

Amazing Testimonials

From people just like you including professionals in the fields of medicine and nutrition. Real-live results at work, improving lives!

"Hi Brian,

I thought you might appreciate this. I am in the process of applying for more life insurance and in doing so subjected myself to a blood and urine test. Keeping in mind that the last time I have had any testing was over 10 years ago and my cholesterol was "alarming" at over 250. **I have been an avid follower of your recommendations and eating approximately 6 - 10 pounds of red meat each week as well as other natural "fats" for the past 4 years.** My once "alarming" cholesterol is now at a not so "alarming" 165 and my triglycerides are at a super level (70s) after **doing everything opposite of what the MD told me to do 10 years ago.**

THANK YOU!"

Don Donk

"<http://brianpeskin.com/articles/vytorinfailure.pdf>: **This is the most informative article I have ever read on health.** I'm using it everyday of my life and with my clients. **If you value your life, a healthy one, I suggest you read it.** It is the only source of [scientifically-based information about] unadulterated omega 6 and 3 available anywhere. Brian (with an "i") Scott Peskin is both our Rife and Tesla, and he's alive. The professor is a living legend. He indeed is the triple crown winner. Not Big Brown, but Big Brian. Respectfully, stay well."

Dr. E.L. Miller, D.C., Ph.D.



July, 29th 2006

Dear Brian,

Although *The Hidden Story of Cancer* addresses cancer prevention, I thought it could be beneficial for anyone considering purchasing this book, to know how many more medical conditions can be helped by implementing the findings in this remarkable book. Our son, Rick, who is almost 11 years old now, has what is called Tuberous Sclerosis Complex, a condition which causes benign tumours to grow in the brain. Because of that he has severe intractable seizures.

When he was three years old, we put him on the so-called “ketogenic diet,” because, after trying 20 different prescriptions, no seizure medication helped him. NONE ever made him even close to seizure-free. The ketogenic diet is a special method of treating epilepsy (seizure disorders). That diet did work for him for a while, but finally, the seizures returned, as fierce and powerful as ever. We didn’t know what to do anymore.

We couldn’t take him off the ketogenic diet, for that made his seizures worse altogether, so we knew that too many carbohydrates were not good for him. We learned as much as we could about carbohydrates, protein and oils. And finally we realized that it was not only the high carbohydrates that made him sick, but also the wrong kinds of fat. We learned about fats and oils and decided to put him on olive oil and fish oil capsules. Well, even though we knew those oils were a better choice, we didn’t see any change in his behavior or decrease in the frequency or intensity of his seizures.

For years we changed oils, trying all kinds of renowned fish oils on the market, from supermarket stuff to real expensive deep sea fish capsules, but nothing ever made a dent in the seizures he had and he didn’t get any better.

We even tried so-called “omega capsules” from a well known autism institute. They gave us cod liver oil and evening primrose oil. But Rick got worse. His seizures skyrocketed and he became very ill.

Then we took away all the oils, because the physicians said the worsening seizures could be a side-effect of the oils because of Rick’s autism. We never tried anything but olive oil after that. Although we knew that there was something healthy about omega3/6/9 in oils, we didn’t know what it was that was going to help Rick, so we stopped looking.

Then, after a few years of following Brian Peskin’s recommendations for my own health-related issues and seeing good results, I was finally confident enough and trusted Brian’s knowledge enough to try them with my son.

It was **the best choice I have made for Rick** so far. **Within days of implementing the recommendations in this book, Rick became much more stable**, so that now he is **almost seizure-free**. Now any seizures last for a couple

of minutes and only occur once or twice a day. Before he had major Grand Mal seizures throughout the day. Rick is **much more alert, his cognitive skills are so much better now and he is feeling so great!** He has a **radiant and shining skin**, while before his skin was dry and needed to be moisturized every day. He is not sleeping during the day anymore and **sleeps much better at night.**

We have been able to reduce the ketogenic diet to a normal lower carbohydrate diet. Now my son is **growing normally.** Before implementing your recommendation, his growth had fallen very much behind average.

We are very thankful for finding this scientific information, especially the correct EFA requirements. If following your suggestions could help my son, imagine what it must be doing internally for the average person! Personally, I have never felt better.

My best to you Brian,
Lilian Beukhof, Veenendaal, the Netherlands.

• Jan 26, 2007

Dear Professor Peskin, This is a testimony to your EFA oil formula. I am 61 years old and in fairly good health. However, most of my life, since about 12 years old, I suffered with a condition of difficult breathing through my nose. I just couldn't breathe normally. I had to breathe through my mouth all those years. After taking your oil formula **I was able to breathe through my nose freely for the first time in 49 years.** I actually feel like an **entirely different person.** It's just exhilarating for experience the use of my nose again. Thank you for your work. **You should be awarded a Nobel Prize** for your discovery.

Sincerely,
Elbie Johnson

• *The Hidden Story of Cancer* is a **masterpiece of science** based on real-life facts. It is very well written. Even I could understand the information. I was pleased (ecstatic) to know why I got cancer. I truly wish everyone could read this book. In sharing this information with others, it is amazing how they are not getting this [information] from their doctors, and even my own doctor [oncologist] does not know it. **It's incredible.** Mary D. Ulsh, California

• Dear Brian, I am delighted to come across scientific work, which is of **excellent quality and applicable.** I have been on a low carbohydrate program for approximately 1 year now, but I have been aware that there was still something

missing. Your program has filled in the blanks. What is amazing is how we in the medical profession, have ignored the obvious for so long. I have seen for myself **remarkable results with your program**. Dr. Caroline B. (a physician from Ireland), U.K.

• With Brian's program the most unbelievable part was that **I didn't want any sweets**. Before your program, I could sit and eat a large bag of M&Ms in one sitting. I went 4 weeks before I ate any sweets. **I don't think about food all the time**. Now, for the 1st time in my life food is not controlling me. Thank you for changing my life.

Patty P., Des Moines, IA.

• I have followed Brian's program for about 70 days and I'm **Amazed at the results**. I am a diabetic. My sugar levels were recently measured at 110. When I was diagnosed it was 500. Real-life results. Thank you for giving me choices that work. Donna W., Kissimmee, FL.

