
Raymond Francis: Never Be Fat Again

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Speaker 1: He is the chairman and CEO of Beyond Health corporations, [supplier of 00:00:08] highly advanced health education and health-supporting products. He's also president of Healthy America Foundation, national chairman of The Project to End Disease, publisher of Beyond Health News and host and producer of the Beyond Health radio talk show. I give you Raymond Francis.

Raymond: Thank you very much. Where is Phil? Where did Phil go? There you go. Congratulations on your promotion by the way. Very nice. Really my thanks to this organization and my hat is off to Phil and all the members of the team that bring you this forum. Having been involved in many organizations in my lifetime, I know how much work it is. It's not easy to put these things together and present all this information to you. They're doing it for free. They're not charging you for it. It's a public service and it's a truly wonderful thing. I just want to give my appreciation for that. I think we should all be appreciative of it.

I wrote this book Never be Sick Again rather no I wrote the first book Never be Sick Again. This is the second one never be fat again and the reason I wrote that is I looked around and I saw that overweight was a problem for the American people and that overweight was sweeping the world. It's not just an American problem, it was sweeping the world at the speed of an infectious epidemic. People all around the world are becoming overweight. Americans especially are noted to be overweight. People come here from foreign countries and they're shocked to see how fat the American people are.

Overweight is a disease. It is a very serious chronic degenerative disease. If you are even 5 pounds overweight, we can already measure biochemical abnormalities that will not serve you well. The more weight you add, the more fat you have, the more biochemical abnormalities there are. It just gets worse and worse. We know that people who are overweight have more of all kinds of disease. We know that overweight people die younger than thin people. We know they suffer more disability. This is not a benign disease. It's a serious disease and it shouldn't be that. Even our children now are overweight. About 1/3 of our children are now overweight. This is catastrophic.

A couple of years ago the New England Journal of Medicine came out and predicted that life expectancy in America is going to turn down after 200 years of increases because our children are so sick and our children are so overweight. This is a problem and people ask me, they tell me, "What's the bottomline? What can we do about this?" If you really want the bottom line I'll give it to you right now. You don't have to stay for the rest of the talk you can leave. Here's the bottom line. The solution is to eat a lot of food.

If you are overweight, just stuff yourself with food and you will lose weight like crazy. That's the solution. That's the bottom line. That's all you need to know. Just eat lots and lots and lots of food. Now there is a catch. The catch is that most of what we eat is not food. What we purchase in the supermarket is not food. There is no food in the supermarket. It's physically impossible to purchase

something that is not there. We go to the supermarket thinking we're buying food and we're not. You can't do that. You cannot purchase processed foods.

What is the cause of overweight? We know that overweight is a disease. We know that it is a serious chronic degenerative disease. What is the cause of overweight? In my first book *Never be Sick Again* when I outlined was that there was only 1 disease there are not thousands of diseases as we believe. There's really only 1 and that's a malfunction in cell. All of us are made of small units of life called cells. Bacteria are single cell organisms. Algae are single cell organisms. We all started life in our mother as a single cell. Now we are multitrillion celled organisms. We think of ourselves as a thing but we're really not. What we really are, are trillions of cells acting together as a community. That's what we really are.

It all comes down to the individual cell. If all of your cells are functioning normally, you cannot be sick. In fact, it is physically impossible to be sick if all of your cells are functioning normally. If you are not well, there's only 1 solution no matter what you have, no matter what diagnosis you have. Whether you ache a cold or cancer or heart disease or diabetes or Alzheimer's or depression, there's one solution to your problem. The solution is to get well. How do you get well? You get well by normalizing your cells. There are only 2 reasons why cells malfunction. They either are not getting everything they need to function properly or they're getting something that causes them to malfunction.

We call those 2 problems deficiency and toxicity. There's only 1 disease and it's caused by deficiency and toxicity. No matter what so called disease you may have, there's really only 1 solution and that is to get well by addressing deficiency and toxicity. Well that's the simple part. It gets a little more complicated sometimes when you're actually trying to put that to use because there can be some pretty complex combinations of deficiency and toxicity but if you start off simple you're better off in terms of trying to deal with your problem.

What's the problem? Overweight is no different than any other disease. It is a problem of cellular malfunction caused by deficiency and toxicity. Really the largest single cause of overweight in our society is malnutrition. The average American is simply starving to death and they don't know it because we're the best fed people in the world. How come the best fed people in the world know that they're starving to death? It's a little hard. We've got enough calories to eat. We can fill our tummies with endless supply of food. The only problem is there's no nutrition in the food so that all of us are deficient.

Study after study have shown that the average American is deficient in at least several nutrients on a chronic basis. If you are deficient in 1 nutrient, only 1 on a chronic basis you will get sick guaranteed. Yet the average American is chronically deficient in at least several nutrients. You will get sick guaranteed. One of the diseases that you can get as a result of this of course is overweight

disease. Now we love to give diseases names but again its malfunctioning cells caused by deficiency and toxicity.

We know for instance laboratory experiments have proven that a deficiency of calcium will cause you to gain weight. A deficiency of the central fatty acids will you cause to gain weight. Most American are short calcium about 90% of the American population is deficient in the central fatty acids and so there you go. Two things that we know will cause overweight most American are deficient then. That's part of the problem.

When you are deficient in something there are 2 things here that you have to be concerned about. There are 2 controls. One of them is your appetite control. The body when its lacking something that it needs turns your appetite on and says, "Please eat." You say, "Okay." You go off and you eat something. Then after the body has what it needs, it shuts the appetite off and you're not hungry anymore. When you eat a diet that is deficient in nutrients, the body never gets what it needs and so the appetite is turned on 24 hours a day. Do any of you people know any someone who is hungry all the time? I know a lot of people who are hungry all the time and the result of course being nutrient deficient.

The other control system in the body now is a self-balancing system that has all these very careful controls we have control our body temperature. We have to control our blood sugar. We have to control our hormone levels. We balance all kinds of things on a daily basis from moment to moment. One of the things that the body also balances and of course it does a wonderful job of these things it's so well designed it balances your fat. It keeps you with just the right amount of fat.

That's the other control we have to be concerned about. There is a control that tells the body to burn fat. There's another control that switches that on and it says store fat, burn fat, store fat, burn fat, store fat. Guess what? When you are deficient in a nutrient, the body thinks that you're starving to death and it doesn't want you to starve so it switches on the store fat switch. When you are nutrient deficient, you start storing fat because the body thinks that you're starving.

All of that relates to nutritional deficiency but there is another component here. I have not found this in other diet books, other weight loss books. You won't read it in the Atkins diet or the South Beach Diet or any of these things and that's the component of toxicity. Toxicity is one of the leading causes of overweight. When the toxins are acting, even if you cut your calories you will still pack on the pounds. Now how many people out there have cut their calories and done everything they could possibly do to lose weight and they still pack on the pounds? Some of you shaking your heads yes. You've experienced such a thing.

When these toxins are ... there you go another one. When these toxins are acting that's what happens. Toxins can actually jam your appetite control in the on

position so that you are hungry all the time and they can actually jam your fat storage control in the on position so that you'll be both hungry all the time and storing fat all the time how can you win that one? Hard to win that one. It isn't a matter ... I've met so many people who have tried everything and they've been very sincere about it. It isn't about willpower.

We look at some people overweight and we think well they're just gluttonous. They just want to eat all the time. They have no willpower. No, this is about biology. It's not about willpower. This is what happens when you're exposed to these toxins. Your appetite turns on and your fat storage turns on and you pack on the pounds.

What kinds of toxins will do this? As it turns out there's quite a number of chemicals in our environment that will do this to us. One of them is a class of chemicals called glutamates and the most famous of all of course is monosodium glutamate. Glutamates will jam both your appetite mechanism and your fat storage control mechanism and cause you to pack on the pounds. Where do you find glutamates? About 80% of processed foods contain glutamates. Again, there is no food in the supermarket because most of the food in the supermarket at processed foods and 80% of them contain glutamates.

Artificial sweeteners such as aspartame and saccharine will jam these mechanisms and cause you to pack on the pounds. How many people have you seen how are drinking diet sodas because they want to lose weight or keep the weight off and guess what's making them pack on the pounds? The diet soda. There you go. There are other chemicals in our environment for instance bisphenol A which you get from canned foods. Canned foods are loaded from bisphenol A and you also get from water bottles.

