

# BEYOND HEALTH<sup>®</sup> *News*

September - October

2008

**“Many medical oncologists recommend chemotherapy for virtually any tumor, with a hopefulness undiscouraged by almost invariable failure. Most cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon, or lung cancers. This fact has been documented for over a decade, yet doctors still use chemotherapy for these tumors.”**

-Albert Braverman, MD  
*Lancet 1991*

## **The Crazy Season is Here Again** *Flu shots available...*

Despite the fact that flu shots are dangerous and ineffective, each year about this time millions of clueless Americans line up to do what—get flu shots. There is no scientific proof that flu shots protect you from getting the flu. In contrast, there is plenty of evidence showing they do harm.

Adding insult to injury, back in 2005, the Federal Advisory Committee on Immunization Practices voted unanimously to recommend that all children between 6 months and 5 years old receive flu shots each year. The average flu shot contains about 25 micrograms of mercury. This is an amount that is considered unsafe for anyone weighing less than 550 pounds. Yet somehow it is deemed acceptable to inject this toxin into infants and children who happen to be the most vulnerable to the neurological damage associated with mercury.

The elderly are a primary target group for flu shots. Why? There is no scientific evidence that flu shots prevent

flu-related deaths among the elderly. No one has ever been able to measure any benefits, but we sure can measure the harm. If you get a flu shot five years in a row, your chances of getting Alzheimer's goes up by 1000 percent. As we said at the beginning—flu shots are ineffective and dangerous. In contrast, studies show that vitamin E supplementation is effective in preventing the flu among the elderly, and a combination of vitamins C and E is even better. It is worthy of note that the year after Medicare started to pay for flu shots for the elderly, hospital visits among this population went up dramatically due to complications from the vaccine.

The misguided folks who urge us to get flu shots usually justify their bad advice by quoting government statistics showing that almost 40,000 Americans die each year from the flu. This is not true. These numbers are inflated because they include people who die from pneumonia. So how many people actually die from the flu? In 2004, only 1,100 people out of a population of 300 million. Not exactly an epidemic! These few deaths usually occur in immune compromised elderly people with multiple health problems.

So why push flu shots for children and the general population? Money. The average flu shot costs about \$25. If you can scare 150 million Americans into getting a flu shot, you have 3.75 billion dollars worth of business. Further, after your health has been permanently damaged by the vaccine, you are more like-

ly to get sick, so more drugs can be prescribed and more money made. Few businesses make this kind of money with a product that provides you no benefits and damages your health.

All vaccines are loaded with numerous toxic chemicals. These can include mercury, aluminum, ethylene glycol, formaldehyde, phenol, and antibiotics. The available evidence indicates that flu shots will actually weaken your immune system, making you susceptible to infections of all sorts. In fact, flu shots can actually *cause* the flu. BHN knows of many people who have come down with “the worst flu ever” shortly after getting a flu shot. Few, if any, of these people have ever fully recovered, having suffered permanent immune damage. You don't have to participate in this madness!

What to do? Keep your immune system strong. Healthy people don't get sick. Get off the Big Four, particularly sugar, white flour, processed oils and dairy. Sugar alone will seriously depress immunity. Get on a good supplement program with biologically adequate amounts of vitamins A, C, D and E. Beyond Health's Comprehensive Kit is recommended along with extra cod liver oil.

## **B12 Deficiency**

*An epidemic and a solution...*

Vitamin B12 deficiency is epidemic in our population. No one knows exactly how many of us are deficient, but it is close to half the population and especially prevalent in those over age 50.

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B12 is involved in the metabolism of every cell of the body, affecting DNA synthesis, repair and regulation, as well as being critical to the proper functioning of the brain and nervous system. It is also involved in fatty-acid synthesis, energy production and the formation of blood.

Vitamin B12 deficiency can potentially cause severe and irreversible damage to the brain and nervous system. At levels only slightly lower than normal, a range of symptoms such as fatigue, depression, and poor memory can be experienced. Many Americans are experiencing these very symptoms. B12 deficiency can produce feelings of weakness, impaired nervous system functioning, poor memory, loss of appetite, moodiness, poor eye health, digestive problems and even premature grey hair.

B12 deficiency results in DNA being more susceptible to damage. Both folate and B12 are required for DNA synthesis, and there is evidence of wide-

spread deficiency for both. B12 deficiency leads to an elevated rate of DNA damage, *which is an important risk factor for cancer*. A recent series of studies indicated that increased levels of homocysteine and decreased levels of vitamin B12 in the blood were associated with chromosome breakage in white blood cells. In another study, chromosome breakage was minimized in those who supplemented with folic acid and vitamin B12.

