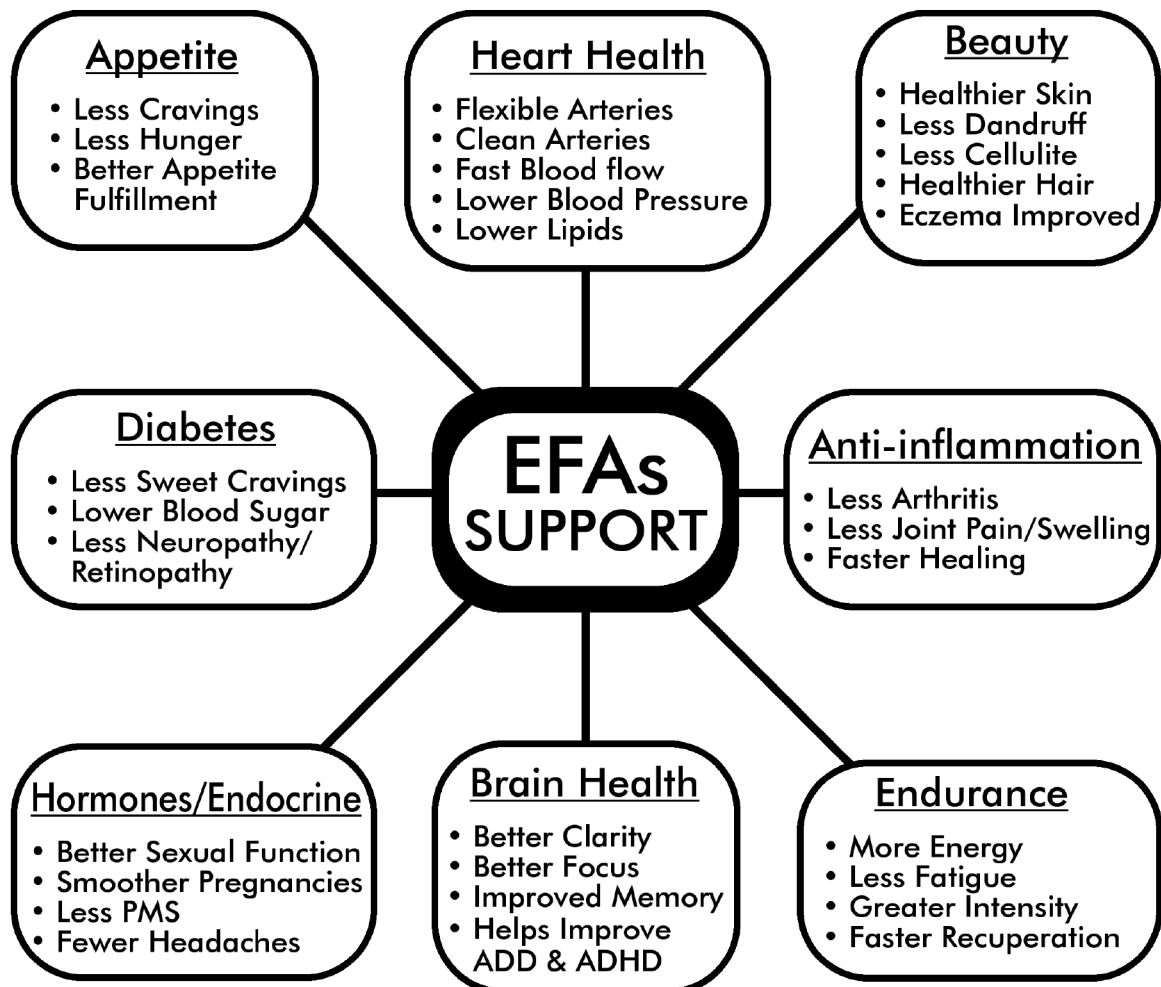




All About EFAs (Essential Fatty Acids)



EFA'S ARE THE MISSING NUTRIENTS!

E.F.A. stands for Essential Fatty Acid. Essential meaning our bodies don't produce them therefore we must get them in our diets. The problem is we don't get enough of them in our foods.

Just how important are EFA's to our health?

EFAs boost energy, decrease fatigue, cut food cravings (especially cravings for high sugar and highly processed foods) to *almost nothing*. They also provide *vital cellular nutrition*, which supports brain health, hormone health, decreases inflammation, boosts endurance, decreases allergy symptoms and even improves skin, hair and nail health.