There's a water bottle over there are made of polycarbonate with bisphenol A coming out of the polycarbonate. We're now measuring most Americans now have several parts per billion of bisphenol A in their blood. In fact they're measuring as high as 3.8 parts per billion bisphenol A and bisphenol A works like 1 part per billion. It screws up your hormone system. It screws up your fat storage controls. Screws up your appetite control and you're just packing on the pounds.

There are prescription drugs that will make you gain weight. There are hormones, there are antibiotics. There's a number of prescription drugs that are known to make you cause gain weight. There are environmental chemicals that will cause you to gain weight and today these chemicals are a leading cause of the overweight epidemic. How do you get them out of your life? The simplest way of all is to eat food because most of these chemicals are occurring in the processed foods that you buy in the supermarket.

If you simply eat real food, go to the ... we're so blessed here. Go to the local farmer's market. Buy your food from the organic farmers. Buy fresh, whole

grains. Buy fresh fruit, fresh vegetables. This is what food is. Eat food. Eat as much of it as you like and you will not gain weight. It is only when you eat garbage that you will gain weight. Where's garbage available? Simple. Go to the supermarket. Everything in there is garbage.

That's the bottom line. Native peoples who have eaten their native diets they don't get overweight. It's only we who are eating the processed foods and eating the sugar and the white flour and the processed oils and the dairy and the excess animal protein. Animal protein will make you gain weight. Pesticides will make you gain weight. Where do you get most of your pesticides? In animal protein. That's where 80% of your pesticide load comes from animal protein. Reduce the animal protein in your life. American eat 10 times too much animal protein anyway. Reduce the animal protein in your life and you'll reduce the prevalence of these toxins.

When you do eat animal protein, eat organically grown animal protein. You see it's really very simple. All you have to do to control your weight is eat food and get the processed foods out of your life. If it comes in a can, a jar, a bottle, a package, it's probably not appropriate. What you want is something that comes from nature. That's what food is. Not only that but that's what that gives our cells what they need on a daily basis and that's what gives us health. This is not only about controlling your weight, it's about improving your health.

Indeed the only way to control your weight, the only way to lose weight is to get well because overweight is a disease. If you try to lose weight you will lose and in fact there's a new study just out of perhaps some of you read about it just out of UCLA and this is the largest study ever done on diets. Pretty impressive. Here's the conclusion. The benefits of dieting are too small and the potential harms too large for it to be recommended as a safe and effective treatment. Here you are. They concluded that diets don't work. In fact doing nothing is better than going on a diet. People who go on diets actually weigh more than those who do nothing. Isn't that amazing?

Almost anyone can lose 5 to 10% of their weight on almost any diet, the problem is you're going to gain it back and you'll usually gain back more than what you lost. Then you're into what we call yoyo dieting. Yoyo dieting increases your risk of heart attack, stroke and diabetes. It doubles your risk of dying from heart attack. It increases the risk of premature death from all causes. You cannot lose weight by trying to lose weight and you're better off not going on a diet.

Why is it that you can't lose weight trying to lose weight? Very simple. Overweight is a disease. The excess weight is a symptom of this disease. If you try to lose weight all you're doing is attacking the symptom and you may succeed in losing some weight but the disease is still there and so the weight will come back. The only way to get rid of excess pounds and to prevent excess pounds is to give your cells everything they need on a daily basis and keep them free of toxins.

Deficiency and toxicity are the 2 causes of all disease including overweight and that's what you need to address. When you get well, the weight will go away automatically. You don't have to try to lose weight. You don't have to count calories. You don't have to weight your portions. You don't have to do any of that. All you have to do is eat food. You could eat as much food as you like. You can stuff yourself if you wish. You will never gain weight. The only way you can gain weight is when you eat garbage.

Sugar should be banned. It's one of the most toxic substances that anybody is exposed to on a daily basis. Indeed at the very least it should become a controlled substance and children minors should not be allowed to purchase products made with sugar. Minors are not allowed to purchase tobacco products or alcohol. Why are they allowed to purchase sugar which is probably more deadly than tobacco and alcohol? As a society we've got a lot of choices to make here and we have to educate people and in my book I devote an entire chapter to sugar and the chapter was twice as large as it is.

My editors made me cut it down. You still get the gist of it even as it is. When you read through that and when you understand what happens to your body, when you eat even 2 teaspoons of sugar, you will never want to touch this poison again as long as you live. Eating 2 teaspoons of sugar is like a 50 car pileup on the freeway. Just imagine a 50 car pileup on the freeway with broken glass and parts all over the highway with the fluids leaking, antifreeze, gasoline, fires, chaos that's what happens to you when you eat 2 teaspoons of sugar. If you eat 2 teaspoons of sugar 3 times a day morning, noon and night your body's biochemistry will be in total chaos 24 hours a day, 7 days a week.

Can you expect to be healthy when you're deliberately throwing all of your body chemistry into chaos? I don't think so. This is one of the leading problems in our society is we're eating garbage and we don't know its garbage. We all grew up with it. When I grew up there was ice cream in the refrigerator all the time. There were cakes and cookies and pies. My mom made the best chocolate chip cookies in the world. We were always eating these things. Little did we know how dangerous they were, how destructive they were of human health. Anyway, there you are overweight as a disease. We know what causes it. We know how to cure it and all we have to do is pay attention to deficiency and toxicity.

There are copies of never be fat again over there some left. There's also copies of my first book Never be Sick Again which has gone all over the world. People with terminal cancer stage 4 cancer have read this book, cured themselves in a matter of months. People have turned themselves around from all kinds of diseases because it's so simple. There's only 1 disease. There's only 2 causes of disease. It's so simple. Anybody can do it.

There's also so I brought some ... I was asked to bring some of my coconut oil and there is some over there for sale. Took me 2 years to find that. it was perhaps

one of the most difficult projects I've ever worked on because I was calling people thousands and thousands of miles away who were necessarily speak good English, weren't necessarily very technically sophisticated. Couldn't answer your questions and in some cases really didn't want to answer your questions or dint want to answer them truthfully. It was a very difficult task and I finally found a lady chemist who was an expert in coconut oil chemistry and with her help I was able to find what I believe is there highest quality coconut in the world. Other than that ... anyway I'm going to stop talking and take questions.

Speaker 2: You say that sugar is poison, how do you define to the high glycemic index foods which are things like potatoes or even ground rice or poisons like alcohol which almost all of these immediately turn into sugar in the body, how do you ...?

Raymond: You can't go by the glycemic index alone unfortunately the glycemic index doesn't really give you the information you need because what that measures is what you do in a test tube. It doesn't measure what actually happens in the human body which his completely different. For instance the glycemic index will tell you a carrot is bad to eat. Well it's not. It's good. Eat a lot of carrots. You got to be careful about that but you're quite correct there. Alcohol does have a high glycemic index and that's why alcohol is bad for you. If you're going to consume alcohol it should be done in moderation.

Indeed people often ask me, "Do you drink alcohol?" the answer is, "yes I do. I happen to really appreciate good wine and very much enjoy having a glass of red wine with my meals. I don't do it all the time but I do it a few times a week. I think it's okay. Don't sit there and drink half a bottle of wine or the whole bottle of wine. Do it in moderation and its okay. Be careful of the glycemic index. It doesn't really tell you necessarily what happens in the human body and white potatoes are really not the best food. If you want to eat a potato, I eat sweet potatoes or yams. Those are good a lot of nutrition so that's what you want as the nutrition.

Speaker 3: Why should we be interested in coconut oil?

Raymond: Coconut oil is a very good fat. There's a lot of things you can do with it. You can use as a shortening. You can use it to sauté things with. It's proven itself to be a healthy oil over the millennia. It does have a lot of very interesting properties. If fact this lady over here talked about how she was bitten by her cat and got this very bad infection and put the coconut oil on it and its gone overnight. It has some very interesting properties that way. Very healthy. I include it in my diet. It's a saturated fat but it's a medium chain saturated fat so that it doesn't build up. It's immediately burned. It's burned very easily so it doesn't build up in your body like a saturated fat.

