

Aging is a mistake

Interview with Nancy Desjardins

*with special guest
Raymond Francis*

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Hello everyone. I'm Nancy Desjardins from healthlady.com. I'll be a host with our special guest Mr. Raymond Francis, and we'll discuss "aging is a mistake."

Raymond Francis, founder of Beyond Health, has been called one of the few scientists to achieve a breakthrough understanding of health and disease. Forced to save his own life over two decades ago, and Raymond has created a revolutionary model of health that has enabled people around the world to do a miracle. Why miracles? Well, because it addressed the cause of disease rather than treating the symptoms. So when you address the cause, problems disappear, and this model is profound as it is simple.

Raymond is an internationally recognized leader in the field of optimum health maintenance. Raymond is on the cutting edge of health technology. Raymond is an MIT trained scientist, a registered nutritionist, a nutrition consultant, and author of the books, *Never Be Sick Again* and *Never Be Fat Again*. I love this one.

He is also the host of *The Beyond Health Show* and the chairman of *The Project to End Disease*. So to learn about Raymond and his life-giving products go to www.beyondhealth.com.

Hello Mr. Francis.

MR. FRANCIS: Hey Nancy.

Mr. Francis, you were at the peak of your career as a financial consultant to Fortune 500 companies, when at the age of 48, you began experiencing a sharp decline in your health. So can you tell us your story?

MR. FRANCIS: I was, as you say, at the peak of my career. I was traveling a lot internationally. I started to slow down. I started to feel tired, not having the energy I used to have, and literally you needed a lot of energy. I would get on an airplane in Boston and fly to Tokyo, get off the plane, and immediately go into a business meeting. You need a lot of energy to do things like that. I was slowing down, and I went to my doctor. I complained about it. The doctor gave

me thousands of dollars worth of diagnostic tests. I came back. He sat gleefully behind his desk and announced that I was in perfect health, and I was just a little bit incredulous. I said, "Well doc, if I am in perfect health, how come I feel this way?" He said, "Well, it's because you're getting older." I said, "I've never felt this way before." He said, "You've never been this old before." I was 46 years old.

The problem is that doctors have no understanding of disease, and they have no way of measuring health when it's in its initial decline. My health had already declined significantly, but I didn't have yet what the doctor could diagnose as a disease. So therefore, I was in perfect health.

Two more years passed, and I was really dragging my tail, and I had developed a lot of allergies. So this time, I thought I'll go to a specialist. So I went to an allergist, and the allergist gave me a diagnostic test that he should have never given to me. My immune system went into a wild, uncontrollable response to this test, and I became deathly ill and literally became totally disabled, unable to function. This went on for 10 months. During that time, I went to 36 top specialists; none of them could help me. One of them finally said, "Oh boy, I can help you. Take this drug." Not knowing any better, I took the drug. The drug poisoned my liver, my liver died, and my death was a medical certainty. At the last moment, I used my own knowledge of biochemistry to save my life. And then after that, it took me two years of learning and hard work to restore myself to where I could go back to work again. So I finally did, but after that, it was never the same again.

A good scientist never stops asking the question why. And I kept asking why did I get sick? How do you get sick? How do you make a healthy person a sick person? What do you have to do with the molecular level or the cellular level to go from being healthy to being sick? And if you're sick, what do you have to do to get well again?

I started getting answers to these questions, and the answers were just so profound; they just blew me away. I realized that somebody who is not a highly trained scientist as I was, in my same situation, would have died. I knew people were out there suffering and dying. So I decided to take all that I had learned

and put it into a book and explain it in way that even a child can understand it, and that's why I wrote Never Be Sick Again. Literally, we teach what's in that book to children. So you can teach it to a child, and doctors all over the world are changing the way they practice medicine after reading Never Be Sick Again. We've had people with stage IV terminal cancer read Never Be Sick Again, and they go home and they cure their cancer. So obviously something is working. Obviously, what's in there is powerful stuff.

NANCY: Your message in the book Never Be Sick Again is delivered in such a simple way like you mentioned, and people need to hear messages like that all the time. So I hear you.

So today baby boomers' generation wants to look good and age gracefully without suffering from the same chronic condition as their parents. So we all age over time, but the rate at which we age is a choice. Can we talk about that?

