

BEYOND HEALTH[®] *News*

November - December

2009

“True nobility is not about being better than someone else; its about being better than we used to be”

—Wayne Dyer

Vegetarian Diets Work

Says the ADA...

According to the American Dietetic Association (ADA), vegetarian diets can help prevent chronic diseases. Published in the July 3 issue of *Science Daily*, a position paper on vegetarian diets concluded that such diets, if well-planned, are healthful and nutritious for adults, infants, children and adolescents and can help prevent and treat chronic diseases including heart disease, cancer, obesity and diabetes. The report said, “Well-planned vegetarian diets are appropriate for individuals during all stages of the life-cycle including pregnancy, lactation, infancy, childhood and adolescence and for athletes.”

Numerous studies and direct human experience have associated vegetarian diets with health advantages including lower blood cholesterol levels, lower risk of heart disease, lower blood pressure levels and lower risk of hypertension and type 2 diabetes. Vegetarians tend to have a lower body mass index and lower over-

all cancer rates. Vegetarian diets tend to be lower in saturated fat and cholesterol and have higher levels of dietary fiber, magnesium and potassium, vitamins C and E, folate, carotenoids, flavonoids and other phytochemicals. The good news is the number of vegetarians in the United States is expected to increase over the next decade.

Alzheimer’s and Nitrates

A link found...

Reporting in the *Journal of Alzheimer’s Disease*, researchers have found a link between nitrates in the environment and increased deaths from Alzheimer’s, diabetes, and Parkinson’s and other diseases of aging. The study found strong parallels between deaths and exposure to nitrates, nitrites and nitrosamines due to processed and preserved foods as well as fertilizers.

Nitrates are found in many food products including bacon, cured meats, cheese products, beer and water. They can be generated by the high temperatures of frying and grilling and our bodies make nitrates in the highly acid conditions of the stomach. Nitrates also get into our body through fertilizers, pesticides, contaminated water supplies and cosmetics, as well as through the manufacturing and processing of rubber and latex products. Over 90 percent of nitrates tested have been found to cause cancer in various organs of the body.

“We have become a ‘nitrosamine genera-

tion,” said Suzanne de la Monte, MD and professor of pathology and lab medicine at the Warren Alpert Medical School of Brown University. “In essence, we have moved to a diet that is rich in amines and nitrates, which lead to increased nitrosamine production. We receive increased exposure through the abundant use of nitrate-containing fertilizers for agriculture. Not only do we consume them in processed foods, but they get into our food supply by leeching from the soil and contaminating water supplies used for crop irrigation, food processing and drinking.”

Nitrosamines are formed in the body as a result of a chemical reaction between nitrates or other proteins. Nitrosamines cause harm on the cellular level, changing gene expression and altering DNA. Researchers believe that the changes are similar to those that occur with aging, as well as with Alzheimer’s, Parkinson’s and type 2 diabetes.

Dr. de la Monte says, “All of these diseases are associated with increased insulin resistance and DNA damage. Their prevalence rates have all increased radically over the past several decades and show no sign of plateau.”

She believes that the dramatic increase in Alzheimer’s and other related disease is due to increased exposure rather than an increase in genetic changes. “Because of the similar trending in nearly all age groups within each disease category, this indicates that these

THIS ISSUE...

News in Review	1
Excessive Vaccination	4
Questions & Answers	6
Subscribe a Friend	8

overall trends are not due to an aging population.”

“This relatively short time interval for such dramatic increases in death rates associated with these diseases is more consistent with exposure-related causes rather than genetic changes. Moreover, the strikingly higher and climbing mortality rates in older age brackets suggest that aging and/or longer durations of exposure have greater impacts on progression and severity of these diseases.”

“If this hypothesis is correct,” de la Monte says, “potential solutions include eliminating the use of nitrites and nitrates in food processing, preservation and agriculture; taking steps to prevent the formation of nitrosamines and employing safe and effective measures to detoxify food and water before human consumption.” As usual, one of the healthiest choices you can make is to avoid processed foods. Remember, processed foods are what most people eat daily.

Live Longer and Healthier
Cut calories...