When I look at these things, when you get into the biochemistry of this stuff sometimes you start getting into it and the mind just boggles. There are big chalks that you can put up this wall that tell you biochemical reactions and you

look at that and you say, "Oh boy that's biochemistry." That's less than 1% of it. All these reactions you got ... normally in chemistry A reacts with B to get C. Not in biochemistry. The reactions go this way. They go that way. They go this way. They go that way. They're going in every which direction and then your thoughts and emotions can completely change your biochemistry in a matter of seconds. With all that complexity, what do you do? My strategy is fall back on human experience and to look at what is the human experience with this? When I look at coconut oil it's a very healthy oil.

Speaker 4: What about some other I think like olive oil or flaxseed?

Raymond: Which kind?

Speaker 5: Olive oil and flaxseed.

Raymond: Flaxseed oil? Flaxseed is very good oil. What you want to stay away from is the processed oils in the supermarket. Again go back to the supermarket. Go down the aisle where the oils are. Look at all those oils. All of those oils will kill you but it's just a side effect so nothing to be overly concerned about. They're all the wrong oils so all the wrong molecules and you don't want them in your life. The canola oil, the sunflower, the safflower, the peanut, the soy, all of these oils contain too many omega 6s and when you get too many omega 6s you cause inflammation in the body and inflammation ages you and makes you sick.

Virtually every American is suffering from chronic systemic inflammation. We got to stop doing that to ourselves and indeed overweight is also an inflammatory disease. We've got to put a stop to this and the way to do that is to stop eating those bad oils. Flaxseed oil is very acceptable. Real olive oil is very acceptable. Very difficult to obtain however. When I looked at olive oil I was so shocked I ended up writing an article on it called the olive oil scandal which happens to be on my website beyondhealth.com.

The olive oil scandal is more olive oil is sold in the world than is produced. We had the olive oil crop in California about half of it was destroyed last year because of bad weather, but you haven't seen the shortage of olive oil, have you? Anyway when I was doing my research I called olive oil producers and pinned them down and then they finally admit oh yes we add soybean oil to our olive oil. Oh yes we do this. Now I make my own oil. It's good stuff. Sir?

Speaker 5: In your experience raw a lot of food scene especially on [inaudible 00:34:30] these are all food that's processed dehydrated crust for breads and [inaudible 00:34:41] point of comparison [inaudible 00:34:46]

Raymond: Raw foods that's what you need. I don't know where we got this idea ... Whoever thought of cooking foods? I don't know but whoever it was if they were around would probably have them shot. It's not what you should be doing because when you cook a food destroy nutrition in the food and you also depending on how

you cook it can create toxins. Not what you want to be doing. When I'm at home, I eat probably 90% to 95% of my food raw. I travel a lot and when you travel its difficult to do that. My percentage of raw foods goes down when I travel but I still try to do the best I can. Eat as many salads and things like that. Raw food is what you want. That's where the nutrition is. Sir?

Speaker 6: Where would you put the exercise into your [lifestyle 00:35:49]?

Raymond: exercise is absolutely critical. Exercise does 2 things for you in terms of overweight. One it helps to burn calories so that's good. Two and more importantly if you exercise on a regular basis you actually reset your metabolism so that you burn more fat. That's a very good thing. In terms of overall health exercise is needed for overall health. Now the thing is nobody ... people say that. Your grandma can say go out for a walk. Go get some exercise. Grandma knows best so go out for the walk. Grandma doesn't know why you need to go for the walk. Nobody ever knew why you needed to go for the walk, nobody.

It wasn't until about 8 years ago they presented a paper at the annual meeting of the American thoracic society and we found out why. Here's why. We are all made of cells. These cells function and when they function normally you're healthy. When they don't function normally, you're sick. Very simple. Before this paper was presented, we always thought that the one thing that had the biggest effect on how a cell acted was a hormone.

What is a hormone? A hormone is part of your body's communication system. It's a communication device that's what it is. The hormone goes to a cell and delivers a message knocks on the door, delivers the message and asks the cell to do something. The cell gets the message and it's very obedient and it says, "Yes sir." and it does exactly what the hormone has asked it to do. We always thought that hormones have the biggest effect on what happens inside of cells.

What we found out much to our great surprise is that moving and stretching a cell had just as big an impact on the functioning of the cell. That's why exercise is necessary. Unless you are moving and stretching your cells, they will not work right. When they don't work right, you're sick. When they work right, you're healthy. It's as simple as that. Is exercise necessary? Yes it's necessary to lose weight and it is necessary to maintain health and you should be doing it on a regular basis.

Speaker 7: What study was it? Do you know the previous reference in there?

Raymond: I don't remember. It was about 8 years ago and literally it is not in my random access memory but it was a paper presented at the annual meeting of the American Thoracic Society. I don't know where it was published. I'm sure it was published after its presentation to the society about 8 years ago. Yeah?

Speaker 8: Toxicity side as well latent with heavy metals, how do you recommend getting rid of that heavy metals?

Raymond: One thing that I do recommend is to sauna on a regular basis. That will help you to get rid of heavy metals. Then of course there are other things as well. An acetyl cysteine, vitamin C, garlic, eating good adequate amounts of zinc and magnesium in your diet. These things but to go back to the sauna for a moment. Saunas have now become a necessity. It's not like you have the option of taking a sauna or not taking a sauna, you don't. You have to know that. Why is that? We never had to take them before but now we do.

Here's why. When the body was designed it was not designed to get rid of oil soluble toxins because there weren't any around, very few so you didn't need to be designed. The body never did it. Now we live in what is called the petroleum age. We are inundated in oil soluble toxins 24 hours a day, 7 days a week. We are bio accumulating these toxins in our body. The body does not know how to get rid of them and they are getting ... here's this poor little cell trying to function right. Trying to keep you healthy and you keep stuffing all this stuff in there. How much stuff can you stuff in there before the poor thing just goes [bloop 00:41:05]? That's exactly what it's doing. We've stuffed so much garbage in there they're all going [bloop 00:41:12] and we're all in big trouble.

In fact fire retardants are now ... we're finding fire retardants in the average American at the same level that causes disease in laboratory animals. We're now accumulating between 300 and 500 manmade chemicals every person and we've got styrene. We've got ... I mean it just goes on pesticides and PCB and dioxins and bisphenol A. it just goes on and on and on and on. What effect is this having? I'll tell you one effect it's having one of the things you have to do you see the body is a self-repairing, self-regulating system. In order to self-repair and self-regulate it has to talk to itself because it has to know when the blood pressure is a little too high, a little too low to just sit or when your blood sugar is a little too high, a little too low it adjust it. It does everything. It always adjust everything.

How does it do that? It talks to itself. Every cell in your body talks to every other cell in the body constantly. We're talking about 75 trillion cells here talking to 75 trillion cells. Imagine the phone bill. Here's one of the insidious things that happens when you start building up this [goop 00:42:47] that you're putting in the cell, it interferes with the communications. One of the ways the cells communicate with each other is with light. There are many different communication systems the hormone is one type of communication system but cells blink at each other. That's kind of cute.

They sit there and go blink, blink and send little light messages to each other. This is one of the ways in which cells communicate literally at the speed of light. Guess what? We now know that some of these toxins as they build up in the cell interfere with how far the light can travel and in some cases block it completely. When you start shutting down your communication system, you start shutting

down your ability to self-regulate and self-repair. That's what disease is all about. You have to get these toxins out of your life and out of your body and the best way to do it that we know of is with a sauna. I sauna twice a week for an hour and a half and I [Bernd 00:43:59] he had a question.

Speaker 8: One of the key things that you really want detoxify it's been published in exercise physiology and in several journals is water. Number 1 is water by far over ... They've done studies on vegetables. Your best is from fruits and vegetables. Water is number 1, pure clean water drinking as often as you can and even better than that if you put a little lemon with your water because lemon has the highest anion of all nutrients on the planet. Anions are like potassium citrate which has a negative bond rather calcium which has 2 or 3 positive charges on it, attached to them.

Water is the key really by far then you do your saunas, your exercise. When you drink a lot of water and you exercise, the body will detoxify all the time because that's what it does. The blood needs water and basically electrolytes and electrolyte everybody is now missing and I see in myself and my patients is potassium by far.

Raymond: You do need to change your water. There's no question of that. Yeah?

Speaker 9: Can you comment on the relative efficacy of the classic Scandinavian sauna versus all the infrared sauna and the difference in the stress on the heart because there infrared sauna temperatures are much lower than those in the Scandinavian?

