

“I’m a judge and I’m used to weighing evidence, so I’m convinced your program and the science behind it are correct. The evidence that you are right is certainly more than preponderance, even more than clear and convincing!”

Judge Mark Lambert

“I am delighted to come across scientific work which is not only of excellent quality, but can easily be applied. I have been on a low carbohydrate diet for approximately a year now, but I have been aware that there was still something missing. Your program has filled in the blanks. I have seen for myself remarkable results with the Peskin Protocol and PEOs.”

Carolyn Berry, M.D., (Ireland)

“Amazing isn’t the word for it! Finally, a diet book that my patients can follow. You can call it a diet; I call it a ‘nutritional lifestyle.’ The science-validated principles give you control over your nutritional destiny, the potential for long-term health, and success in becoming lean-for-life.”

David Sim, M.D., F.A.C.C., (Cardiologist)

“As an endocrinologist specializing in diabetes, I am delighted to see this book. Finally, my patients can see what is making them overweight, based on science—not opinion. Peskin’s program can be followed by even my most carbohydrate-addicted patients. This book offers an amazing solution to the obesity epidemic.”

Amid Habib, M.D., F.A.A.P., F.A.C.E.,
Endocrinologist (Diabetes Specialist)

“We went to my neighbor’s house last night for dessert. It was the best feeling to be able to sit around her table and talk—with the desserts right under my nose—and not have the desire to eat them! You understand how it used to be—you take one plateful and then another and then another. I feel so free of that horrible ‘after dessert binge’ feeling! I left her house feeling great! Your program works.”

Jill Kostrinsky