Alzheimer's disease is another risk for people low in B12. Alzheimer's patients often have low blood levels of vitamin B12. In one study, low B12 levels doubled the risk of developing Alzheimer's disease, probably due to increased homocysteine levels, which B12 helps to lower. Vitamin B12 deficiency is a major cause of elevated homocysteine levels. Elevated homocysteine not only promotes Alzheimer's but also cardiovascular diseases. For example, the results of more than 80 studies indicate that even moderately elevated levels of homocysteine in the blood increase the risk of cardiovascular diseases.

Depression is another problem. Studies have found as many as 30 percent of patients hospitalized for depression are deficient in vitamin B12. One study of people with depressive disorders found that those with vitamin B12 deficiency were almost 70 percent more likely to experience depression than those with normal vitamin B12. B12 supplementation has reversed these problems.

B12 can help you sleep better. B12 plays a vital role in melatonin production, and the hormone melatonin is critical to getting a good night's sleep. As we age, we become less efficient at producing melatonin, and B12 supplementation will help you sleep.

Why are so many people B12 deficient? One reason is that in the digestive system, B12 attaches to something called gastric intrinsic factor, which is

generated by the gastric parietal cells. A complex of intrinsic factor and B12 facilitates absorption of the vitamin into the body. If this step fails, sufficient B12 will not be absorbed. In too many people today, reduced intrinsic-factor production results in B12 deficiency. Reduced intrinsic-factor production comes from our poor diets, but also from damage to our digestive systems by taking drugs, especially aspirin, NSAIDs and antibiotics. Taking an antibiotic can ultimately result in chronic inflammation of the lining of the stomach by destroying the natural balance of bacteria in the digestive system. This results in the loss of glands in the stomach and decreased stomach acid production. Because stomach acid is required for the release of vitamin B12 from the proteins in food, vitamin B12 absorption is diminished. Decreased stomach acid production also provides an environment conducive to the overgrowth of anaerobic bacteria in the stomach, which further interferes with vitamin B12 absorption.

The logical answer is to supplement with B12, but most B12 supplements do not provide good solutions. In fact, most multivitamins sold today are a complete waste of money, especially when it comes to B12. For example, the most common form of vitamin B12 in multivitamins is cyanocobalamin. Cyanocobalamin does not occur in nature. It is used as a nutritional supplement because of its chemical stability and its relatively low cost. Cyanocobalamin can be converted to biologically useful forms of B12 that are used in chemical reactions in the body, but the conversion process is not efficient, making cyanocobalamin a poor source of B12. Another problem is that cyanocobalamin increases cyanide levels in the body. This is not good. For example, cyanocobalamin has caused nerve damage in people who already have high cyanide levels such as cigarette smokers.

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Another form of B12 is methylcobalamin, which is a natural form of B12 that the body uses. The problem is when you put this form in a pill, it quickly increases the amount of methylcobalamin in the blood. The body sees that level as excessive and quickly reduces it, providing only a few minutes worth of biologically-available B12.

Hydroxocobalamin is a better choice for a B12 supplement, providing the body with exactly what it needs. Hydroxocobalamin, also known as Vitamin B-12a, is widely used in Europe both for vitamin B12 deficiency and as a treatment for cyanide poisoning. Taking hydroxocobalamin will actually help to lower the cyanide levels in the body that may have been caused by taking poorly-formulated supplements containing cyanocobalamin.

Beyond Health has recently introduced a Beyond Health brand **B12/Folate Formula**. This product is the best that science has to offer. It is a sublingual tablet that is absorbed through the mucus membranes in the mouth, bypassing the often damaged uptake mechanism in the gut. Beyond Health uses only the biologically-superior hydroxocobalamin despite its substantially higher cost. Our B12 is combined with folic acid, and is sublingual, making a uniquely effective supplement. The reality is that most people over the age of 50 have an impaired ability to absorb B12. Due to the widespread deficiency of both B12 and folate, almost everyone over age 50 should be taking this new Beyond Health product daily.

