

BEYOND HEALTH[®] *News*

September-October

2010

“There is a great deal of evidence to prove that immunization of children does more harm than good.”

– Dr. J. Anthony Morris, *Former Chief Vaccine Control Officer at the FDA*

Childhood Obesity

A national security threat...

An alarming 75 percent of our young people are unfit for military service and a group of retired generals and admirals say this is a potential threat to our national security. The number one reason these young people are unfit for service is obesity. Over the last 30 years, obesity among our young has increased by 300 percent. One out of three children is now overweight.

In addition to being unfit for service, our overweight young people will suffer more of every kind of disease including cancer, will experience more disability, have a lower quality of life and die younger than people of normal weight. Parents who are making their children obese need to hold themselves accountable for the damage they are doing to their children and to society at large. People experiencing weight problems should read Raymond Francis' book *Never Be Fat Again*.

Poisoning the Water

With prescription drugs...

Five New York medical facilities, after paying fines, have signed agreements to stop polluting the state's waterways by dumping prescription drugs into the sewers. Prescription drugs are highly toxic chemicals, and the common practice of disposing of unused drugs by flushing

them down drains and toilets has resulted in polluting the drinking water for New York City's eight million residents, as well as for another one million people in several countries to the north.

An investigation in 2008 by the Associated Press found that over-the-counter and prescription drugs are polluting the water consumed by more than one-sixth of the U.S. population. Some of this pollution comes from users themselves as the drugs are excreted in their urine.

After testing by the state of New York found widespread contamination of their watersheds, the Attorney General's Office launched an investigation. This resulted in five medical facilities being charged with numerous federal and state violations, including failure to properly track, label, store and dispose of drugs. The hospitals and nursing homes were found to have improperly dumped antibiotics, antidepressants, hormones, painkillers and other pharmaceutical products directly into the state water supply. Ten other healthcare facilities are under current investigation. Meanwhile, the Environmental Protection Agency has classified pharmaceutical products as "contaminants of growing concern."

While it is a step forward that measures are being taken to prevent polluting our drinking water with these dangerous toxins, where is the concern that half of all Americans take these poisons every day? It seems ironic that we are concerned about polluting the water, yet are oblivious to the fact that half the population is being poisoned daily by these highly toxic chemicals. Many people take multiple drugs, compounding the toxicity. Since it is difficult to think of a drug for which there is not a safer, less expensive and more

effective alternative, save yourself and the environment by just saying no to drugs. This is just one more reason to use Beyond Health's Reverse Osmosis water purification system for all your drinking water.

Antidepressant Drugs Skyrocketing

Useless and dangerous...

A new study in the *Archives of General Psychiatry* has found that antidepressant use in the U.S. more than doubled between 1996 and 2005. The number of people being treated with antidepressants increased from 13 million in 1996 to 27 million in 2005. More than 164 million antidepressant prescriptions were written in 2008, generating almost \$10 billion for pharmaceutical companies. The researchers wrote, "Not only are more U.S. residents being treated with antidepressants, but also those who are being treated are receiving more antidepressant prescriptions."

While there may indeed be more depression because of the declining quality of our diets and exposure to neurotoxins, the use of antidepressants to treat depression is irresponsible. Antidepressants have been proven to be little better than placebos and they are toxic. One study in the *Journal of the American Medical Association* concluded that, in an analysis of six large experiments, the benefit of antidepressants beyond the placebo effect was "nonexistent to negligible" in patients with mild, moderate, and even severe depression.

Unfortunately, while antidepressants may be no better than placebos, they are certainly more toxic than placebos. They carry the risk of potentially serious side effects, including suicide, and indeed, the suicide rate among the middle-aged has been climbing. Antidepressants are known

THIS ISSUE...

News in Review 1

How Most of us Get Sick 4

Michelle's Menu 8

Subscribe a Friend 8

to drive cancer as well as to cause nausea, fatigue, anxiety, insomnia, hostility, and extreme agitation. Other side effects are weight gain, sleepiness, nervousness, dry mouth, blurred vision and increased risk for falls, fractures, and bone loss in older adults.

Depression, like any other so-called disease is caused by cellular deficiency and toxicity. The way to prevent and cure depression is by supplying cells with what they need and protecting them from what they shouldn't be getting. For example, it is well known that toxins like mercury cause depression and that low intakes of vitamins B-6 and B-12 increase the risk of developing depression.

