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Renegade Health Inner Circle Interview with Raymond Francis

Kevin: Welcome everyone. This is Kevin Gianni from RenegadeHealth.com. Tonight we have a very special interview. My guest today is Raymond Francis. You've heard from him before, but we wanted to do a little bit more in-depth because a lot of you wrote in and said you wanted to hear from him again. I think that's a good choice. Raymond Francis is an internationally-known and recognized leader in the field of optimal health maintenance. He's the chairman and CEO of Beyond Health Corporation. He's the publisher of Beyond Health News. He's the host and producer of the Beyond Health Show. Just so you guys get it, his website is BeyondHealth.com. He's the author of the highly-acclaimed books, "Never Be Sick Again" and "Never Be Fat Again" and The Pathways to Health newspaper column. He's also writing a new book, which we're going to be talking about today. He's an in-demand speaker and he's addressed health conferences all over the United States as well as Germany, Switzerland, Greece and Egypt. Tonight you have the benefit to hear him talk about some of the things which he is very passionate about, which of course, is health. So Raymond, welcome to the show.

Raymond: Thank you very much. I do appreciate the invitation, Kevin. It's always a pleasure to be with you.

Kevin: We're thrilled to have you again. We're really thrilled to go through some of the things that we were talking about before this call. Some of the listeners may not know, a lot of times I gab with the experts before the call and we talk about a lot of cool stuff and kind of set the tone for what's going to happen. I know tonight's going to be a lot of fun. Let's not hold anything back, OK?

For those people who don't know who you are, let's give a brief introduction of who you are, what you've done and how you've gotten to where you are now so everyone can kind of get that framework. Then we'll move from there.

Raymond: I'm basically, as you know, I'm a scientist. I'm a chemist by training. I'm a graduate of MIT. I started out in the sciences but I went into the business world and I was president of an international management consulting company.

I started to not feel as well as I used to. I started out with fatigue. When you're

traveling all over the world and you have to get on an airplane in Boston and fly all the way to Tokyo and get off the plane and go into a business meeting and function, you need energy. My energy started to go. I went to my doctor and complained that my energy wasn't what it used to be. He did thousands of dollars worth of testing and came back and very gleefully announced that I was in perfect health. I said, "Well doc, if I'm in perfect health, how come I feel this way? How come I feel tired?" He said, "Well, you're getting older." I was 46 years old at the time. I said, "Well doc, I never felt this way before in my whole life." He said, "You've never been this old before." I went home thinking, "Getting old is a real bummer. I don't want to do this. Is this what getting old is all about?"

Two more years passed and I was really dragging my tail. I developed a lot of allergies. So this time I thought I'd go to an allergist. I went to the allergist. He gave me a diagnostic test that he absolutely should have never given to me. I suffered a catastrophic reaction to the test, became deathly ill. To make a long story short, ten months later, after going to 36 top specialists, I went to one more doctor who said, "Boy, I can help you." He gave me a drug. The drug poisoned my liver and I came within inches of death from liver failure. At the last moment, really with only days to live, I used my own knowledge of biochemistry to save my life. But there wasn't much life left, Kevin. I was gone. It took me two years of hard work to get to where I could go to back to work again and function.

Then I went back to work for a couple years. It was never the same gain. A good scientist never stops asking the question "Why?". I kept asking the question, "Why did I get sick? Why, when I went to my doctor, could my doctor not help me? Why did my doctor not even think I was sick?" I started getting answers to these questions. The answers were so profound that in 1991, actually in mid-July, I decided to devote the remainder of my life to helping other people get well and stay well. I resigned from everything. I resigned as president of the consulting company. I was even on the board of directors of a hospital. I resigned from everything and started spending all my time researching and teaching others how to get well and stay well. Then the culmination of that, of course, was my book "Never Be Sick Again."

That book has gone all over the world. It's been translated into Chinese, into French, into Romanian, into Polish. It's been published in Africa. It has gone all over the world. People read it and regularly cure themselves of incurable diseases. In fact, we've had people with terminal cancer, stage-4 terminal cancer that are told they're going to die. They're told nothing can save them. They buy that book. They read it. They go home. They cure their terminal. Now I'm writing a whole book just on how to cure cancer, because it's so simple to do.