• I thank The Program's founder, Brian, every day for taking years of his life to provide us with painstaking research and scientific data ... [which] simply did not exist on any of the so-called "health programs" out there. I am a scientist, and although I never wanted to lose weight, I always wanted more energy. But I **NEED** the data to prove the claims. Until your program, I could not find it in anything at all. Cam S., Japan

• My most noticeable effect of Brian's program is that I **have not had a single headache** since I started..... To many people this may not sound like much, but I suffer from migraines and it is a **BIG, BIG** benefit. Lisa L., St. Louis, MO.

• Brian's program destroys most of what we have incorrectly been taught about diet and nutrition. Even though I am a nutritionist, and have worked in health stores for many years, I wasn't aware of how we have been so misled and manipulated by certain industries. His program explains very complicated physiology in easy-to-understand terms. I like the fact that [the program] raises questions and encourages thinking about nutrition in terms of a "systems" approach. Gloria C., Houston, TX.

• I had a child 10 months ago. Before following Brian's program, I felt tired all the time. **What a difference now.** I can finally get up in the morning like I used to... I **steadily lost excess body fat.** I stopped exercising for an entire month due to traveling, yet **still lost 15 pounds...** I wish I had known about this discovery during my pregnancy. Danette L., Houston, TX.

• In the past 2 months there have been some **very remarkable changes** in my husband's energy level and my appetite.... The results are **truly unbelievable.** Kristan C., St. Louis, MO.

• I recently started on Brian's program about 12 weeks ago and have seen **outstanding results** in that time. I have completely changed my eating habits. My **weight has dropped 20 pounds without even dieting,** my **blood pressure has dropped from 154/90 to 117/78 and my pulse has dropped from 92 to 64 on the average.** I now only take my blood pressure medication in the morning. I have stopped taking one in the evening. My **blood sugar has gone from 214 to 115** and I now have cut my glucotrol XL to only 1 tablet once a day each morning, and these readings are taken in the morning before breakfast. I have **much more energy** and even workout every morning now for the last month. I can't wait to see the results after 6 months or 1 year. A.W -- Windham, OH.

• I have been on Brian's program for 4 months. I was schedule from a minor surgical procedure. The doctor turned to my daughter and said, '**Do you know that your mother has the blood of a teenager?**' By the way, the doctor said the operation could not have gone better. I give all the credit to Brian. Myrna S., Miami, FL.

• I thought you may be interested to know I have just competed in the London Marathon, and I did it! 5:29:59. Not only did I do it, but low-carb as well. I ignored all the advice written in the various magazines and articles. I stuck to Brian's program. Runners talk of 'hitting the wall.' All I can say is '**what wall?**' There were diabetes testing stations around the course. I stopped to be tested. The nurses said my sugar was a bit low. I knew it was perfect. It seemed churlish to refuse their offer of sweets. After all, they seemed so concerned about me. I took some and threw them away after I had gone a few yards. The other remarkable thing is **I recovered so quickly.** With kindest regards... Trevor L., London, U.K.

- Two years ago I had my first bone density scan – at my request. I'd taken dilantin for 30 years, went through menopause with no hormones, and am a coffee drinker. The results: osteopenia. Medical advice: get more calcium. My reaction: confusion, since I have lots of calcium in my diet. My mother-in-law has osteoporosis and my neighbor has a more advanced case. I watched them take fosamax, drink 3 glasses of milk, and decline and have more pain. Last month, I had my second bone scan. Doc said, 'Your bones are good – keep exercising.' **The results are incredible.** Two years ago at age 58 my bone density was 80 mg/cm³ while average was 111. Today **my bone density is 117 and average has dropped to 106. I increased nearly 50%** while that average person lost. In 2 years I went from the bones of a 75-year old to the bones of a 56-year old. I used to have headaches that lasted 2-3 days and didn't respond to aspirin. After a year or two on Brian's program, **my headaches almost disappeared.** They're rare, mild, and respond to aspirin. I just had my teeth cleaned. The hygienist asked if my dilantin had been decreased --- **my gums are the healthiest she's ever seen them.** Let's not overlook my blood profile. My cholesterol is 206 (high they say) and my HDL is 80 (high). There's a note beside that that says, "good to be high." Not bad for someone who's eating butter, beef, and close to 2 dozen eggs per week. I'm grateful. Thanks. H. H., IA.

- I am a 60-year old man and have followed Brian's program. When I started I was almost 200 pounds and border line high blood pressure. I am only 5' 8". I have had blind migraines since I was in 5th grade. **I lost almost 30 pounds. Blood pressure is normal, and I haven't had a migraine since starting The Program.** A lot of people are blessed by your research. Glen M., Johnson, VT.

- A diet-controlled diabetic needs to go straight on Brian's program with no question. They will decrease the risk of progressing to tablets or insulin. **THIS ADVICE SHOULD BE GIVEN TO ALL DIABETICS.** All will find their **Blood Pressure dropping, as well as their weight and blood sugars** (testimonial from a physician). Dr. Andy T., UK

- I am an R.N. on a cardiac care unit. I've been using Brian's program for 6 weeks and feel wonderful. I've reviewed all the information twice – didn't want to miss a word. I've already influenced 5 other nurses. My goal is to spread the truth to as many nurses as I find willing to listen. Thank you so much for The Program. Vera D. (via e-mail)

- I am following up on testifying how great Brian's program really is. I recently had blood work done to see how things really look and they are **so good...**

People can not believe how good my cholesterol is... I was also very happy with my glucose at 76 because my mother is a diabetic. Oh, by the way, last June 4th [10 months before starting your program] my cholesterol was 321. Thanks again. Douglas G., Kutetown, PA.

• From newspaper story in Ireland: **In just 4 weeks John lost 23 pounds and 32 inches of body fat; Carmel loses 12 pounds and 21 inches of body fat.** I'm not really hungry at all when it comes to the 3rd meal of the day. I don't even get the cravings for sweets at that time of the month now.... **I feel stronger and more energetic than I've ever felt.** Everybody has commented on my weight loss - a colleague from Paris said I looked 10 years younger. Now the bloating is gone, I feel light and agile.... **I'm down three sizes from my usual.** Yes, I'm getting far more satisfaction out of the weight loss than tucking into pastries. John O., Ireland UK.