Raymond: I did look at this and my conclusion was that the infrared was a superior way to detoxify. Certainly the traditional saunas did that and even the Egyptians used saunas and even the American Indians used sweat lodges and so using this type of therapy goes back thousands of years but the result of my research indicated that the infrared was a superior way to do this better than the traditional and then I went out and I looked for a really good infrared sauna and I finally found one and I now sell them on my website.

Also you can operate the infrared at a much lower temperature and so it has less of a thermal shock on the body. In fact, I used to go into commercial saunas and you sit up here in a commercial saunas 150 degrees or something. You can't stay there very long so I just lie down prone on the low bench and that was pretty appropriate. Now in my home sauna I lie on the low bench and it's actually 103 degrees where I'm lying. That's a temperature you can see here in the bay area in the summer time. It doesn't give you the thermal shock that the commercial saunas, the old type saunas would do to you. I think that that shock is probably not a good idea. It comes at a cost. When the body is forced to suddenly have to adapt to a change of that nature that adaptation cost you something. Why pay the cost? Sir?

Speaker 10: [inaudible 00:47:23] steam showers rather than the ...

Raymond: The steam is good but it's really not practical because what you do with that is you raise the humidity and when you raise the humidity, the body doesn't cool as sufficiently and you can't spend much time in there. The whole thing here is this is not temperature dependent. This is time dependent. When you're getting rid of water through your sweat glands, that's temperature dependent. The hotter it gets the more you sweat. That's not so when you're getting rid of your oils. When the oil glands when the oil you heat up the fat just under the skin it takes about 20 minutes in the sauna just to heat up that fat get it moving. When that starts coming out the same comes out in a period of time no matter what the temperature.

Increasing the temperature doesn't help you. In fact, you want to keep the temperature low so that you don't get too hot and you can spend a long time in the sauna. I sauna for an hour and a half. Takes about 20 minutes to get the fat moving and then I get an hour and 10 minutes worth of detoxification. I have a wonderful hi-fi system in mine so you can listen to music and you can mediate and you can do eye exercises. I even read before I start sweating too much. You don't have to waste time in the sauna. You can do useful things there. Yeah?

Speaker 11: I saw a flier [inaudible 00:49:08] last year about a sauna. Last year I bought one. I use it every day. I love it. Thank god I have one.

Raymond: It's a good thing to do. Sherry Rogers who is an MD and an expert in toxins now says that saunas are a household necessity. If you have a refrigerator, you have a stove, you need a sauna. That's not practical for a lot of people because a lot of people live in apartments or homes where they don't have the space for their own personal sauna but you should belong to a health club or something else where you can sauna on a regular basis. You need to reduce your toxic load. Every American is just overloaded. You need to reduce your toxic load and saunas help you do that. Yeah?

Speaker 12: Can't you do both [inaudible 00:50:11] and the steam so sequence you should do ...

Raymond: You just do the sauna.

Speaker 12: If you like the steam then the sauna ...

Raymond: You can go do but you want to spend enough time in the sauna to get those toxins out. Phil, you had a question.

Phil: Is it good research on the [inaudible 00:50:35] that the use of saunas is about to change the toxic load on your body. They can measure by recharging the things in the body and then if you [inaudible 00:50:48] tested, do they see the difference?

Raymond: Yes. They've done a lot of measurements. Yeah, absolutely. You lose and in fact the ... I forget the name of the group.

Speaker 13: Hubbard.

Raymond: Hubbard pioneered in treating drug addicts that way to get the drugs out of their body very measurable. They were. There you go there's a guy that was actually part of that and you know you lower the ...

Bernd: I think it was niacin and arginine and you put them in the sauna and that helps you detoxify all your ... you have to do it carefully the niacin rush can give you and you go in the sauna. We have little trampolines and then you exercise at the same time. You go in for a certain period of time. You take nutrients. You come out. You go on the trampoline again. Take a cold shower. You go back in and do your big [inaudible 00:51:49] bottled up. We use to fill the facilities down in LA. It was pretty amazing what I saw. The drug addiction you can see was completely gone. Even people with chronic fatigue [Steve Sinatra 00:52:05] and I were walking around one day and I told Steve, "Come over here I want to show you a sauna for you." As we're walking, this is actually one of Steve's patient came out.

Steve was following with his wife and a group of people remember at the Las Vegas show and called me over. He said, "[Bernd 00:52:24] come over here. This is an old patient of mine. He had chronic fatigue, Lyme's disease. He had everything you can imagine and he cured himself just by doing sauna. That was his cure. Nothing else.

Raymond: I was in my own wellness process for those of you who don't my history I almost died back in 1985 and my death was a medical certainty. At the last moment I used my own knowledge of biochemistry to save my life. Then it took me 2 years to restore myself to where I could function once again and go back to work. I have to tell you that saunas were a critical part of my wellness process. It's something that everybody should be doing. We are all in toxic overload and I was chemically sensitive.

One of the things that I was suffered was acute chemical sensitivity. I've only met 3 people in the last 20 years who were more chemically sensitive than I was. I was one of the most chemically sensitive people around and I suffered from chronic fatigue, chemical sensitivities, 3 autoimmune syndromes, I was very, very sick and saunas helped to restore my health. There's no question about it. Today I have no chemical sensitivities at all. I live a perfectly normal life. Go everywhere, do anything and in fact I'm getting younger and younger every year which is what you all want to do. You don't want to get old. Getting old is a mistake.

Yes it's a mistake. We know how to control the aging process and what you want to do is you want to keep your biological age younger than your chronological

age. I just turned 70 in March. I've got my arteries now down to age 30 by the time I'm 80 I want my arteries down to at least age 20 and hopefully into the teens. Anyone can do that. Why? The body is a self-repairing system. Our problem in our society that we damage more cells everyday than we repair and so with time we fall apart and we end up in a nursing home with people having to care for us because we've fallen apart. You don't have to do that.

If you repair all your cells every day you will stay biologically young. Today we're measuring 30 year olds with the biological markers of 80 year olds. What you want is to measure 80 year olds with the biological markers of 30 year olds. We've got it screwed up. What's going to happen to those 30 year olds when they're 50? That's why life expectancy is about to turn down in America. We need to learn how to keep ourselves young by keeping ourselves repairing on a daily basis. We're self-repairing, self-regulating system. You have to keep the self-regulation and the self-repairing working properly and then you will a very long, very healthy life. Is it time for me to shut up?

Speaker 14: In a traditional sauna, what temperature would you have it at? How high should ...

Raymond: In my sauna?

Speaker 14: Well I don't have an infrared, I have the old ...

Raymond: You have the old kind. What you want to do why don't you just measure have a little thermometer ... can you lie on the bench?

Speaker 14: Yes.

Raymond: Put a little thermometer on the bench and for that type of sauna you really wanted it to be 115, 120 degrees. Now I've been in Las Vegas where it was 120 in the shade so that's a temperature that the human body can handle. About 115 about 120. You have to build up to that. Put that thermometer there and adjust the thermostat to where you're getting it where you want at the bench.

Speaker 14: Thank you.

Raymond: Sir?

Speaker 15: In Europe, one of the alternative treatments to chemotherapy is the use of Iscador which is a mistletoe derivative and which causes induced fevers. Do you think that that's a similar treatment to your sauna detoxification?

Raymond: Some part similar. I think that saunas can actually heat parts particularly an infrared sauna can penetrate an inch and a half into the body and can produce some nice things that way that the conventional sauna does not.

Speaker 16: The water bottles in a certain type of water bottle usually they're all very dangerous.

Raymond: A certain type of ...

Speaker 16: Plastic water bottles ...

Raymond: All plastic water bottles are dangerous to some degree or another. When you're dealing with the large ones like that they're made out of a plastic called polycarbonate. Polycarbonate will leach out bisphenol A. Bisphenol A is an endocrine disruptor that can really screw up your hormones and cause cancer and other problems.

Speaker 16: I understand that the bottles have numbers on the bottom. Is there a number that is safer than the others?

Raymond: Yeah but I don't have the numbers in my head. Polyethylene bottles are safer than others and polypropylene bottles are ... even the regular water bottles which are polyethylene terephthalate is what it called they're reasonably safe. I drink out of them. It's really not what you want all the time. As much as possible don't drink out of plastic and particularly avoid the polycarbonates because we know that those are very toxic.

