

BEYOND HEALTH[®] *News*

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“Millions of people taking drugs that may carry a greater risk than the underlying condition. The treatment, in fact, may make them sick or even kill them.”

-Franz Ingelfinger, M.D.

Late Editor, *The New England Journal of Medicine*

Prescription Drug Update

Harming more people...

Prescription drugs are toxins—toxins that make people sick and even kill them. In fact, properly prescribed prescription drugs are the third leading cause of death in America. There are only two causes of disease—deficiency and toxicity. Prescription drugs cause both, and that is why they are a major cause of disease, hospitalizations and death.

A new study in the journal *Lancet* has once again confirmed what we already know—the arthritis drug Vioxx doubles the risk of strokes and heart attacks, and that this risk persists for a year after you stop taking it. Between 1999 and 2003 Vioxx killed more than 55,000 people. Vioxx was removed from the market in 2004 and last year Vioxx maker Merck set aside almost five billion dollars to pay claims for heart attacks, strokes and deaths caused by the drug.

A study in the May/June *Journal of Orthopedic Trauma* has found that pro-

longed use of osteoporosis drugs, such as Fosamax, overly suppresses bone metabolism, limits repair of microdamage to bone and increases the risk of bone fractures. Unfortunately, this is not unusual. Prescription drugs often increase the risk of the diseases they are supposedly treating. Other examples include hormone replacement therapy that increase the risk of cancer, heart attacks and bone fractures; cholesterol lowering drugs that increase the risk of heart failure; Parkinson's treatments that accelerate the progress of the disease; antidepressants that cause suicide and on and on.

It is difficult to think of a prescription drug for which there is not a safer, more effective and less expensive natural alternative. This is why prescription drugs are a human tragedy for which we need to hold the drug companies and our obsolete physicians responsible, but ultimately, it is we who are responsible for our health. We can just say NO to drugs, and best of all, we can keep ourselves healthy.

Cell Phone Update

It's getting worse...

The evidence is becoming overwhelming that cell phone use is hazardous to your health. In our July/August issue, Raymond Francis updated our readers regarding the latest research on cell phone risks. Since then, Dr. Ronald Herberman, director of the University of Pittsburg Cancer Institute, and Dr. David Carpenter, director of the Institute for

Health and the Environment at the University of Albany have testified before the U.S. House Subcommittee on Domestic Policy to the effect that regular cell phone use doubles the risk of brain cancer.

Even worse, the data shows that people who start using cell phones before the age of 20 increase their risk of developing brain cancer by more than 500 percent, and that household cordless phones cause a 400 percent increase. Do we really want our children exposed to something so dangerous? Some scientists are predicting an epidemic of brain cancer as our young people age. Fortunately, many BHN subscribers are taking these warnings seriously, getting rid of cordless phones and limiting cell phone use.

An increasing amount of scientific research now indicates that the microwave radiation from cell phones causes brain cancer, damages DNA, causes changes in cellular function, causes nerve-cell damage, damages eyes, causes hearing loss, promotes Alzheimer's and disrupts normal sleep patterns. The damage from microwave radiation has been found to be indistinguishable from that caused by x-rays and nuclear radiation. In response to this research, the European Parliament voted 522 to 16 to urge member nations to impose stricter limits on the radiation from mobile and cordless phones, Wi-Fi and other sources.

Brain cancer has now surpassed leukemia as the number one cancer in

THIS ISSUE...

News in Review	1
Spiritual Healing	4
Questions & Answers	6
Subscribe a Friend	8

children. In Europe, pediatric brain cancer has increased by 40 percent in the last 20 years. Many experts believe that this is related to cell phones and the increased use of cordless phones and other wireless devices. Cell phones not only affect the user, but like second-hand smoke, also affect those around the user. After reviewing the existing data, Dr. Herberman now advises against using cell phones in public places because it exposes other people to the hazardous electromagnetic fields you are generating. Like smoking, use of cell phones in public places should be banned.

Unfortunately, the damage from cell phones is not immediately apparent. Tumors may take ten or more years to develop. This is why BHN has been cautioning about cell phones for more than a decade. We still advise our readers to limit their use to only the most essential calls, and then limit the call to two minutes. Keep phones turned off, and use the speaker phone feature to

make your calls. Keep the phone as far from your body as possible, and keep children away from the immediate vicinity of your call.