• I was able to fit into my "tight" jeans when my baby was 1 month old - for my other pregnancies it was 1 year! I gained the least weight of the 4 pregnancies while following Brian's program. My baby is 10 months old, and has been breast-fed while I am following the program's recommendations, and has not been on any antibiotics - unlike my other 3 children by that age. At 10 months my baby still gets up around 4 times a night - but with your science, **I have the energy to keep up with him** (even at age 44). Rhonda H. (via e-mail)

• On Brian's program I stopped craving starches, sugar, and salt. For the first time in my life **I experienced that appetite shutoff mechanism** that had previously been so foreign to me. I could now eat a meal and feel completely satisfied to the point of not even thinking about food until much later in the day. **My mood swings disappeared** too. And **I have energy now.** I've only followed your program for 3 months now, but I truly believe that continuing with this will be the answer to my prayers. After 23 years of suffering with this eating disorder, I am finally on my way to being completely healthy and well. I'm very grateful. I hope others with eating disorders learn about the principles in Brian's program so that they too can gain control over their eating and their lives. With kindest regards.... Jodi M., Kenner LA.

• I'm an 83-year old lady who felt her life was over. I was tired all the time. After following Brian's program one month **my energy is back and I have lost 8 pounds. It's given me a new lease on life.** Rebecca G. (via e-mail)

- When my husband was 35 years old he was diagnosed with Diabetes. The Doctors gave him medication and prescribed low fat diet and exercise. Even with that, his sugar rarely went under 160. Then the Doctor put him on Blood Pressure medicine. Then his stomach problems (that he had for several years) really started bothering him. We went to another Doctor and after several tests he was told that he would have to take Prilosec for the rest of his life. So now he is on 6 different medications at the age of 38! After following Brian's program for 5 months, he is off all his medication! **His sugar rarely goes over 120, his blood pressure is normal and he has little or no stomach problems,** and HE'S LOST 30 LBS!!!!!! **I have also lost 30 pounds, gone from a size 18 to a size 12. We feel great!!** I've also felt the health effects. I barely even know when my monthly cycle is coming and very little discomfort during. In the past few years I've also suffered from Migraine headaches occasionally, but since following the recommendation in your program, (knock on wood) I haven't gotten one. **Brian's program has literally changed our lives.** Thank you. Tom & Lori S., Lehigh Acres, FL

- I am writing to inform you how pleased I am with Brian's program. The **results with our children have been amazing.** We have three children ages 12, 9, and 5. Our middle son not only was overweight he also had a very difficult time with his concentration. And school work. His grades were just above failing and he was struggling. Although he was never tested for Attention Deficit Disorder I'm sure he would have fit into that category. I could see his self-esteem was deteriorating from the teasing of being overweight, but what was most hurtful to us was that he also thought of himself as stupid. We were apprehensive about using any of the commonly used drugs for his attention span. Then we found out about your program. **The first 2 weeks on the program we saw not only weight loss in our son but with my wife and myself also.** School now starting, we were hopeful that our son's grades would improve. We did not expect the effect of our son's experience. He brought up his grades in the 1st quarter and has maintained an A/B average all year long. He has also participated in the school's physical fitness program in the pushup competition with 93 completed in 1 minute.... **Fantastic as these results are what amazed us most was the ease in which these changes took place.** The weight loss was not a grueling task of denial and the grade improvement was not the result of long hours spent with homework or tutoring. It was proof to us that your program was the only factor we used to help not only our son, but the whole family. Thank you so much for the program. I'm sure our son would be floundering had we not used your system. Harvey L., Milton FL.

- In 8 months of Brian's program **I lost 40 pounds and went from a size 42 to a 36.** My **blood sugar is back to normal.** Dr. has taken me off all my medication. I

have my father on Brian's program. He is 82 and has also **gone from size 42 to 38 and is feeling a lot better. My wife has gone from a size 8 to a size 4** and is doing much better. I could go on and on but I think you understand how much better we are all doing. We thank you very much. You have given us a new lease on life. Roy B & Stan S., Houston, TX.

• I owe you a big Thank You, Brian. Since last year my wife **has lost 80 pounds**. And looks great. **No cellulite**. Period. She looks better than when I met her @ 19 years old (12 years ago). Thanks for doing the research. I'm now married to a woman with the maturity of a 35-year old AND the body of an 18-year old. Life is good. Philip H. (via e-mail)

• I began Brian's program in June. After following the program for 1 month **my glucose level dropped approximately 100 points**. I was having a problem getting my glucose level under 200 points. Keep up the fabulous work. Suzanne P., Houston, TX.

• Brian's Program is wonderful. I have been slightly overweight most of my life and after going on hormones a few years ago, my cravings increased significantly causing me to gain weight. But now since starting your program, **my cravings are almost zero** and I have **lost 40 pounds**. I have introduced several friends to The Program and they are having great results also. Renee D., Cypress, TX.

• In the past year or so **I have lost 31 pounds** and have also cut my blood pressure medicine from 10mg daily to 2.5mg three times a week. My blood pressure is usually lower now than when I was taking all the medication. I feel better. I feel I am doing the right thing for me. Thanks again. Jan O. (via e-mail)

• My husband and I have been on Brian's program for about 6 months. **It's wonderful!!!!** Between the two of us we have **lost over 150 pounds!** Both of us are now off blood pressure medicine. It's such a blessing. I have muscular dystrophy and it has helped in so many ways. The burning in the muscles and joints it has relieved 50%. You see now I know our prayers are answered. Thank you so much for all your hard work and research in this field. Gayle C. (via e-mail)

- I am a 43-year old male. Using Brian's program 4 months I have **lost 41 pounds and feel great**. I have more energy for my workouts and I have **lost my food cravings** (I had been addicted to junk – chocolate, pastries, soda, etc. for the past 40+ years). I wish I had discovered Brian's program years ago. Thanks! Steve P., Chicago, IL.

- I gave the science a try. Five months later **I have lost 50 pounds**. When I came home from work I would spend almost all of my time either on the couch or in bed. What a sad life always tired. NOW when I come home from work (or even overtime) **I have so much energy** left I can do my yard work and exercise. My weekends are now fun and free from work. I also have sleep apnea and a breathing machine. Since following the suggestions in Brian's Program I hardly use my machine. **I sleep much better and sounder**. Thank you. William M., Rochester, NY

- The first week of following Brian's program **I lost my desire for sugar and candy**. Judith P., Springfield, IL.

- I am a 37-year old Chiropractic Physician. After 6 weeks of following Brian's program, for the first time in my life **I don't feel controlled by the constant thoughts of food and the "eat, crave, eat, crave" cycle**. Thank you a thousand times over. This information has probably saved my marriage! Denise L., Webster, FL.