Speaker 17: [inaudible 00:59:05] now get the water and the water go out of the PVC pipe. How do we avoid PVC pipe?

Raymond: How do you avoid the PVC pipe? What you do is for your drinking water purchase a reverse osmosis system. I happen to sell a very good one by the way and that will take out the bad stuff.

Speaker 18: When you travel what do you do then?

Raymond: When I travel I usually use bottled water. If you go to a restaurant whatever and I try to as much as possible get things in the glass bottle like a bottle of Perrier or something like that in a glass bottle but its difficult. Here we poison the water in California we have a law that all water must be poisoned. What it does of course the fluoride destroys your brain and makes you stupid and then you go out and vote for the guy ... you know me I don't have those in my life. I don't miss it.

Once you get away from the sugar and once you get away from the sweets, your taste change and you don't really want it anymore. I don't. I don't use it. Fruit is nice and sweet and once you tone down your taste buds or rather rev them up again so that you can taste the sweet in the fruit, that's all you need. We're addicted to sugar. Most Americans are addicted to sugar. I don't know. Yeah?

Speaker 19: Is Bariani olive oil considered a decent brand?

Raymond: Yes Bariani olive oil is very much a decent brand. Yes absolutely but it's hard to get decent brands of olive oil, very hard. There aren't many around. You go to the supermarkets and there's probably no olive oil in the supermarket. No real olive oil anyway.

Speaker 22: One more question.

Raymond: Okay one ...

Phil: Any questions?

Raymond: One more.

Speaker 20: All you things you talk about are like fresh fruits and fresh vegetables so how does that apply to people live in the northern climates like Sweden and Siberia these kind of places?

Raymond: How does that apply to people that live there? Difficult. They just have to do the best they can. Fortunately today with the distribution system they can get semi fresh things. Today all of the food is down in terms of its nutrition. I like to quote the latest study on that where they looked at vegetables and what's happened in the last 50 years. A carrot today has 25% of the magnesium it had 50 years ago. Half the calcium, half the iron, 5% to 10% of the zinc. What are you eating? You got to eat 10 carrots today, 10 to 20 carrots to get the same zinc you got from 1 carrot 50 years ago. You have to supplement.

Speaker 21: That's because of the soil diet

Raymond: What's that?

Speaker 21: Soil diet.

Raymond: It's the soil. Yes the soil is gone. Exactly, depleted. You have to supplement and then that's presents problems too. If anybody is interested I have a free report on my website go to beyondhealth.com and sign in and you can get free a report on choosing supplements that's a real eye opener.

Phil: I'll tell you what, if you have other questions just come up and talk to Ray he'll be here for a while and I'd like to thank you very much Ray. You did a good job.

Raymond: Thank you. You're welcome.

Phil: Man, you really make things important. It is great. I'd like to have a big round of applause for all [inaudible 01:03:14] These 2 people who are very distinguished students in their own right they have their baby at home. I had no idea that's a good idea but they did it and I think it's tremendously brave and worked up real well.

Dave: Thanks very much. There's some confusion. This is actually my granddaughter after an intensive antiaging program. Let's see about lithium. I've been taking relatively small dose of lithium orotate for about 3 years because it's proven to increase the amount of gray matter in your brain. It's actually recommended by several different both side react but interesting ones. It seemed like a good thing to do. It's very different than the chemical forms that you get when you take it for weird mental problems sort of a trace element thing but it's regular [form 01:04:18] I recommend. I'm pretty sure it's safe because I'm here.

Speaker 22: Where's the food you can get it from? You said beets?

Dave: I actually don't mind taking nutrients especially metal based ones or mineral pills. When its mixed in orotate form its very absorbable. Look for something that's chelated orotate. You also can't say beets have lithium because if the soil has no lithium there's no lithium in beets that's grown in high lithium soil. Unless you have a counter at home to measure vegetables you can't say a vegetable has high iron or high anything else. Most of that came from studies in the '50s done from some field somewhere and they just believe it but it's not always true.

Phil: Good point. I'm pretty sure that the right form to take is the lithium orotate but what is the dose do you know did you take?

Dave: I think its 100 mcg. Don't quote me on that. It goes from BRP bio-research products. It's pretty affordable. I take [inaudible 01:05:26] of that.

Phil: [DRB 01:05:29] and that's a very good company. I think I have something like this myself at home. Did you know its use? The last success not in every case but in many cases of bipolar it's also used. Now of course omega 3 has really spectacular success with bipolar. Next question. Yes Ed? This is Ed [inaudible 01:05:55]

Ed: A cat who has a protozoan infection in his gut called Trichomonas foetus and the only treatments are not very good and requite very strong antibiotics. My question is, does anybody know about that? We're trying to control it with silver biotics and with charcoal. I take the silver biotics myself. If anybody else in the room knows about some silver biotics I'd be interested to hear your experiences.

Phil: Anybody got experiences with silver and stuff like that?

Speaker 8: I see a lot of cats and dogs usually have success rates using powder zeolite. As a matter of fact they use that a lot in Canada to get rid of bacteria viruses. That's how originally developed [inaudible 01:06:53] zeolite. You can put that in their water or food and you don't need much. Quarter teaspoon, half a teaspoon and it works on their gut and according to [inaudible 01:07:02] who's the world research expert in zeolite he's done 5 published papers on antimicrobial studies having [inaudible 01:07:11] he's saying a cancer research with very raw polished

in the biotech industry 2002 at the Boston Science Conference something you can look at.

Phil: What kind of zeolite?

Speaker 8: There's only one mind in the world that does its potassium zeolite and that's the only one I use. Mostly the zeolites have sodium form. Potassium is an anion which is essential for like [inaudible 01:07:37] so that's the one I use.

Speaker 23: Where would you get it?

Speaker 8: You can get me later on and I'll give you a card. I'll go and make one to you.

Phil: Anybody else?

Speaker 24: I would add also high dose of probiotics and coconut oil for your cat and dogs because the coconut oil is fabulous. You can't even imagine the things it's done for my cats. It's taken parasites, worms, all type of things for pets as well as myself. No really I take them all the time and it gives me energy. I also had a major cat bite that I adopted. A cat from the Humane Society. I really assumed the cat had all the shots until I got bit and it was so bad, it was so deep and the blood just ran on my legs. The cat bit me through my jeans.

What I did was I had called Raymond Francis at home and Raymond told me to do this, this and this and he said use the coconut oil. I took the pan and melted the coconut oil under low temperature. Put a gauze in it and soaked the gauze, put it on my leg, taped it on and did this for 3 solid days and wrapped it because I knew if I went to emergency I knew what the protocol would be high doses of antibiotics. Meanwhile I called the Humane Society they said "We don't test for AIDS?"

Speaker 25: They don't test for AIDS?

Speaker 24: We don't test for AIDS in the cats. I said, "Wait a minute I thought everybody did it." They said, "Not all humane societies." Yes cats get AIDS. I was panicking. I figured go with coconut oil. By the third day I went to my doctor and of course he had already been informed what happened. He took me and he knew. He took a look at the leg and he says, "I am totally impressed." I told him I did it not only by mouth but kept the gauze moist for 3 days until I came to see you. He said because my step was to tell you high doses of antibiotics and even higher doses of probiotics to protect the antibiotics.

Phil: Anybody else on silver? Dave just one second.

Dave: Back to the lithium, its 4.8 mg is the dose plus grapefruit seed extract can be very helpful for the cat. That stuff is pretty darn broad-spectrum but I don't know about the specific organism.

Phil: I'd like to remind you Steve Fowkes isn't here tonight. I have many times have heard him speak about silver as an antibiotic and how powerful it is and how safe it is. The only thing that can happen to you is silver is if you take very large quantities over a long period of time you'll actually turn gray. Other than that its very safe of course no one turning gray so that is an inverse reaction.

Speaker 26: [inaudible 01:10:44] colloidal particle size and how you take it.

Phil: I think the particle size depends on the permanence I suppose but I don't think it's a safety issue. Anyway, anybody else have anything on silver? Any comment. Yes? Just hold on a second.

Speaker 27: I just wanted to say that I use it in a neti-pot to stave off sinus infections.

Phil: You use the silver in neti-pot.

Speaker 27: 500 parts per million.