Researchers have known for decades that cutting calories increases lifespan. Adding to this knowledge is a new study in the journal *Science*. Previous studies were on mice, worms, and flies. No prior study had been conducted on primates. This new study was with monkeys for a period of 20 years. The results—cutting daily calorie intake by only 30 percent can put the brakes on the aging process, achieve a longer life span and have beneficial effects on the brain and health in general.

The researchers caution that calorie restriction needs to be done carefully in order not to result in malnutrition. You simply cannot cut the number of hamburgers, French fries and ice cream in half and expect good results. You have to get off the bad food and get on the good food. Most of our excess calories come from eating toxic foods like sugar, white flour, processed oils and milk products. A diet of fresh, whole plant foods is automatically a low-calorie diet as well as being high in nutrition. This is what you want. Each calorie should be loaded with nutrition so you will be well nourished even though you are consuming fewer calories. Taking high-quality supplements is a must.

During this 20-year study, only 13 percent of the calorie-restricted animals died during the 20-year period, compared with 37 percent (almost three times as many) of the monkeys allowed to eat their usual diet. In addition to living healthier and longer, the calorie-restricted monkeys preserved volume in areas of their brain that have been linked to motor control, memory, and problem-solving. Since the average American consumes an excessive number of calories, cutting back is not only simple, but essential for good health.

Breast Cancer
Increasing among tweens...

Eleven and thirteen-year-old girls are increasingly developing breast cancer. This is a very disturbing trend, and conventional doctors are clueless as to why this is happening. A gene mutation that is associated with breast cancer is now occurring six years earlier than in the previous generation.

It is important for parents to protect young girls from this cancer. Breast tissue is being built between the ages of 8 and 18. What girls eat and drink, the products they use and any medicines they take are all critical. Being overweight is a big risk factor. Fat cells produce estrogen and excess estrogen promotes breast-cell growth. Plastic bottles leach bisphenol-A into the water and other the beverages that come packaged in these containers. Bisphenol-A mimics estrogen. Eating sugar and white flour also creates excess estrogen.

Tweens need to be on good diets, devoid of the Big Four, and they need to use personal-care and other products that are approved by Beyond Health. BHN recommends that all teens read *Never Be Sick Again*. With Christmas coming, this would make a great gift for the teenager in your life.

Low Vitamin D Levels and Kidney Disease

Explains most end-stage renal disease risk...
As our knowledge of the benefits of vitamin D continue to unfold, a new study in the December *Journal of the American Society of Nephrology* reports that low levels of vitamin D may account for nearly 60 percent of the elevated risk of end-stage renal disease (ESRD) in African Americans. Vitamin D is obtained from sun exposure, food and supplements. According to Michal L. Melamed, MD, of Albert Einstein College of Medicine, “Our study adds to previous evidence linking vitamin D

BEYOND HEALTH[®] News
is published bi-monthly by Beyond Health Corporation, which is dedicated to cutting through the confusion and bringing you high-quality information, products, and services to enhance the quality of your life.

ADDRESS
Beyond Health News
6555 NW 9th Ave. Ste. 108
Fort Lauderdale, FL 33309
800.250.3063
mail@beyondhealth.com

WEBSITE
www.beyondhealth.com

PRODUCED BY
Raymond Francis, Publisher
Pamela Strong, Co-Editor
Joan Carole, Co-Editor
Ben Anderson, Production Manager

Beyond Health News is not engaged in rendering medical advice; this material is for information only. For specific personal health needs, readers should seek advice from competent medical professionals.

deficiency to the progression of kidney disease and the need for dialysis.” People with the lowest vitamin D levels were 2.6 times as likely to end up on dialysis compared to those with higher levels.

Vitamin D deficiency is a very common problem in the United States. In recent years, studies have linked low vitamin D to many different health problems, including diabetes, high blood pressure, cancers, and heart disease. The new results add to previous evidence that low vitamin D levels are an important risk factor for kidney disease.

Black Americans are at greater risk for vitamin D deficiency because they are living too far north to obtain the sunlight they need for adequate vitamin D production. However, D-deficiency is epidemic even among the white population, especially in the winter. It is important to have your vitamin D levels measured periodically. Ask for a 25-hydroxy vitamin D test (not from Quest Laboratories). Try to keep your levels at the upper end of normal.