Fluoridation Update

Useless and dangerous...

The Canadian Association of Physicians for the Environment has issued the following statement: "On the basis of this 'weight of evidence' we believe that fluoridation of drinking water is scientifically untenable, and should not be part of a public health initiative or program."

While it is true that dental caries have declined throughout the Western world, the evidence is overwhelming that fluoridation had nothing to do with it. The decline was the same in countries and cities that did not fluoridate than in those that did. About 70 percent of the water in the U.S. is fluoridated, while only two percent of the water in Europe is fluoridated. If fluoridation is good for our teeth, one would expect Americans to have much better teeth than the Europeans. We don't. In fact, if anything, the Europeans have better teeth than we do. In a number of studies, unfluoridated communities have been found to have better teeth than those that fluoridate.

Fluoride is a powerful toxin and is known to damage teeth and bones, cause cancer, suppress the immune system, disrupt thyroid function, cause Alzheimer's and lower IQ (intelligence quotient). A new study from the Nanjing University School of Medicine in China has concluded that there is a strong association between the exposure to fluoride and low IQ. Children who are exposed to higher levels of fluoride have a five times greater risk of developing a low IQ. Most American children are exposed to far too much fluoride. More than just the water, the fluoride gets into all the processed foods like soups, bread, drinks and breakfast cereals. This is at least one reason why we keep inflating

grades and dumbing down our scholastic achievement tests. BHN recommends using Beyond Health's Reverse Osmosis water filter system to obtain fluoride-free water for yourself and your family.

Energy Saving Bulbs

Don't work too close...

Many people are switching to energy-saving fluorescent light bulbs to help out with the energy crisis. BHN has already warned about the need to safely dispose of these coil-shaped bulbs, or any fluorescent tubes, at the end of their useful life. Fluorescent bulbs contain mercury and if they are incinerated with the municipal trash or end up in a landfill, they will contaminate the environment, which is already far too contaminated with mercury.

Now a new warning has been issued by Britain's Health Protection Agency (HPA). HPA says that these light bulbs emit sufficient ultraviolet radiation to cause sunburn if placed too close to the body. They recommend that the bulbs be used no closer than 12 inches from the body.

Given the fact these bulbs can cause sunburn, this raises the question of whether they can cause skin cancer. The bottom line is do not use fluorescent bulbs as task lamps where you work close to the bulb. Use them only in places where you are sufficiently far away from the UV radiation.

Don't Drink the Water

Bottled water too...

Most of us know that almost all of the tap water in the U.S. is hazardous to drink. Hundreds of toxic chemicals, including prescription drugs, have been measured in our tap water. This is why the big shift to bottled water. In fact, Americans drink twice as much bottled water today as they did ten years ago. But the truth is out. Most bottled water is little better than tap water.

In October, The Environmental Working Group (EWG) issued a shock-

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ing report on their analysis of bottled water. They found that every bottled water brand they tested contained numerous contaminants, including complex mixtures of industrial chemicals that have never been tested for safety. Some of the brands they tested were also contaminated with bacteria. Both Walmart and Giant Brands were found to be “chemically indistinguishable” from tap water. Sam’s Choice water purchased in California exceeded California’s legal limits for contaminants and was contaminated with several cancer-causing chemicals. Water purchased in California, Delaware, Maryland, North Carolina, Virginia and the District of Columbia exceeded the bottled water industry’s standards for cancer-causing contaminants. One brand contained sufficient estrogenic chemicals to spur the growth of breast cancer cells by 78 percent.

The EWG concluded that Americans cannot take the safety of bottled water for granted. BHN recommends that if you want to carry water with you, obtain glass containers that suit your needs and fill them as needed with water purified by Beyond Health’s Reverse Osmosis system. Not only is this option better for you, at pennies per gallon, it is hundreds of times less expensive than bottled water.

Prevent and Reverse Cancer

With diet and exercise...

Good news! Diet and exercise affect cancer cells at the genetic level and are effective strategies for preventing and reversing cancer. What we have been telling you for years has just been corroborated by new research published in the *Proceedings of the National Academy of Sciences*.