- I have been following Brian's program for 10 weeks. **I have lost 15 lbs.**, down from 170 lbs. to 155 lbs. Most importantly, my **average blood sugar has dropped from an average of around 225 to an acceptable 110**. With a dramatic drop in "spiking" levels. This has all been accomplished relatively painlessly. All previous attempts to bring the blood sugar to "normal" levels meant starving myself and a continual exercise regimen, which due to my travel schedule was almost impossible to maintain in any kind of normal lifestyle pattern. Brian's program has **made a vast difference in my life, with my energy levels skyrocketing**. Susan O., Boston, MS.

- (From Europe – UK via e-mail) The response to some people we know has been nothing short of fantastic: This week I've heard of a 6-year old child who had **eczema – gone in 2 weeks**. **A major reduction in suffering caused by Tinutis**. A lady who has suffered from aching breasts every month for 6 years (as

her cycle approaches) reports this **pain has disappeared in 3 weeks. Athletes foot: had for 2 years – gone in 3 weeks.**

• I have been using Brian's program for 2 months. I am 52, in good health, and looking forward to getting healthier. Following Brian's program has **eliminated my cravings for sweets.** Two meals a day are adequate I do not feel hungry. I believe your program is a very good change in my life and my attitude. Thank you for educating me. Patricia W. (via e-mail)

• Everything is coming down... weight (**lost 22 lbs.**) Blood Pressure (5 - 10 points), stress... everything! We are really enjoying the benefits thus far. Peter T., Southlake, TX.

• My wife and I have been on Brian's program for 8 months and have had **excellent results.** My wife has **lost 42 lbs., I have lost 60 lbs.** We feel better, etc...just as you predicted. We have recruited several folks in our small community and they are having great results also. Thank you for your hard work. Bob C., New Virginia, IA.

• My family and I started Brian's program and at that time I weighed 265 lbs., wore size 42 pants and 2XL shirts... both of which were very tight, making me keep my gut sucked in constantly. I'm now at 219 lbs, wearing size 36 jeans, size large shirts (which are not tight). My belt, which was getting stretched barely making the last hole, now sports a new hole I've had to make in it because the last hole for the smallest size is not too big! My wife has lost about 30 lbs. now, down from 255 to about 225, dropped 4 inches off her waist, she's wearing shirts that haven't fit in years. This is all without counting calories, eating as much "good" food as we "want" to eat. **We NEVER feel hungry, food cravings are a thing of the past!** Brian F., Houston, TX.

• I am a 41 year old female, a supervisor of Medical Technology in the laboratory of a local hospital - 3rd shift (11 pm - 7:30 am), and am a single mom of one. I hold a part-time job working another 10-12 hours a week in a physician's office, and am involved in various community activities. Needless to say, I have a very busy and demanding schedule. I listened to a morning radio show recently where your program was discussed. I am so very happy I listened and ordered Brian's program. Within a week **I could feel a difference in my energy level.** It was as though I was on cruise control as I went through the day. **I was not hungry...**What I noticed in addition to sustained energy was an **evenness to my**

temperament... Believe me this is an accomplishment I contribute to the overall feeling of well-being and balance I've felt since continuing on your program. My **skin is now clearer and smoother...** and best of all **I don't feel as if I'm getting "old" and losing my memory.** Thank you for the opportunity to share some of my positive life changes, experienced since starting Brian's program. Deborah B., Marlboro MN.

- Brian is the 'final word' to me on health and fitness. Covert Bailey move over. **Your ideas are a revolution.** I feel 100% better only after 2 weeks on your program. Deborah A., Rosewell, GA.

- I am on Brian's program now for 36 days - have **lost 20 pounds and feel better than ever.** I am a chronic pain patient, I used to take 17 pills a day for pain, blood pressure, depression etc. I am down to 4 a day now I did this on my own. David F., Alexandria, LO.

- I began a new way of living three days ago. WOW! The first thing I noticed was the **increase in energy**, then the **absence of my daily heartburn...** I dug out my tape measure and was amazed to discover **I had lost 4 1/2 inches around my waist.** I have **never had such success with any program before.** Brian, you are my hero! Dawn D. (via e-mail)

- I have been using Brian's program for about a month. These are the results that I have noted: 1. I have **lost about 6 pounds.** 2. I have noticed a **smoothing of the cellulite not just on my thighs and hips, but also all over my body.** The skin is smoothing out and becoming tighter. 3. I am **not losing muscle** as I have in the past; in fact I seem to be gaining muscle. 4. I have been able to lower my estrogen prescription to half the dosage... 5. I have noticed the **veins in my legs are not protruding as much as they were.** 6. I feel **more evenly balanced emotionally** and have more good days than bad physically. 7. I find I have **good endurance [when working out]...more than I did when I used the carb or protein drinks.** I am experiencing an **increase in strength also.** 8. I am finding **mental focus, concentration and assimilation of information to be sharper, clearer and lasting for longer periods of time.** 9. I don't wake up tired and I don't feel tired all the time. I appreciate your willingness to share your knowledge. It is much needed because what we don't know can hurt us! Arlene D., Nashua, NH

- I have been on Brian's program for about a month now and I already feel results! I don't feel the need to nap in the evenings after work nearly as much as I

used to. I also have **more energy and I don't feel ravenously hungry**, which I always did before. Shelly H., Des Moines, IA.

• My name is Joshua. I have been using the Body by Science program for about 3 months and have had **amazing results**. I have **lost 35 lbs**. It is the **best program I have ever used**. Thank you so much. Joshua G. (via e-mail)

• [Brian] I want to thank you again for developing the program. It has to be one of the most **important and significant pieces of work in recent history**. Shelly H., Des Moines, IA.

• Paul, my husband, used to call me "pooch belly," and "jug." BUT NOT NOW. I've even noticed that I don't crave chocolate. I have honestly **cut my food intake in half**. I could not fit into my size 3 jeans about a month ago. I feel like I've had a bodylift; **I am proud to be seen in front of a mirror**. Karen L., Worholsimpton, TX.

• ...I'm not snacking as much anymore, if at all. I'm not eating as much. I'm actually realizing why I wasn't losing weight before. Christopher P., Des Moines, IA.