The bottom line is this. We are suffering the biggest epidemic of chronic and degenerative disease in the history of the world. The American people are among the sickest people on the planet. Cancer is rapidly becoming the leading cause of death. We have so many chronic diseases with the cancer and the heart disease and the osteoporosis and the arthritis and the diabetes and autoimmune diseases. It doesn't have to be that way.

We look at what's happening to our family, to our friends, to our neighbors and we say, "Disease is normal. Disease just happens." No, it isn't. This chronic disease epidemic didn't exist even 100 years ago. A hundred years ago cancer was a rare disease, heart disease was a rare disease, diabetes was a rare disease. Now they're commonplace.

We don't have to be suffering these things. People don't know this. They see what's around them and then they go to the doctor and the doctor says, "Oh, you're getting older so you're going to get sick. These are diseases of aging." No, they're not. Is cancer a disease of aging? No, it's not. It's the leading cause of death for our young people, after accidents. How can it be a disease of aging if it's a leading cause of death for our young people? These are not diseases of aging. These are diseases of nutritional deficiencies due to our bad diet and toxicities due to the fact we now live in a toxic world and we're all on toxic overload. So that's what's happening to us.

These things are under our control. So we can alter them. We can learn how to eat a good diet. We can learn how to take a good supplement program. We can learn how to avoid toxins. If we do this, guess what. You won't get sick.

Let me give you some examples here. In 1985 I almost died. In October of 1985 I almost died. That was at age 48. In just a few weeks I'm going to be age 73. I have boundless energy. I am never, ever tired. I take no drugs whatsoever. I am in perfect health. I never get sick. I've had one cold in the last 22 years and I have a very good excuse for that. It's inexcusable to have a cold. It's irresponsible to have a cold. There's no reason to have one. Every time you have one it's another nail in the coffin, because you never recover from it. You do permanent genetic damage. Every time you have a cold you age. You get older every time you have a cold. So you don't want to do that. You don't want to be there. You don't want to go there. There's no reason to have a cold. As I said, I had one, but I have a very good excuse for it. I never get sick. I am becoming biologically younger, which is what you want to do. You don't want to age. Getting old is an enormous mistake. It's a mistake that you do not want to make. If you get old, guess what. You're going to get sick. If you get old, guess what. You're going to end up in a

nursing home with somebody wheeling you around in a wheelchair. You don't want to get old. You don't have to.

There's chronological aging, which we all do, and then there's biological aging. Well guess what. You don't have control over the chronological aging, but you do have control over the biological aging. Listen to this. Here I am. I'm going to be 73. Five years ago, when we measured my arteries, I was down to age 30. We just measured my arteries in march of last year. I'm down to age 26, as of March of last year. My goal is to have the arteries of a teenager by the time I'm 80 years old. Anybody can do this. There's no excuse to have heart disease, no excuse whatsoever. It's irresponsible to have heart disease. It's irresponsible to have a heart attack. There's no reason to do it.

We know how to stay well, but the problem is this. We're not teaching this to anybody. You can't take responsibility for your health if you first of all, don't know that it is your responsibility and then if we don't tell you how to do it. That's the challenge in our society. Here we're talking about healthcare reform in Congress. Well, let me tell you something, the healthcare reform in Congress is one of the biggest disasters I've ever seen. It's going to increase our costs, it's going to ration care and it's not going to improve anybody's health. What's going to improve people's health and what's going to reduce the costs is when we stop getting sick. The way to stop getting sick is to teach people how to be well. That's why I wrote, "Never Be Sick Again," to teach people how to be well. We need to start teaching this to our children. In fact, I started an organization, a whole movement, called The Project to End Disease. We call that TPED. We're now teaching these things in more than 45 public schools in the state of Massachusetts. We have TPED chapters across the United States. We have TPED chapters in Canada. We're teaching people how to get well and stay well. That's what we need to do.

About a year or two ago I was reading an ancient Buddhist text. In the Buddhist text it said this, "Health is a duty." Isn't that amazing? Health is a duty. In other words, it's a responsibility. It's our personal responsibility. What we need to do is teach this to people, teach this to our children and teach them how to exercise that responsibility, how to eat a good diet, how to avoid toxins.

