



The Professor's Dietary Discoveries Vindicated

Amazingly, after over a decade of dietary discoveries and advice, The Professor had never had to reverse any of his recommendations! This is incredible, especially when compared to the constant reversals we always read and hear about in the popular press! There were 4 major reversals from January - February 2006!

Over time, all of the professor's deductions through his meticulous research have and will be proven correct because they are based on the field he terms: Life-Systems Engineering Science.

This new field of study, founded by the professor in 1995, is defined as: The new science of producing desired results by working cooperatively with the natural processes of living systems. This is in sharp contrast to a drug. Drugs typically artificially alter your biochemical reactions and always have negative (harmful) side effects.

Brian's alma mater, Massachusetts Institute of Technology, (MIT) utilizes the same concepts the Professor originated - bringing engineering into the field of human physiology and biochemistry to make astounding advances in health! They published the following statement on their website on January 19, 1999:

BIOENGINEERING & ENVIRONMENTAL HEALTH: "Combining engineering, biology and chemical tools to reveal life's secrets, improve health care technology, and bridge natural and synthetic engineering - B.E.H. is about making scientific breakthroughs that change the way we live."

This month's newsletter will look at 4 recent scientific press releases proving the professor has been right in his recommendations all along, despite widespread adversity against his recommendations.

1) "Effects of Omega-3 Fatty Acid on Cancer Risk: A Systemic Review," MacLean, Catherine, M.D., et al., Journal of the American Medical Association (Vol 295, No. 4, January 25, 2006

The CONCLUSION: "Dietary supplementation with omega-3 fatty acids UNLIKELY to prevent cancer."

The Professor's NEWSFLASH!

Of course, in "studies" they don't use solely "parent" omega 3, they use adulterated oils or fish oils, which come from mainly farm-raised, not wild fish, and there is no science used to calculate the parent omega 6/3 ratio the patient is given. Without this vital balance of omega oils, and scientific understanding of how the body uses them, results will be negative. Please read the special medical report: "The Scientific Calculation of the Optimum Omega 6/3 Ratio" for the full story!]

2) **“Fat-Reduced Diet May NOT Reduce Risk for Cancer or Cardiovascular Disease,”** (ref.: JAMA 2006; 295:629-642, 691-695)

CONCLUSION: “The hypothesis that a low-fat dietary pattern can reduce breast cancer risk has existed for decades but has NEVER BEEN TESTED in a controlled interventional trial.” Their hypothesis (guess) failed.

The Professor’s NEWSFLASH!

Once again our health is jeopardized by the “it must be true, so let’s say it BEFORE we really know” way of thinking. NO SCIENCE -- just like the fish oil the bad fish oil recommendations!

3) Feb. 15, 2006 — Calcium and vitamin D supplementation in postmenopausal and elderly women improves bone density, but does not reduce fracture risk and increases risk for kidney stones, according to the results of a 7-year follow-up randomized study from the Women’s Health Initiative (WHI) reported in the February 16 issue of The New England Journal of Medicine.

The Professor’s NEWSFLASH!

For years I’ve been stating the scientific facts about excessive calcium consumption. Calcium is NOT listed in the prime causes for osteoporosis (Textbook of Medical Physiology) so it can’t prevent fracture! This is elementary when you understand the science. The bone matrix is made of protein and fats and requires hormonal influence. Dumping excessive calcium on the bone matrix does increase the density, but makes the bone more brittle; the opposite result of what we desire. The physicians measure the wrong thing!

The prime causes for osteoporosis (as well as what’s needed for overall healthy bone structure) are:

- 1. Lack of physical stress on the bone – from inactivity.**
- 2. Shortage of protein – so the bone matrix can’t be formed.**
- 3. Lack of vitamin C.**
- 4. Postmenopausal lack of estrogen. (estrogen is made from EFAs)**
- 5. Old age – decreased growth hormone and other hormones inhibiting bone matrix. (hormones are made from protein and EFAs)**
- 6. Cushing’s disease (adrenal tumor).**

Source: Textbook of Medical Physiology, pg. 998, Arthur C. Guyton, John E. Hall, W B Saunders Co., January 15, 1996, ISBN: 0721659446.

Note: Lack of calcium is NOT listed!

Calcium is only used at the surface of bone. It can actually contribute to harder, more brittle bones when taken in excess. Bone needs to have a good balance of strength and flexibility in order to stand up to stress

and avoid fractures. The list above tells us what our bones need to be strongest and avoid breakage and fracture.

“...it (osteoporosis) results from diminished organic bone matrix (protein is needed for this) rather than from bone calcium.” Source: Textbook of Medical Physiology, pages 988-989

4) “Soy Claim as Heart Helper in Dispute: New findings could change FDA rules on claims made by soy products,” (ref.: Circulation 2006;113:1034)

CONCLUSION: “Soy protein, for years touted as the health-conscious way to reduce cholesterol, isn’t so effective, according to a new review of studies.

In a report from the American Heart Association (AHA), experts say the favorable effect of soy on so-called LDL “bad” cholesterol and other heart disease risk factors has not been confirmed by studies reported during the past decade.

The findings could change U.S. Food and Drug Administration rules regarding claims made by soy product manufacturers.

Earlier studies had suggested that consumption of at least 25 grams of soy protein a day could reduce cholesterol, and in 1999 the FDA allowed manufacturers to claim that soy products might cut the risk of heart disease risk. In 2000, the American Heart Association also recommended soy be included in a diet low in cholesterol and saturated fat.”

The Professor’s NEWSFLASH!

For 7 years the FDA allowed claims of “food for a pig” to have “wonderful heart-protective properties WITHOUT scientific study -- in fact, the science is 100% AGAINST soy for humans (see my special medical report “Soy Fiction” for the full story).

Ladies need to stop feeding their infants soy “formula” and no one should consume soy “milk.”

“The AHA decided to re-examine the issue as more studies came out refuting soy’s earlier promise. The committee, led by Sacks, reviewed 22 studies on soy protein. They found that large amounts of the nutrient in the diet reduced so-called LDL “bad” cholesterol by only about 3 percent, and had no effect on the so-called HDL “good” cholesterol. Soy-rich diets also had no significant effect on blood pressure.

The committee also looked at 19 studies that evaluated isoflavones, the bioactive molecules found in soy. They, too, had no effect on lowering blood levels of bad cholesterol or triglycerides, another heart disease risk factor, or on improving good cholesterol.

The committee also reviewed studies of soy protein and isoflavones on menopause-related symptoms, such as hot flashes. Again, they found the compounds had no effect in easing these symptoms.”

If you have any questions or comments about this month's newsletter please e-mail the professor at: prof-nutrition@sbcglobal.net

This Month's Low-Carb Recipe: African Fajitas (different than the Mexican variety)

Ingredients

1 lb. flank or round steak
1 tsp. garlic powder
1 tsp. ground ginger
1 tsp. paprika
1 tsp. ground cinnamon
a pinch of chili powder
2 tsp. onion salt
1/2 cup peanuts, finely ground
1/2 tsp. sugar
olive oil

Preparation

1. Cut steaks into 1-inch-wide strips.
2. Mix the rest of the ingredients in a small bowl.
3. Coat the steak strips with the mixture and let them absorb the coating for a few hours in the refrigerator.
4. Sauté the meat in a cast-iron pan with a little olive oil or broil until cooked to your desired liking.

Makes 2 - 4 servings

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