For most of us supplementation is essential. Many experts are now recommending an intake of 2000 IU per day, while others recommend 5000 IU. Unfortunately, many Americans malabsorb vitamin D causing normal supplements to be of marginal value. This is why Beyond Health supplies a liquid vitamin D formula that can be absorbed through the mucus membranes in the mouth.

Blood Clots

Travel triples the risk...

Blood clots cause strokes, heart attacks and other problems. A new study in the August 4, 2009 *Annals of Internal Medicine* has found that travel triples the risk of developing a blood clot. There is prior evidence that long-distance travel can promote the formation of potentially fatal blood clots in some people.

This new study shows that risk increases with the length of the trip,

increasing by 26 percent for every two hours of air travel and by 18 percent for other types of travel. Travel produces a nearly three-fold increase in the risk of venous thromboembolism—blood clots that form in the veins, often in the legs. Symptoms of a blood clot in the leg include pain, warmth, swelling and redness in the limb. Venous clots can dislodge and travel to the lungs where it may cause sudden shortness of breath, chest pain or a cough that produces blood, and potentially, a fatal condition called pulmonary embolism.

While the overall risk of developing a clot as a result of travel is small, people do need to be aware that travel does increase the risk, and doing things to reduce that risk is a good idea. People who have recently had major surgery such as a joint replacement, people with cancer and women on birth control pills are at higher risk.

The body knows how to keep clots from forming, but modern diets and lifestyles promote clots. Drink plenty of water to keep well hydrated. Do not consume the Big Four—sugar, white flour, processed oils and dairy as they help to promote clots. Vitamins C, E and essential fatty acids help prevent clots. Consider taking nattokinase when traveling will provide an extra level of protection. Nattokinase is valued in the alternative medicine community as a clot-buster and blood thinner. Contact Beyond Health for assistance.

Tocotrienols

Protect your brain...

Vitamin E, as tocopherol, has been shown in studies to have a neuroprotective effect, helping to protect against neurodegenerative diseases such as Alzheimer’s and Parkinson’s. However, tocotrienols may have an even greater protective effect. Alpha-tocotrienol appears to have up-to-60 times the

antioxidant protective capacity of alpha-tocopherol.

There are two types of vitamin E, tocopherol and tocotrienol. People who take Beyond Health’s Vitamin E are taking the tocopherol type. Tocotrienol is the less common type of vitamin E. Both types occur in four different forms, alpha, beta, gamma and delta.

Neurodegenerative diseases like Alzheimer’s, Parkinson’s and Huntington’s result from oxidative, free-radical damage to nerve cells. This damage usually accumulates over decades, ultimately leading to massive neurological loss. A class of compounds called glutamates (as in monosodium glutamate [MSG]) induces oxidative stress and is the primary cause of death for certain types of nerve cells. A study in the *Journal of Biological Chemistry* found that alpha-tocotrienol was more effective than alpha-tocopherol in protecting brain cells from glutamates. The researchers concluded that consuming tocotrienols may be an effective natural way to prevent age-related neurodegenerative diseases. In addition, tocotrienols appear to inhibit certain enzyme activity that promotes cancer, and they may turn out to be potent anti-cancer nutrients.

Tocotrienols occur naturally in foods such as palm oil. Beyond health sells a tocotrienol supplement under the Unique E brand. It is best to take it separate from your regular vitamin D as the two forms compete for absorption.

Beyond Health News Archives
 User Name – bhnews
 Password – vaccine
 Effective: December 10, 2009

EXCESSIVE VACCINATION AND AUTISM

By

Russell L. Blaylock, MD

In 1983, children received 10 vaccines before attending school. Today they will receive 23 or more vaccines prior to the age of two years, and over 36 injections by the time of school entry. The American Academy of Pediatrics and the Centers for Disease Control have assured parents that it is safe to not only administer these vaccines, but that multiple vaccines can be given at one time with complete safety. Is this true? Or are we being lied to on a grand scale?

The incidence of postnatal autism has increased dramatically since the mid-1980s, when the U.S. autism rate was on the order of 1 in 10,000. Today it is greater than 1 in 150.