In our society today, toxicity is becoming a major factor in our chronic disease epidemic. The Centers for Disease Control just published what they called A Fourth National Report on Human Exposure to Environmental Chemicals. What they did was they went out and they measured 212 different chemicals. They found almost all of us have all 212 in our bodies. There were six of them in particular that were in every single person. We're all made of these little units of

life called cells. We all started life as one single cell in our mother. If that one single cell was functioning normally, then we were healthy. It's no different today. Today we're made of tens of trillions of cells. If every one of those tens of trillions of cells is functioning the way it's supposed to function, you can't be sick. It's physically impossible to be sick.

Here's what's happening. Today we live in the petroleum age. We're being exposed to what we call oil-soluble toxins every minute of every day, which we were not exposed to historically, when our genes were first designed. So we were never designed to get rid of oil-soluble toxins, because we weren't exposed to them. Now in the last 100 years, we're inundated. We live in a sea of oil-soluble toxins. These things are bioaccumulating in our cells. They get stored in our fatty tissues. So here's the question on the table, how much of this gook can you store in your cells before the poor things croak? We're finding out and what we're finding out is we're all getting sick because we're all in toxic overload.

So what do you do about it? We live in a sea of toxins. What do you do? Well, the bad news is we're all in toxic overload. The bad news is we live in a sea of toxins. Here's the good news. About 80 percent of those toxins are under your personal control. So simply by understanding where they are and learning how to avoid them, you can decrease your toxic load by 80 percent. Is that significant? You bet it is.. It's the difference between getting sick, getting cancer, getting some horrible disease, and not getting it. That's the difference. In fact, in "Never Be Sick Again," I have an entire chapter just on toxins, where they are, where they come from, how to avoid them. So avoiding toxins is very important.

For example, what brand of toothpaste do you use? I'm asking this now of every single one of you out there in the audience. What brand of toothpaste do you use? Do you realize that toothpaste is an extremely dangerous poison and you're putting it in your mouth every day? Well, that's the bad news. Here's some good news. There are some brands of toothpaste out there that are perfectly safe and good for you. What do you do? You choose this brand instead of that brand. That's a simple choice and you've just decreased your toxic load. It's like that. You can make a whole series of choices just like that that decrease your toxic load.

The next thing you want to do is make sure, here you have all this detoxification machinery, in your liver mostly. The liver is the biggest detox unit in your body. That detoxification machinery needs a lot of nutrients in order to operate. Every time you present it with a molecule of a toxin, it takes a whole bunch of other molecules in order to deactivate that one toxin. Where do those other molecules come from? They come from your diet. So you need to learn how to eat a diet

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that supports your detoxification system and how to take good, high-quality supplements. That's very important, high-quality supplements that will support your detoxification system. Then you'll actually be detoxing things.

The third thing you need to do is take the stored toxins in your body and get rid of them. The way you do that is with a sauna. It's the only way we know to reliably get rid of these things. Since every American has now got these things in their body, every American needs to sauna. It's very important. It's not a choice. It's a necessity. The choice is this, sauna on a regular basis, or get sick. That's your choice.

Kevin: Infrared sauna?

Raymond: Infrared sauna is best, but a regular sauna is OK, too. When I was in my own recovery process-- That's a good question. I'd like to thank you for asking it. In my own recovery process I used a regular sauna. I was going to a local gym and I used a regular sauna there. I now have my own infrared sauna in my home. Beyond Health actually sells the infrared sauna that I have in my home. It's very, very high-quality. I sauna twice a week for an hour and a half. That's just for maintenance. I've got my toxic levels down. We measured how much gook I have in me five years ago and we couldn't find it. We did very sophisticated measurements. I didn't have any of the hydrocarbons in my body, that we could measure. I didn't have any heavy metals that we could measure. I've been detoxing with saunas now for 25 years so I've really got my toxic levels down. That's one reason why I am becoming biologically younger. That's one reason why I have boundless energy, because the toxins screw up your ability to produce energy.

When you get the toxins out everything works better. I feel like I'm 20 years old and I'm going to be 73. I tell people my age and they can't believe it, because I don't look my age. I don't act my age. I'm ready to go all the time. I'm just full of boundless energy.

Kevin: We're about 20 minutes into the call. If you're listening and you want to find out more information about Raymond Francis and you want to check out his book, "Never Be Sick Again," you can go to BeyondHealth.com.

Raymond, I want to ask you a question. You were talking about measuring your heavy metals and you didn't have any and infrared saunas. Do you attribute the infrared sauna to a lot of that?