MR. FRANCIS: Yes. One of the things that I've discovered is that the body is a self-repairing system, and all you have to do is help it to self repair, and it will keep you in good repair. So you want to die at a very old age, chronologically, but when you die you want to be very young biologically because if you are young biologically, you will not get sick and you will not become disabled, you will not end up in a nursing home. That's where you want to be, and I'll give you an example. When I was sick, obviously my body was not repairing every day. You see, we do damage to the body every day, but the body repairs the damage. If you don't repair it, then you end up with repair deficits. Well, you know, if you have your car and you're not maintaining it and you're building up repair deficits in your car, what's going to happen? The car is going to break down ultimately. It's no different with you; you're going to break down as well unless you keep up with your daily repairs. Why do people end up in nursing homes? Because they have not done their daily repairs. They've built up huge repair deficits. Their body is literally falling apart, and they no longer are able to care for themselves. They need other people to care for them. You don't want to get into that kind of a situation. All you need to do is keep your body self repairing.

In my own personal – I just had my arteries measured again. I'm going to be 72 in just a few weeks.

NANCY: Really?

MR. FRANCIS: A few years we had my arteries measured. I had my arteries down to age 30. I just had them measured again; I'm down to age 27 now, and by the time I'm 80, I want my arteries down to my teens.

NANCY: Why not?

MR. FRANCIS: Why not, exactly. So here I am; I'm in my 70s. My probability of having a heart attack or having a stroke is that of someone in their late 20s.

NANCY: Unbelievable!

MR. FRANCIS: Anybody can do this!

NANCY: Well, yes! I believe that, but you're also very active as well.

MR. FRANCIS: Well, I'm very active, but the most important thing of all is to eat a good diet and minimize the toxins in your life. If you do this, the cells will self repair, and that's the most important thing of all. People don't understand how it all works, and that's why I explain it very simply in Never Be Sick Again. Each cell in your body is really a vast industrial park with thousands of factories, hundreds of power houses, warehouses, distribution centers, raw material delivery systems, waste disposal systems, computers, security systems, communication systems. Every cell is a vast industrial park, and we're all made of these little units of life called cells. We think of ourselves as a thing. We're not a thing. We all started life as one cell, and now we're tens of trillions of cells. What we are is a community of cells, all acting together to make us who we are and to enable us to function as we do. It's no different than a community in a city.

Let's take Toronto – It's a city, but what would happen to Toronto if all the firemen were sick today? What would happen if all the policemen were sick today or if all the trash collectors were sick or all the school teachers or all the grocery store clerks? You see, the community depends on the individuals in it being healthy to keep the community healthy.

It's no different in your body. You have hundreds of different types of cells in your body just as you have different types of people in the community. If all of those cells are working as they should, the whole community works well. When you have a large number of cells malfunction, then the whole community will suffer. It's just like having all your firemen be sick; the whole community will suffer, no different in your body.

So you have to keep each of those individual cells working correctly, and the way you do that is to give it the nutrients that it needs. If you're making cars in a factory, what would happen if today you didn't have any headlights or tomorrow you didn't have any steering wheel or the next day you didn't have any transmission or the next day you didn't have any wheels? You either have to shut the factory down or you're going to make defective cars. That's what's going to happen. It's no different in your body. You have all these factories. They're producing hormones to keep your body balanced. They're producing neurotransmitters to help you to think and to learn and to remember. They're producing antibodies to keep you free of infection. All these wonderful things are being produced in your factories, but if you're missing a raw material, guess what. You're not going to make them.

NANCY: Exactly, but the analogy of the car, people are taking care of their cars better than they take care of their body. I remember at the age 16, my first book that I read – Fit for Life.

MR. FRANCIS: Right, yes, with Harvey Diamond.

NANCY: Yes, and it stuck with me. At the age of 16 when I read the book, and he used that analogy. He said you take care of your car, every week you clean your car, but you have to do the same thing with your body. So that's a great analogy to remember.

MR. FRANCIS: People don't understand these simple concepts, but once they do, then it's very empowering. If you want to build a car, you have to have all the parts. If you want to build a hormone, you have to have all the parts. It's as simple as that.

NANCY: Exactly.

MR. FRANCIS: How many people in our society have their hormones all out of whack?

NANCY: Many.

MR. FRANCIS: Many, exactly. So you need to give the cells all the raw materials they need, and in this case, we don't call them raw materials. We call them nutrients, but they're the same thing. They're the raw materials out of which you build the chemicals that you need to operate your body. So that's very important. The next part of that is you can give all the raw materials you need, but if the machinery isn't working right, you're still in trouble. The machinery has got to be working right. What happens is we expose ourselves to toxins that interfere with the proper operation, so they break your machinery down. So it's a double whammy today. We're not only short nutrients, but we're loaded with toxins that interfere with the machinery. Well, no wonder we aren't working right. No wonder more than three out of four Americans have a diagnosable chronic disease.