A number of studies have related this rise in incidence of Autism Spectrum Disorder (ASD) diagnoses to increases in the number of vaccines added to the childhood immunization schedule at this same time.

A compelling amount of research has shown that repeated stimulation of the systemic immune system results in first priming the brain's immune cells (called microglia) in the developing brain, followed by an intense microglial reaction with each successive series of vaccinations. When activated, especially chronically, microglia secrete a number of inflammatory cytokines, free radicals, lipid peroxidation products, and two excitotoxins—glutamate and quinolinic acid.

Because of the critical dependence of the developing brain on a timed sequence of cytokine and excitatory amino acid fluctuation, sequential vaccination can result in alterations in this critical process that cause brain damage and abnormal pathway development.

The evidence suggests that this overstimulation and persistent activation of the microglia is the central mechanism causing autism.

Normal and Abnormal Immune Activation

Animal and human studies show that both systemic infections and immune activation by vaccinations rapidly activate the brain's microglial (immune) system. The immune system quickly clears a natural infection and then shuts off immune activation, thus allowing repair of any damage done to the brain by the immune reaction. By contrast, there is evidence that with repeated and excessive vaccine-triggered immune stimulation, the microglia do not shut down.

The current vaccination schedule of ongoing injections every month or two in very young children means the priming and activation cycle of the microglia will be virtually continuous. Studies have shown that immune activation following vaccination can last up to two years. This means that the brain's microglial cells are also primed for the same length of time or possibly longer. This has the potential to result in sub-

stantial brain damage.

Vaccinations Interfere with Brain Development

Human brain development begins in utero. The most rapid brain development occurs during the last trimester of intrauterine life and two years after birth.

It has been found recently that early in life there is an overdevelopment of synaptic connections that are gradually removed (called pruning) during early childhood and adolescence. There is compelling evidence that the pruning of these excess synapses is essential; otherwise, the brain would be inundated with an enormous array of competing signals—static and misinterpreted messages. This pruning process, as well as the growth, maturation, and migration of neurons, is carried out by a combination of signals, which include carefully controlled fluctuating glutamate brain levels and appearance of specific microglia-released cytokines in a timed sequence. This is all very exacting and easily disturbed. Anything that alters these fluctuating glutamate and cytokine levels – such as the inflammatory cascade initiated by vaccinations, or the presence of toxins like mercury and aluminum, will affect brain development, sometimes in drastic ways.

Vaccinations Interfere with Immune Function

In the normal adult immune system, different forms of T-helper lymphocytes (Th) – Th0, Th1, or Th2 predominate, depending on the situation. Th0 mode is a neutral, uncommitted phase. If a pathogen invades, the Th1 phase is initiated, activating immune cells to go on the attack. The Th2 phase in general reduces immune reaction and favors the production of antibodies mainly supplied by B-cells.

Infants remain in the Th2 mode during intrauterine life. At birth, the baby remains primarily in a Th2 mode, with a limited ability to switch to the Th1 defensive mode should the need arise—i.e., an infection. Months later, the baby's immune system begins to switch to the adult primarily Th1 mode. If the baby's immune system remains in a Th2 mode for too long, it will exhibit a higher risk of developing an autoimmune disorder, such as eczema, asthma, or other allergies.

Presently, vaccine authorities recommend every baby be vaccinated with the Hepatitis B vaccine (HepB) at birth. But is this safe? A recent study looked at the immune reaction in newborn infants up to the age of one year who had received the HepB vaccine to see if their immune reaction differed from that of adults getting the same vaccine. It did. The children responded to the vaccine by having an intense Th2 response (3 times as strong as adults) that persisted long after it should have disappeared—a completely abnormal response.

Autistic children have been described as having a Th2 predominance, which would explain their propensity to develop autoimmune diseases and to be more susceptible to infections early in life.

Persistent Th2 responses caused by the HepB vaccine put a child at great risk of developing an autoimmune disorder and weaken resistance to normal childhood infections. Thus, should your child be exposed to measles or chickenpox, they are more likely to suffer neurological damage, seizures, or other systemic disorders. When this occurs, rather than admit that the science indicates that the vaccine program causes complications and deaths, vaccine proponents use it as an opportunity to argue for more childhood vaccinations.