• For years I have been wondering what is wrong with America. We exercise, eat sensibly (we thought) and yet we are fatter than ever with physical/mental problems that are at an epidemic all-time high. I started Brian's program.... Results in 5 days...4 pounds lost! I am now 6 weeks into the program and have **lost 7 pounds and many many inches**...and my husband is now on Brian's program. I travel extensively as a national accounts director for a major cruise line and have found it very easy to adapt my diet. In addition, I have been diagnosed with Crohn's Disease since 1982. I have noticed **much better digestion/elimination** since being on the program. Thanks for changing my life and explaining how incredibly simple it is to give your body what it needs. Terri B., Seattle, WA.

• What is so impressive to me is that **I weighed 205 lbs. when I dead lifted 400 lbs, but now only weigh 185 when I lifted 500 lbs**. This is the first time in 25 years of lifting that I have been able to get **leaner and stronger at the same time**. What is even more amazing is that my **lower back and other joint injuries are**

gone. I now have to be careful that I do not create new injuries with the amount of weight I am lifting. Thanks. Randy R. (via e-mail)

• Let my preface this my saying that I have tried “everything” in the book, so to speak; so I decided to try [Brian's Program] as well...Well, let me say that in as short as two-and-a-half weeks, I feel wonderful. I used to feel listless all the time, chronically fatigued, restless sleep at night...etc, etc. **Now I sleep like a baby and I have a renewed feeling of well-being.** I feel slimmer and my husband remarked that I looked slimmer. Thank you so much for making this possible. Linda R. (via e-mail)

• I have been on Brian’s program for 2 1/2 months and have **lost 25 lbs**, but the even better news is that I have **not had a problem with seasonal allergies**, not even one sinus headache or ANY headache! I usually have bronchial pneumonia at least 2-4 times a year, and always in the spring, **have not even had a cold!!** Even monthly PMS has not been a problem! I was borderline diabetic and now my sugar is low, my ankle used to swell and hurt every night, now it doesn’t swell AT ALL! ...I am 44 years old, felt like 70 and would never have lived till 60 the way I was eating. Susan P. (via e-mail)

• I cannot say enough about [Brian's Program]. After three weeks I look and feel great. I am diabetic and my blood (sugar) **is at an all time low**... I have **so much energy** and got a compliment on my skin today... Please get this out to as many people as you can. Diabetics need to [know] this. Thank you so much for the change in my attitude, life, energy level and weight lost. Donna L., Port Wentworth, GA.

• I am an R.N. and I can’t believe the change that Brian's program has made in my life. A have read and tried the Atkin’s diet but could not control my cravings for carbohydrates. In fact, I have tried almost every diet out there without success. A year ago, I was diagnosed with Type II diabetes. And have been very concerned about my blood sugar levels.... Since listening and reading the information in your program, I now know why I’d lose then gain the weight back on various diets. I can’t believe it’s only been 2 weeks since starting the program. I have **lost 7 pounds and have such a sense of well-being.** I no **longer have the cravings** Thank you so much for your work that is doing so much for my health. By the way, I have been able to decrease my oral diabetic medication from 2 pills twice a day to 1 pill once a day! Carol G., RN. Canada

- I have experienced a **significant reduction in cholesterol level** since following Brian's program. For a period of 4-5 years I was taking Lipitor to control elevated cholesterol. Lipitor reduced the level from 260 to 215-220. Within 90 days of following your program my cholesterol was 190. I'm a believer. Robert R., Houston, TX

- I have been on Brian's program for 30 days. I can report a notable difference in my appetite. I **no longer experience sugar cravings...** Generally, **I seem to need less food to maintain my energy demands.** My energy levels need to be high, as I am a weight trainer. I am also happy to report that **my skin quality has improved, as it has a smoother, softer texture.** I am honestly skeptical of any new [program] that comes out on the market, especially if so many positive claims are made concerning its use. I must say that, so far, I can see that this is a **very important addition to my fitness/wellness endeavors.** Thank you. Heidi C., Peachtree City, GA.

- I am an ex-athlete that had let his weight approach 450 lbs. (even on a frame at 6'7" this was obese). One day before Thanksgiving I began using Brian's program. I was amazed at **how quickly I began feeling a change.** Usually over the holidays I gorge on all the great foods. This holiday season was different. I ate some of my favorites but never to the point I was stuffed or sleepy. The other day I weighed myself and am now around 402 lbs., just under 2 months! Another pleasant surprise is that I have **not had a breakout of athlete's foot** since. This is something I have been plagued with for years, with episodes occurring quite regularly. I believe it is to do with the soft and not 'cracked' skin on my feet. Jerry A., Iowa.

- Dear Brian, I would like to take the time to thank you for your program. Like most people with a weight problem, I've been riding the diet roller coaster for more than thirty years, always looking to the day when my goal would be achieved and I could stop the "diet". Predictably, the weight would always return. My life changed in April...while driving to San Diego and listening to you on a radio talk show expounding on Brian's program. It was the dramatic contrast to conventional diet wisdom that peaked my interest, which unlike other programs, is based on sound medical research, I was motivated to change my life. No less than four months later, **I have lost sixty pounds, eight inches from my waist and have significantly higher energy levels.** I'm eating foods that I love...In fact, I'm completely satisfied with one meal per day and only occasionally will have two meals if business or social commitments dictate. Notwithstanding the above successes, the most gratifying aspect of the past four months is the realization that **I have not been on a "diet" but have made a most**

welcome and significantly healthy and enjoyable lifestyle change. Joe A.,
Mission Viejo, CA.

• I am living proof that a vegetarian diet will not guarantee weight loss! I gained 27 pounds in 2 years while eating vegetarian – no meat, fish, dairy, very little poultry – couldn't lose weight even with 45 minutes a day of vigorous exercise. Then I got sick and didn't exercise for a month, but began [your] program. **I lost 9 pounds and have kept it off.** Further benefits: **no more cravings** midmorning or afternoon; **more alertness** throughout the day. Thank you for your vision and sharing this information with us. Pamela T. (via e-mail)

• I want to let you know how great Brian's program is. I have followed it for 2 months now and have seen a **noticeable difference in the appearance of my thighs and hips.** I am not obese, but I have had a cellulite problem since my teens – even my husband noticed the change. Not only that, I have **more energy.** Thank you for such a wonderful Program. Ruth W., Crystal City, MO.