Deficiencies of B-vitamins and magnesium are known to cause cellular malfunction and depression. Vitamin B1 deficiency, for example, is common in depression cases severe enough to require hospitalization. The same goes for vitamin B2. A study in the *British Journal of Psychiatry* found that the most seriously depressed patients were also the most B2 deficient. A 2003 study in *Psychotherapy and Psychosomatics* found a link between folic acid deficiency and depression. The researchers concluded that folic acid supplementation may be key

in recovering from depression. Similarly, magnesium is required for proper function of neurotransmitters. Most Americans are deficient in magnesium, and are therefore more susceptible to nervous system dysfunction and depression. A depressed patient may undergo years of psychotherapy, but get well only after supplementing with magnesium.

In addition to vitamin and mineral deficiencies, essential fatty acid (EFA) deficiency also causes depression. Decades of scientific studies have shown that EFAs have important effects on neurological development and emotional well being. Unfortunately, it is estimated that more than 90% of our population is deficient in these nutrients. EFA deficiency inhibits the ability of brain cells to communicate with each other. This impairs information processing, ultimately affecting mood and behavior. For example, the fatty acid DHA (found in fish oil) is a major building block of brain tissue and also a raw material for several neurotransmitters; it is critical to normal brain function, yet lacking in our diets. *Some researchers believe that impaired cell communication, caused by EFA deficiency, is a primary cause of depression.*

As with any health problem, there is only one real option—get well. The way to get well is to give cells all that they need to function as they should and to protect them from toxins that can interfere with normal cell function.

New Info on Statins

Confirming their toxicity...

Talking about drugs that are useless and dangerous, anti-cholesterol statin drugs rank high on the list. Statins are useless because high cholesterol is not the cause of heart disease. Taking these dangerous drugs does not prevent heart disease or prolong life. Instead, they have a long list of "unintended" side effects, including muscle pain and weakness, peripheral neuropathy, cognitive problems, immune suppression and heart failure.

Now a new study in the May 20 *British Medical Journal*, involving more than two million people over a six-year period, has found that statins also cause liver problems, acute kidney failure and cataracts.

There are now more than 900 studies showing that statins are dangerous, yet over 30 million Americans blindly follow their doctor's advice and take these dangerous toxins. BHN urges people to do their own research before taking statins or any other drug.

The 1918-1919 Flu Epidemic

New insights...

A recent study in *Clinical Infectious Diseases* provides new insights into the high death rate during the 1918-1919 flu epidemic. The researchers concluded that aspirin may have caused a significant number of the deaths that were attributed to the flu. At that time, aspirin was a new drug, and the U.S. Surgeon General and the *Journal of the American Medical Association* recommended large doses of aspirin to treat the flu. People were taking the equivalent of 25 of today's aspirin tablets per day because it did a good job of alleviating the symptoms.

Pathologists at the time thought that the large and lethal amounts of bloody, watery liquid in the lungs of dead flu victims were not the result of a viral infection, and must have had some other cause. They didn't know what the other cause was. Now we know that high doses of aspirin can cause the same kind of bloody fluid buildup that the pathologists were reporting during the epidemic.

While we may never know for certain, it appears probable that the high death rate during the 1918-1919 flu epidemic was not necessarily due to the flu, but to its medical treatment. For example, it is well known that during the flu epidemic, homeopathic remedies were the only effective treatment for the flu. The effectiveness of the homeopathic treatments may have been due to the fact that the patient wasn't being killed by taking aspirin. Sadly things haven't changed much in the last century, and we have to keep reminding ourselves that medical treatment is the leading cause of death in America. Drugs are toxins; they make people sick and often kill them as well.

Meanwhile, study after study, has been unable to measure any benefits from flu vaccinations. There is simply no scientific

BEYOND HEALTH[®] News

is published bi-monthly by Beyond Health International, LLC, 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

6555 Powerline Rd., Suite 108
Fort Lauderdale, FL 33309
954.492.1324

WEBSITE

www.beyondhealth.com

PRODUCED BY

Raymond Francis, Publisher
Pamela Strong, Co-Editor
Joan Carole, Co-Editor
Jeanelle Viola, 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.

evidence that flu vaccinations reduce either the incidence or mortality from the flu. Beyond being ineffective, flu shots are dangerous and do permanent damage to the body. What does prevent the flu is adequate amounts of vitamins C, D and E and avoiding immune-damaging toxins like sugar.