Raymond: Yes. Well, a combination of things. One, I've stopped putting all the gook in. Two,

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I support my detoxification system so that even what I'm putting in is getting detoxified. And three, I've been sauna-ing now for 25 years. So I've been getting the gook out on a regular basis. So it's a combination of the three. Stop putting it in and get it out and help your body process what you are putting in.

Kevin: What is an effective heavy-metal test?

Raymond: There are standard blood tests that the doctors can do. Just ask your doctor to test you for lead or test you for mercury. There are standard tests that labs do. It's pretty simple. The best thing to do, of course, is a challenge test. The best thing to do is a challenge test, a chelating test where you take a pill. It's a chelator. Then you collect your urine for the next 24 hours. The chelator pulls out the heavy metals and you measure what's in the urine. So it's a fairly simple test. It's a very good way to go.

Kevin: As a scientist and someone who thinks very scientifically, a lot of people with western medicine-mindset will say, "Sure there's toxins in the body, but how can we prove that they're doing the things that someone who has more of a holistic approach are saying?" The reason is because it's holistic, but how as a scientist can we rationalize how this is happening so we can come out and spread the information better?

Raymond: The thing is, the science is there. We think of doctors as scientists. They like to think of themselves as scientists. They're not. They actually know very little science, to the point where they're dangerous. A little bit of knowledge is a dangerous thing. They are not scientists. In fact, if you read the medical journals, which I do, and I read the scientific journals, medical journals are pretty much useless. On occasion there's something in them, but most of the work there is done by medical doctors, most of the research. They are not good researchers. They're not good scientists. Most of what you read in medical journals would never make it into a scientific journal. It would be refused because of such poor science.

The science is there. Let me put it this way, if we ask this question, "Can we end this epidemic of chronic disease in America?" The answer is yes. We know how to do it. The knowledge is already there. We don't have to do another dime's worth of research. I'm not saying let's not do more research. I'm a scientist. I love research. We've got so much to learn. But, if we ask the question, "Do we need more research in order to end this epidemic of chronic disease?" The answer is no. We already know how to do it. What we already know is there.

Here I am, I'm writing a book on how to cure cancer. Well, we've known that for

100 years. It's been known for 100 years. In fact, 100 years ago this year a German chemist by the name of Otto Warburg published a paper on what the cause of cancer is. He won a Nobel Prize for it. Then he went on a few years later and published more and he won another Nobel Prize. And here we are, still treating cancer patients with barbaric treatments like chemotherapy and radiation and surgery, which we know don't work. It's proven they don't work. If they did work, nobody would be afraid of cancer. People are afraid of cancer. The reason is, the treatments don't work. We've known for 100 years. Yet, it hasn't been implemented because there's no money in it. There's no money in curing disease. The money is in treating disease. The drug companies want to make money by drugs. The chemotherapy drugs are billions and billions of dollars. The average oncologist makes about 1/3 of their income off of chemotherapy. Here's something that doesn't work. We know it doesn't work. Everybody knows it doesn't work. In fact, they've actually done polls of medical doctors, oncologists, cancer specialists and they ask them, "If you personally, doctor, or an immediate member of your family had cancer, would you use chemotherapy?" Seventy-six percent of them say no. You better believe that of the 24 percent that say yes, at least half of those are lying because they don't want to seem like hypocrites. Only a small percentage of doctors would use chemotherapy on themselves or on their family. Here's something we know doesn't work, but everybody is making a lot of money off of it.

So we've known the cause of cancer, we've known how to treat cancer, we've known how to cure it, for 100 years. But it's not out there in the public. That's why I'm writing a whole book on it. We know how to end this epidemic of chronic disease. The science is there. The science is very solid. The problem is that the doctors don't read the science, the doctors read the medical journals and the medical journals are basically nonsense, because it's not science.

Kevin: Do you suggest someone read the scientific journals?

Raymond: Yes, but the problem is you have to be a scientist in order to understand what you're reading. That presents a problem. I couldn't do what I do if I weren't a chemist. I absolutely couldn't do it because I wouldn't understand what I was reading.

Kevin: So the information channel is one of the biggest problems.

Raymond: Well, that's why I wrote "Never Be Sick Again." What I did in "Never Be Sick Again," I took very, very complex molecular biology and cellular biochemistry and reduced it down to concepts that we're teaching to children. You can take this stuff and reduce it to very, very simple concepts that anybody can

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understand and anybody can put to use. Here we have people buying “Never Be Sick Again” with terminal cancer and they go home and they read it and they cure their cancer. Well, if you can buy a book for \$14.95 to cure terminal cancer, it’s got to be pretty simple.