**PVC Pipes**

*A lead hazard...*

We all know that lead is toxic. This is why lead was outlawed for use in gasoline and solder in home plumbing. Unfortunately, a lot of people think they are home safe from lead toxicity because they have newer plastic plumbing, but think again. A study in the *June Science Daily* reports that home plumbing systems constructed with polyvinyl chloride (PVC) plastic pipes may be

more susceptible to leaching lead and copper into drinking water than other types of piping—especially when PVC systems include brass fixtures and pipe fittings, as almost all do. To cut costs, builders are plumbing more houses with plastic pipe, rather than copper.

The problem is this: Chloramine (used to replace chlorine) is now commonly used in water purification plants across the United States. Chloramine forms ammonia in the water, and ammonia triggers a series of reactions that releases metals from brass faucets and connectors. Brass is made from copper, zinc and lead, and these metals, including the lead, will leach into the water that you and your family drink. Surprisingly, this study found that of all the different pipe materials they tested (PVC, copper, lead and other pipe materials), the highest leaching of lead from the brass occurred in the PVC pipe systems. In addition to the lead problem, odors and chemicals also leach from plastic pipes.

BHN has always recommended not drinking tap water. This is just one more reason not to do so, especially if you have PVC pipes and your water is treated with chloramine. The most economical way to get high quality drinking water is with a Beyond Health Reverse Osmosis System. It costs only pennies per gallon to supply pure water for you and your family, regardless of what pipes you have.

**Epidemic Hits China**

*Twenty-five percent now overweight...*

The deadly global epidemic of overweight disease has hit China. The latest statistics show that twenty-five percent of Chinese adults are now overweight. While the Chinese have a long way to go to catch up with the Americans, where almost 70 percent of the population is overweight, if the Chinese continue to westernize their diet, they will rapidly catch up with the percentage of overweight Americans.

Overweight is an insidious disease, and most overweight people have no

idea how sick they are. Overweight people age faster, have more disease of all kinds, die younger, have a lower-quality life and suffer more disability than people of normal weight. Children born to overweight parents are less healthy for their lifetime as their health is already damaged before they are born.

Overweight disease is mostly self-inflicted and simple to prevent and cure. Tragically, the Chinese are moving away from their traditional, healthy, plant-based diet and are consuming more meat, dairy and sugar. The consumption of sugar-containing beverages increased by more than 17 percent in 2003, and overall sugar consumption is expected to increase by 8 percent this year.

In order to lose weight permanently, stay away from the Big Four (sugar, white flour, processed oils, and dairy/excess animal protein). Eat more fresh whole foods and fewer factory-produced foods. If you are more than five pounds overweight, you are already sick, and you need to read *Never Be Fat Again* by Raymond Francis.

**Sugar Causes Cancer**

*More proof...*

The deadly metabolic poison known as sugar both causes and drives cancer. New research out of the University of Hawaii and the University of Southern California shows that a high intake of fructose and sucrose increases the risk of developing pancreatic cancer. Prior research has also shown that people with high blood sugar are at an increased risk of developing pancreatic cancer, as a reminder anyone with high sugar consumption will experience high blood sugar.

Researchers analyzed dietary data on over 160,000 people for a period of eight years. During this time, 434 participants developed cancer of the pancreas. They found that those who consumed the most sugar had the highest risk of pancreatic cancer. Participants who drank more fruit juice also had a higher risk of pancreatic cancer—fruit juice is not a healthy food.



## pH is Critical

By Raymond Francis

In my book, *Never Be Sick Again*, I wrote about the importance of cellular pH. Judging by the number of inquiries, it is obvious that many people still do not appreciate how critical pH is, or know how to measure and control it. To clarify, let me say this: *If your pH is wrong, you are sick!*

Abnormal pH is a “common denominator” of disease. This is one of the common things that go wrong that cause cells to malfunction, thus causing disease. While there are many pH levels in the body, high acidity in the stomach for example, for good health, the interior of cells must be kept slightly alkaline. Even small deviations from this will cause cells to malfunction. Enzymes (special molecules that the body uses to make new molecules or to take molecules apart) operate within a certain pH range. If pH is abnormal, some enzymes will be disabled, others will overwork and inappropriate instructions will be sent to genes that can cause cancer. Cellular acidosis is a major contributor to cancer. Tasks critical to health and to life itself will be compromised; production of energy and hormones can be diminished and digestion impaired.