• I've been following Brian's program for 2 months. During that time **I lost 10 pounds – without making any real effort at dieting.** I'm comfortably full on half the amount of food that I used to eat. These 10 pounds have been the easiest pounds I have ever lost And I've tried quite a few weight loss programs. I had been seeing some improvement in my hypoglycemia even before starting the program – but nothing compared with what has happened since I started following its recommendations. For the 1st time in my life feel normal. I have not had a blood sugar drop – I've been able to go much longer between meals than I (or anyone else) ever thought I could. I've been hungry without being shaky, sick, dizzy, etc. I can eat sugar without getting a headache. This may not sound like a big deal to anyone else, but it's incredible to me – and to the people who know me and have helped me with this problem. Linda S., Overland Oak, KS.

• I want to say thank you for your magnificent discovery [Brian's] program. Within the first 2 weeks I noticed an **improvement in my energy level,** which I have not experienced before. I have been taking vitamins for the past 15 years, but stopped when I started the program and have never felt as good or as healthy as I do now. Since starting the program, I've enjoyed feeling like **I'm in control of my appetite.** I stop when I feel full instead of when I eat the last bite. I do not desire very sweet drinks such as punch and soda. When I go to bed **I fall asleep quickly and wake up feeling very energized and clear-headed.** The numbness and tingling in my hands seems to be disappearing. My **arthritic big toe is pain-free.** My very dry skin is improving. Thanks again. Jacqueline G., Houston, TX.

- A little background on my health: I have a small artery at the back of the heart that is partially blocked and causes some angina (pain) if I move around too fast in the mornings before my blood pressure medication takes hold. If I don't take the medicine I get angina. Well, about 1 month into Brian's program, on a Sunday, about 3 pm I thought to myself, hey, you forgot your blood pressure medication. Then I thought no I didn't, as there is no angina so I must have taken it ... I thought about it some more time and I was right, I did forget to take them. ... My BP was running about 150/100 without medicine. With medicine it was 145/88 or so. With medicine AND following your program I'm running 130/75!
Michael F., Marion, IA.

- A "MIRACLE" happened to me today, April 8th. Because I am a #2 diabetic, I have been taking oral medication also 25 units of insulin each day. Thank God for your program! Two weeks ago I started Brian's program and my **blood count is perfect today**. My doctor advised me to discontinue my medication. I know in my heart insulin is past history to me. PLEASE listen and follow the program. Believe me, it works. Jean T., Houston, TX.

- I've used Brian's program now for 1 month with **outstanding results!** My overall feeling of "wellness" has increased tremendously. I have **extra energy that I never thought possible** and my cravings for certain foods have significantly decreased. Again, I can't thank you enough for being "ahead of your time" in producing the program. The doctors and my family still cannot believe I did not get sick when they all did! Cathy S., Atlanta, GA.

- My family has been following Brian's program for about 6 weeks, and we are seeing **amazing results**. I have an 11-year old daughter who is much calmer, more focused, and a lot better to live with. Becky M., Des Moines, IA.

- Please convey my appreciation to Brian! I have dropped 13 pounds, and more importantly, **my glucose level has dropped from 233 to low 100s, i.e., 103-109**. I am very thankful and delighted with the result. God bless you. Catherine P., Garden City, NY.

- After following Brian's program for a year, I had a customer at the post office ask me if I had had a facelift. WOW, did that make my day! Peggy C., Dougherty, IA.

• Thank you for bringing your program to the everyday consumer. I've had my weight go from 120 pounds to 135 pounds as long as I've been an adult. With Brian's program my weight varies from 120 pounds to 122 pounds! I've always had an athletic body but I look better now at 41 than I did in my 20s! My **cravings for carbs is almost completely gone!** I have **more energy** now on a continuous basis with no ups and downs like on numerous products. If this isn't enough, I will tell you an amazing miracle! I had developed a cyst the size of a pea on my thumb. In order to have it surgically removed, it would cost \$1,200. I decide to wait for 6 months so that the procedure would be covered by my husband's insurance. In the interim, I started following the suggestions in the program, and by the time the surgery appointment came around, **the cyst was no where to be found!** Thank you for all your research. Julie M. (via e-mail)

• I have been on Brian's program for almost 5 months. **When I first started I weighed 210 lbs. and am now between 175 and 180 lbs. (5'9") and feel great.** I was on 3 different allergy medications and am now completely off 2 of them, of course, with my doctor's blessing. I still keep my inhaler around but only use maybe once a week if at all, compared to 3-4 times daily. My wife was amazed at my results and went on your program herself. In 2 months she **lost 20 lbs.** Thanks for all your help. Sam & Kathy (via e-mail)

• First, let me thank you for your program. I have 'suffered' from hunger cravings for years and years. My life has been a constant diet (and I have tried them all). I received the program last Thursday, started on Friday, and can already tell the difference.... **No frantic cravings** which lead to a fear about managing food and my weight. Thank you. Marynell S. (via e-mail)

• After a year on Brian's program the most remarkable thing happened at my annual eye exam. I have worn glasses for almost 30 years, and each year at my checkup my eyes have either stayed the same or gotten worse. This year, for the **FIRST time, my eyes have improved!** I told my doctor what I was taking, and he agreed that if nothing else changed, that must be it! Form a handful of us starting the program over the last year, the **WORD** is spreading throughout our 2000 member congregation. Kem G. (via e-mail)

• I have been on Brian's program for 6 months now, and I **have lost 20 pounds and 4 dress sizes!** I am 29-years old, and I was feeling much older before I

started on the program. Now **I feel like a teenager again! My energy has doubled!** It has changed my life for the better. Karen G., Huntsville, TX.

• I have been on Brian's program for 1 month, but I can't believe the difference in how I feel. First, my **back pain has disappeared**, I have a lot more energy and **don't feel "sleepy" in the middle of the day**. I have lost 5 pounds...I have listened to all the tapes that came with the program and listened to them again...What a difference in the way I feel!! Thank you! Susie H. (via e-mail)

• I absolutely love Brian's program and recommended it to several friends and coworkers that I know are addicted to carbohydrates as I was. I noticed that I **no longer get the cravings for snacks** late in the evening. I can eat 1 donut or 2 cookies and be perfectly satisfied. I have only been on The Program 12 days. **The carb cravings are gone**. Gloria S., Baltimore, MD.