Kevin: You mentioned a supplement protocol, a strong supplement protocol. What are some of the most essential nutrients that you believe, you know people are missing?

Raymond: We know people are missing. Many studies have been done. We know the average American is chronically-short at least several nutrients. If you are chronically-short one nutrient, you will get sick. We know the average American is chronically-short at least several nutrients. So you’re guaranteed to get sick. That is the foundation of our epidemic of chronic disease. Calcium, magnesium, zinc, the minerals especially. People are very short on the minerals. And with good reason. For example, at least 80 percent of the American population is deficient in zinc, for a good reason. The soils are now depleted of zinc. They just published a study early last year, about a year ago. Let’s take a carrot. You now have to eat 20 carrots to get the same zinc you got in one carrot 50 years ago. Who is eating 20 carrots? That’s why 80 percent of us are deficient in zinc. You’ve now got to eat four carrots to get the same magnesium you got in one carrot 50 years ago. So people go to the store and mom sees all those carrots and she buys the carrots and she thinks she’s feeding her family good food. She has no idea that she’s feeding them a shadow of what we were giving people just 50 years ago. So that’s another shocking revelation that we need to get out there. People need to understand. Even the National Academy of Sciences came out, just a few years ago, and said that every American needs to supplement today, that it’s no longer possible to get the nutrition you need, even if you eat a good diet.

Then a couple years ago the Journal of the American Medical Association came out and said the same thing. I never thought I’d live long enough to see that, but I did. Even JAMA came out and said that you need to supplement today, at least with a multivitamin. Here’s the challenge, most vitamins are junk. People have no concept of this. You can go out and buy a really, really cheap broken-down, junky, second-hand car and you can go out and buy a Rolls Royce for a couple of hundred thousand dollars, then go from point A to point B and both of them will get you there. So in our minds we think we can buy the cheap product and, “It will get me where I want to go. Maybe the Rolls Royce will get me there a little bit faster, maybe get me there a little bit more comfortably, but the other junky car will get me there too.”

It doesn't work with vitamins. With vitamins, only the Rolls Royce's work. It's very complex chemistry. In fact, I'm now one of the country's experts in vitamin chemistry. There's only about four dozen of us in the whole country that really know how to put a vitamin pill together and make it work. I'm one of those folks at this point. In fact, I make my own vitamins and they are available at BeyondHealth.com. If you want to learn about vitamins, go to BeyondHealth.com and there's a button that says "Free Reports." Click that button. There's two free reports there that will change your life for the better. One of them is on how to select supplements. It's called "The Roadmap to Choosing Supplements." That's really important. You go to a vitamin store and I've got to tell you, if you haven't tried it, it's a bewildering experience, truly bewildering. There's so many brands, you don't know what to do. So you need a roadmap. We have one there. It's very, very high-quality and it's free, available at BeyondHealth.com. Let me make an offer on "Never Be Sick Again." If people want to buy a copy of "Never Be Sick Again," you can get it at Amazon.com, you can get it at Barnes and Noble and Borders. But if you want to call Beyond Health and get a copy and say, "I heard this on Kevin's show and Raymond said that if I bought a book I could have a free one-year subscription to his newsletter Beyond Health News." Beyond Health News is one of the top health newsletters in the country. The email version normally costs \$16.95 a year. You can get it absolutely free if you buy a book from Beyond Health. So here's the number to call. Just call this number and say, "Raymond said on Kevin's show if I bought a book I could have a free subscription to the newsletter." The number is 800-250-3063.

Kevin: Great. So you're formulating powerful supplements. How do you test their effectiveness in the body? I was reading on one of your articles that the absorption of most supplements is very low.

Raymond: Very low.

Kevin: How do we know that we're getting...?

Raymond: There's an enormous amount of science on this. All you need to do is tap into the scientific literature on it. You know what works and what doesn't work and how to make it work.

Let's talk about vitamin C. Everybody needs to be taking extra vitamin C. That's just a necessity. Everybody needs extra vitamin C today because we live in what we chemists call an oxidizing environment. That means we're constantly being exposed to things that create free-radicals in our body. You just drive on the highway and you breathe in fumes that create free-radicals in your body that

chew up all your vitamin C. That's why everybody who lives in Los Angeles, every single person that lives in Los Angeles, has lung damage, because they're breathing and oxidizing an atmosphere that chews up all their vitamin C. Then they get a deficiency. They don't have enough vitamin C to protect them so then they start doing damage to the lungs and they're getting lung damage. So everybody is getting vitamin C.