Vaccinations Damage Genes

New warnings...

Unknown to most people, including your doctor, there is no scientific evidence that vaccinations are effective in preventing disease. Not only are vaccines scientifically unproven, the evidence indicates that vaccinations are an assault against the immune system—doing enormous long-term harm.

Now scientists in the field of human genetics are saying that vaccinations are changing our genetic code and are an outright assault against the future of the human race. Here is what Guylaine Lanctot M.D. author of the best-seller *Medical Mafia* has to say, “The medical authorities keep lying. Vaccination has been an assault on the immune system. It actually causes a lot of illnesses. We are actually changing our genetic code through vaccination... 100 years from now we will know that the biggest crime against humanity was vaccines.”

“Babies are injected with bits of animal, bacteria, viral DNA. They can be incorporated into the human genome...” says Dr. Peter Baratosy who goes on to say, “So far, there is no evidence that immunizations have abolished any disease. Countries such as the U.S. which have compulsory immunization have similar rates of disease as those which do not. The U.S. has the highest expenditure in the world on medical services. It has compulsory immunization, yet it has the 20th worst infant death rate.”

Given that vaccines damage immunity, it is noteworthy that a 1994 study in *Lancet* found that the incidence of asthma is five times more common in vaccinated children. The late Dr. Robert Mendelsohn, a renowned author and highly respected professor of pediatrics at the University of Illinois College of Medicine had this to say,

“The greatest threat of childhood diseases lies in the dangerous and ineffectual efforts made to prevent them through mass immunization. Much of what you have been led to believe about immunization simply isn’t true. If I were to follow my deeper convictions, I would urge you to reject all inoculations for your child.” Mendelsohn also said, “There is no convincing scientific evidence that mass inoculations can be credited with eliminating any childhood disease. If immunizations were responsible for the disappearance of these diseases in the U.S., one must ask why they disappeared simultaneously in Europe, where mass immunizations did not take place.”

More on vitamin D

Deficiency causes more problems...

A study of children over a period of years, reported in the *Journal of Pediatric Endocrinology and Metabolism*, has found that low levels of vitamin D caused HDL (the good cholesterol) levels to drop, blood pressure to increase and greater insulin resistance. The body makes vitamin D from cholesterol and if vitamin D levels are low, the body compensates by making more cholesterol. Meanwhile, your doctor may put you on cholesterol drugs rather than recommending vitamin D supplementation.

Everyone should have their serum 25-hydroxy vitamin D levels measured at least every few years. Try to keep your vitamin D level in the upper quarter of the normal range. People who need to supplement should use Beyond Health’s Vitamin D3 Formula.

Cooked vs. Raw

Raw wins...

The debate continues on the merits of eating raw foods versus cooked foods. However, to date, most of the evidence suggests that cooking food has harmful effects. Cooking food not only destroys nutrients and enzymes, it alters the structure and thus digestibility of food, and creates harmful by-products.

A German study published in *Nutrition and Cancer* has found that women who eat a diet high in raw vegetables had a breast cancer rate only half that of women who

ate small amounts. Eating large amounts of cooked vegetables did not have the same beneficial effect.

The evidence is compelling that eating a minimum of five servings of vegetables per day has a protective effect against numerous diseases. In fact, cancer patients with the highest recurrence rates are those who consume the fewest vegetables. Unfortunately, the average American eats less than two servings per day, and even then, they are of low quality.

BHN recommends nine servings of fresh fruits and vegetables per day. Juicing or blenderizing vegetables increases the amount of nutrition you get from that same food. Try to eat at least 80 percent of your diet raw.

More on Carnitine

It’s anti-aging...

A study in the *Journal of Gerontology* found that older rats had lower levels of carnitine in their muscles. After supplementation, the older rats experienced increased muscle capabilities as well as a reduction in abdominal fat.

Another study of humans over age 70 in the *Archives of Gerontology and Geriatrics* discovered that supplementing with acetyl L-carnitine produced significant improvement in both physical and mental fatigue. The participants in the supplemental group experienced higher energy levels, more mental acuity, reduction in muscle discomfort after exercise and improvement in sleep. BHN recommend supplementing with Beyond Health’s ultra-high quality Acetyl L-Carnitine.