Immune Suppression by Live Virus Containing Vaccines

Certain viruses, including the measles virus, powerfully suppress immunity for up to six months. The MMR vaccine, administered beginning at age one year, contains live measles, mumps and rubella viruses.

Public health officials never address the obvious question: wouldn't the MMR vaccine make the child more susceptible to other naturally occurring infections? This has been strongly suggested by a number of studies. Not only would such children be more susceptible, but severe complications and even death would be more prevalent as well.

Once again, when death and severe complications occur, pediatricians, the CDC, and the American Academy of Pediatrics use them to justify more vaccines, never admitting that the increased incidence of infections and complications was likely precipitated by their very own vaccine recommendations.

Adjuvants Exacerbate the Situation

Added to most vaccines are immune boosters (adjuvants) designed to prolong the immune reaction to the vaccination. These substances include aluminum, monosodium glutamate (MSG), mercury-containing Thimerosal, and various antibiotics.

It is known that aluminum accumulates in the brain and is associated with neurodegeneration. The evidence for a link between aluminum neurotoxicity and Alzheimer's disease continues to mount. Aluminum, like mercury, activates microglia leading to chronic brain inflammation—a major event in both Alzheimer's disease and Parkinson's disease. It is also known that aluminum enhances the toxicity of mercury and that it increases inflammation in the body.

Mercury is an immune suppressant. It also activates microglia in well below the concentrations found in Thimerosal-containing vaccines. Mercury interferes with the removal of glutamate from extracellular spaces, thus causing excitotoxicity. It also damages the brain by interfering with its energy production. The mitochondria (the energy factories) of the neuron (brain cell) accumulate more mercury than any other part of the cell. Interference with a neuron's ability

to produce energy greatly magnifies its sensitivity to excitotoxicity—so much so, that even physiological concentrations of glutamate can become excitotoxic.

Mercury poisons antioxidant enzymes (catalase, glutathione peroxidase, and SOD) essential to the protection of brain cells and dramatically lowers glutathione levels by a number of mechanisms.

Evidence-Based Medicine

“Evidence-based medicine” is the mantra of the medical establishment. However a careful examination of many of the accepted treatments reveals that most have little or no scientific “evidence-based” data to support them. One often cited study found that almost 80% of medical practice had no scientific backing.

There exists an incredible double standard when it comes to scientific evidence versus vaccination-supporting evidence. The proponents of vaccination safety can just say they are safe without any supporting evidence. They can proclaim Thimerosal safe to use in vaccines without ever having conducted a single study on its safety in over 70 years of use.

Yet, let anyone suggest that excessive vaccination can increase the risk of not only autism but also schizophrenia and neurodegenerative diseases, and the vaccine apologists will scream like banshees: *Where is the evidence? Where is the evidence?*

When independent researchers produce study after study questioning vaccination-program safety, the vaccine apologists always proclaim that their evidence is insufficient or has design flaws. More often than not, the evidence is completely ignored.

In the 1950s, there was no proof that cigarette smoking caused lung cancer. The connection was obvious to most, but the medical establishment's position was, “there is no proof.” Almost 30 years passed from the time some iconoclastic men of medicine tried to convince the medical establishment that smoking caused most cases of lung cancer until it became generally accepted. How many people died of lung cancer perhaps unnecessarily during this time? Data from the National Cancer Institute indicate almost 4 million.

Today, there are over one million U.S. children and adults with autism, millions more with other identified neurological and behavioral disorders, and the numbers continue to grow. This is a medical disaster of monumental proportions. Like smoking and lung cancer, there is more than enough proof today to call a halt to the present excessive vaccine program and ban *any level* of mercury in vaccines.

Dr. Russell L. Blaylock is a board certified neurosurgeon and a former clinical assistant professor of neurosurgery. He is the author of more than 25 scientific papers and of the groundbreaking books Health and Nutrition Secrets, Excitotoxins, and Natural Strategies for Cancer Patients. Website: www.russellblaylockmd.com

Question: Have you heard of Lypo-Spheric Vitamin C? Is it really better than basic Vit C? Is it a scam?