Here's the reality today. Most of the vitamin C on the market today is not something that I would take. It's junk. Almost all the vitamin C in the world today is made in China. When they synthesize vitamin C, you get two molecules. One molecule is called D-ascorbate. The other one is called L-ascorbate. I'm trying to take complex chemistry here and explain it in a way your audience can understand. Both of these molecules are the same. Let's say we have two pens, two ballpoint pens, in our hands and both pens are exactly the same, but let's bend one of them. So what have you got? You've got two pens that are exactly the same, the only difference is one of them is bent and the other one is straight. That's the only difference. Well, that's the difference between the D-ascorbate and the L-ascorbate, how they're shaped. So they're both the same molecules, both the same pen, but one is shaped differently. It's the L-ascorbate that is the biologically-active molecule in the body. The D-ascorbate is a different shape. It is not biologically-active in the body. In fact, it's an irritant to the body. Yet, when you make vitamin C, you get 50 percent D and 50 percent L. That's what they sell you. So when you go to the store and buy vitamin C, you're buying D-L-ascorbate, 50 percent is D-ascorbate. I have a lot of people tell me, "I can't take vitamin C. It upsets my stomach." No, vitamin C doesn't upset your stomach, but the D-ascorbate is a known irritant. That's what's upsetting your stomach, not the biologically-active vitamin C, but the D-ascorbate, the one that's shaped differently.

So you go into the store, you think you're buying vitamin C and you're paying a dollar, but you're getting 50 cents worth of the correct molecule and 50 cents worth of an irritant. Then it goes downhill from there because unless you're really, really careful when you make them. If you get any oxygen into the system, the oxygen reacts with the vitamin C. It forms oxidized vitamin C. When you take that vitamin C you will create free-radicals in the body. The oxidized vitamin C is a free-radical. You're trying to protect yourself from free-radicals and here you are taking free-radicals. So let's say you're taking ten grams a day, you're getting five grams of free-radicals. Not a very good idea. I've seen, very common, 25-percent oxidized vitamin C, a heavily-advertised brand, Ester-C. It's ten-percent oxidized vitamin C. I don't want that in my diet. That's just one vitamin.

What you want in vitamin C--if you want to read my report, read the report on BeyondHealth.com, the free report. What you want to look for is vitamin C that says on the label, "100 percent L-ascorbic," which is 100 percent biologically-active molecule. You want it to read "fully reduced." To a chemist, what that means is there's no oxidized vitamin C in it. Then you want it to read "corn-free" because most of the vitamin C is made from corn. About half the population is allergic to corn, even though they may not know it and you can actually have an allergic reaction by taking that vitamin C.

Let me give you another example. Vitamin B12. Especially if you're over age 50 you need to be supplementing with B12 today. We're finding enormous deficiency problems in people, especially in the over-50 population. I supplement every day with B12. At the store, I will tell you, more than 90 percent of all the products you pick up at the store and you read the vitamin B12, will say this, "cyanocobalamine." That's what's in there. Let me tell you something, cyanocobalamine is not a natural molecule. It is a man-made molecule that is foreign to the body. Because it's foreign to the body, it is not a good source of B12. Even worse, when the body takes that molecule apart, one of the byproducts that you get is cyanide. Cyanide can disable enzymes and poison you. What do you think you're doing? Cyanocobalamine is not a good source of B12.

A lot of companies more responsible say, "Wait a minute here, we know cyanocobalamine is not a good source of B12 and it can be very toxic as well. We know that the biologically-active molecule is methylcobalamine, so let's put methylcobalamine in our pill." That sounds really good. That is the biologically-active molecule, but you still lose. Here's why. It is the biologically-active molecule but the body carefully controls the amount of methylcobalamine in the blood. So when you take a supplement you increase the amount of methylcobalamine in the blood, the body immediately says, "Oh, too much and it gets rid of it." So the half-life of methylcobalamine in the blood is about five minutes. If you want a few minutes worth of B12, take methylcobalamine.