NANCY: Which we're going to talk about later, how can we cleanse the body to rid of the toxins.

I read most of your articles on your website. And by the way, for our listeners, if you want to get a wealth of information, go to www.beyondhealth.com. There's a few interviews that are posted on the website plus articles about – name it, it's all on the website. I go and read your articles quite often.

MR. FRANCIS: There's a wealth of information on the website, but there's also a couple of free reports that I really recommend to people. Go to beyondhealth.com and right up in the upper left hand, there's a little button, it says free reports. Click on the free reports button. There's two reports there that can change your life for the better. One of them is "The Roadmap to Choosing Health" and the other is "The Roadmap to Choosing Supplements." Today, we all need supplements, but choosing the right ones is a real chore. It's a task and a half, and so you need a roadmap. It's called "The Roadmap to Choosing Supplements." Those two reports can really change your life for the better.

NANCY: You say that inflammation is a common ailment in virtually all diseases, so by causing chronic inflammation, we are aging ourselves prematurely, causing us to look old, feel tired. You talk about that in your book as well. So what is inflammation?

MR. FRANCIS: Inflammation is an oxidative process and to make it really, really simple – We burn fuel in the body. We bring in oxygen, we burn sugar, we burn fat in order to keep ourselves warm and to create the energy that we need. So we're burning things. It's a slow burning of course, and that slow burning is an oxidative process. Well, if you have a campfire, the campfire is going to produce sparks. We all know that. It's no different in your body. When you're burning all this fuel, you actually produce sparks, and we call these sparks free radicals. Free radicals are very highly reactive, and so they want to react with something, and they do. Whatever just happens to be handy, they'll react with it. When they do, it's like a spark setting something on fire and damaging it or a spark burning a hole in your carpet after it blew out of your fireplace or something. The spark will damage whatever it hits.

That's what free radicals are all about, and that's the oxidative process, the inflammation. When you have these sparks continually being produced, continually damaging something, that creates inflammation, and it damages the tissues, damages the DNA, damages your cells. Well, the body compensates for this, and we have very complex antioxidant systems in the body to put the sparks out. So if you make a spark and you squirt some water at it and put it out, it's not a problem. Today, we don't eat good diets, so we don't eat all the antioxidants, chemicals we should be eating. As a result, the sparks are still being produced, but the antioxidants aren't there, and so the sparks are doing damage and creating systemic chronic inflammation in the body. Systemic chronic inflammation will age you because if you're constantly producing these sparks, you're constantly damaging tissues, you're aging yourself because you're not able to repair them. So you're damaging your tissues, you're not repairing all the damage every day, and you're getting repair deficits. When you get repair deficits, we call that aging.

NANCY: It's just a common question when we talk about anti-aging people want to know about the latest Cream for anti-wrinkles. External cream and treatments are useful and have their place, but true beauty comes from inside out.

MR. FRANCIS: Exactly. The aging isn't coming from the outside; the aging is coming from the inside at the cellular level. So what you really need to do if you want to slow down the aging process, if you want to reverse the aging process, one of the things you have to do is you have to get off of sugar because sugar produces a flood of free radicals every time you eat it. So sugar ages you faster than almost anything, and you'll see people spending huge amounts of money buying all kinds of facial creams and getting face lifts, and then they're eating sugar which is aging them like crazy. So it's kind of irrational.

NANCY: We're talking about the Big 4 here, so this is one of the Big 4, right?

MR. FRANCIS: Yes, one of the Big 4 and how have I been able to reduce my biological age? I don't eat sugar anymore.

NANCY: That's amazing.

MR. FRANCIS: So now I've shifted my body. You see, the sugar does so much damage that you're trying to keep up with the damage and you're getting repair deficits. When you don't eat the sugar, the repair system is actually able to keep up with the repairs and then you can actually get younger. I have boundless energy. I have the energy of a teenager. I have just boundless energy. I never get sick. I've had one cold in 22 years, and I have a good excuse for the cold, but there's no excuse for having colds. It's irresponsible to have a cold. There's no reason to have them. Anybody can do this. You want to be biologically young. You want to be vigorous. As I say, I have boundless energy. I'm just totally vigorous. I never get sick. Most people my age are on half a dozen drugs – they've got high blood pressure, high cholesterol, they've got arthritis. They've got all kinds of problems.