J.W. — San Francisco

Answer: This is not a product I would take myself or recommend to others. The intelligence I have is that Lypo-Spheric vitamin C uses D, L-ascorbate, so 50 percent of it is D-ascorbate which is not the molecule the body needs and wants. To make the product, they dissolve the ascorbate in water and make tiny liposomes that they market as nano-particles. The bottom line is this: Unless you take extraordinary precautions, when you dissolve ascorbate in water, the dissolved oxygen in the water will start to oxidize the vitamin C. You then get oxidized vitamin C in your product, and oxidized vitamin C generates free radicals in the body—this is not good.

My reaction to this product is that it is a marketing gimmick to sell a differentiated product. Even if the technology were executed correctly, I think it is a solution looking for a problem. In all of my studies, I have never become aware that there is a problem getting adequate vitamin C into tissues, so why create a solution to a problem that isn't happening. The biggest problem in the market today is using the wrong form of vitamin C and oxidized vitamin C, and that is exactly what these folks are using. Even if they do get more into the cells, I don't want any of this stuff in my cells in the first place.

Question: What is the DASH diet?

T. O. — Davie, FL

Answer: DASH stands for Dietary Approaches to Stop Hypertension and it is recommended to lower blood pressure. The DASH diet was developed by the U.S. National Institutes of Health. It is an eating style that resembles the diets consumed by people living around the Mediterranean that is rich in fruits, vegetables, whole grains, lean poultry, nuts and beans, including reduced salt intake. Best of all, it is effective in lowering high blood pressure, which has become a massive public health problem.

A recent study in *Circulation: Journal of the American Heart Association* looked at rural and urban populations in China, Japan, the United Kingdom and the United States. It sheds some light on why this diet works. An amino acid, glutamic acid, commonly found in vegetable protein is associated with lower blood pressure. People who eat more plant foods have higher intake of glutamic acid.

BNH recommends the dash diet for people with hypertension. Losing weight is also recommended, as is moderate exercise. Beyond Health has a Hypertension Kit that provides supplements that are known to be beneficial.

Question: I have been hearing recently that calcium supplements can harm you by forming calcium deposits in your brain and arteries. Is this true?

Internet

Answer: Yes, it is true. That's why we use only organic calcium in our supplements. Beyond Health's calcium is reacted with organic acids in such a way that the resulting molecules are identical to calcium found in produce – organic calcium. Most calcium supplements are dangerous, because it is rare to find supplemental calcium that is in an organic form as ours is.

The body doesn't know how to handle the inorganic calcium, and it can easily be deposited where it shouldn't be, like in the arteries. The body does know how to handle the organic form, including getting rid of it if there is too much.

Our position is that deposition of calcium in the soft tissue is caused by faulty calcium metabolism. Here are some of the things that can cause faulty calcium metabolism:

1. Using a poor form of calcium, specifically inorganic vs. organic calcium.
2. Dairy and sugar in the diet
3. An overly acidic system
4. The absence of co-nutrients that are needed to incorporate calcium into bone, such as Vitamin D, magnesium, Vitamin K, etc. Beyond Health's Bone Support Formula contains all of these co-nutrients.

Question: I wish that you could make a good vitamin supplement specifically for the hair. I go into the health food store and see hair vitamins but I don't think they are natural but synthetic and they have so many additives, like magnesium serrate, etc. I really want to buy something and take it but don't feel comfortable with what they sell. Is it possible you can formulate something that is geared to healthy, thick growing hair growth?

Internet

Answer: Beautiful hair is one of the signs of good health, and there isn't one single supplement or hair-care product that will produce it. Hair is a tissue, and to have beautiful hair, you must have healthy tissue throughout your body.

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

This depends upon effective protein synthesis which requires the full array of basic nutrients. Toxins will interfere with protein synthesis, so these must be avoided.

Following the Beyond Health Lifestyle described in my books and getting onto a high-quality supplement program like our Life Essentials Comprehensive Kit will build healthy tissue throughout your body, including your hair. The good news in this is that you'll not only have gorgeous hair, but you'll be feeling great and avoiding the chronic diseases that beset so many Americans as they begin to hit middle age and beyond.