What I use is something called hydroxocobalamine. Hydroxocobalamine is the perfect solution. It's a very stable molecule. The body easily converts it into the biologically-active molecule. It is perfect in every sense of the word. If it's so good, why doesn't anybody use it? Here's why. High-quality hydroxocobalamine costs over \$3,000/pound. Why use it when the customer doesn't know the difference? I could talk for days on the chemistry of vitamins, but we don't have that kind of time.

Kevin: I do want to ask you about vitamin D2 and vitamin D3. A good portion of our

listeners are interested in veganism and making sure that they're not eating animal products. Can you speak to the difference between D2 and D3 and what someone should be looking out for?

Raymond: You really want the D3. Again, we're getting into the biologically-active molecules. What you want to do is give the body molecules that it can process easily. The D3 is what you want to be giving the body. Indeed, I even came out with the D3 last year. I've been working on it for years. We now have some of the purest and best D3 in the world. It's not in the form of a pill. It's in the form of a liquid that you put on your tongue and it will absorb through the mucus membranes.

Here's what I found out. People in our society, most of us are having digestive problems of one kind or another. Many people are not even aware they have digestive problems, because they think that whatever it is they have is normal. But it's not normal. If you've taken an antibiotic in your lifetime, and especially if you've taken a lot of antibiotics in your lifetime, you have digestive problems. One of the things that happens is that you interfere with the ability to absorb nutrients from the gut. You get into a situation where you get selective malabsorption. One of the things that is very, very common is people are unable to absorb magnesium, for example. We've even invented a way to bypass the normal uptake mechanism and get magnesium into people. It's a combination of something. We have two products called Magnesium Formula and Colene Citrate. Both of these together get magnesium into you like nothing. It's just fabulous. We've got people that couldn't have magnesium and it will get magnesium into you.

Well, the same thing happens with vitamin D. We find that a very significant part of the population is malabsorbing vitamin D. That's why I came out with a liquid that you absorb through the mucus membranes of the mouth and you bypass the problems in the gut. I highly recommend it.

Kevin: Great. We have about ten more minutes. I do want to tell everyone that if you're on the call now, head on over to BeyondHealth.com. I really recommend the "Roadmap to Choosing Supplements" download, the free report. It's not like a junky, little free report. There's a lot of great information. One of the coolest things that I think is valuable is that Raymond does breakdown the different types of minerals. He talks about picolinate and all the different types of minerals so that when you're looking at your supplement label you want to make sure that you're using these particular ones. You'll see carbonate. You'll see citrate. You'll see picolinate. You'll see all these things. Raymond breaks down the very specific ones that are most valuable and easy to absorb for the body.

That's really, really important to know that, because you don't want to be getting junk when you're buying supplements.

Raymond: Exactly. The most expensive supplement you can buy is one that doesn't work. Go to multivitamins. We've done study after study. Almost half of all the multivitamins on the market, do not dissolve soon enough to be of any use to the human body. You're spending a dollar and you're getting zero value. That's the most expensive vitamin you've ever taken.

What we sell at Beyond Health is above average in cost, but when you look at it in terms of what you pay for what you get, they're the least expensive vitamins on the market. The value is what you have to look at with vitamins.

"The Roadmap to Choosing Supplements" really is that. It is a roadmap. There are secrets in there that only a few dozen of us know. I put them in that report. You're going to be reading stuff that only a few dozen people in the country really understand. Nobody studies this chemistry because there's no money in it. If you study it and you know how to make a good vitamin, you don't make money selling good vitamins. You make money selling junk. So there's no money in knowing it. It's very distressing.

I once had a man who had some vitamins designed. He was so proud of them. He spent \$350,000. He hired two chemists to make this vitamin formula for him. I looked at the formula and it was really just mundane junk. He spent \$350,000. He didn't know what a good vitamin was and the chemists he hired didn't know how to do it. They just charged him a lot of money to come up with something that you could have designed on the back of an envelope in ten minutes.

So it gets into some pretty esoteric chemistry. Like when I talked to you about the cyanocobalamine and the methylcobalamine and the hydroxocobalamine. This is pretty sophisticated chemistry. But there's no incentive for anybody to learn it. The money is in selling the cheap cyanocobalamine and the public doesn't know the difference.

Kevin: You're researching your new book. What are some of the things that you found to be quite shocking?