• I have been on Brian's program for 3 weeks....**I feel great!** I had my lipid panel taken this week, and I got weighed. Here are my results: Total Cholesterol - today **164 (down from 196)**, Triglycerides - today **54 (down from 90)**, HDL - today 38 (stayed the same), LDL - today **115 (down from 140)**. I lost 8 pounds!! I am amazed. I cannot believe it I am eating all the things I have avoided for so long and am getting the results I wanted. Thank you! Thank you! Lisa. W. (via e-mail)

• I cannot say enough about the benefits of Brian's program. I used to have a great deal of pain in my joints that I thought was tendonitis. **The pain is now gone**. I have **lost 25 pounds in the 2 months** that I followed the program, and I **never go hungry**. I am 43- years old, and I honestly **feel like a teenager again**. My **energy level is unbelievable**. My **memory seems to improve daily**. I **sleep better than I have in years**. Scott S., International Falls, MN.

• Diagnosed in 1992 with Chronic Fatigue Syndrome & Systemic Candida Albicans. I have not been able to work - sometimes for 2-3 years at a time. I tried EVERYTHING! - herbs, juicing, vitamins, silver nitrate, & Noni juice, NOTHING WORKED. I have followed Brian's program since June 2000. I started back to work full-time in Sept. 2000. **I have been able to work everyday**. With an impaired immune system you catch everyone's colds/flu. **I have only been sick 1 time in the last 10 months**. I also have had low blood sugar for 10 years, and had to eat 5 to 6 times/day. I only have to eat now only 2, maybe 3 times/day! I will always follow your program. Thank you. Jan J. (via e-mail)

• Before The Program: Total cholesterol: 315, Triglycerides: 1272, A1C: 9.5
After: Total cholesterol: 151, Triglycerides: 193, A1C: 6.9. **My physician recommends Brian's program to all his diabetic patients.... He's in awe.** Benny H., Lexington NC.

• I have been following Brian's program for about 18 months now and have never felt better. **The 20-25 pounds that I lost have stayed off with ease.** I do not seem to get colds or have sinus problems any longer. Thank you for sharing your science with the rest of the world. Jonathan G., Ankeny, IA.

• I am thrilled with Brian's program. My **weight has dropped from 220 to 180** in these 5 months. My **cholesterol has gone from 207 to 191.** The most astounding progress is in my triglycerides count, as I have experienced a **241 point drop** (from 374 to 133)! Not only are we in better health "on paper, but we feel and look better. We are on your program for life (literally). Marvin M., Richmond, VA.

• Words cannot describe the fabulous success and results I have experienced with Brian's program. First, **in 1 month I have lost 16 pounds.** I no longer have those overwhelming cravings or voracious appetite. The only drawback was the necessity of buying a smaller belt. If I have any regrets, it is only that I wish I discovered your program earlier. Gary C. (via e-mail)

• I cannot begin to tell you how much Brian's program has helped me in the last few months. I've gone from a 266 lb. person that has been in the hospital 5 times since Jan. with many medical problems and the critical list for several days; with severe memory loss. To a person that has **lost 48 lbs.** back to work with most of my memory back and hardly any medical problems. **I feel so good it is almost sinful,** better than I have for twenty years. Peg B., Willis, TX.

• In my 10 years of marriage I managed to add about 100 pounds to my frame and to be honest with you there was no end in sight. I was gaining weight so fast that I had suits I only wore two or three times before I would outgrow them. During this time, of course, I would try everything to keep my weight down. First, I started exercising. Well, like everyone else, after busting my butt for a few weeks and not losing any weight, I quit. Also, during these years, I tried to eat 'healthier.' None of this worked. My food cravings increased and I became

addicted to food. My weight ballooned. Well, needless to say, ordering Brian's program was the best thing I ever did. **I've lost 55 pounds.** Since I started the program I eat what I want until I'm satisfied, and I don't need to eat anymore. The results speak for themselves. How could anyone argue with the results? If anyone doubts the success of Brian's program, tell them to call me! Kenneth P., Boardman OH.

- Whoever put this program together is a genius! After just 2 months, **I feel better than I have for years!** I bought The Program as a 40th birthday present to myself. It's the best present I've ever gotten. I am 5'5" and when I started I weighed 180 pounds. Now I weigh 168. My **energy level has improved greatly.** I used to be tired by noon and had to take a 1 or 2 hour nap or fight off the fatigue. Now I go all day without that nap and sleep so sound at night. There is an overall healthy look to me. You are helping so many people. I tell everyone about your program. Susan W., Colo IA.

- I've completed 60 days on Brian's program. My cravings, late night snacking, have **completely disappeared.** I have also **avoided any of the sickness** that seems to go around. John S., Circleville, OH.

- I have had high cholesterol, arthritis, and basal cell carcinomas. Your recommendations sounded just like what I needed.... got off cholesterol reducing medication, and started lifting weights three days a week. This conflicted with recommendations of my doctor, so per [The Program's] recommendations I just had my cholesterol checked again. In three months **my triglycerides dropped from 141 to 90.** My previous diet and medication had never produced a decrease. I have **no joint inflammation** since I started the program. My skin is looking better. My surgeon was surprised at **how fast I healed** from my last skin cancer surgery. Skin cancer has randomly produced new basal cells a few times a year. No new ones evident since starting the program and following the recommendations... Dan T., Pella, IA.

- My wife Sandy and I have been on Brian's program for six weeks. Sandy has lost 6 pounds, and I have lost 10 pounds. Our **love handles are gone, our clothes fit better,** we have **more energy,** are **less stressed,** have **virtually eliminated any digestive problems....** It's great! Sandy used to be a chocoholic and candy fanatic, but now while on your program, all her **cravings for those sweets have disappeared.** Jim & Sandy R., Medical Lake, WA.

• I started using Brian's program approximately 5 months ago and have noticed several changes I am pleased with. To start with, my **appetite has changed - I don't need to constantly be picking at food**. I can have just a meal - without snacking before my next one. To add to that - I have **lost 1 dress size without really trying**. Thanks a lot. Evelia A. S., Houston, TX

• My 6-year old son was recently diagnosed as a Type I diabetic. Within 1 month of starting Brian's program, my child's **carbohydrate desire decreased and he now requires only 1/4th of the insulin he previously needed**. His blood sugar readings are much better and constant. His appetite is more controlled - he isn't always hungry. When will the diabetic physicians learn science and be accountable for what they are telling us? Jim C., Des Moines, IA.