In this study, biopsies were taken from prostate cancer tumors of men who had declined surgery and other conventional treatments for their prostate cancers. They decided instead to participate

in an intensive nutrition and lifestyle modification program. Here is what happened: After three months of daily exercise, diet improvement, and other healthy lifestyle modifications, every participant experienced significant improvements in obesity, elevated blood pressure, and cholesterol levels. New biopsies on their prostate cancer tumors revealed changes in the expression of over 500 genes. After assessing the function of these genes, it was determined that many of them were directly involved in the critical biological pathways regulating cancer growth and progression.

Decades of practical experience and numerous studies all point to one inescapable conclusion. Positive changes in diet and lifestyle lead to positive changes in gene expression that control the critical biological pathways necessary for cancer cells to grow and divide. This in turn means that we do indeed have the power within ourselves to prevent and reverse this tragic epidemic. But we cannot end this epidemic if we continue to eat insufficient fresh fruits and vegetables, lead sedentary lives and continue to consume large quantities of sugar, white flour, processed oils, dairy and excess animal protein. Health is a choice and making better choices can make all the difference in the world.

X-Rays and Cancer

A significant cause...

In *Never Be Sick Again*, Raymond Francis exposed medical X-rays as a major contributor to the cancer epidemic of the 20th century. Ionizing radiation, such as X-rays, is one of the things that we know for certain cause cancer. Given this knowledge, modern medicine’s excessive use of X-rays is difficult to justify. For example, mammograms cause breast cancer.

It is not a surprise, that a new study by British researchers at the University

of Nottingham have linked X-rays to prostate cancer. This study shows a connection between diagnostic radiation and elevated risk of young-onset prostate cancer, which affects about ten percent of men diagnosed. Young-onset prostate cancer is by definition found in men before the age of sixty.

The study showed that men, who had diagnostic X-rays in the form of barium enemas or X-rays of the pelvis or hip in the previous ten years, were two and a half times more likely to develop prostate cancer than the general population. In men with a family history of prostate cancer, the link was even stronger.

Of special concern should be the enormous increase in the use of CT scans over the last quarter century. In fact, the number of CT scans performed in the United States each year has climbed from 3 million in 1980 to 62 million in 2006, doubling the personal radiation dose experienced by the average American. A CT or CAT scan, which stands for computerized axial tomography, is a three-dimensional body scan that provides more detail than normal X-rays. However, these scans use exceptionally high doses of X-rays, 50 times to 100 times higher than a conventional X-ray. Millions of patients per year are being unnecessarily exposed to dangerous radiation that increases their risk of cancer. Even worse, the amount of CT radiation that pregnant women are exposed to has doubled. According to a study in the *New England Journal of Medicine*, it is estimated that two percent of all cancer may be caused by CT scans. BHN believes that the reality may even be higher—all the more tragic because most medical X-rays are completely unnecessary.

Spiritual Healing

By Raymond Francis

Spirit is the most powerful force in existence, yet few of us are using this power to heal. A woman once asked Thomas Edison, “What is electricity?” Edison replied, “Madame, electricity is. Use it.” The same can be said for spirit. It is, and we should use it—even if we don’t fully understand it. Fortunately, spirit is just as easy to use as electricity, and with it, spontaneous remission of disease is achievable.

Most of us are familiar with the terms “body, mind and spirit.” In practice, however, our attention is mostly on the body, some on the mind and little if any on the spirit—hence we fail to take full advantage of the most powerful force in the universe.

For most of human history, medicine and spirit were inseparable. Yet conventional allopathic medicine pays no attention to the body/spirit connection and fails to see the body as an energy system. In actuality, spirit is all there is, and if we are not actively harnessing this infinite power, we are missing the boat. As Einstein told us, matter is just a form of energy. Each of us is an energy system with a unique “energy signature.” Changes in consciousness can change energy patterns, and in turn change our physical reality, including whether or not we are diseased.

In the age of Newtonian physics, matter was our reality; the universe looked like a giant machine. In the age of Einsteinian physics, energy is our reality; the universe looks more like a giant thought. Modern research has confirmed the link between health and thoughts. We can change the way cells function by changing our thoughts, altering the expression of genes and promoting either health or disease. There is only one disease—malfunctioning cells—and we can change how cells function with our thoughts.