NANCY: You must have very young friends, lucky you!

MR. FRANCIS: I do.

NANCY: Since you talk about the sugar, what happens if we have been raised to have an incredible sweet tooth, and not just in the West, I mean globally. Not so much like in certain Asian countries, but other than that, it seems that sweets appear everywhere. So how do you feel about things like raw unprocessed honey and raw agave nectar?

MR. FRANCIS: Raw agave nectar in moderation is okay, and a little bit of honey on occasion – real honey is hard to get because a lot of the honey is adulterated with just sugar. Real honey, a little bit on occasion is okay, and stevia is okay. So there's a number of things that are okay, but the refined sugars, you've got to get off of the refined sugars. That is one of the biggest causes of our epidemic of chronic and degenerative disease is refined sugars. So if you care about your health, you've got to get off of the refined sugars. You don't really have a choice.

NANCY: It's such a vicious cycle, but a lot of people are not aware, so listen — knowledge is so powerful. Listen and read, and then you'll get the information. Then you can apply the information. This is very powerful. If we eat sugar in the morning for breakfast and then some at lunch and then some at dinner, your body chemistry will be in chaos for 24 hours a day, 7 days a week.

MR. FRANCIS: Right.

NANCY: So let's talk about the complex carbohydrates rather than simple carbohydrates.

MR. FRANCIS: Well, the complex carbohydrates, when you eat the starches, they break down more slowly. The sugar immediately gets into the blood and raises the sugar content of the blood, and that's devastating. That is a devastating effect. The more complex carbohydrates break down more slowly, and they put sugar into the blood at a more controlled level. So complex carbohydrates are good, and we need them. That's just fine. It's part of what we need in our diet, but the sugars immediately go into the bloodstream, the same thing with white flour. You see, white flour very quickly metabolizes into sugar, and so it's almost the same thing as eating sugar. I don't know what the statistics are in other countries, but I know in the US, the average person eats 200 pounds of white flour per year and 160 pounds of refined sugar. So that's 360 pounds of poison. That's a pound a day of poison.

NANCY: Wow! When we break it down, that's when people realize "I didn't realize I was eating that much sugar."

MR. FRANCIS: Well, they don't. I've actually had people come to me – I remember I had a husband and wife come to me once, and the wife had a lot of problems. I said, "How much sugar do you eat?" She said, "Oh, I don't eat any." The husband almost fell off his chair. What she meant is "well, I don't stick a spoon into the sugar bowl and eat sugar." He said, "Well honey, you eat pie, you eat cake, you eat cookies, you eat ice cream. You're eating a ton of sugar."

Shockingly you see the same thing in a health food store. I'll actually be shopping in a health food store and be behind someone, and you see what they take out of the cart. There is anything healthy, but they're shopping in a health food store so therefore, it's going to make them healthy.

NANCY: Exactly. That's right. So let's go back to carbohydrate. There is this new trend with the sprout grain organic bread. This has been available only for the last five years. What do you think about that, the sprout grain organic bread?

MR. FRANCIS: I think it's a good development. It's actually a good development. You need to eat food as nature provides it. That's the bottom line piece of advice you can give to anybody. Eat food as nature provides it. Nature doesn't provide things in boxes and jars and cans or in frozen packages. Eat it as nature provides it, and the more you do of that, the more you're able to do of it, the better off you're going to be. None of us can do it perfectly today. Even I can't do it perfectly. But the problem is this; today, we do almost everything wrong, and it's making us sick. If you turn it around and do almost everything right, you're going to be in a lot better shape.

NANCY: Exactly. That's right. So let's go back to ... and I'm going to comment on this one because I read your book – I'm proud to say I read your book three times. This is a book, Never Be Sick Again; it's mandatory for every client of mine to read the book before they become a client. That's how strong I believe in your book.– but the way you explained in your book, in reality there's only one disease, there's only two causes of disease, and there are six pathways between health and disease.

So I covered three things here. Are you able to explain and break it down to – in reality there's only one disease, which you talk about that at the beginning, and the cause of disease and break down the six pathways between health and disease.

MR. FRANCIS: Sure. We think there are thousands of diseases. There are not. What there are are thousands of different symptoms. There's only one disease, and that's a cell that isn't working right. Either all the cells in your body are working the way they're supposed to or they're not, one or the other.

