

BEYOND HEALTH[®] *News*

November-December

2006

“Nothing you will read in this newsletter has been approved by the FDA, so unless you want to learn how to get well and stay well, don’t read it.”

— Raymond Francis

Flu Shot Update

Don't get them...

BHN has been cautioning readers for many years not to get flu shots. These dangerous injections pour a disastrous mixture of toxic chemicals, foreign proteins, viruses, and heavy metals into the body. Perhaps worth the risk if they actually protected people from the flu, but they don't. Studies show that flu shots are almost worthless. Now a new study in the October 28 *British Medical Journal* has arrived at the same conclusion—“the beneficial effects of annual flu shots have been exaggerated.” In our opinion, somebody should study the harmful effects—these will not be exaggerated!

Flu shots do permanent damage to immunity as well as to the nervous system. As an example of what can

happen, we will share with you the contents of an email we received only days ago from a 44 year-old female who described herself as “scared, sad and desperate.” She had recently received her annual flu shot and a few days later experienced physical weakness, high blood pressure, vision problems and feeling “completely out of balance.” She has developed sensitivities to numerous substances and feels dizzy, disoriented and like she is going to faint. Unfortunately, this is not an unusual experience. The problem is that the doctors who give these damaging shots never admit that the problems they cause, have anything to do with the shots they give—a complete state of denial. So the damage continues.

Fortunately, flu shots are voluntary so you don't have to get them. Instead, keep your immunity strong. Avoid sugar, get plenty of sleep, exercise regularly, manage your stress levels and take immune-supporting supplements including vitamins A, B complex, C, D and E as well as beta carotene, zinc and selenium. Remember, just as flies don't cause garbage, viruses don't cause infections. Compromised immune systems cause infections and flu shots cause compromised immune systems.

As an additional note on this subject, a drug called Tamiflu is often prescribed for people suffering from

the flu. Be aware that the FDA has just added a new precaution for this drug due to more than a hundred recent cases of delirium, hallucinations and unusual psychiatric behavior such as suicidal thoughts and aggression. As with virtually any prescription drug, Tamiflu is toxic to the body, and toxicity is one of the two causes of disease. Vitamin C is a far better choice for battling the flu, and if you take enough of it every day, you probably won't get the flu in the first place.

Preventing Food Allergies

Parents can help...

The incidence of food allergies is skyrocketing. Some experts estimate that half of all children are allergic to milk and dairy products and that half the population is allergic to gluten (contained in wheat, rye and barley). Food allergies are a serious matter as they overwork the immune system and reduce its ability to protect you from cancer and infections. For example, milk allergies are thought to be the leading cause of ear infections in children. Each allergic reaction does permanent damage that ages the body. Unfortunately, children born today are very predisposed to allergies because of the processed-food diets consumed by their parents and grandparents.

New research out of the University of Milan Medical School offers food

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safety guidelines for infants. The researchers suggest that parents can help prevent food allergies by waiting to introduce certain foods into a child's diet and by feeding a child breast milk exclusively until the sixth month of life.

One of the most important things parents can do is to avoid feeding their infants milk, including any milk-based formulas. Avoiding milk and dairy products is known to help infants at risk of food allergies. Only breast milk should be fed for the first six months of life. Introducing solid foods in a child's first four months of life is known to increase risk of allergies.

After six months of age, other foods can be introduced one at a time in small amounts. Even then, it is best to avoid common allergens such as eggs, fish, seafood, soy, wheat, peanuts and tree nuts until three years of age.

Ultrasound Souvenir?

Not a good idea...

Keepsake ultrasound pictures have become popular with many young parents. Doctors tell you these are safe, but they aren't. They are known to delay development in a child.

Now a new report in the August 2006 *Proceedings of the National Academy of Sciences* has concluded that sonograms can affect the development of the fetal brain. It turns out after a sonogram, a statistically significant number of brain cells can fail to grow into their proper position, remaining scattered in incorrect parts of the brain. The number of affected cells increases with longer exposures. Potential disorders from such misplacement of brain cells can range from mental retardation and childhood epilepsy to developmental dyslexia, autism spectrum disorders and schizophrenia.

The chairman of the neurobiology department at Yale University School of Medicine advises that pregnant women should avoid unnecessary ultrasound scans until more research has been done. BHN certainly agrees with that!

