



July 2005 e-Newsletter:

All Dietary Fats are NOT Created Equal - The Dangers of a Low-Fat Diet!

The problem with adopting a low fat diet for better health is that it restricts ALL fats, without taking into consideration that your body needs certain essential fats to remain healthy. Also, many good natural fats get a bad rap because of a basic misunderstanding of how the body works.

Another bad result of eating low fat is the worst kinds of fats are recommended to replace the natural fats that you actually need for good health. The low fat fad has let us into a cascade of terrible health problems. Since low fat/low calorie was adopted, the rise in disease has been dramatic:

Stats:

Heart Disease has risen from 3% in 1900 to **34.2% in 2005**

Cancer has risen from 3% in 1900 to **23% of all deaths in 2005**

40% of ALL AMERICANS now contract cancer in their lifetimes. Breast cancer now affects **1 in 8 women!**

Diabetes: 18 million people in the US have diabetes. 90-95% have type 2. Diabetes is **10 times more common in only 46 years!**

The current obesity statistics are mind-blowing:

- **Two-thirds** of America's adults are overweight or obese
- As many as **30 percent of U.S. children** are overweight
- Childhood obesity has **more than doubled in the past 25 years**
- In the past 20 years, childhood diabetes has **increased 10-fold**

List of good fats: *As long as the fat is natural and undamaged by processing or heat, it's healthy!*

- Essential Fatty Acids (Parent Omega 6 and 3)
- Real Cream Butter (as long as it's not cooked at higher heats, which can turn it into a trans-fat)
- Natural Saturated Fats: Animal Fats, coconut oil, palm oil, lard, etc.
- Olive Oil (Extra Virgin **only** - and as long as it's not cooked at higher heats, which can turn it into a trans-fat)
- Natural Cheeses
- Egg Yolks

List of bad fats: *Any natural fat damaged by processing or heat or any man-made fat substitute is **dangerous!***

- All Margarines (Even those that claim no transfats)
- Hydrogenated or Partially Hydrogenated Vegetable Oils
- All Fat Substitutes
- Any unsaturated fat damaged by high heat (converted to a trans-fat)

Margarine is NOT Healthier than Real Cream Butter - On the contrary, it can be deadly!

***** How can any margarine state it has “no transfats?” – unless a dangerous man-made fat substitute is used instead.**

Originally, hydrogenation was created for the production of low-cost soap. Hydrogenation is the chemical addition of hydrogen to another chemical. When applied to oils, the process turns the healthy essential oils into dangerous trans fatty acids, which are unhealthy for human consumption. Hydrogenation artificially converts liquid fats into solids such as margarine, non-dairy cream, etc. Manufacturers like this because it extends the shelf life of their products. Even if a product is partially hydrogenated, it's still just as dangerous, possibly even more so!

Transfats—A Small Percentage Causes Great Harm

Imagine what these bad transfats would do to your cell structure. Damaged fats create damaged cells. Transfats go through the normal processes of the body but don't work because they don't have the healthy fat structure our bodies are designed to use. What makes them so bad is that they “fit” into the cell but are defective. These hydrogenated oils and other man-made modified oils are known to stop the oxygen transfer of EFAs and cause cancer. Even when margarine and other hydrogenated products contain relatively few transfats—as little as 1 -2%—this translates to an enormous number of transfat molecules.

In absolute numbers there will be some 1×10^{21} molecules (one followed by 21 zeros, or 100 million-trillion) in each tablespoon of oil. Therefore, the potential for them to cause damage, either used integrally in the cellular structure, or in biochemical reactions, is highly significant, because only a tablespoon of defective oil provides some **100,000 defective oil molecules for each cell in our body—a tremendous overload potential. Many of us consume much more than a single tablespoon of processed oil each day. Add to this defective number the huge number of defective fat molecules from other processing sources and you will be terrified** at what you and your family have been consuming for decades!

Saturated Fat is NOT the Enemy!

For years now we've constantly heard how bad saturated fat is for you. That it causes arterial clogging, heart disease and makes us fat. The shocking truth is saturated fat does NONE of these things. Let's look at the facts:

The Lancet reported back in 1994 that no saturated fat is found in an arterial clog.

Low-fat diets have been shown to exert a potentially harmful effect on lipoprotein profiles in some persons... The 60% carbohydrate diet resulted in higher fasting plasma triacylglycerol, remnant lipoprotein, and remnant lipoprotein triacylglycerol and lower HDL cholesterol without changing LDL-cholesterol concentrations.

A high-fat diet (good natural, unaltered fats) protects brain cells, provide the best form of energy and do not store as excess body fat.

How is Body Fat Stored?