Beyond Health News Archives

User Name - bhnews

Password - health

Effective: 10-10-2010

HOW MOST OF US GET SICK

by

Raymond Francis

“The specific disease doctrine is the grand refuge of weak, uncultured, unstable minds... There are no specific diseases.”

– Florence Nightingale, (*Constructed from writings by Nightingale*)

Knowledge is power, and the purpose of this article is to increase your knowledge of the origins of disease. By taking time to read and understand it, you will learn critical information about how disease happens—in fact, you will end up knowing more about the causes of disease than most doctors. With a little effort, almost anyone can prevent and reverse most disease and live a longer, higher-quality life.

To help you and others to take control of your health, I have devised a simple, yet profound, model of health and disease. By learning and applying this new understanding, your power to get well and stay well will be truly awesome.

The essence of this simple model is that there is only *one* disease—not thousands. We are all made of little units of life called cells. When all these cells are operating as they should, you are healthy and cannot be sick. Disease happens when cells malfunction. *There is only one disease—malfunctioning cells.*

When cells malfunction, they produce symptoms, to which our obsolete physicians give names and call diseases. Tragically, all the attention goes to these unimportant symptoms and so-called diseases. Conventional medicine is all about suppressing the symptoms of disease with toxic chemicals and surgery. They are missing the point. What is really important are the cellular malfunctions—not the symptoms and the diseases. It is to the malfunctions that we must pay attention.

There are only two causes of disease—deficiency and toxicity. When cells get too little of what they need and/or too much of what they don't need, they will malfunction. *The secret to health is giving cells what they need while protecting them from what they don't need.*

The reason we have so much disease today is that almost every American is chronically deficient in at least several essential nutrients *and* in toxic overload. The result is a pandemic of chronic and degenerative disease. To end this pandemic, we have to stop making ourselves sick with our poor diets and toxic exposures. This will require a major change in our diets and lifestyles—but it must be done.

Deficiency is the first problem we must address. According to the World Health Organization, there are about one billion people who are starving to death because they are unable to obtain enough food—tragic. Perhaps even more tragic, there is

a second group of one billion people who are *starving to death*. These starving people have access to food, but they choose to eat the wrong foods. The 300 million *starving* Americans are included in that one billion.

The processed foods we eat are devoid of meaningful nutrition and are loaded with toxins that poison our cells. If you want to be healthy, you don't have a choice. You must get the processed foods out of your life. Processed foods equal disease—period! Why do we have so much disease? Ninety cents out of every American food dollar is spent on processed foods. We must move away from consuming these disease causing, factory-produced foods to a diet based on organically produced fresh fruits and vegetables that are high in nutrition and low in toxins.

To get well and stay well, in addition to giving yourself better nutrition, you have to stop poisoning yourself with toxins. Not only are processed foods loaded with toxins, so is our air, water, homes, personal care products and automobiles. Our tap water is deliberately poisoned with chlorine, fluoride, aluminum and arsenic. Making matters worse, our physicians damage our health with toxic prescription drugs, immune-damaging vaccinations and DNA-damaging X-rays. We have to stop doing this to ourselves!

Problems begin with our poor diets. Health is when our bodies are in what we call “homeostasis.” This means that the body is in balance and it is communicating with itself, self-regulating and self-repairing. This last item is very important because we put a lot of wear and tear on the body every day. Unless that damage is repaired every day, then we start the next day with a small repair deficit. If we continue to do this long enough, those repair deficits can accumulate to where your body is literally falling apart. Just as your car will fall apart for lack of maintenance, so will you. You can actually see this condition in a lot of older people who are barely functioning. Poorly maintained cars end up in junk yards, while poorly maintained people end up in nursing homes. When your repair deficits become large enough, homeostasis will be lost and your body will cease to properly communicate, self-regulate and self-repair. This is disease!

To keep ourselves in good repair, we need to supply our cells with *all* the repair materials they need to do their jobs. This will not happen if we are chronically short even one nutrient. We also have to be careful not to disable our repair machinery with toxins. But this isn't happening. The reality is that almost every American is chronically deficient in at least several essential nutrients, including essential fatty acids to build the cell membranes that we need for repairs. We are also overloaded with hundreds of toxins that are accumulating in our bodies and disabling the repair machinery. No wonder virtually every American is sick to one degree or another.