Coffee and Heart Disease

One cup can kill you...

Occasional coffee drinkers, who have risk factors for heart disease, are particularly at risk for a heart attack after drinking coffee. Researchers at Brown University and Harvard School of Public Health found that by drinking even one cup of coffee, light or occasional coffee drinkers increased their risk of heart attack within an hour by an astonishing 400 percent.

It appears that the caffeine in coffee causes an increase in blood pressure, especially in those not used to the effects of caffeine. The increase in blood pressure along with an

increase in the sympathetic nervous system could trigger a heart attack by causing vulnerable atherosclerotic plaques to break off.

It is well known that drinking coffee has long term cardiovascular-health risks. However, this is the first study to demonstrate immediate risk. Any occasional or regular coffee drinker who has known heart risk factors, such as being overweight, having high C-reactive protein, blood pressure, triglycerides or homocysteine should consider avoiding all coffee.

Want to Lose Weight?

Get your omega-3s...

An estimated 95% of the U.S. population is deficient in omega-3 fatty acids, and this is contributing to our epidemic of overweight. The good news is that supplementing with omega-3s can help you lose weight; even if you don't eat any fewer calories.

Researchers at the University of South Australia have found that people who take fish oil supplements and walk or run for 45 minutes three times each week lost an average of 4.5 pounds after 12 weeks on the program. "If you take omega-3 each day and exercise moderately, our studies show your weight will drop," said Professor Peter Howe.

Omega-3s and Tumors

Omega-3s win again...

The bizarre American diet has led to a radical change in the ratio of omega-3 to omega-6 fatty acids in our diet. Excessive omega-6s coming from our edible oils such as canola, corn, safflower, sunflower, soy, and peanut oils are known to promote inflammation in the body, which lead to a variety of diseases including cancer.

A recent study at the University of

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California Los Angeles found that adding omega-3s to the diet lowered inflammation in the body that is known to promote the growth of prostate cancer. In an animal experiment, the tumor cell growth rates in the group given a healthy balance of fatty acids decreased by 22 percent and their PSA levels were 77 percent lower than the group that got almost all omega-6 fatty acids.

This study clearly shows the negative impact of promoting an inflammatory response in the body by consuming inappropriate dietary oils. It also demonstrates the link between this inflammation and tumor growth. BHN recommends that everyone take Beyond Health's EFA Formula daily along with other healthy oils such as high-quality coconut, cod liver, fish, flax and olive oils.

Omega-3s and Eye Health

Prevents macular degeneration...

Macular degeneration is the leading cause of blindness for people 65 and older. It doesn't have to be this way. Two new studies in the *Archives of Ophthalmology* confirm that a diet high in the omega-3s protects against both early and late forms of age-related macular degeneration. Macular degeneration is a deterioration of the retina, the layer of the eye that contains cells that send visual images through the optic nerve to the brain. The central portion of the retina, known as the macula, is responsible for the detailed central vision that allows people to read, drive, and recognize faces.

People with the lowest intake of omega-3 fatty acids had about a 70% increased likelihood of early macular degeneration compared with those of moderate intake. A 40% reduction in the incidence of early age-related

macular degeneration was associated with eating fish at least once a week, and eating fish at least three times per week reduced the incidence of late-stage age-related macular degeneration. Very simply, those who consume the highest amount of omega-3s have the lowest risk.

Most people are unaware that many of our chronic diseases are diseases of fatty degeneration, caused by our excessive consumption of processed oils. Only those oils approved by BHN should be consumed—high-quality coconut, cod liver, fish, flax and olive oils. In addition to these, a regimen of antioxidants such as vitamins A, C and E plus CoQ10, carotenes, lipoic acid and n-acetyl cysteine would be beneficial.

Hormone Therapy and Cancer

New evidence...

Among modern medicine's greatest blunders has been hormone replacement therapy (HRT). Prior studies found that women on HRT had a higher risk of breast cancer, heart attack, stroke, and blood clots. Women on HRT were up-to-three times more likely to develop blood clots. Links were also found to ovarian cancer.