How do you know if your pH is okay? There is a simple and inexpensive test—use pH paper (available at Beyond Health) to measure first-morning urine. Here is your guide to pH:

- Below 6.0 — Dangerous
- 6.0 to 6.5 — Unhealthy
- 6.5 to 7.5 — Healthy
- 6.8 to 7.4 — Ideal
- Above 7.5 — Dangerous

Keep a diary of the foods you eat, including first-morning pH. This will allow you to monitor how different foods affect your pH. First-morning urine pH should consistently run within the acceptable range. Occasional readings outside the acceptable range are okay, but consistent readings below 6.5 are not good, and readings below 6.0 are dangerous. Occasional readings above 7.5 are okay, but consistent readings are not, and a pH of 8.0 is alarming. Most Americans are too acidic. When you are *acidotic*, the body ceases to function normally. Cells will no longer properly communicate, self-regulate, and self repair. *This is disease!*

How do we become too acidic? The largest contributor is the bizarre American diet. About eighty percent of the American diet consists of acid-forming foods such as sugar, white flour (bread, pasta, cookies, and pastries), meat, dairy products, and cola drinks. Stress, allergic reactions and toxins (including prescription and over-the-counter drugs), also con-

tribute to acidosis. Our diet also lacks adequate alkaline foods such as fresh fruits and vegetables that help to neutralize these acids.

One thing that can happen when pH is out of control is gallbladder surgery, the most common surgery in North America. Every year, more than 500,000 people in the United States undergo surgery to remove their gallbladders. Most often this is the result of gallstones, but all too often people are marched off to surgery for gallbladder removal simply because they are too acidic. Acidic pH impairs critical detoxification by inhibiting liver enzymes. As a result, toxins are dumped from the liver into the gallbladder causing inflammation and pain. All that is required to get well is to restore normal pH. Instead, people get dangerous, unneeded surgery. I have saved a lot of people from unneeded surgery by informing them of these simple facts.

The liver’s ability to detoxify and to produce hormones is dependent on pH sensitive enzymes. Abnormal pH will cause some enzymes to shut down and others to work when they shouldn’t. This causes diminished hormone production as well as other dysfunctions. Enzymes are further inhibited when acidosis strips the body of critical minerals such as zinc, magnesium, and calcium, which are necessary to enzyme function. When liver detoxification is inadequate, toxins will overload the kidneys. This will produce fatigue, headaches, skin rashes, back and shoulder pain and other problems.

Viruses thrive in acidic cells, making infection more likely. Acidity diminishes the ability of the blood to carry oxygen, depriving cells of this critical nutrient. If the body is too acidic, the stomach produces less acid, causing poor digestion.

If you are too acidic, what should you do? First, get off acid-forming foods such as meat, dairy, sugar, white flour and cola drinks. Eat more alkaline foods. Fresh fruits and vegetables are generally alkaline while grains and animal proteins are acidic. Identify allergies as allergic reactions are acid producing. Reduce stress. Magnesium is a critical mineral that regulates pH, and most Americans are deficient in magnesium. Supplement with Beyond Health’s Magnesium Formula and Choline Citrate to balance pH.

*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.*

**Question:** On one of your Beyond Health radio shows with guest Dr. Russell Blaylock, Dr. Blaylock mentioned a formula that he uses to cure difficult skin infections, even deep-seated infections. I was in my car and couldn't write the formula down. Could you please tell me what he said?

H. T. – Internet

**Answer:** He said that he has had great success using a 50/50 mixture of hydrogen peroxide and Betadine. Both of these are readily obtainable in a pharmacy. He irrigates the wound with this mixture, allows it to bubble, washes it off and covers the wound. The doctor claimed he had cured even the most serious of untreatable infections with repeated applications of this mixture.

**Question:** Are free-range eggs any better than regular eggs?

T. B. – Manchester, N. H.

**Answer:** The United States Department of Agriculture (USDA) defines “free-range” as chickens that have “access to the outside.” However, it unfortunately does not define their diets, nor does it define whether “outside” means a caged concrete pen or an open field fit for foraging. The challenge is to find “real” free-range eggs where the chickens are able to eat a normal diet of insects, plants and earthworms. A normal diet, absent so-called chicken feed, actually produces eggs that are measurably superior to regular commercial eggs.

The difference in nutrient levels between “real” free-range pastured hens, vs. “phony” commercially-farmed hens can be dramatically different due to differences in diet. For example, real eggs contain three times more vitamin E, seven times more beta carotene, twice as much omega-3 fatty acids and two-thirds more vitamin A, while containing substantially less cholesterol and saturated fat. Yes real, organically-grown eggs are nutritionally superior, lower in pesticides and other toxins and much better for you.