When you have a large number of cells that are not working right, you're going to notice something because then your community of cells is not going to be working right. If you have a large number that are not working right, the whole community will be affected, and that's what disease is all about. There's only two reasons why cells malfunction, either they're not getting everything that they need to function properly. In other words, they're missing headlights and transmissions and tires and steering wheels, they're not getting what they need to function right or/and they're getting something that's interfering with their machinery so that they can't work right. So there's only one disease, and that's the malfunctioning cell.

There's only two causes of disease – deficiency and toxicity – either the cells aren't getting what they need or they're getting too much of something that they don't need and is screwing them up.

Very, very simple. It doesn't matter whether you have cancer or heart disease or Alzheimer's or diabetes or osteoporosis; it's all the same thing. It's all cells that are malfunctioning because they're deficient and toxic. So disease is about cells malfunctioning because they're deficient and toxic, which produces symptoms, and getting well is about removing those symptoms by restoring the cells to normal function by paying attention to deficiency and toxicity.

Then we have six pathways to help people do this. So let's say we have two cities – one city is named health; the other city is named disease, and there are six major highways connecting these two cities. If you're driving on all six highways toward health, where are you going to end up? You're going to end up

at health. If you're driving on all six highways toward disease, that's where you're going to end up. Well, here's the nice thing about it, is that where you are on each pathway and in what direction you're going on each pathway and how fast you're going on each pathway, it's up to you. It's a choice.

So you just need to learn the pathways and learn how to control yourself, and the pathways are – the nutrition pathway, the toxin pathway, the mental pathway or the psychological pathway. What you put into your mind is just as important as what you put into your mouth, so you've got to be careful about that.

The physical pathway – here are the exercise we need, the sunshine we need.

The genetic pathway. Here people think that genes cause disease, and they don't. They do, but it's like 1% or 2% of the time; the other 98% of the time they don't. You cause the disease because you cause the genes to malfunction. So understanding genetics is very important; there's a whole chapter there – "How to Control Your Genes."

And then of course, the medical pathway. That's tragic because the medical pathway today, medicine is making us sick. This is one of the big problems. At least in the United States, medical doctors are now the leading cause of death in the United States, and they are a major cause of disease. We do all these crazy things, giving people toxic drugs and doing surgeries and x-rays, and all this makes people sick.

You see, there's only two causes of disease – deficiency and toxicity. Prescription drugs are toxins. So if you take a drug, you're making yourselves toxic, you're making yourself sick. By the time you're on several drugs, you are just doing colossal damage to the body, and there's no way you can get well. It's physically impossible to get well if you're taking a drug because the drug interferes with your chemistry and poisons you. There's no way you can get well. You just build up more repair deficits, and you get sicker and sicker and sicker.

NANCY: That's right. So going back to the six pathways to nutrition, toxins, psychological, physical, genetic, and medical. In every chapter of the book, Never Be Sick Again, there's a picture of the toxin pathway. So it's a good reminder.

How about bacteria and viral infection, where would that fit in all of this?

MR. FRANCIS: Well, they don't. They don't cause disease. What causes disease is sick people. That's why I've only had one cold in the last 22 years because I made myself sick once. I made a speech in Egypt on health at a conference, and I was coming back, and the planes got cancelled and got delayed. I was up for 48 hours without sleep. So if you're up for even one night without sleep, that zonks your immunity. I was up for two days without sleep; that really zonked my immunity, and I got a cold.

Last fall, I made a speech in Europe, and I was flying back from Europe, and on the leg from Brussels to New York, which is a seven-hour leg, I sat next to a man who had one of the worst colds in the world. This man sneezed his way all the way to New York. He was suffering so much; it was tragic to see how much he was suffering. He should not have been on that plane, but he sneezed his way to New York, and I was sitting next to him for seven hours. Well, an ordinary person would have come down with a cold, but I didn't. There's no excuse for having a cold; it's totally irresponsible. It's an alarm bell. If you have a cold, that's an alarm bell. It's going off saying hey, there's something wrong with you.

NANCY: So we are irresponsible if we have a cold.

MR. FRANCIS: Yes.

NANCY: Mr. Raymond, again, you are 72 years old, and you sure don't sound like a 72 year old! So I'll have to mention this again and again. It's wonderful to hear that.

MR. FRANCIS: Well, you know, in Never Be Sick Again, I talk about healthy populations like the Hunza. There were people that went there, the early part of last century, to study those people. The Hunza men would do vigorous folk dances. They would leap up into the air and fly through the air, and they observed men in their 80s flying through the air with the same grace and the same ease as those in their teens and twenties. That's what health is all about.