• I was fed up with weighing over 400 pounds. Being a former Collegiate wrestler I wanted to return to some semblance of good physical condition so I joined a wellness center and began cardio & intense weight training. I worked the weights hard and a year later was benching 350 pounds. But my weight went from 400 to 450! OUCH! I was strong but still fat. I started Brian's program and just last week had a physical. My doctor was speechless. When I showed him what I had been eating the last 2 months, and had **lost over 50 pounds** and my **cholesterol dropped 30 points**. The 'icing on the cake' is that that my aerobic endurance has increased automatically without additional exercise. Jerry A., Waterloo, IA.

• 10 years ago I started slowly adding weight even though I worked out 4-5 times a week and was on a very low-fat diet. In the last 10 years I gained 40 pounds. It has been very depressing. Within 10 days of starting Brian's program, I **lost 12 pounds**. I couldn't believe it. I've since **lost an additional 13 pounds**. Jeanne R., W. Des Moines, IA.

• Like most people with a weight problem, I've been riding the diet roller coaster for more than 30 years always looking to the day when my goal would be achieved and I could stop 'the diet.' Predictably, the weight would always return. My life changed when I heard about Brian's program. After starting the program, which unlike others is based on sound medical science, I was motivated to change my life. Now, less than 4 months later, I have **lost 60 pounds, lost 8 inches from my waist, and have significantly higher energy levels**. Your program has eliminated my previously uncontrolled desire for carbohydrate-rich foods. In fact, I'm completely satisfied with one meal per day

and only occasionally will have two meals if business or social commitments dictate. Joe A., Mission Viejo, CA.

• My husband is a trucker and heard about Brian's program. In 33 days he has **lost 23 pounds, went down 2 pants sizes and added 3 holes to his belt**. He has been on blood pressure and water pill medication for about 3 years. His blood pressure has been normal the past 3 weeks. His ankles were so swollen. Now they are down and normal. He is feeling much better, I am very proud of him. Russ & Betti B., Burlington, IA.

• Thirteen years ago I became a vegetarian, but instead of losing weight, I contained to gain. Despite being active and eating 'healthy,' I continued gaining weight at the rate of 7-10 pounds yearly. In 1989 I tried a very restrictive 500 calories a day. In 6 months I lost 60 pounds but gained it all back when I began eating 700-900 calories. I had been considerably overweight for 5 years and had given up hope. My first positive response with Brian's program was when I noticed a **dramatic drop in the amount of pain in my joints**. The constant hot throbbing pain was lessened to a consistent dull ache. I began walking again, even dancing. The 2nd positive outcome was the improvement in my skin. Last but no least was the weight loss. I **lost 21 pounds in less than 60 days!** My energy levels are higher. I even **came through the flu season without even a sniffle**. I am feeling so positive about life and myself in generalThank you! Jo Ann S., Tucson, AZ.

• Brian's Program is phenomenal. I am literally shrinking thank you so much. Jennifer W., Woodland, CA.

• From a physician: HDL: 31, LDL: 109, Triglycerides: 221. After 6 months of Brian's Program: HDL: 42, LDL: 157, Triglycerides: 131. Never before could I raise my HDL. Impressive. Dr. Robert N., D.O., Camdenton, MO.

• It feels as though my body is 'feasting on fat,' literally. L. Kephart, Des Moines, IA.

• My results from following the suggestions in Brian's program were so miraculous that I had to have the world's greatest skeptic validate it totally from a scientific perspective!! My friend on the east coast is a Ph.D. in medicine and works for a giant pharmaceutical firm. Talk about a real 'test.' So far, we are both

extremely pleased with the program. For me, it was cravings and depression --- now gone. You can be sure you have another person added to you 'fan club.'
Barbara G., Santa Clara, CA.

- My husband has experienced **awesome results** after 4 months of Brian's Program: **30 pound weight loss, improved energy level, relief from chronic tendonitis.** Gail S., IA.

- Like many overweight people, I've tried a lot of things and nothing worked. I was desperate, my blood sugar was out of control and the doctor wanted to put me on insulin shots. I kept trying to correct it with diet and was failing miserably. As of June, I began to suffer from neuropathy in my feet. It was all progressing too fast. I'd only been diagnosed as a Type II three years ago and not neuropathy. Each month I was gaining weight too. I could not lose any, nor could I stop gaining. [Since starting Brian's program] my blood sugar levels began dropping dramatically. Within 2 weeks my blood sugar level had gone **from 296 average to 166 average.** I also lost 3 pounds. The weight is coming off. More importantly, the blood sugar level is averaging about 137. I don't have the tired feeling after eating like I used to. I clearly remember when I was first diagnosed as a diabetic, ... I really did watch what I ate for a longtime with little or no results. Thanks. Charta F., Algonquin, IL.

- I started following Brian's program just prior to Thanksgiving last year. At 42-years old, 6'2" and 203 pounds, I wouldn't have been considered "fat." However, I went on the program to help with my energy level as running my own business and keeping up with my four- and two-year old children was exhausting me. I couldn't stay awake past 9 PM. Here are the results 6 months later. My **mental acuity and energy level has gone through the ceiling.** Weight has gone **from 203 to 185 pounds** and I've **lost 2-3" off my waist.** My HDL level, LDL/HDL ration, and triglycerides are now off the scale in excess of the 95th percentile. And the exact quote from my doctor was "you're nothing but a big showoff." Thanks for putting the puzzle together and keep up the fight! Johnathan G., Boone, IA.

* Brian's Program is a blessing. Only after 31/2 weeks I can finally sleep and feel rested with 5-6 hours of sleep, elimination is normal for the 1st time since gallbladder removal 6 years ago, **energy level is enough to exercise.** Thank you.
Lynn (via e-mail)

- I'm a 43 year old female that's been sick for years. I've had low blood sugar, constant hunger, acne, heartburn, and headaches for 10 years! Brian's program has made a **remarkable difference**. Since the 1st day my **headaches are gone**, I stay full longer, **sleep better, have clearer skin, take no more digestive aids, and I have so much more muscle tone**. I am so very happy! Caroline C. (via e-mail)
 - I have been on Brian's program 4 months now. With a history of vegetarianism and eating lots of soy for about 20 years, I am so thankful for your time to research the truth. I was not recovering from my athletic injuries while I ate lots of complex carbs. I craved carbs all the time and at 42 had hot flashes and skin problems. Month 2 my **skin began to clear --- the hot flashing left** within the 1st week. I feel great again! R. O. (via e-mail)
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Note: Testimonials edited to conserve space. Emphasis added.