The all too common misconception that body fat is stored by eating dietary fat has created an epidemic of obesity and EFAD (Essential Fatty Acid Deficiency) illnesses. The scientific truth is there is no mechanism in the body to store dietary fat as excess body fat. Adipose tissue (body fat) is stored **only** when eating carbohydrates.

Food is made of three primary components. Here is how each component is stored by the body:

- 1) Natural Dietary Fat - broken down into tryglyderides - surrounded by protein - used in essential processes and converted into body structure (muscles, brain, etc. - NOT body fat)
- 2) Animal-based Protein - broken down into amino acids - used in essential processes and converted into body structure (muscles, bones, brain, etc. - NOT body fat)
- 3) Carbohydrates - broken down into glucose (sugar) - insulin (the fat storage hormone) is released - converts sugar to fat which is stored if not used up immediately as it is with professional athletes.

As you can see, protein and natural fats are vital for body structure, which needs the “materials” they provide to rebuild itself on a daily basis. Sugar, which is not necessary for body structure, is stored as fat. Any sugar needed for essential processes (1 teaspoon of glucose per gallon of blood) can be created from dietary protein. Sugar is non-essential, meaning the body does not need dietary carbs/sugar to survive and be healthy. On the contrary, too much sugar can lead to illness and disease.

Remember: Carbohydrate = Sugar. They do the same thing whether they are simple or complex. When it comes to sugar content, your body doesn't know the difference between pasta and a candy bar. Any carb/sugar that is not immediately used as fuel, will be stored as body fat. Also, when your body uses a carbohydrate for it's fuel, it will NOT use body fat. It chooses the carb first, sacrificing any fat burning in the process.

There's no telling where the bizarre idea that carbohydrates help you burn body fat came from. No matter what the hype says, fat **does not burn** in “flame of carbohydrates.” In order to get the optimum fat burning when exercising you need to eat **zero** carbs 2 hours before to 2 hours after your workout.

Please mail your questions to Brian at info@brianpeskin.com

"Green Salad with Warm Bacon Dressing"

Ingredients:

- 3 cups romaine lettuce, torn to desired size
- 3 cups spinach leaves, torn to desired size
- 2 small tomatoes, cut into wedges
- 1 cup sliced mushrooms
- Fresh olives if desired
- 1-2 slices bacon, cut into small pieces
- 3 tbsp red wine vinegar
- 1 tbsp water
- 1/4 tsp dried tarragon, crushed
- 1/8 tsp coarsely ground pepper
- 1/4 teaspoon sugar (if you prefer unsweet-style dressing, omit the sugar)

Instructions:

1. Combine romaine, spinach, tomatoes and mushrooms in a large bowl.
2. Cook bacon in skillet until crisp. Carefully stir in vinegar, water, tarragon and pepper. Heat to boiling then remove from heat.
3. Stir in sugar if desired.
4. Add green mixture to skillet and toss until greens are just wilted. Add olives if desired.

Serve immediately. Makes 4 – 6 servings.

Below is a form letter to send to Representative Al Green to protect your access to Nutritional Supplements. Please read the letter, copy and paste the text and input your info, then sign and send it off. In order to protect what we have, we need to make our voices heard. For more info on this issue please visit: <http://ahha.org/codex5.htm>

Your Name Here

Your Full Address Here

Date Here

Representative Al Green
U.S. House of Representatives
1529 Longworth House Office Bldg.
Washington, DC 20515-0001

Subject: Vote no on CAFTA

Dear Representative Green:

I urge you to vote No on the CAFTA agreement, due to a crucial detail in this treaty that is not being mentioned.

I do not support CAFTA because it contains (in Section 6) stipulations that would require the United States, as a member of the World Trade Organization (WTO), to revise our food laws and regulations, based on decisions made by the Codex Alimentarius (International Food Code) Commission, or Codex. The WTO recognizes Codex as the source of international regulation standards for WTO members. The WTO can sanction nations for not following Codex guidelines. WTO tribunals have ruled against the USA in 42 out of 48 cases. Many of these have been very costly to our economy.

Passage of CAFTA would force the "harmonization" of our dietary supplement laws and regulations to international standards, as established by the supranational Codex Commission. Doing so would drastically infringe on the quality of dietary supplements and access to supplements that people like me are used to. The passage of CAFTA could effectively override the Dietary Supplement Health and Education Act (DSHEA) of 1994. CAFTA would restrict our health freedom of choice, destroy thousands of small businesses in the health foods and dietary supplement fields, and negatively impact health care practitioners and the 150 million regular consumers of dietary supplements like myself.

Any arrangement that leads to the banning of thousands of safe products cannot remotely be described as "free trade". There are better ways to promote regional trade. If this cannot be done without threatening my basic right to have access to nutritional choices then we should scrap CAFTA and start over. I appreciate your consideration of my views and look forward to knowing your position on this treaty.

Sincerely,

Your Name Here, Signature Above