**Question:** My wife has been buying Fiji water. I think it's a big waste of money. What do you think?

W. I. – Rye, N.Y.

**Answer:** It may not be a waste of money. There is at least some measurable good from drinking such water. Of course you have to offset that good from the potential harm coming from toxins in the plastic bottle.

However, Fiji water may offer some benefits not found in other bottled waters. Fiji water is one of those bottled waters having a high silicon content. Silicon is known to help protect

the brain from damage by aluminum, and Americans are exposed to a lot of aluminum. Studies have linked high aluminum levels to Alzheimer's disease, and it is known that there is a lower incidence of Alzheimer's in areas where the silicon content of drinking water is high.

A recent study in a 2006 *Journal of Alzheimer's Disease* found that silicon-rich mineral water can actually remove aluminum from Alzheimer's patients. In addition, silicon can prevent build-up in the body by reducing aluminum uptake from the digestive tract and slowing the accumulation of aluminum in brain tissue. For whatever it may be worth that is at least one potential benefit from drinking Fiji water as opposed to other brands.

**Question:** I think I know what your answer is going to be, but I thought I would ask anyway about what you think regarding pneumonia vaccine?

D. I. – Internet

**Answer:** I don't know of a safe vaccine, and I can't think of one I would give to myself or recommend to anyone I cared about. Vaccines are supposed to protect against infectious diseases, but your best protection against any disease is to be healthy. Healthy people don't get sick. To be healthy, get good nutrition, avoid toxins, get regular exercise and sunlight, control stress and choose to be happy—simple and effective. So who needs vaccines?

More and more people are becoming suspicious of vaccinations as a parade of grim statistics continues to emerge regarding the deaths and serious injuries caused by vaccines. The Gardasil vaccine that was approved for use in mid-2006 has already killed more than 20 young girls and women and injured more than 9000. Due to rampant underreporting, you can be sure this is just the tip of the iceberg. A recent pneumonia vaccine trial in Argentina killed 12 babies, and probably more if the truth be known.

Good nutrition is your best defense against pneumonia or, for that matter, against any disease. We know that sugar depresses immunity, so don't eat sugar. We know that vitamins A, C and E and zinc enhance immunity, so supplement with these. Even one night of inadequate sleep will depress immunity. Moderate exercise enhances immunity. Rather than thinking that dangerous vaccinations will protect us, we all need to learn how to take responsibility for our health and keep ourselves well.

**Question:** On the Beyond Health radio show, you advised people not to put lemon in their tea because it could damage their brain. I had never heard this before and was quite surprised to hear it, and I wanted to ask you to write about it in BHN.

D. R. – Oakland, CA

**Answer:** You did hear correctly, and it is surprising to most people that putting lemon in their tea is a health hazard. Here is the problem: Tea contains a lot of aluminum, and aluminum is very toxic to the brain. Normally, this is not cause for concern because the aluminum is not especially bioavailable to the brain. However, if you add lemon to your tea, the citric acid in the lemon juice reacts with the aluminum and vastly increases the bioavailability of the aluminum to the brain. Potentially, this can cause a lot of problems.

Numerous studies have shown that aluminum causes changes in the brain that can result in neurodegenerative diseases such as Alzheimer's, Parkinson's and Lou Gehrig's disease. This is why it is a good idea to avoid aluminum. This means avoiding aluminum sources such as aluminum cookware, most tap water, baking powder, vaccinations and tea with lemon.

Since most Americans drink fluoridated tap water, it is especially important to understand the unique problem posed by drinking tap water. Most tap water contains aluminum because it has been treated with an aluminum compound to remove suspended particles and help clarify the water. When fluoride is combined with the aluminum in the water, this combination has been demonstrated to increase the bioavailability of the aluminum to the brain, and to cause especially severe destruction of brain cells.

Given our diet and lifestyle, most Americans have too much aluminum in their brains and this helps to explain our epidemic of neurodegenerative diseases. It is important to stop accumulating aluminum and to remove what is already there. Avoid the aluminum sources listed above, including vaccinations. Prevent aluminum absorption by taking Beyond Health's Cell Repair Formula, which contains quercetin, a compound that inhibits aluminum absorption. To get rid of stored aluminum, take Beyond Health's Vitamin C and Magnesium Formulas.

**Question:** My mother is very allergic. Her allergist has determined that she is allergic to cats and has suggested she get rid of her cat. I know it would break her heart, but she is willing to do it if necessary for her health. I was wondering what you would think.