Ill-at-ease in the realm of spirit, we give our attention to the more tangible “body,” but the body, mind and spirit are all one—there is no separation. We are not a body with a mind. We are an expression of universal mind operating through a body. Every cell in the body is part of the conscious mind, and our subconscious mind is our connection to spirit.

It is because we don’t understand this relationship that we try to separate it into the physical world and the spiritual world. This is a mistake. The key to getting well and staying well is to balance body, mind and spirit by infusing the power of spirit into our lives—even though, like electricity, we don’t fully understand it. Health is our natural state and almost anyone can obtain it if they work with nature rather than against it.

No one factor is sufficient to cause disease. Health is multifactorial and it takes a lot to make a human being sick.

Tragically, modern medicine is a mindless approach to health and disease; the belief is that disease is caused by microbes that invade our bodies, or by bad genes. Yet peaceful coexistence with the microbes in our environment is what nature intended, and it is we who control what genes do.

What we eat and the toxins that interfere with our normal body chemistry are far more important than pathogenic microbes, but more important are our thoughts. Thoughts can change our body chemistry, for better or for worse, in a matter of seconds. Each and every thought has a physical effect. It is not possible to have a thought without a physical effect. Thoughts have a profound effect on health by altering body chemistry and affecting our immune, hormone, digestive and other body systems.

Many people replay old negative thoughts like anger, hate, resentment, hostility, jealousy and envy on a daily basis. They do this without realizing that even a few minutes of negative thinking will impair their immunity for hours, inviting infections, cancer and other diseases. If you do this several times a day, the effect is huge. Thoughts of kindness patience and compassion have exactly the opposite effect. What we think and what we put into our minds every day is critical to our health. For some people, disease is a way of life. By filling their minds with negative thoughts, thoughts about how sick they are, or thoughts of the rewards that their illness brings to them, they strengthen their attachment to their disease so much that they become unable to get well.

But just as thoughts can change our body chemistry, body chemistry can change our thoughts. Our poor diets and toxic exposures affect our thoughts and behavior and are a major cause of poor academic performance, mental disease, addictions, crime and violence in our society. A poorly functioning body and mind will impair our ability to fully connect to the perfection of spirit.

In trying to understand how body, mind and spirit work, it is helpful to think of our conscious mind as “mind” and our subconscious mind as “spirit.” It is the subconscious that connects us to spirit—to the perfection of infinite intelligence. Learning to use this connection gives us the power to change our physical condition. What we put into our conscious mind on a consistent basis starts to seep into the subconscious. When this happens, spirit begins to execute these thoughts, affecting our body.

Whatever the conscious mind believes to be true, the subconscious will accept and execute. ***This is why the thoughts that you put into your mind every waking hour are one of the most important activities of your life.*** Studies show that

negative thoughts are associated with heart disease, hypertension, arthritis, cancer and other health problems. Every thought is a cause, and if you want to change effects, you have to change the causes—you have to change the thoughts. We all have the capacity to choose our thoughts. ***So why not choose thoughts that enhance health, life and happiness?***

Chronic disease is an out-of-control epidemic and our physicians are hopelessly unequipped to either prevent or effectively treat the major health challenges we face. Modern medicine is in crisis because it lacks an adequate theory of disease capable of addressing the true causes of disease. It not only fails to understand the critical role of nutrition, it completely neglects to account for the power of thought and its effect on spirit. To cure disease you have to remove the causes, and a fundamental cause is our loss of connection to the perfection of spirit. We now know that a key factor in causing and reversing disease is what we think. What we habitually think seeps into our subconscious and creates our destiny by accessing the ultimate power of spirit, and spirit is a creative power. This is why the state of your reality is what you think and believe—***habitual thinking and imagery create your reality***. Once you understand this, you can create your own future and change your life for the better.

You cannot rise above your level of thought. To cure disease, you have to drop your biggest impediment to healing—your belief in disease versus the perfection of spirit. It is not necessary to fully comprehend how this works. What is necessary is to use it. Spirit is perfect, and we are spiritual beings. Our bodies want to be as perfect as our spirit. When we start seeing ourselves as perfect spirits and not as physically impaired matter, and develop a deep conviction in our perfection, this state of consciousness is certain to affect our physical reality. By changing our consciousness, we change the way our genes express and change our physical bodies for better or for worse.