Now a new study in the October 2006 *Journal of the National Cancer Institute* has also found a link to ovarian cancer. Women who used estrogen for 10 years or more had a significantly higher risk of developing ovarian cancer than women who did not use hormone therapy. Despite decades of negative results and the unnecessary tragic deaths of millions of people, our obsolete physicians continue to prescribe toxic drugs that poison the body rather than nutrients and detoxification that nurture the body.

Tea Relieves Stress

More good news on tea...

A study from University College London found that volunteers who drank tea recovered from stress more quickly than those who didn't. They also had lower levels of stress hormones and cardiovascular changes that lead to heart disease.

Drinking tea has traditionally been associated with stress relief, but now we have proof. Volunteers who drank tea were exposed to stressful situations, and their blood pressure, cortisol, blood platelet and self-rated levels of stress were measured. The levels of stress chemicals in the blood dropped almost twice as fast as the non-tea drinkers. In addition, blood platelet activation, linked to heart disease, was also lower in the tea group. While tea did not prevent the stress chemical from being formed, it lowered them back to normal far more quickly.

Curcumin and Alzheimer's

Reduces plaque...

Curcumin, derived from the Indian spice turmeric, has been found to enhance the brain's removal of the amyloid plaque that is believed to play a role in Alzheimer's. A study at the School of Medicine at UCLA has found that immune cells called macrophages, when treated with curcumin, exhibited greatly enhanced removal of amyloid in 50% of the patients.

These results indicate that supplementing with curcumin would be a good strategy for Alzheimer's patients. Curcumin is known for its antitumor, antioxidant, anti-inflammatory and anti-amyloid properties. It acts as a free radical scavenger and antioxidant, inhibiting lipid peroxidation and oxidative DNA damage. BHN believes that most people should be supplementing with it.

You are what you eat...and it's killing you

By Raymond Francis

A pandemic of chronic and degenerative disease is sweeping our country—diseases such as cancer, heart disease, diabetes, obesity, arthritis, Alzheimer's are all out of control. Even our children are sick, so sick that they are not expected to live as long as their parents and average life expectancy is expected to decrease. The largest single cause of this human tragedy is—malnutrition.

In the best-fed country in the world, malnutrition is our leading cause of disease. Given the reality of today's nutritionally-depleted foods, one of our biggest fallacies is the myth that you can get all the nutrients you need by eating a so called "balanced diet." Foods no longer contain what we need for good health. Depleted soils, resulting from intensive farming, the use of artificial fertilizers, and poor crop rotation practices plus premature harvesting, long transit times to market, processing and other factors, have *dramatically* reduced the nutritional quality of our food. The average American gets only a fraction of the nutrition they need for optimal health, but most people are totally unaware of this. They think that the produce they buy at the supermarket is of the same quality as what our ancestors ate—not so.

Nobel Prize winner Dr. Linus Pauling once said, "You can trace every sickness, every disease and every ailment to a mineral deficiency." Unfortunately, the 1992 Earth Summit Report found that *99% of Americans are mineral deficient*. If the minerals are not in the soil, they will not get in you. Over the last half century, due to soil depletion, fresh carrots have lost 75% of their magnesium, 48% of their calcium, 46% of their iron, 75% of their copper, and up to 95% of their zinc, with similar kinds of losses for other vegetables.

The situation for vitamins is not any better. Today food is harvested before it is ripe so it can be shipped, but this drastically reduces the nutritional content. The time spent in getting to market reduces nutrition. Fresh produce is days-to-weeks old before it gets to the store, and some of it has been in storage for a year or more. Food is remarkably hardy, but nutrients are not; they are easily lost or destroyed. For example, spinach loses 60% of its folic acid in three days. Vegetables such as asparagus, broccoli, and green beans lose 50% of their vitamin C even before they reach the produce counter. Cooking these vegetables results in even more losses, including another 25% of the vitamin C, 70% of vitamin B1 and 50% of B2. No wonder more than three-out-of-four Americans have a diagnosable chronic disease.

In June of 2002, a paradigm-changing study published in the *Journal of the American Medical Association* concluded

that *everyone needs a daily multivitamin regardless of age or health*. In 1998, the National Academy of Sciences issued a shocking statement saying that most people will not get all the vitamins they need even if they eat a good diet with lots of fruits and vegetables. *Supplementing has become essential*.