Question: I have been told by my Doctor that 3 of my discs in my lower back are 'degenerative', Is there any way to 'regenerate' the discs in your spine?

Internet

Answer: It is possible to repair disks. This is done the same way all repair work is done in the body, by supplying a rich array of nutrients that the cells can use as building materials and by removing or at least minimizing the amount of toxins in the cells that can disable the repair machinery.

Apart from following Beyond Health lifestyle, for disk repair, take the Life Essentials Comprehensive Kit together with our Arthritis Support Kit. Rebounding is also very good for promoting good circulation in the disks. The better the circulation, the more nutrients are brought into the area and the better the chances for regeneration. However, you need to go about it in a gentle, gradual way. A simple bounce with both feet flat on the surface for 2 minutes a couple of times a day is a good way to start.

Another good way of bringing additional circulation to the lower back is a posture in yoga called the "child pose." Start out sitting on your knees on the floor and bend forward with arms outstretched as if in worship. Hold the position for at least 5 minutes a day. This provides traction to the lower back. Any gentle exercise that strengthens the abdominal muscles is also good and will decrease stress on your lower back, promoting healing. All too often people damage their disks by taking prescription drugs like the blood thinner wafarin. As long as one continues to damage cells with prescription drugs, it is impossible to get well.

Question: Dr. Oz, who has been a frequent guest on Oprah, really pushes hard for people to get vaccinated. I heard that he sits on the board of a company that makes vaccines. Is this true?

Internet

Answer: Dr. Mehmet Oz is on the board of SIGA Technologies, a vaccine technology company. Further, Dr. Oz owns a reported 150,000 shares of SIGA option shares and stands to make millions of dollars as the stock price rises. It is in his financial interest to push vaccines, and he is using his celebrity status to do just that.

Like most conventionally-trained physicians, Dr. Oz appears to have never taken the time to access the scientific literature, which clearly shows that vaccines are mostly ineffective and dangerous. Vaccinations not only do immediate damage by suppressing the immune system, but some of the damage appears to be lifelong. To my knowledge, Dr. Oz has never publically disclosed his financial interest in the vaccine industry.

**Start off the new year
getting back to basics**

Choose any of our *Life
Essentials Kits* to get your
health on track!



Life Essentials Basic Kit



Life Essentials Plus Kit



Life Essentials Comprehensive Kit

Visit www.beyondhealth.com
to purchase

BEYOND HEALTH[®] News

6555 NW 9th Ave. Ste. 108, Fort Lauderdale, FL 33309

Michelle's Menu:

MARVELOUS MINESTRONE SOUP

- 8-10 servings
- 8 cups pure water
- 4 carrots chopped
- 3 cups spinach, chopped
- 2 cups green beans
- 5 small red potatoes, diced
- 2 teaspoons sea salt
- 1/2 cup fresh parsley chopped (or you can substitute with 2 teaspoons dried parsley)
- 2 bay leaves
- 1/2 cup uncooked Tinkyada brown rice macaroni (or other whole grain macaroni)
- 1 tablespoon raw apple cider vinegar (or Balsamic)
- 3 cups soaked and cooked small red beans and great northern beans (any mixture of the two totaling three cups)
- 2 tablespoons Nutritional yeast
- 2 onions, chopped
- 1 cup chopped celery
- 4 cloves garlic, minced
- 1 1/2 cups quartered, chopped zucchini
- 3 cups diced tomatoes
- 2 teaspoons dried basil

In a large soup pot combine water through bay leaves. Bring the mixture to a boil, reduce heat and let simmer for 30-45 minutes (or you can place these ingredients in a large crock pot and leave it on low for the day, adding the finishing touches before serving hours later). While the soup is simmering, boil the pasta according to package directions choosing the shortest cooking time. Add the pasta, vinegar, cooked beans and nutritional yeast. Simmer for 15 minutes or until ready to serve. Leftovers freeze well.

Recipe by Michelle King Davis

One-Year Renewal or Subscribe a Friend To Beyond Health News

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Mail —\$34.95 Email —\$14.95

Credit Card # _____ Exp _____

Email _____

*Foreign subscription available by email only.