Here is what is happening to us. Inadequate daily repairs, are causing a cascade of catastrophic events, plunging us deeper and deeper into the diseased state. Certain tissues, such as gut tissue, have higher repair needs than other tissues. The lining of your gut gets replaced about every two to three days. This is a huge ongoing repair job. Gut tissue has tiny holes that allow nutrients to pass from the gut into the blood. When repair deficits accumulate, these tiny holes get bigger. This is of enormous significance to your health, and it starts with eating a poor diet. As the tiny holes get bigger, this allows larger molecules from undigested food to enter the bloodstream. The immune system recognizes the molecules as foreign and reacts to them. You have now created a huge problem. With this act, you have become metabolically reactive (allergic) to a particular food. Every time you eat that food, the resulting immune reactions will make your body more acidic, overburden your immune system and cause a flood of inflammatory chemicals to be released. While these reactions are happening, the body will put its normal repair functions on hold—making a bad situation even worse.

With chronic immune responses to the foods you have become reactive to, the combination of immune overload, creation of excess acids, creation of inflammatory chemicals and putting repairs on hold will produce even bigger repair deficits and bigger holes in the gut. Bigger holes will allow more and more debris from the gut to enter the bloodstream, developing more and more sensitivities and more and more immune reactions. People often notice that they are becoming more allergic.

As your body descends into biochemical chaos, you increasingly damage your body's ability to communicate, self-regulate and self-repair. You are now diseased and aging rapidly, even though most people in this state are still unaware of how sick they are. Indeed, our outmoded physicians will almost certainly pronounce you in "excellent health," while in fact you are substantially compromised.

As your immune system responds and develops antibodies

to all this debris coming through the holes, some of those antibodies will match tissue in your body and you will develop an autoimmune syndrome. Your immune system will start to attack and systematically destroy parts of your own body. Rheumatoid arthritis is an example of such a disease. Autoimmune diseases are now epidemic.

As your body becomes more acidic, this changes how enzymes function, disrupting metabolic machinery. The change in pH gives inappropriate signals to genes and reduces oxygen levels in the body, leading to cancer. The excess acids deplete the body of essential minerals such as calcium, magnesium and zinc. The resulting mineral deficiencies further disable metabolic machinery. As systemic inflammation increases, this uses up precious anti-oxidant chemicals such as vitamins C and E, causing deficiencies of these nutrients. The resulting shortage of anti-oxidants allows uncontrolled inflammation, further damaging cells and DNA and creating even more repair deficits and even larger holes in your already leaky gut. The increasing overload on your immune system will make you more susceptible to infections from yeasts, parasites, bacteria and viruses, even developing chronic infections. Reactions to these infections puts a further burden on an already overwhelmed immune system leaving you less able to protect yourself from cancer.

Notice what is happening here. You are digging yourself into a deeper and deeper hole. Repair deficits are becoming major, DNA is being damaged, your immunity is overworked and depressed and the entire body is becoming more acidic, more inflamed and dysfunctional. You are aging rapidly, falling apart and feeling tired. Acidosis damages the integrity of cell membranes. The membranes become leaky, allowing excess water into the cells, causing swelling, impairing metabolism, interfering with energy production and causing fatigue. Less energy production impairs the body's ability to deliver nutrients to cells and to detoxify, causing a buildup of toxins in the body. Critical nutrients are lost from the cells and electrons that used to be employed in the body's energy production system now become free radicals, damaging DNA, cells and tissues, creating even more repair deficits.

At this point, you may be suffering frequent colds, sinus infections, yeast infections, skin rashes, chemical sensitivities, chronic fatigue, autoimmune syndromes or any number of other problems. In fact, you can have just about any disease under the sun, including cancer. Your body is consuming more and more precious nutrients, creating more nutritional deficiencies. Your immune reactions are creating toxic waste products, making you more toxic while your ability to safely detoxify toxins has been impaired.

Remember this entire cascade into the diseased state can start with as little as a deficiency of a single nutrient. From now on, you may want to think differently about nutrition and the food you eat, and the need for supplementation with high-quality supplements.

There are only two causes of disease—deficiency and toxicity. However, there are many ways in which we can make ourselves deficient and toxic. Stress is one of those ways. Stress, our thoughts, beliefs and emotions play an enormous role in our health. Lack of physical activity is another issue. In order to function properly, cells need all their required nutrients, need to be kept free of toxins *and* need to be moved and stretched. Sedentary modern living deprives cells of the movement they need to deliver nutrients, remove toxins and function properly.