NANCY: Is that what you do?

MR. FRANCIS: Oh sure, I can do that.

NANCY: It's getting good. So let's go back to the Big 4. We covered the sugar, what are the other three?

MR. FRANCIS: The other three are sugar, white flour processed oils, and dairy and excess animal protein. Those are the four. The processed oils are killing us, so don't buy them. People go to the supermarket – more than 90% of us, MORE than 90% of us are deficient in omega-3 fatty acids, and that is catastrophic. That will cause all kinds of disease. We're overloaded with omega-6 fatty acids because we eat the supermarket oils. We eat the corn oil, the canola oil, the soybean oil, the safflower, the sunflower, the peanut – we eat all of these oils. So they're very high in omega-6 oils and very low in omega-3 oils. As a result, we've really screwed up the body with an overload of omega-6s and too few omega-3s, and guess what – we talked about inflammation before? Omega-6 oils are pro-inflammatory, and so almost all of us now have chronic systemic inflammation which is destroying our bodies and aging us.

NANCY: If we look at all the salad dressings, most of them are made with canola oil.

MR. FRANCIS: Yes, yes, yes! Olive oil is a good oil, but it's very difficult to obtain. Most of the olive oil on the market has been adulterated, and it does not offer the health-giving properties of olive oil to the extent where I even make my own olive oil now and sell it. It's called Beyond Health Olive Oil.

NANCY: You can go back to the website www.beyondhealth.com, and purchase the olive oil.

MR. FRANCIS: Yes, in the product list and also information-wise, if they go to the article archives, there's two excellent articles there on olive oil, very worth reading, VERY worth reading. They'll really open your eyes. Also, right on the front page of the website you can sign up for a free newsletter. It's a little weekly newsletter that comes out called News Clips, full of good information, and it's all free. Just sign up for it.

NANCY: How about the dairy products? How about raw organic grass fed source milk?

MR. FRANCIS: Well, organic raw grass fed would certainly be a better choice than what most people are drinking, but still not the best choice. The best choice is no milk at all; that's the best choice. If you must have milk, then at least get the raw organic milk and not the toxic soup that is sold in the supermarket.

NANCY: Exactly. They sell them by liters.

MR. FRANCIS: Yes. We've all been brainwashed into believing that this is a healthy food, and it's not. Nature jumps through hoops to keep us from drinking milk, but then we get around nature, and we go drink the milk anyway. Nowhere in nature does one species drink the milk of another species. It doesn't happen, because the milk of each species is unique to that species, and nowhere in nature does an adult animal drink milk. We violate all that. We drink the milk of another species and we have adults drinking milk, and the result is a lot of disease. I'll go around the world, especially around the US lecturing, and I'll say, "Don't drink milk!" Six months later you're getting calls from people saying, "you came to Miami and you told us not to drink milk, and my arthritis has gone away, my allergies have gone away, my sinus problems have gone away." All their diseases have disappeared.

NANCY: Just because they eliminate dairy products.

MR. FRANCIS: Yeah, it's a poison.

NANCY: That's amazing. Going back with the animal protein. Obviously you're promoting plant-based protein.

MR. FRANCIS: Plant based primarily. I do think that people need some animal protein in their diet. I include animal protein in my diet. In fact, this morning I had one egg for breakfast, which that's the limit for the day, by the way.

We've proven that animal protein, in excess of what you would need on a daily basis to do your daily repairs, will actually make you very sick and drives cancer. Animal protein in excess drives cancer. So if you have cancer and you want

it to really grow fast, eat a lot of animal protein. Now, the average American eats 10 times too much animal protein, and it's probably not any different for the Canadians, I'm sure. We eat too much animal protein, and we've all been brainwashed into thinking this is healthy; it is not.

The biggest study ever done on human nutrition was published in the book a few years ago called *The China Study*, and *The China Study* clearly shows that animal protein in excess of what you need for daily repairs drives cancer and makes you sick.

NANCY: So there's a way to avoid that.

Let's talk about some of the super nutrients, such as the supplements. So you talk about an example of 3 or 4 grams of vitamin C, and that specifically turned your life force around.