When seen from this perspective, illness becomes a physical manifestation of our distorted thoughts. Each second, our bodies create more than 10 million new cells. Each new cell is infused with either a positive or a negative thought pattern, and they will function accordingly. When we construct these cells out of the correct building materials and infuse them with a stream of consciousness that connects them with the perfection of spirit, anything is possible. It is not necessary to struggle with this. There is nothing that is not spirit, and if we fill our minds with thoughts of this perfection, that is what will manifest. This is the most powerful medical treatment ever discovered, and the effects can be dramatic. Why not use it? Spiritual healing should be our first option in medical treatment.

Accessing this infinite power is not about willpower or

concentration. It is about connecting with the universal intelligence that is spirit. The best way to do this is in the quiet contemplation and the relaxed mind achieved through daily meditation. Achieving this state of consciousness connects with the subconscious mind and the subconscious connects to spirit. ***This connection along with strong, clear and simple intention has been scientifically proven to affect the ways our genes express, thus changing our physical reality.***

Every thought is a cause, so take charge of your thoughts to create desirable results. To change your external reality, you have to change your thoughts. Healing is about using our minds to attune our physical bodies with the perfection of our spiritual reality. Here is a mantra anyone can use daily, even hourly, to enhance their health: ***Every day, in every way, I am getting better and better.***

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: My teenage daughter has a bad case of acne. I don't want her to take the drugs the doctor is prescribing. Is there anything alternative we can do?

W. D. – Raleigh, NC

Answer: You are wise in wanting to avoid the drugs. All they do is long-term harm. In my opinion, the principle causes of acne are eating too much sugar, and deficiencies of zinc and essential fatty acids. Since most Americans eat too much sugar and are deficient in zinc and omega-3 fatty acids, it's amazing is that even more people don't have acne. Food allergies can also play a role and need to be considered.

Your daughter should be on a minimum of Beyond Health's Basic Kit, plus extra cod liver oil and zinc. Call the Beyond Health office for assistance: 800.250.3063.

Question: What sweetener do you recommend that does not have an aftertaste? I have tried Stevia but don't like the aftertaste.

D. R. – Oakland, CA

Answer: You are right that stevia has an aftertaste, though some brands have less than others. However, it is a very safe and natural sweetener. There are other options to consider.

One option is vegetable glycerin. Glycerin has a mildly sweet taste that is rather pleasant, and sometimes it is used in combination with stevia. It has no effect on blood sugar levels and is considered an acceptable sweetener for candida sufferers.

Another option is FOS (FructoOligoSaccharides). FOS occurs naturally in certain foods and is commonly used in Japan as a sweetener. It is not absorbed, is about half as sweet as table sugar and has minimal caloric value. FOS has an additional benefit beyond being sweet. It supports the growth of beneficial bacteria in the gut, especially the bifido and lacto bacteria. However, it is not suitable for everybody. At higher dosages intestinal gas may develop from the flourishing crop of intestinal flora, and it may not be appropriate for those with Klebsiella or citrobacter infections. The suitable level of FOS intake is believed to be 3-7 grams per day.

Question: I have been experiencing nocturnal leg cramps and restless legs, and no one seems know what to do about it. Do you have any suggestions?

N. L. – Tampa, FL

Answer: Cramping is an involuntary contraction or spasm of a muscle. They usually occur at night or after an increase in exercise or exertion, which can lead to cramp-causing lactic-acid buildup. While there are a number of factors that can

cause nocturnal leg cramps, I have found that most of them are simple to resolve with proper supplementation. Cramps are more common in seniors, people with diabetes, people who sit a lot, and people prone to dehydration. Most often cramps are caused by dehydration or a deficiency of essential nutrients such as B vitamins, calcium, magnesium, potassium, sodium, and zinc. Medications, such as certain inhaled bronchodilators, blood pressure or heart medicines, and chemotherapy drugs, can also cause cramping. Restless legs are often caused by insufficient dopamine in the brain.