Another enormous contributor to our epidemic of chronic disease is medical treatment. Not only is medical treatment a major cause of disease, it is also the leading cause of death in the United States. The insane practice of vaccinating innocent children allows foreign antigens to be injected directly into the body. This causes a permanent drain on the immune system, resulting in immune exhaustion, acidosis, chronic inflammation and accumulating repair deficits. Vaccinations are one of modern medicine's greatest blunders; antibiotics are another. Antibiotics destroy beneficial microorganisms in the gut, which are replaced by those that are less friendly, resulting in a burden on the immune system and damage to gut tissue that can cause leaky gut and initiate the whole chain of events we have just described above.

For most people, disease is a result of a combination of poor nutrition, toxic exposure, lack of exercise, stress, vaccinations, antibiotics and other prescription drugs. But no matter how you got there, you are diseased and literally falling apart. What do you do now? You have only one choice—get well! Once you are in one of these deep holes, the only way out is to restore health. It's not easy, but it's your only real option. Suppressing symptoms with drugs and surgery will *not* solve your problem—getting well *will*.

An analogy I like to make is picture yourself in a deep, dark hole with a heavy pack full of rocks on your back. To get well, you must climb out of the hole, but you can't because the rocks are too heavy. The only way out of the hole is to one-at-a-time remove the rocks from the pack until it is light enough to climb out of the hole. Once you emerge from the dark hole out into the light, you can shift your body back into the repair mode, restoring homeostasis and your health.

To shift your body back into the repair mode, you have to identify each rock that is weighing you down and remove

it. Nutritional deficiencies are rocks. Due to your substantial nutritional deficits, an extraordinary amount of nutrients will be required. Remember, you have all those repair deficits that need to be repaired, and you also have ongoing immune reactions and systemic inflammation that are using up nutrients at unprecedented rates. Acidosis uses up critical minerals.

To supply the extraordinary amount of nutrients you will need, it is imperative to consume large amounts of fresh fruits and vegetables. Drink freshly-prepared vegetable juice every day. Minerals are critical, and minerals such as calcium, magnesium, zinc, molybdenum, manganese, selenium, vanadium and boron must be supplemented. Zinc is particularly important for immune function, and most of us are zinc deficient. Zinc deficiency will increase susceptibility to fungal and viral infections and can manifest in the same depressed cellular immunity we observe in AIDS patients. Supplementing is essential, but few supplements are made correctly, so most are inadequate to the task. Only the highest-quality brands such as Beyond Health are capable of doing the job.

To break your ongoing cycle of inflammation, an extraordinary amount of antioxidants will be required. This means going to bowel tolerance on vitamin C, lots of vitamin E, riboflavin, carotenes, CoQ10, quercetin, N-acetyl cysteine and curcumin. Allergies need to be identified and, as much as possible, allergic reactions must be avoided.

Your single most important nutrient may be vitamin C. Vitamin C performs a myriad of important functions in the body including cell repair, energy production, detoxification, reducing inflammation, rebuilding tissue and enhancing immunity. It is important to take it regularly and throughout the day. A minimum of four times a day is recommended. It is not possible to climb out of one of these deep holes without mega-doses of vitamin C. Scientists estimate that if humans had not lost their ability to make vitamin C, we would be making between 10 and 30 grams per day. When challenged, the body would make more than twice that amount. In my opinion, every adult should be getting at least 10 grams per day. Since Vitamin C is water soluble and is lost in the urine, supplementing throughout the day is recommended. If you are sick, you need far more. What we call "bowel tolerance" is recommended. Bowel tolerance is the dosage just below where you get cramping, gas or diarrhea. If any of these happen before you reach 10 grams—take the maximum you are able to take without symptoms. To get out of the deep holes of cancer, autoimmune syndromes and chronic infections, 50-to-100 grams or more per day may be necessary.

Giving your body the extra nutrition it needs will take a lot of rocks out of your pack. Some of the other rocks are toxic

chemicals that are accumulating in your body. The average American is in toxic overload with an accumulation of hundreds of toxic chemicals storing in their cells and tissues. It is critical to learn how to reduce the amount of toxins you are putting in every day, to support your detoxification system with nutrients and to reduce your existing toxic load by getting rid of stored toxins. This reduction is best accomplished through frequent saunas. There is a lot of useful information in how to do all this in the toxin chapter of my book *Never Be Sick Again*.