MR. FRANCIS: Yes, it did. Vitamin C is one of the most important molecules you can put into your body, and of course it's an antioxidant. Today, we need more antioxidants than ever before in history because we've created an oxidizing environment. The pollution in our cities is oxidizing. Everybody in Los Angeles, 100% of the people in Los Angeles, have lung damage as a result of the oxidative damage to their lungs living in that polluted environment. So we're all exposed to these things every day. You take a shower in chlorinated water and you're exposing yourself to a lot of oxidative damage, and you need antioxidants to help compensate for that. So the need for vitamin C today is the highest it has ever been in the history of the world. So unless you're getting a good amount of vitamin C every day, you're going to be doing oxidative damage. You're going to be getting inflammatory damage to your body that will age you. That being said, finding good vitamin C is difficult.

First of all, almost all the vitamin C in the world today comes out of China, and they're not making it correctly. So what you're buying is not good vitamin C. When you synthesize vitamin C, you get two molecules. One of them is called D-ascorbate. The other is called L-ascorbate. The difference between these two – they're both exactly the same molecule – the difference is in the shape, but

in biology the shape is extremely important. So it's like the difference between your left hand and your right hand. They're both exactly the same, they're hands, but they're both fundamentally different because one's a left, one's a right hand. Well, as it turns out, it's the L-ascorbate that is the biologically active molecule. The D-ascorbate is not biologically active and, in fact, is an irritant to the body. It can irritate your stomach, irritate your gut, interfere with other things. So what you want is the L-ascorbate, but that's what you're buying.

When you buy vitamin C at the store, you're buying a 50/50 mixture of D-ascorbate and L-ascorbate. And then it goes downhill from there, because if you don't carefully control any oxygen that can get into the system – if oxygen gets into the system while you're manufacturing this, you oxidize the vitamin C, and oxidized vitamin C produces free radicals in the body, and of course free radicals damage you.

There are brands out there that are as much as 25% oxidized vitamin C, and you get heavily advertised brands like Ester-C or 10% oxidized vitamin C. You don't want that. If you want a vitamin C that says right on the label, and it should say it right on the label, "100% L-ascorbate," and it should say "fully reduced." Now to us chemists, what fully reduced means is there's no oxidized vitamin C in there. It should also say "corn free," because almost all of the vitamin C in the world is made from corn. Many people are allergic to corn, and you'll actually have an allergic reaction to this vitamin C.

So good vitamin C on the label will say 100% L-ascorbate, fully reduced, and corn free. That's what you need to look for.

NANCY: On your free report, you talk about how to choose vit C..

MR. FRANCIS: Yes. We talk about that in the free reports.

NANCY: So really you're saying that most of the vitamin C supplement on the market is not really that great.

MR. FRANCIS: That's right. It's not anything that I would take or recommend to anybody, but we all need vitamin C. You should be taking at least 3 grams of vitamin C a day. I personally take 16 grams a day.

NANCY: That's why you're never sick.

MR. FRANCIS: That's right. That's why I'm never sick.

NANCY: What would be the top three vitamins that we need to introduce into our system tomorrow?

MR. FRANCIS: Vitamin C is extremely important, so (#1) vitamin C. If you want to just be on a minimum program, what you need is a very high quality multivitamin and vitamin C, and that would be the basic foundation stone of anybody's supplement program, but finding a good multivitamin is a problem. It was a problem so bad that I now make my own, and you go to Beyond Health and get the multivitamin. There's only a handful of people in this country that know how to put a vitamin pill together and make it work. At this point, I'm one of them. It's very esoteric chemistry, and not many people know how to do it and have it actually work. You need a lot of knowledge, a lot of care, and a lot of expense to make it all happen right.

NANCY: Yes, that's right. Let's talk about detoxification.

MR. FRANCIS: We're all in toxic overload. That's the bad news. Here is the good news – 80% of that toxic load that you're exposed to is under your personal control. So anybody can learn how to take personal control and reduce their toxic load by 80%. That's exactly what I've done in my life and that's why I'm getting younger, and that's why I'm so healthy, because I've reduced my toxic load. Anybody can learn how to do this. So that's #1, learn where the toxins are, stop exposing yourself to them, and it's simple things like toothpaste, shampoo will poison you. So use healthy toothpaste, use healthy shampoo, simple choices.

Get the toxins out of your life. In Never Be Sick Again there's a whole chapter on toxins as to where they are, how to avoid them. So stop putting them in. I mean, that makes sense, right? Stop exposing yourself to them.

The next thing you need to do. The body is able to detoxify things. It has a very good detoxification system, but for every molecule you present to the body's detoxification system, it requires many molecules to detoxify that one. So where

do the many molecules come from? From your diet. So you've got to learn to eat a better diet and get on a good supplement program to supply your body's detoxification system with the chemicals that it needs in order to take these molecules apart and render them harmless. So that's #2.