Supplements are necessary for health, but the problem is most supplements are not worth what you pay for them. You can get a sense of this from a 1999 study in the *Journal of the American Nutraceutical Association*, which found that only 2.5% of commonly available nutritional products were both nontoxic and effective. In other words, 97.5% of supplements they studied were either toxic and/or ineffective.

What America needs is supplements that address common deficiencies with ingredients that are extremely pure, safe, biologically active and effective. Further, these products should be assembled into packages that address specific needs, making it easy for the consumer to choose products without knowing a lot of biochemistry. Beyond Health to the rescue with its **Life Essentials Kits**—the **Basic**, **Basic Plus** and **Comprehensive**. These kits have been scientifically designed with one purpose in mind—to provide the average American with the basic nutrients that we know are lacking in our diet. These kits represent the purest, most powerful, most effective, safest and most cost-effective nutritional supplements on the market. In fact, I challenge anyone to show me something better.

The Life Essentials Basic Kit consists of three products: a multi, vitamin C and essential fatty acids. The Beyond Health Multi Vit/Min Formula is the most highly bioavailable multi on the market. In fact, we consider it to be the "gold standard" of multi-vitamin/mineral formulas. Eighty percent of all Americans are deficient in vitamin B6 with similar deficiencies for B1, B2 and B12. This formula contains all the Bs in the correct biological forms and in the correct ratios—a feat *very few* formulas achieve. The correct chemical form is absolutely critical. For example, most multis use food-grade vitamin B6, which contains analogs that interfere with vitamin B6 metabolism, creating a vitamin B6 deficiency. Yes, taking a vitamin containing food-grade vitamin B6 can actually cause B6 deficiency. The problem is most vitamin brands are made from such cheap, ineffective and even toxic ingredients.

More than 70% of Americans do not consume the recommended daily allowance of zinc and 75% do not get sufficient magnesium. Most supplements contain chemical forms of

these and other minerals that have extremely poor bioavailability. They can list the mineral on the label, but if your body can't use it, it doesn't do you much good. Calcium, for example, is usually found in the form of calcium carbonate, which is about 10% bioavailable. This means you are paying a dollar and getting 10 cents worth of value.

The second product in the Life Essentials Kit is vitamin C. Vitamin C's many roles in the body are so basic to healthy function that it is almost a wonder drug. It is a powerful antioxidant, anti-inflammatory, antiviral, antibiotic and anti-cancer compound. Vitamin C is essential to help protect against free radicals. The pollution in our environment and our stressful lifestyles has *tripled* our need for antioxidants since 1970. Meanwhile the antioxidant level in foods has been *cut in half!* Oranges are often measured with no vitamin C whatsoever. In addition to being an antioxidant, vitamin C also works to neutralize the effects of toxins and helps to repair damage done by toxins.

Vitamin C may be our most important single molecule to get well, stay well, and maintain optimal health. Regardless of what disease you may have, vitamin C is so basic to human biochemistry that obtaining adequate amounts of vitamin C should be the foundation of any wellness strategy. A minimum of 2000 mg of vitamin C per day is recommended, but most adults may need more like 6,000 to 20,000 mg per day.

Any vitamin C you take must be in the correct chemical form, but only *half* of most vitamin C products are in a form that is useful to the body. You are paying a dollar, but getting only 50 cents worth of value. Further, such unpurified vitamin C usually contains oxidized vitamin C, which is a free radical that can do you harm. Do not take vitamin C unless it says the following on the label: 100% L-ascorbate, fully reduced, corn free—this is what your body wants and needs.

The third product in the Basic Kit is an essential fatty acid (EFA) formula. The human body needs EFAs to manufacture and repair cell membranes, enabling the cells to obtain optimum nutrition and expel harmful waste products. An estimated 90% of all Americans are deficient in essential fatty acids, which affects our ability to control inflammation, as well as affecting mood and behavior and cell-to-cell communications.

The Life Essentials **Basic Kit** is designed to cover the waterfront in basic nutrition and to aid in detoxification. The Life Essentials **Plus Kit** adds an extra powerful detoxification capability. The **Comprehensive Kit** adds vitamin E, a bone support formula and a cellular repair capability. The Comprehensive Kit is essential for anyone suffering from a diagnosable disease.