Get the processed foods out of your life. Every processed food you eat is a rock keeping you in the hole. Processed foods are low in nutrition and loaded with toxins including pesticides, herbicides, fungicides, hormones, estrogenic chemicals, flavor enhancers, processing aids, artificial sweeteners, and artificial flavors, colors and preservatives. Most personal-care products are loaded with dangerous toxins, but there are safe products on the market. Most tap water is another rock. Drink and bathe only in purified water. High-quality treatment devices need to be used to treat drinking, bathing and swimming water. Do not use carpets made of synthetic fibers. Use only safe cleaning products.

Many things add just a little to your toxic load each day. The daily amount is not biochemically significant, but the accumulation over a period of years becomes very significant, causing major biochemical malfunctions. Most Americans are already in toxic overload and suffering the ill effects, whether they know it or not. Meanwhile, our physicians attribute your problems to your age. The only thing age has to do with it is the amount of time you have been accumulating the toxins. The solution is to stop putting new toxins in and get rid of the ones you have.

Once you have identified the rocks in your pack and removed a sufficient number of them, you will be able to climb out of the hole. With continued attention to removing rocks and not putting new ones in, you will gradually rebuild and rebalance your body. Your body will once again properly communicate with itself and self repair and self regulate. Homeostasis will be restored and you never have to be sick again—not even a cold. It is amazing what you can accomplish if you stop making yourself sick!

Raymond Francis is an MIT-trained scientist, a registered nutrition consultant, author of Never Be Sick Again and Never Be Fat Again. He is the chairman of The Project to End Disease and an internationally recognized leader in optimal health maintenance.

BEYOND HEALTH'S

Wellness Kits

What's the difference

Ultimate Wellness Kit

- * Cellular Detox
- * Multi Vitamin Formula
- * Bone Mineral Formula
- * Cell Repair
- * Vitamin C
- * Vitamin E
- * EFA Formula



Healthy Older People

Anyone that has a challenged immune system

Basic Wellness Kit

- * Multi Vitamin Formula
- * Vitamin C
- * EFA Formula



Healthy Younger People

\$\$\$

Those on a very restricted budget

For Questions, or to Purchase call

Beyond Health

800-250-3063

or go to

www.beyondhealth.com



Michelle's Menu

BAKED WINTER SQUASH

Winter squash is harvested at this time of year. It is easy to bake and makes a simple, filling meal, accompanied by a large tossed salad.

2 large servings

- 1 acorn, butternut or other winter squash
- raw organic virgin coconut oil or organic extra virgin olive oil
- Real Salt to taste or Michelle's Low Salt Seasoning

Preheat the oven to 375 degrees. Wash the squash and cut it in half lengthwise. Scrape out all of the seeds (you may save the seeds to bake or dehydrate and eat). Place both squash halves in a 13x9 baking dish cut side down. Fill the baking dish 1/2 inch deep with pure water, surrounding the squash. Place in the preheated oven. Bake for about an hour. Test for doneness by poking a sharp knife through the skin of the squash. If the squash is tender, it is ready. A small squash may take less time and larger squash may need a few extra minutes. Use a large, slotted spatula to remove the squash to serving plates. Remove skin if desired and mash squash with a fork. It may be eaten as is, or drizzle with olive oil or coconut oil. Salt if desired.

If you work, squash may be prepared for baking and placed in the oven in the morning. Set the oven to come on one hour before you want the squash to be ready. Michelle's Low Salt Seasoning is a tasty, lower sodium option to salt. The recipe for this seasoning is in the recipe book, Beyond Healthy Recipes. Contact Beyond Health at (800) 250-3063 for more information. Recipe by Michelle King Davis

Subscription Renewal or Subscribe a Friend To Beyond Health News

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Mail \$34.95 (1 yr.) \$64.90 (2 yrs.) \$94.85 (3 yrs.)

Email \$16.95 (1 yr.) \$29.90 (2 yrs.) \$40.85 (3 yrs.)

Credit Card # _____ Exp _____

Email _____

*Foreign subscription available by email only.

BEYOND HEALTH[®] News

6555 Powerline Rd., Ste. 108, Fort Lauderdale, FL 33309