First, stop putting them in. Second, supply your body's detox system with what it needs to do its job.

Number 3 – get rid of the existing stored toxins. We all have hundreds of stored toxins in our bodies now. Some of them are at levels that we know cause disease in animals. So we've now exceeded the levels in our bodies that we know cause disease in animals. The only way we know how to reliably get rid of these things is with a sauna, and I sauna twice a week for an hour and a half, just for maintenance. When I was sick and getting well, I would sauna for an hour and a half, four or five times a week. Saunas have now become a necessity. It is no longer an option. We have so many stored toxins in our bodies now, and the only way we know how to reliably get rid of them is with a sauna. So you have to learn how to sauna, and in *Never Be Sick Again* there's instructions in there on how to do it right.

MR. FRANCIS: Infrareds are very good, but even regular saunas. When I was saving my life, I used a regular sauna. Now I have an infrared sauna in my home. So you can use either, the infrareds are even better, but the important thing is that you do it.

NANCY: Yes, exactly. How about water intake?

MR. FRANCIS: Water intake is also very important, and a lot of people are dehydrated. They don't drink enough water, but then there's some people that do it to excess. There is a balance. I think 8 glasses of water a day in one way or another is probably what most people need, but it depends on where you are. If you live in Arizona and you're in Phoenix on a hot summer day, you're going to need a lot more water than somebody living in Boston in the middle of the winter. It's going to vary, and it depends on the type of work that you do, but importantly that you try to keep yourself hydrated and remember that it's something you should be doing.

NANCY: Exactly. Time flies. I can't believe it's 7:55.

MR. FRANCIS: Yeah, we didn't even talk about TPED.

NANCY: Before we wrap up, I just have one quick question. We have a rapid rise, and this is a global as well, in childhood diabetes. So what is going on there and what can we do?

MR. FRANCIS: Well, it's pretty simple, the same thing – clean up your diet. We're poisoning these kids with the junk that we're feeding them. It's as simple as that.

NANCY: Take advantage. Everybody who is listening to the call, please invest into the book Never Be Sick Again. Buy not just one copy – two, three, four copies.

Lets talk about TPED

MR. FRANCIS: I think TPED. That one way to learn how to get well and stay well is TPED (The Project to End Disease). We're putting up TPED chapters in cities and communities all across the world. So if you don't have one in your community, start one. Just give us a call.

Call Beyond Health, and the US number for Beyond Health is 415-453-7588. There is a very active TPED in Ontario.

NANCY: Yes, and Susan Wilson and – Raymond, I think she's the only one in Canada.

MR. FRANCIS: I think that is the only TPED in Canada. Let's get more TPEDs going in Canada. Their next meeting is on the 29th of January. I think it's the 29th. I think they meet the last Thursday or something. But if you want more information, you can always call Susan, and she has a number here. I'll give you the number. It's 905-877-7697.

MR. FRANCIS: Yes, you can. Go to TPED.org or call Beyond Health at 415-453-7588. Start a TPED in your community. It's easy. All you need to do is find a place to have a meeting, invite people. We supply the educational materials free of charge, and it's just wonderful. You can start a TPED with six of your friends and

neighbors in your living room or you can start a TPED with 200 people in a school auditorium and anything in between. The important thing is that you do it, that you go, that you learn. You don't have to be sick. You don't have to have cancer. You don't have to have any of these diseases. You can get rid of them.

NANCY: Beautiful. Raymond is a voice of sanity in helping people recover their health and while being naturally and inexpensively.

For more information, you can pick up a copy of his book *Never Be Sick Again and Never Be Fat Again* from his site at www.beyondhealth.com or any bookstore.

Which bookstore can they purchase your books?

MR. FRANCIS: Barnes and Noble, Borders, and if they want to purchase it from Beyond Health, they can call Beyond Health, and anybody that gets one from Beyond Health, I'll give you a free subscription to my email news letter. It's worth \$14.95. Free one year subscription. The number to call is 415-453-7588.

NANCY: Great. Some of the products we talk about are also available on the site, including the high absorbency vitamin C.

Raymond, it's been an honor to have an interview with you this evening.

MR. FRANCIS: It's been wonderful to be with you. You're a very gracious hostess, and I thank you for the opportunity and God bless you for what you're doing for your listeners cause you're really doing a tremendous service.

NANCY: Until next time, thank you for listening. I'm Nancy Desjardins from healthlady.com. Good night everyone.