Beyond Health's products often cost more than other supplements, but when you pay a dollar, you get a dollar's worth of value as their extraordinary bioavailability and superior

biological activity offer the best value to the consumer. Beyond Health products help you to give your body what it needs to get well, stay well and never be sick again. No matter how little you pay, a supplement that doesn't work is the most expensive supplement you can buy. Supplements that do not dissolve on time to be of any use to the body (almost half of them), or one that is toxic or only 5 to 10% biologically active, is an extremely expensive product. I have found nothing in the world that is biologically superior or a better value than Beyond Health supplements. To obtain Beyond Health supplements, call **800-250-3063** or go to **www.beyond-health.com**.

Raymond Francis is an MIT-trained scientist, a registered nutrition consultant, author of Never Be Sick Again, host of the Beyond Health Show, and an internationally recognized leader in optimal health maintenance.

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QUESTION: I have been diagnosed with rheumatoid arthritis. I am on your Comprehensive program. Is there anything else special that I should be taking?

M. A. — South San Francisco, CA

ANSWER: In addition to the Comprehensive, additional nutritional support would include fish oil, cod liver oil, coconut oil, CoQ10, vitamin B12, MSM, Thiodox and curcumin. A 2006 study in the *Journal of Natural Products* found that curcuminoides actually prevented rheumatoid arthritis (RA) in animals. In addition, arthritic animals treated with curcuminoides were found to have significantly reduced cartilage destruction and bone mineral density destruction. Get some curcumin from Beyond Health and work up to 5 capsules per day. See how that works for you.

Recent research on omega-3 fatty acids give support to my recommendation of fish oil and cod liver oil. Omega-3s reduce the inflammation characteristic of RA, which causes pain and damage in joint tissues. Supplemental fish oil has been shown to decrease joint tenderness, morning stiffness, pain index, and grip strength in RA patients and can reduce their requirement for anti-inflammatory medications, which have unpleasant, dangerous side effects. Doses ranging from 3,000 to 6,000 mg (three to six grams) of omega-3s per day were used in these studies. In addition, olive oil has been shown to boost the benefits of omega-3s. People taking both fish oil and olive oil showed greater improvement with even more pronounced benefits after six months. This is probably because the oleic acid in olive oil enhances the uptake of omega-3s.

Ultimately, you have to look at why this disease is happening to you, and work to address the causes. One thing to look at is the integrity of your digestive system. Antibiotic-caused dysbiosis often drives such autoimmune diseases.

QUESTION: Can you recommend something for restless leg syndrome?

N. Q. — Covina, CA

ANSWER: There are a number of potential causes for restless leg syndrome, so it is difficult to be definitive. Make sure you are getting plenty of essential fatty acids, B vitamins and extra magnesium and choline citrate. In addition, get plenty of exercise. A 2006 study in the *Journal of the American Board of Family Medicine* found that adherence to a conditioning program involving aerobic activity and lower-body resistance training

was found to significantly alleviate symptoms.

QUESTION: I have been using Beyond Health's coconut oil for more than a year and I just want to tell you how wonderful it is. My family loves it. We even feed it to our pets, and both of them have become leaner and more active. Best of all, I use it on my skin and my skin looks just wonderful.

L. T. — Huntington Beach, CA

ANSWER: Thanks for sharing. Glad you have experienced the benefits of this great product. Interesting that it helped your pets to lose weight because it does that for humans as well. As for using it on your skin, that's why south-sea islanders have such great skin.

QUESTION: I just purchased some expensive, healthy facial products that were advertised on a really slick TV program. They were touted as being healthy, but when they arrived, they all contained parabens and phthalates. I sent them back, but wanted you to know that even products said to be healthy are not.

M. A. — Belmont, CA

ANSWER: Not all that glitters is gold. Most of these manufacturers wouldn't know how to put a healthy product together if they tried. Parabens act as preservatives and add shelf life to the product by inhibiting bacterial growth and spoilage. Phthalates are used in cosmetics to add texture and luster, and they make lotions and moisturizers appear to do a better job by making skin feel or look smoother, making hair sprays and nail polishes flexible, and dispersing fragrance. However, these are really toxic chemicals even though they are allowed by the FDA.

