can check your body acid/alkaline state with pH paper – your first morning urine should be between 6.5 and 7.5 – most ideally between 6.8 and 7.4. If diet alone doesn't alkalize you, see our website for a special kit we have for alkalizing.

The best (and cheapest) source of pure drinking water would be a home treatment system like Beyond Health's Reverse Osmosis system (see our website at www.beyondhealth.com). What you need in a home water treatment system is to purify your water of toxins, and this is what the RO system does more economically than anything else we have found. RO technology is recognized worldwide as a valid and superior way of purifying water.

Reverse osmosis does remove minerals. To call the resulting water "dead" is meaningless marketing hype. The ideal would be to drink very pure water that is high in mineral content. Unfortunately, that's not usually possible. The RO system is necessary to remove chlorine, fluoride and trihalomethanes (byproducts of chlorine) along with other toxins. Minerals are removed during this process. Using our RO system and taking our highly advanced mineral supplements offers the best possible choice under the circumstances. I investigated drinking water for years because I wanted the best water for myself as well as for our customers. The result of this exhaustive search was the Beyond Health RO system. It's what I drink every day.

Question: In your book you state that coffee is bad. However, there are a number of studies that show that coffee is good. For example a study published in the *International Journal of Cancer* states that coffee may significantly lower the risk of developing colon cancer. And a study in the *American Journal of Clinical Nutrition* found that drinking 2 to 3 cups a day may help cut your risk of heart disease by 31%. If coffee is so bad why are there studies showing its benefits.

Sue Ellen – Internet

Answer: Most natural products have both good and bad elements. The problem with coffee is that there is more bad than good. The limitations of these studies are that they look at only one element and most of them are sponsored by coffee compa-

nies. One problem with coffee is that it is roasted. The roasting process itself produces toxins, including carcinogenic benzopyrenes. I hope this answers your question.

Question: What is the difference between whole wheat flour and white flour? Is one more healthy than the other? Why or why not? Does it matter if it's organic? Also according to your book *Never Be Sick Again*, flour is an anti-nutrient. So, should I be eating any flour at all-regardless of what kind it is?

Elizabeth –Internet

Answer: The difference between whole wheat and white flour is that the bran, the outer coat of the grain, has been removed from the wheat in white flour. The bran contains many important nutrients, and without them white flour acts more like sugar – something the body is not prepared to deal with. The body has to rob other nutrient stores to process what is coming in. Organic is always better than regular grain because you are avoiding pesticides, herbicides and toxic fertilizers.

That being said, flour itself is a processed, degraded food; it is no longer in its whole and natural state. Oils in the grain are no longer protected and become rancid. Exposure to oxygen in the air leads to loss of nutrients. So it is always better to eat whole grains, soaked or cooked (or both!).



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Michelle's Menu

BANANA-OAT CRUNCH COOKIES

The great thing about this recipe is that there are no unhealthy sweeteners! These cookies provide a legitimate indulgence for special occasions, and may be especially appreciated by those with families. You can give them a treat without sabotaging their health. Follow notes for gluten free cookies.

- 1 1/2 cup rolled oats (certified gluten free oats such as Bob's Red Mill)
 - 1/2 cup oat flour or for gluten free use 1/4 cup gluten free flour mix (*see below) and 1/4 cup brown rice flour
 - 1/2 teaspoon sun dried sea salt (I like the Redmond Real Salt brand)
 - 1/4 teaspoon baking soda
 - 1/2 (or less) teaspoon pure stevia extract powder (I like the KAL pure stevia extract powder)
 - 1 teaspoon cinnamon
 - 2 medium-sized very ripe bananas
 - 3/8 cup high quality oil (Beyond Health coconut or olive oil)
 - 1/4 cup chopped organic walnuts
 - 1/4 cup raw organic sesame seeds (optional, but I love the crunchiness they add)
- Preheat the oven to 350°. Mash the ripe banana with a fork (or hand mixer) until it is pureed. Add the oil and mix well. Mix in the salt, baking soda, stevia and cinnamon followed by the flour. Once this is combined well, stir in the rolled oats, walnuts and sesame seeds. Place the dough by heaping teaspoons onto an ungreased baking sheet and bake for approximately 9-12 minutes. Cool on a rack. Enjoy.
Makes 1 1/2 to 2 dozen cookies

*You can purchase a gluten free flour mixture or make your own.
To make a gluten free flour mixture, mix two parts each of brown rice flour and arrowroot powder with one part each of tapioca flour and potato starch. Once these are well combined, use 1/4 cup in the recipe and store the rest in a jar in the refrigerator.
Recipe by Michelle King Davis

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