H. D. – Milwaukee, WI

**Answer:** I would get rid of the allergist before I got rid of the cat. First of all, there is ample evidence that pets can help to both prevent and reverse illness, in addition to providing great companionship. One recent study conducted by the University of Minnesota concluded that having a pet cat can cut the risk of having a heart attack or stroke almost in half. A study published in 2007 concluded that dog owners had lower cholesterol levels and lower blood pressure. Other studies have shown that pets improve a patient's chances of survival after suffering a life-threatening illness, and pets also help to cut rehabilitation time following a stroke. Getting rid of a beloved pet can have a negative effect on health.

What your mother and her allergist should be focusing on is strengthening her immune system so the allergies will go away. I recommend she get on a good diet, avoiding the Big Four (sugar, white flour, processed oils and dairy/excess animal protein). She should supplement with Beyond Health's Comprehensive and Allergy Support Kits. Special attention should be paid to improving her digestive system. Even just taking probiotics can be helpful. In fact, a recent study in the journal *Clinical and Experimental Allergy* found that taking probiotics daily can change the immune system's response to allergens, helping to alleviate allergies. The people who took the probiotics had lower levels of allergy-producing antibodies in their blood. In addition, they also had higher levels of a different antibody called IgG that plays a protective role against allergic reactions.

Worthy of note is that not all probiotics are created equal. In fact, studies show that 85 percent of the probiotics on the market are biologically useless. It is best to stick with products that have been approved by Beyond Health as being safe and effective.

**Question:** Recent studies have concluded that coffee is a healthy beverage and that it lowers the risk of type-2 diabetes and cirrhosis of the liver. In your books you advise against drinking coffee, and I was wondering if these studies have changed your mind?

A. L. – Fremont, CA

**Answer:** No they have not changed my mind; I still advise against drinking coffee. Don't pay attention to every study you read about. Many of them are designed to promote certain results for commercial purposes. One study out of Norway's University of Oslo showed that post-menopausal women who drink at least a cup of coffee a day are less likely to get heart disease. Another study reported that Americans get more antioxidants from coffee than any other food. Given the poor diets of most Americans, this may even be true, but that doesn't mean that coffee is good for you because it is not.

If you are interested in antioxidants, tea is a far better choice.

Coffee contains a myriad of chemicals, some of them beneficial and some toxic. The problem is the toxins predominate. If you only look at the good chemicals, you lose sight of the big picture; this is exactly what the coffee producers want. One important consideration is that coffee has an acidic effect on the body; decaf coffee is even more acidic than regular. Most Americans are too acidic and this is a major cause of all disease, including cancer. Acidity leaches calcium and other minerals from bones, causing osteoporosis and bone fractures. One study in the *Journal of the American Medical Association* found that women who drank just two cups of coffee a day increased their risk of hip fracture by 69 percent. When coffee is roasted, powerful carcinogens called benzopyrenes are formed. This may be why a study by the Harvard School of Public Health concluded that drinking coffee was the cause of half of all pancreatic cancer, finding that drinking three cups of coffee a day tripled the risk of pancreatic cancer.

Coffee contains a lot of caffeine. This alone is a good reason not to drink very much of it. Because caffeine is so common in our society, people don't think about how toxic it is. Caffeine causes widespread constrictions of blood vessels, which causes blood pressure and heart rate to increase and deprives cells and tissues of critical oxygen by up to 30 percent. Caffeine drives the adrenal glands to produce stress hormones that can remain in the bloodstream for 18 hours after consumption. This reduces immunity, upsets the body's hormone balances and can result in adrenal exhaustion. Caffeine also promotes blood sugar imbalances and causes diabetes. Caffeine stimulates the production of a chemical called alloxan. Even small doses of alloxan have been shown to damage pancreatic function and cause diabetes, and the elimination caffeine from the diet has been shown to reverse diabetes in a large percentage of people. In fact BHN was the first publication to bring this fact to the attention of the American people back in 2000.

In contrast to coffee, compounds found in tea have consistently been shown to have beneficial effects on human health. Chemicals called catechins, which are found in tea have been demonstrated to protect the brain and nervous system from oxidative damage, thus protecting against neurological disorders such as Parkinson's and Alzheimer's. Tea has also been found to reduce strokes. The best tea I have found is now sold by Beyond Health. My advice is stay away from coffee; drink it only occasionally if you must.



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