Most people do not give a second thought to the soaps, moisturizers, makeup, perfume, shampoo and conditioners that they put on their skin. All of them have the potential to do you harm. Most contain synthetic chemicals not tested for their safety on humans. A growing number of studies link the worst offenders, classes of chemicals known as parabens and phthalates, to serious health problems. How serious? Breast tumors, birth defects, and impaired fertility are just a few of the possible consequences. These chemicals can disrupt both male and female hormone function, interfering with the roles of estrogen and testosterone in animals and in tissue cultures. Parabens have been found in human breast tumors. Parabens are known to harm underlying skin layers with the same kind of damage seen with severe

sunburn. This ages the skin. People are putting products on their skin to make them look younger, and what they are putting on actually ages the skin and makes them look older. This is why nuns who never put anything on their skin look younger. Phthalates have been linked to a broad spectrum of birth defects and lifelong reproductive impairments.

The body absorbs chemicals that are put on the skin, and many of these chemicals accumulate in our fatty tissues, eventually causing disease. Numerous toxic chemicals are found in personal-care products with some of the most common being parabens, phthalates, propylene glycol, EDTA, urea, and artificial colors and fragrances. Be sure to read ingredient lists and stay away from any products containing these chemicals. Years ago, I researched safe and effective personal-care products. Beyond Health has the safe toothpaste, skin creams, shampoos, soap and deodorant that I identified. I recommend you use them and forget the hype on TV. You will save money *and* do your body good.

QUESTION: My thyroid gland was removed years ago and I am now suffering from hypocalcemia [low blood calcium levels]. My doctor prescribed a calcium supplement, but it hasn't helped. Is there anything you can suggest?

A. S. – Phoenix, AZ

ANSWER: Your doctor was partially right. Extra calcium is needed, but the calcium he prescribed may have been in the wrong biological form and may not have contained the proper cofactors to help it metabolize. Therefore, it was of little use to your body and you didn't get the results you wanted.

If the parathyroid glands have been damaged or removed during surgery, the patient will become hypocalcemic. To prevent problems, calcium levels should be measured frequently to make sure they are in the normal range. Supplemental calcium is essential, but it must be in the correct biological form to be used by the body. Actually, there was a study done this year in Korea regarding hypocalcemia in thyroidectomy patients. What this study found is that the combination of supplemental calcium along with vitamin D works best of all.

Beyond Health's Bone Support Formula contains the correct forms of calcium along with vitamins C, D and K and magnesium, zinc, selenium, chromium, copper, manganese, vanadium, boron, silica and germanium—all of which are essential to the proper metabolism of calcium. This along with some cod liver oil every day will

most likely give you better results.

QUESTION: I have been suffering from persistent, nonspecific musculoskeletal pain. I have been to the "best" doctors, and they have been of no help. They put me on NSAIDS, which I know from reading your book are bad for you so I don't want to take them. What should I do?

A. R. – Boston, MA

ANSWER: Up to 20% of adults experience chronic pain, and as you are painfully aware, this leads to reduced quality of life. Unfortunately, our obsolete physicians know very little beyond treating every problem with toxic drugs. You are right to not want to take the drugs. They will not address the cause of your problem and will certainly create entirely new problems due to their toxicity.

Chronic nonspecific musculoskeletal pain is a common symptom of vitamin D deficiency. Especially since you live in Boston, where there is limited sunshine, a prime consideration should be the possibility of a vitamin D deficiency. About 90% of our vitamin D comes from sun exposure. In places like Boston, at this time of year, even if you go out in the sun, you will not make sufficient vitamin D because the proper wavelengths are being filtered out. Then if you make matters worse by using sunscreen in the summer, you are really asking for trouble.

Vitamin D deficiency is known to cause muscle weakness and muscle aches and pains. In addition, vitamin D is essential for the body's utilization of calcium. Without sufficient vitamin D, the amount of calcium absorbed will be inadequate to satisfy the body's needs for maintaining healthy bones. This can cause a dull, unrelenting aching sensation in the bones.

Ask your doctor to measure your vitamin D levels. I would be willing to bet you are deficient. For now, get on Beyond Health's Multi Vit/Min Formula and two tablespoons of cod liver oil every day. See if this makes the problem go away.

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