Phil: Any comments to clean out your sinuses. You pour it on one side ... it was on Oprah last week or so. I never miss this. I never miss Oprah especially with Mike joining us on with Charles [inaudible 01:11:37]. It's something you used to clean out your sinuses. You pour it in 1 nostril and goes through the sinuses and comes out the other nostril which of course is a little messy but it's a terrific way to get allergens out of your sinuses this time of year. My contributor suggest that you can put in a small amount of silver ...

Speaker 28: If you have an infection.

Phil: If you have an infection. It's a very good topic the colloidal silver tremendously good topically and you get your cat fight has been real good. Okay here we go Dave.

Dave: Sinus infections were like take me for 15 years and I have a regimen that works pretty well for it. In the morning I take a bowl of hot saltwater with about 4 or 5 drops of [Udo's 01:12:28] iodine and stick my head in it. I snort a lot of it until it comes out the back of my throat. It's kind of the same as the neti-pot but it's a more of a [yoga 01:12:35] thing. It washes the stuff out and sterilizes it. Then after that I follow up with clear which is X-L-E-A-R it's a xylitol based nasal spray. Xylitol prevents bacteria from sticking to the back of your throat. Also to that add some colloidal silver. [Looks like it works 01:12:52].

Phil: What's next? Here we go. We've got to limit this guy to 25 minutes.

Speaker 29: My medical doctor send me an article from Canada. It's from Canada's [inaudible 01:13:19] which is the leading cancer center in Canada. They took a survey at one of the colleges and it was a private survey where they actually leaked out

and got into the press. It turned out that out of 58 out of the 64 oncologist said that they would not take their own chemotherapy if they had cancer. That's right. It says 90.6% of the [escrits 01:13:55] said they wouldn't take. The reason is ineffectiveness and toxicity. Well it got in the newspapers. They knew it was an uproar in Canada and this was on ... this ought to have occurred a little less than about 8 or 9 months ago.

The only thing came on to my computer was an interesting was they were all interested in [inaudible 01:14:23] molecular science and taking the supplements. I had a sneaking suspicion as we get further into these years here the [inaudible 01:14:33] squash every flaw our belief systems about taking any kind of supplements. This article appeared just a couple of days ago that said, "The vitamin use may be linked to advanced prostate cancer." You could take any survey and nothing we ought ... we all probably a lot of us know you can slam the stats any way you want.

Like men who think about this about what they like to take selenium, beta carotene and zinc. They said the association was strongest in men with a family history of prostate cancer and men who took selenium, beta carotene and zinc supplements had the highest incidences of very bad prostate cancer. The thing is our belief system is going to be challenged over the next years just like they are all over the world. In England you can't go in and buy vitamins in health food store. You can buy everything else other than vitamins.

Eventually in this country here we already know we're leaning into that direction very slowly. It's going to be more of a challenge for all of us that really believe in our conviction about what keeps us healthy because other people want us to believe other things will keep you healthy like pharmaceuticals because they'll take care of us. We got to be on guard. We got to stay on guard the door and reminds what he's saying.

Phil: Let me ask you a question though. If it got a study that shows that zinc, selenium and [lycopene 01:16:17] which are the 3 kinds which are usually considered to be protect the prostate. They got a study that correlates with high incidences of prostate cancer then how do you respond to that? How do you decide to you say well got to protect our [inaudible 01:16:30] if we got a study that says that, what do you do with it?

Speaker 29: The whole thing is ... no one knows how the study ... who gave the study? Who funded the study? Medically speaking people who were voluntarily taking the vitamins because they thought they were at risk and yeah they were at risk. This is not an even handed study. You have open studies where the statistics are bullshit. It took 295,000 men ... how they in the study 295,000 men over a period of time? How are you going to study like ... they were like whatever they do during the habits and then they're all going to come up and say this.

Well they're going to turn public reason. This is on drudge report and drudge is a major news. Yeah people are going to read this and then they're going to say, "Oh my God selenium, beta carotene and zinc is really bad for ..." They'll just read that part and that part will cause them to slowly bring down their belief systems.

Phil: Again, Andrew [inaudible 01:17:46] to comment. See the thing you like to take the study and look at it and figure out what's going on. For example, I'll tell you a little story. I just got back visiting my son who lives in France who has a language school. He makes his living teaching English as a language you know English is really the goal language so he does pretty well doing that. He has a very nice English students. When I was coming over he said, "I'd like you to come into class and talk with them because they want to try meeting new people from the states and so forth." I said, "I don't want to talk about where I was born and what I do on the weekends and stuff like that. How about I come in and talk about biomolecular medicine, vitamins and minerals and stuff." He said, "Great!"

I brought some abstracts. One of my favorite abstracts is on selenium. I know the study backwards and forwards because we read it in his class. Different people getting anything else which just practice on. Its study by Clark. I think his initials are W. R. Clark. Got a lot of press when it came out I think 1998. It's a very good study. Terribly reliable scientific journal that's been reviewed. In that study they found that selenium is a miracle substance when it comes to cancer because they looked at several different kinds of cancer. Overall in the incidence of cancer mortality was 50% which is astounding.

You think that everybody in the world would know this. On top of the cancer that was most prevented by selenium was prostate cancer. I'll bring the study. I got copies of it at home. I took copies to France for this purpose. I got a few left. I'll make some more and this is a tremendously important study. One of the most important studies I think that we should all know about. Probably a lot of you do know about it. Now when I hear it there's another study it shows the opposite I'm thinking, "This is really weird." What we have to do is just with government suggest and that is we have to look at it and see who did it, how was it done. There's no problem in looking at 295,000 people. That can be done. I don't know [inaudible 01:20:15] study or at least that many people. That's good. Let's see. Hold on.

Speaker 30: Would you say what the dosage was on the study you're referring to?

Phil: I think it was 200 mcg. Selenium we use in very minimal amounts. You can use up to 400 and so forth.

Speaker 31: Last month John Gray told us that fragrant roses cure [other illness 01:20:50]. When he said that I'd check it out just in case.

Phil: I'm not ill so I won't take the time to sniff them right now. Thank you. Let's see. Somebody else.

Speaker 32: I'm looking at the DCA treatment of cancer and so far it doesn't look promising. I don't want to put anybody's hope out there. [Engelberg 01:21:24] has been doing some work with DCA dichloroacetate and so far in several patients the cancer has not shrunk at all. He's not really excited about this treatment yet and I think [inaudible 01:21:38] is still in the phases that he's still is not sure either such as our report.

Phil: I heard some thoughts about that.

Speaker 33: Does anyone have an experience with Haelan 951 in different cancers?

Phil: is it Haelan?

Speaker 33: Haelan 951.

Phil: What is it?

Speaker 33: it's a fermented soy product that is supposed to be remarkable.

Speaker 34: No I don't know. They probably just looked at [inaudible 01:22:08] recommend. Usually tacrolimus for this. It's only I haven't heard. For what it's worth I think it's overrated so I'm not really sure. I think you might give a plug for all the videos we shoot every month. In fact this is my 69th video tonight. John Gray wishes it would have been him but anyway. We have John Gray last month think about it and I think well most of the 69 or 68 here right now, for those of you who are new you know to check out smartlifeforum.org for all facts and figures about our speakers as well as the data. Thanks.

Phil: Let me get to the announcements here. Let me see. A couple other things I want to mention I saw in the paper just quickly. I want to align this email and I guess it's on Yahoo homepage. One of the new stories of the day was stem cell study brings hope for baldness. I want to urge you all to support stem cell research. The other thing was this is really strange how many know who Mr. Road Show is? [Gary Richardson 01:23:28] second page of the wire free news for commuters and people who drive Priuses which he drives and so do I. There's endless discussion funny about how to deal with the oil industry and so forth.

It's really good but anyway today he reports it's kind of question and answer to readers send in questions and comments. Comment over here was that a new drug had been discovered that extends the life by reducing road rage. Road rage takes a terrible toll on you. It's a lot of stress and you're flipping the people off. It's not good for you. The name of this drug is flipitor. Anyway we have a part on Lipitor by the way later on.

Let me see what's next here. Hold on a second. Very happy to announce that we have a newborn member [inaudible 01:24:31] and she's been a member of the ... smart life forum for a long time and now she's doing our work. She's a very powerful young woman. She got her degree at Stanford then she went to Bowdoin College studying nutrition, got certified as a nutritionist. She's a professional nutritionist with her office in [inaudible 01:24:54].