Raymond: What I found to be shocking is that we've known what causes cancer for over 100 years. That's what I found to be shocking. We've known it and nobody is doing anything about it. That was the biggest shock of all. My book is going to be a blockbuster. God willing, it will be out the end of this year. I'm working as hard as I can. I can't guarantee it will be out this year, but I'm working as hard as I can

to make that happen. There's a wealth of information on my website, BeyondHealth.com. Also, right on the front page of BeyondHealth.com there's a little button where you can sign up for what we call NewsClips. It's a little weekly newsletter and it's absolutely free. Anybody can sign up for it. Just go there and sign up for NewsClips and you'll get some good information. Then there's my regular newsletter, Beyond Health News. That comes out every other month and that's much, much more in-depth. You can get a free one-year subscription to that just by buying a book and of course, telling the person that you're speaking with on the phone that I told you you could have a free subscription. Again, that number is 800-250-3063.

There's a wealth of information. Knowledge is power. You need to educate yourself. People are doing this all over the world. We just had a man with Lou Gehrig's Disease, last year, cured in two months. There's a disease that is a death sentence. "You're going to be dead in a few years." He was cured in two months.

It's so simple when you know how. Anybody can do this. It's so simple because we teach it in a way that anybody can understand it. It really comes down to a single cell. If that single cell is working the way it's supposed to, you are healthy. If it's not working the way it's supposed to, you're sick. There's only two reasons why it doesn't work the way it's supposed to. Either it's not getting all of the nutrition that it needs to work correctly, or it's getting things that are interfering with it's metabolic machinery and screwing it all up. We call those two problems deficiency and toxicity. Today every American is deficient and toxic. So that's where we need to be putting our efforts, into removing the deficiency and toxicity and reverting those cells to normal function. When you revert to normal function, whatever is wrong simply goes away. That's the beauty of it. No matter what you have, if you restore cells to normal function, whatever is wrong goes away. That is just awesome.

Kevin: Your books "Never Be Sick Again," "Never Be Fat Again," I might take a guess for the upcoming one, but how do you deal with criticism and people who are very opposed to this information that comes out? How are you dealing with that now and how have you dealt with that in the past?

Raymond: I've just learned to ignore it. What I do is I make sure that I'm right. When you know you're right, you can ignore the criticism. Like the other evening I was working on my new book, my new cancer book. I wrote a sentence in the book and I knew that that sentence was correct. I just knew it was correct. But then I thought for a moment, wait a minute. If somebody challenged me on this, I know it's correct, but how would I argue it? I thought, I'd better do some research so that I've got a good argument. I spent the next two hours doing research so that

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I could defend that one simple sentence. When you do your homework that way and you are confident in what you know, the criticism just rolls off your back like water off a duck's back. You feel sorry for the people criticizing you, because they're so ignorant.

Kevin: That's a great point. Why don't you share the information of where someone can either get one of your books, can get the download of the supplement guide with us so people can head on over there.

Raymond: BeyondHealth.com, two words stuck together. The number is 800-250-3063. "Never Be Sick Again" and my other book, "Never Be Fat Again," which has gone all over the world and is helping people to lose weight permanently. "Never Be Fat Again" is also available at Amazon and Borders and Barnes and Noble and also at Beyond Health. People who have been struggling with their weight for 20 years, have tried everything, every crazy program and every crazy diet and every gimmick, lose weight and they lose it permanently. It's so simple to do. Here's why, overweight is a disease. It's not a cosmetic problem. It's a disease. You cure the disease and the weight just melts away and it never comes back.

Kevin: That's so good to hear. Well, thank you so much. For those of you listening, please be sure to go to BeyondHealth.com. Definitely check out the free report. If you're interested in getting one of Raymond's books, definitely do so. Get that free report. You're going to learn a lot. I remember the first time I downloaded that, maybe a year ago when we first interviewed Raymond. I was really blown away. I don't get blown away as much anymore, as I used to because I've seen a lot of stuff out there. This is good information. It's fairly long, too. It's more than a couple pages so you can really get some in-depth stuff.

So Raymond, thank you for being a part of this program.

Raymond: Thank you. It's an honor. I want to thank you for what you're doing. You're doing a service for our listeners that is so precious, so valuable. I hope they all really appreciate what you're doing. I know how much time and energy it takes to do these things. God bless you for what you're doing.

Kevin: To everyone else out there, this is Kevin Gianni and Raymond Francis. Together we can change the health of the world, one show at a time. Take care.