EFA's are not an appetite suppressants but instead they provide appetite *fulfillment*. When the body doesn't get sufficient EFA's it constantly craves carbohydrates (sugary or starchy foods). In the past when foods were grown naturally, all foods had EFA's and people didn't have to worry about supplementing them. But today the best way to get the EFAs your body needs is through a high quality nutritional supplement.

The strong case *against* fish oil supplements:

- Fish have no oil glands so in order to get the oil fish have to be “juiced.” Imagine putting rejected fish (those not used to sell in restaurants and supermarkets) into a blender, sifting out all the fleshy bits and bones, then encapsulating the “juice.” Not only is this just disgusting to imagine, but fish oil in such concentrations is the *worst* way to get your EFAs.
- Your body requires “*parent*” omega 6 and 3 EFAs, but fish oil contains almost NO “parent” oils, it's almost all derivatives. Your body makes the derivatives it needs from the parent EFAs, but when it only gets the derivatives, it doesn't get the full benefit and can't create the “parents” it needs from the derivatives alone. *Very few EFA supplements on the market contain “parent” EFAs.*
- Your tissues require a higher level of “parent” omega 6 to “parent” omega 3 (1:1 up to 4:1 is ideal in a supplement), *no fish oil supplement provides this ratio.* Fish oil contains almost all omega 3 derivatives and barely any omega 6 at all.
- Water pollution is rampant, so by taking fish oil you could easily be consuming lots of *toxic heavy metals, PCB's, and other pollutants*. A chemical pollution-removing process, which could be used to prepare fish oil supplements, would *ruin the quality of the Omega 3* and would raise the cost. This is such a significant issue that California's Proposition 65 specifically targeted fish oil manufacturers with environmental toxin levels above those allowed by law. Activists sent nineteen suppliers a letter warning them about illegal levels of DDT and DEE. ¹

Far superior EFA supplements:

The ideal way to get your EFAs is through a supplement derived from organically grown and processed seeds like Evening Primrose, Safflower, Flax and Pumpkin. This greatly minimizes the toxic effects of the environment instead of concentrating them.²

A high quality EFA supplement would provide parent EFAs and need *not contain any derivatives at all*, since the parent oils is what your body is designed to use.

8 Week Study Shows EFAs Eliminate Carbohydrate Cravings, Reduce Appetite and Increase Energy and Alertness

Dr. Stephen Cavallino, M.D. performed an 8-week study with 10 patients following a low carbohydrate/higher protein diet comparing “without EFA” and “with” EFA supplementation, based on the guidelines provided by Professor Peskin.

1 “Prop 65 Activists Target Fish Oil,” Nutrition Science News, Boulder CO, Nov. 1997, Vol. 2 No. 11, Page 537.

2 Nutrition Science News, “Prop 65 Activists Target Fish Oil”, Boulder, CO, Nov. 1997, Vol. 2, No. 11, pg. 537.

Patients were instructed in the value of a higher protein/lower carbohydrate diet based on the information provided by Professor Peskin.

All patients were initially “carbohydrate addicts.” All patients received dietary instruction for 4 weeks prior to starting EFA supplementation. All patients were on this higher protein/lower carbohydrate diet for a minimum of 4 weeks BEFORE EFA supplementation.

Results of Study in Italy for overweight people with carbohydrate addiction conducted by Stephen Cavallino, M.D.

- All patients were on a higher protein/low carbohydrate diet before and after EFA supplementation
- Patients were given an EFA formulation based on Professor Peskin’s recommendation
- All patients suffered from carbohydrate addiction
- Ten patients participated, consisting of eight women and two men

“All patients agreed to collaborate knowing that many foods were not permitted for the whole 8 weeks (4 weeks without the EFA supplements and 4 weeks with them). They agreed not to consume fruit, pasta, rice, sweets, soda or soft drinks. They all orally took 2 capsules (725 mg ea) twice a day (3 gram total) using Professor Peskin’s EFA recommendations. Patients were asked to rate each category, indicated by 1-4 asterisks:

One * = poor/no response

Two ** = fair response

Three *** = good response

Four **** = excellent response.

Without the EFAs, all patients (100%) suffered from intense carbohydrate cravings and had little energy. Eighty percent (80%) of patients suffered from constant hunger. This was in spite of the fact all patients consumed a higher protein/low carbohydrate diet for at least 30 days prior to EFA supplementation.