I take it you give a hand to her logo. She's going to be in charge with outreach and publicity which could be a problem because this room we're just about the limit every time. The little publicity we may have to move. If anyway he's got a good idea [re make rooms 01:25:14] bigger let us know. We've been canvassing possibilities if there's something we have to get a bigger spot.

Another thing let me see. Now I'm going to give the short report tonight. We had a short report in the future speaker. I'm going to give the short report tonight. Don always introduces always the short report so I had this, subject myself to this introduction if you can get up. Maybe you can't get up. Maybe we can get this done. Are you sure you shouldn't do this? You think we should skip this?

Don: Skip what?

Phil: This introduction.

Don: No. In your case you don't need it. It's because basic lab I think to start with old Phil. I have been much maligned over the years here. I made a comment I think about a year and a half ago when Dr. Phil Miller brought out his wonderful talk. I made a comment and he alluded to it in his book that if we took carnosine which you can buy for \$26 a bottle that it will extend the average life about 12% to 22%. Now I was challenged by some of the minor scientist in the audience so I went on my worldwide quest to determine that if I was correct because under the ... as we know it's been said that our cells reproduce about 50 times in our lifetime. At the end of this 50 times there's a telomere at the end of the cell.

Every time that cell reproduces 50 trillion or how many there are it goes holster and shorter and shorter and then we die. If you take carnosine the best evidence says that instead of 50 times, it will reproduce another 56 to 62 times it tweaks out 12 to 22 times. Based upon my hard research by the leading English doctor on this subject, many of my friends in Monterey have said that I should be nominated for something. Next week I am holding a celebration for all of the people who supported me through these hard times when the minor scientist said otherwise. I am sparing no expense. I will be serving dish ... I have dish full of hard sucking candies which people will be able to delve into.

Carnosine which is relatively inexpensive is really rather magnificent and on vitamin research products on their website if you look under carnosine you'll find the study that is listed there. One of the point which might be of interest because I've read and perhaps you've also read we all know people with atrial

fibrillation. Isn't that correct? I have it. the doctors told me I thought I was pretty healthy. When they told me I have it, boom I went off the track because that really shocked me. I since read about 60 plus percent of people over the age 60 65 have atrial fibrillation.

Speaker 35: That would be premature for you then?

Don: It would be premature. As a result, I have a friend of mine that was a nurse's instructor in the Bay Area for a number of years and that's all she taught was nutrition to nurses. She said, "Don do you know about Dr. Koji out in the valley?" This is Carmel Valley down the area which I live. I said, "Yes I play tennis with Koji all the time." She says, "He has cured 2," and they use that word cure likely cured 2 people that I know of atrial fibrillation that has serious atrial fibrillation. I said, "Is that really true? What does he do?" He says, "He literally just goes into the vagus nerve which goes from the medulla oblongata in the brain down the back and down the front and he gives you the acupuncture."

I had went to see Dr. Koji and I suggested that he do the same thing to me. This man all of the hospitals in Chicago almost 30 year ago requested that they want to know something about acupuncture. They sent a team of people to Japan. They went into the Japanese teaching schools and here was this man who taught ... he's 4th degree karate black belt, competitive champion, wonderful individual went to Chicago. The day he landed in Chicago, The Chicago Tribune said "Japanese witch doctor arrived."

He spent about 6 years there teaching acupuncture then he went to Europe teaching acupuncture. Based down now on the Monterey peninsula. I went and all he did if anybody ... how many of you people have had acupuncture here in the room? Oh we really do have a group of weird people. He's prodding me and then in the other room I heard strange noises. I said, "What's going on in the other room?" He said, "No just something normal." I said, "No I think there's some sec going on there." I said, "The whole [sequel 01:30:54] sounds like sex to me."

Anyway I went through the whole routine. I took 3 sessions and for some reason I go back to my doctor he says, "I can't hear a thing." I said, "The next time I want an EKG. I want to make sure that it's not there." He says, "That's strange." He says, "You may have the answer to it." I ask Dr. Koji. Dr. Koji says, "Hey Don it's all the time in most cases." He says, "Western medicine doesn't understand it but who knows." With that, any of you people taking notes? Actually sometimes I feel as I standing up here it's like urinating in the wind. Nothing is happening.

Tonight we're very honored. We have a man here and we all know [Phil Jackman 01:31:46] the president of our organization. I think I once told him when I was young my mother says, "Donald you're going to be president of the United States." I said, "Yeah mom." Every mother told his son that they're going to be president of the United States. Well with Phil his mother didn't tell him that. His

mother told him that he was 24th in line to the British crown. Anybody that understands history and I was always kind of history knows that if you are in line to the British crown or pretended to any crown or any throne, I always read in the things that they all had handmaidens.

I was young. I didn't know about handmaidens, what for or what they did. As person nobody would date me in high school and nobody would ever go. I always wondered what the handmaidens do. Unfortunately for Phil, Queen Elizabeth will not expire. Fortunately we got rid of [inaudible 01:32:55] and then there's poor Diana and now there's some upstarts coming along but 3 of them are gone. Three of the pretenders to throne so you're now gone to 21 Phil. Literally what we have tonight in front of us is royalty.

I know that you are treated with disrespect at times that I've treated myself of the minor scientist that are [inaudible 01:33:23] who said that if you took carnosine your life would not extend another 12% to 22%. I would like to introduce Phil because here's a fellow who has done so much for our group. I think all of us know and all of us realize that my God for \$60 a year we sit here and we listen to genius week in and week out and it's absolutely amazing. I was in an office yesterday and literally I'm talking to nurses who are brilliant.

I have 2 children in medical school one about to graduate, one just starting in medical school and I'm talking about things that dumbfounded I'm trying to do it in a non-confrontational way and they're literally dumbfounded about what I'm talking about. They said, "Would you mind sending me some of this material?" One was a doctor, 2 other nurses so it's there. It's because of brilliant students like this man right over here that has contributed so much to our organization and so tonight we're elevating him from a minor scientist to a major scientist. Phil will you come up and ...

Phil: That guy's amazing. I gave all kinds of good old stuff you can do with respectable introduction so he just ignored it. Anyway, now there are a lot of work in this talk I really got into. It was just very exciting for me but I realize at the same time it was a short report. A short report is supposed to be 10 minutes long and 10 minutes quick. I actually could not append it out. I want to make sure he has a copy. Maybe we can spend a little bit longer than 10 minutes. They're very generous they said it would be fine if we go just a little bit longer. I want to make sure everybody has got a copy. Here it is right here.

Sherrill do you mind passing out the ... hold up your hand if you didn't get one of them. Let see everyone gets one. [Send me the whole talk 01:35:53] As you can see the [topic 01:36:03] of the talk is to address the question who can we trust and appreciate you can ask that question when you talk with financial adviser. You can ask that question when you're trying to find a good lawyer. Hopefully you won't. You can find a good lawyer and you can also ask that question when you have a medical problem. Of course the usual answer is [inaudible 01:36:22].

Speaker 36: Our favorite lady.

Speaker 37: That's not why.

Phil: Anyway I hope it's good for me. Handmaidens do. I hope that's not all they do. The usual answer that we practically the main argument is it's your doctor ascertained you TV isn't it? If you get a medical problem you ask your doctor. It turns out that it isn't my first point. It's a good idea to think for yourself and not realize exclusively the new doctor's in place. There's a couple of reasons for that and those of you who are veterans already know who they are but we just usually say what they are it's enough to say and easy enough to show it too.

The first one is that doctors are not well informed about biomolecular medicine. They don't know about vitamins, minerals, hormones, iodine, colloidal silver and things like that. There's a big contrast between pharmaceutical medicine which is 99% xenomolecules by which I mean molecules which are formed to the body and which have various effects on the body of course so they wouldn't be interesting but most drugs have xenomolecules.

Vitamins and minerals and nutrients which we find in our food and molecules which our body itself produces like coQ10 for example or testosterone these are molecules which are essential to the biochemical processes of the body and they can also be used by supplementation as medicines. There's that fundamental contrast. Put those 2 words up there once again. [inaudible 01:38:26] when he talked about orthomolecular medicine he's talking about biomolecular medicine. I can refer [inaudible 01:38:33] medicine because it's intuitive. When you hear orthomolecular as you know the history of that term you don't know what it means but biomolecular is self-explanatory.