To fix the problem, get off the Big Four (sugar, white flour, processed oils and dairy/excess animal protein. Daily stretching of the legs and calves can be helpful. Eat more fresh fruits and vegetables. It would even be good to make fresh vegetable juices. As a minimum, get on Beyond Health's Basic Kit and preferably the Comprehensive Kit. Add to that a combination of Beyond Health's Magnesium Formula and Choline Citrate. Take two of the magnesium capsules twice daily with a teaspoon of choline citrate in water. The amino acid tyrosine helps to increase dopamine levels in the brain; take up to six grams per day in divided doses. All this should help to balance your cell chemistry; restoring cells back to normal function should eliminate these annoying symptoms.

Question: I bruise easily and always have a bruise somewhere on my body. Just bumping into a piece of furniture will leave me with a bruise. This has never happened to me before. Can you suggest something?

C. I. – San Diego, CA

Answer: Such bruising is usually the result of something we call "capillary fragility." This means your capillary walls are too weak and easily break, causing blood to leak, when subjected to trauma. The fix is usually simple and straightforward. Take at least six grams of Beyond Health Vitamin C per day plus six tablets of Beyond Health Cell Repair Formula. These two work synergistically to support the synthesis of high-quality collagen to strengthen the capillary walls. If this doesn't solve the problem within six-to-eight weeks, get back to us.

Question: What is the best thing to do for a child with a cold?

B. B. – Columbus, Ind.

Answer: One thing not to do is to give a child standard over-the-counter cough and cold medications. According to a study conducted by the Centers for Disease Control and Prevention (CDC) and published in the journal *Pediatrics*,

about 6 percent of all medication-related emergency room visits by children are the result of overdose, allergic reactions or alarming drowsiness caused by these cough and cold medications. Most of these products contain toxic, artificial colors and flavors that are bad for you regardless of anything else.

Even though the FDA has recommended against giving cold medication to young children, the CDC says that parents still do so. A national survey found that 64 percent of parents believe cold medications to be safe and 20 percent plan to disregard the FDA warning and keep giving them to children under the age of two.

That being said, the best thing for parents is not to give their children a cold in the first place. Milk and sugar damage immunity and cause infections; yet they are given to almost all children. Fluoride damages immunity as well, yet children are fed tap water. Vitamin C helps to keep immunity strong, protect against infections and even helps to fight colds. Supplementation with vitamin C makes all the sense in the world to both prevent and reverse colds. Some cod liver oil and olive leaf extract along with vitamin C would be a powerful combination to help a child with a cold. Regular supplementation with Beyond Health's chewable Children's Formula vitamins would be a good idea for most children.

Question: Is coffee safe to drink if you are pregnant?

P. U. – New York, NY

Answer: I don't advise anyone to drink coffee. However, if you are pregnant, it is an especially bad idea. There has been a lot of research done on coffee with lots of conflicting results. However, a lot of this research is sponsored by the coffee industry and is biased and unreliable. When I try to make sense of all this, I find that it appears that coffee inhibits the action of the vitamins folate, B12 and B6, and may interfere with the body's ability to regulate homocysteine and cholesterol levels. Coffee has been previously associated with increased risk of stroke and rheumatoid arthritis. Studies have also shown that caffeine in coffee can raise blood pressure and levels of stress hormones, and if consumed in large quantities it can lead to heart palpitations, jitters and nervousness.

The caffeine in coffee easily passes through the placenta to a developing fetus and is also transferred through breast milk. Fetuses have no ability to detoxify caffeine, and infants have a diminished capacity. This can't be good for the child. Just two-to-three 8-ounce cups of coffee per day increases the risk of miscarriage, birth defects such as cleft palate, as well as low birth weight. Some studies suggest that drinking four cups of coffee or more per day may put a breast-fed infant at an increased risk of sudden infant death syndrome (SIDS). Even moderate caffeine intake can produce changes in both

the mother's and the fetal heart rate and blood pressure.

Another problem to consider when reaching for that next cup of java is the toxins that are added to the coffee. Coffee is a heavily sprayed crop, so drinking coffee is likely to expose you to a dose of pesticides with each cup. Coffee is roasted and the roasting process creates a class of compounds called benzopyrenes. Benzopyrenes are potent carcinogens and some researchers believe that coffee is the leading cause of pancreatic cancer.

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