Also the first reason why it's not a good idea to relax listening to your doctor is that your doctor doesn't know a whole range of treatments. What doctors do, most of them of course there's a lot of good doctors that are these group of our integrative medicine combine the 2 but what doctors do mostly in America and in the rest of the world is they prescribe drugs and set people up for surgery. They do drugs and surgery.

The second reason why it's not a good idea to rely loosely on your doctor is and this just a real shocker it's something as very, very hard believe and we could talk about [inaudible 01:39:22] I believe but the second reason why it's not a good idea to realize this will be in doctor because your doctor is not good at prescribing drugs and surgeries. They don't know which drugs are best and they don't know what surgeries are best and when they're appropriate. Now you say, "Phil how could you say such a thing?" We all do and doctor's ... what would we do without them?

Folks let me just briefly direct you to page 2. Now page 2 you find an excerpt from last month's nature magazine which is of course revered and loved by

people who love science, British journal, British magazine. It's a voluntary adverse drug reactions or as they call them severe adverse drug reactions, SADR is the abbreviation. By the way the way, they determine if it's severe is if it requires hospitalization. Severe adverse drug reaction is one where the person takes some drugs and in accordance with the doctor's instructions but he still has an adverse drug reaction.

There's 3 statistics that I wanted to call your attention to if you go to the front page you can see this for yourself. You can take a look at this on page as I mentioned but the 3 statistics are one that in the United States there were a million of these last year. There were 100,000 deaths and 19 drugs which they in desire to go list you can go on and on and get it. [inaudible 01:41:08] I can forward it to you. Nineteen drugs approved by the FDA in the last 10 years had been withdrawn including the notorious Vioxx which as you probably remember is a drug that caused clotting. Instead of being protective it was given for arthritis pain. It did a really job at that but not as good as aspirin it turns out.

That it was supposed to be better than aspirin because it didn't cause so much bleeding which is iffy but the vagueness about Vioxx is that it causes clotting and cause therefore between 120,000 and 160,000 heart attacks and strokes additional over what thought what would be expected and what is found in a non Vioxx population. That remembered strokes and heart attacks 40% of these people die then those statistics were given by David Graham before the senate.

That I think just because to perhaps raise doubt as to whether doctors really do know how to prescribe drugs and surgeries well we didn't get into surgeries but we can do that another time. Now the question it remind me as though. If we don't want to realize closely on doctors, where do we go? You know one point we thought about trying out these [inaudible 01:42:36] website a kind of place to go before this kind of information.

Board members pointed out that well it's on the web already. The big problem is this to figure out what to believe on the web. In fact if I didn't know Don Southard I think he was full of boloney when talks about curing atrial fib with acupuncture. Even now because I want to see the science but I want to take a good look at to tell you the truth because I know Don is now putting [us on 01:43:07]. I've known Don for 10 or 15 years now. He says these things. He sound crazy but ... he doesn't beat us. He doesn't have to. The reality is funny enough for him. Anyway ...

Don: Phil?

Phil: Yeah Don?

Don: [inaudible 01:43:35] drugs scientific studies with pharmaceutical industry so that would make me very happy.

Phil:

Good point but the thing of course we got a whole bookshelf of books on the way to pharmaceutical industry works. Believe it or not almost 10 books and they suppressed data. They all do all kinds of stuff. They could find all kinds of things. It's an incredible catastrophe. In fact, I don't want to see all this catastrophe because they think they say, "This guy is just far out. He's just down on doctors or something. Who knows what he's on." I don't want to show you examples but more than that as someone said, "Don't just curse the diagnosis. Light a candle."

Well it turns out this talk is lighting a candle but somebody has lit a giant candle. That's somebody is Consumer Reports. Remember you all read Consumer Reports. Want to buy a car? Want to buy a used car? Want to buy a refrigerator? Want to buy a tent? Want to buy a camping stove? It's all in here. Before them there was another couple who are lighting a very bright candle and these are the couple that Joe and Teresa Graedon. They've been writing books called the People's Pharmacy. Just last year they came out with this book Best Choices from the People's Pharmacy which I really like because you know I don't like just more information, I want to see people ... I want them to know what is the best choice.

What are the choices? You go to the doctor, the doctor says takes this. You don't what the hell it is or what exactly to do. You just a lot of things [inaudible 01:45:18]. He doesn't give you choices. He doesn't say, some doctors might say give you some options but for the most part they don't. They prescribe the drug. They don't say, "There's 3 drugs here we can give you ... we think about which one is the best for you." In this book my friend who is a pharmacist, he put side by side the various drugs and non-drug treatments and he rate some for your 24 health condition and its fabulous. It's just fabulous. Its great reading. Its just a marvelous book .

The only thing wrong with it is that ... it's very, very good. We'll cover probably two thirds of the problems some questions we had that's not completed because there's all kinds of other health problems. When doubt enters the field and this is the other great source that I want to refer you to and answer the question where can you go for evaluations and treatment options. The other great source is that now Consumer Report steps in. Before we get to that, let me just direct you to page 3 which is the page on about the [inaudible 01:46:28]. Wait it might be Graedon. I'm not sure how to pronounce his name. I never heard it pronounced. How do you think that it's pronounced? Graedon.

Joe is MS I guess in pharmacology and Teresa has a PhD .B anyway here's some of the things that they ranked in the book which is just so much to the point. Just breeze with me the first paragraph at the top of the page. We all like decisions about what movie to see, what car to buy, surprisingly when we have more information to help us make these choices, surprisingly we have more information to help us make these choices than we do about our healthcare options. We can check movie reviews from chosen critics or consult Consumer Reports magazine for the best buys on toasters, [inaudible 01:47:17] or

automobiles. Where can you find objective information about the best way to treat arthritis, high cholesterol or migraines?

Of course what they set out to do then provide information. What has happened in just the last 2 years a lot of you know very few people really are alert to this yet. Consumer Report has gotten in the field like doing a tremendous job and the main thing they wanted to communicate to you Consumer Report is check out the consumer reports [inaudible 01:47:46]. The consumerreportsmedicalguide.org website which we'll get to in a minute.

The important thing to realize is that when you have a health problem or a health project either one you always have choices and you should be a party to making those decisions. That you have a right legally the doctor is not your trustee. You do not sign power of attorney over to him when you walk into his office. You remain the decision maker and therefore it's important that you get the information.

If you walked in to invest \$100,000 with a financial adviser, you just sit back and say tell me what to do and walk out and do it? No. You want to know what the options are. You want to know why he's directing the money, where he's directing the money and so forth. You should be at least as careful about your health. Now with a little from the internet you can do just that. Now turn to page 4. When you go on the Consumer Reports website you will find a little place to click, little place to link to their tour and says take this tour. You see you click on take this tour in which you'll find these words.

They have now provided for you 4 kinds of information. The 4 kinds are listed right here. Treatment ratings, drug reviews, best buy drug recommendations and natural medicine ratings. Natural medicine ratings which rank the safety and effectiveness of over 14,000 herbs, vitamins and natural supplements. I have to tell you I haven't gotten down to that part of it yet but I have used the part on drugs because in this preparation for this report we'll come to that later. I wanted to tell you is I wanted to alert you to that. Make sure that you ... don't forget it I've included some of the pages so you can see what it looks like.

Can you imagine Consumer Reports is one of the most important institutions in America if you're a rational consumer if you want to be an informed consumer. Now they're in the medical field and it's my hope and prediction the Consumer Reports is going to be the end of big pharma as we know it. I think it's that important. Mr. David?

David: Forty year ago Dr. Bernie Galler at the University of Michigan told his class which included your truly that in 5 years the computer would assist the doctor in diagnosis and prescribing because the human mind can cope with 2 or 3 variables. The computer can cope with others. What in the hell has happened 40 year later, why has that not happened? We've got the computer's capability? Can anyone tell me?

Phil: I don't know it's ...

David: It's amazing.

Phil: Computers are extremely well applied shall we say in most of the field in take real estate which is not nearly as important as health. It just covers real estate now. It covers the travel industry and you're talking about variables. How many variables out there when you're trying to plan a trip? I think that happen and when it does happen the scam that has perpetrated on the American public by the pharmaceutical industry will come to an end. Believe me its ... you know how skeptical I'm likely from. I keep hitting on big pharma.

David: We hadn't noticed Phil.