After EFA supplementation began, the following results were observed:

- The average patient felt well and more at ease facing the higher protein/low carbohydrate diet.
- Overall appetite reduced in ***all 10 patients***; all had a GOOD -EXCELLENT response, with 50% rating an EXCELLENT response.
- Carbohydrate cravings were reduced in all 10 patients; 9 people rated this reduction EXCELLENT - 100% *huge success*
- Energy and alertness increased in ***all 10 patients***: this was an EXCELLENT response - 100% huge success.
- Weight loss goal was reached in ***all 10 patients***

“Real-life results were achieved. I am positive about and thankful for Professor Peskin’s assistance in showing scientifically that EFAs are essential for good health with the objective to help us all to lose weight without suffering. I was able to obtain excellent results adding the EFA supplementation program.”

Stephen Cavallino, M.D.

October 22, 2005

Ferrara, Italy

Life-Systems Engineering Science Analysis: To compare the 10 patients’ ratings with EFA supplementation to their ratings without EFA supplementation, a Wilcoxon signed rank test was carried out comparing the differences. The Wilcoxon signed rank test found that on all three measures (appetite reduction, carbohydrate craving,

and energy and alertness), there was a statistically higher (more positive) response when patients were taking the program's EFAs compared to when they were not taking EFAs. This statistical difference was highly significant ($S=27.5$, $p=0.002$).[1] All analyses were carried out using SAS software version 9.1 (SAS Institute, Cary, NC, USA).

With EFAs, everyone's weight-loss goal was accomplished! L.S.E. science demands at least an 80% success rate for protocol effectiveness. This level of effectiveness was achieved by decreasing carbohydrate cravings along with decreasing overall appetite, utilizing the miraculous power of EFAs. Energy increased in 100% of patients. EFAs' capability to increase energy and decrease carbohydrate cravings and help naturally fulfill the appetite is unleashed within a mere 30 days.

[1] Three separate analyses were run: one for each measure of interest. The reason the three statistics all come out the same is that we are running a "signed rank" test, and this test involves ranking the differences in the subjects' ratings. With all three categories, the summed ranks work out to the same value since all subjects on all measures gave a higher rating with EFAs. We never had a case in which someone gave a lower rating or even the same rating for the time-point with EFA supplementation. Therefore, the signed ranks never were negative or 0 and the sum of the signed ranks ended up the same in each case. The bottom line: all analyses were highly significant.

Testimonials: Real-life results speak for themselves!

Dear Brian,

A 64 year old Japanese friend of mine who is a top-echelon person in NTT the Japanese telecommunication monopoly giant, listened to one evangelical spiel of mine over an Italian dinner, tested it and had amazing results. Get this: 6 months after continuing with the oils (Brian's combination - the others don't work, we've tested them all) HIS DOCTOR TOLD HIM THAT HIS DIABETES, WHICH WAS PROGRESSIVELY GETTING WORSE, HAD COMPLETELY DISAPPEARED. This is unthinkable. He used to love the carbs that Japanese love eating and now only eats a little bit. His golf buddies, younger than him, can't understand why he has so much more energy than they do, and his wife complains that he shouldn't have such a fantastic libido at his age!

My Japanese couple friends here locally have personally had amazing results. When she had her second baby at 34 years old she was amazed that she had no pregnancy problems, no lack of energy, gave birth to a baby boy that progressed beyond any of the doctor's wildest imaginations, and she was back to pre-pregnancy in a time that nobody could believe with absolutely no side effects of the pregnancy at all! They own and operate a factory that requires very good eyesight and exceptional concentration. They both claim that their levels have increased tremendously.

One of my customers and good friends in Copenhagen listened, told me he needed to lose weight and gain energy, that his doctor told him he was diabetic and needed to do something. Also, he is on a ton of meds because when he was young he had to have his thyroid removed due to a major problem. The meds keep him alive now. So he was very leery. But he tried. However he told me he could never give up his little white potatoes that he had to have every day. A year and a half later I asked him if he is still eating his potatoes and he said, "oh, come to think of it, we don't eat potatoes at all anymore!". He has lost all the weight he needed, his doctor said his body has improved dramatically and he even stopped taking some of his "live-saving meds".

Cameron Switzer
Japan

EFA's and Flag Football – A Winning Combination!

Dear Brian,

I, as the medical doctor/player of the “Italian National Flag Football” team, would like to share and extremely thank you for your concern and help that we recently achieved in our “European Cup” on September 15-17, thanks to those fantastic EFAs oils.....

All the Italian players except one were given your oils before any game and also during the matches with a fantastic energy outcome but most of all, NO muscle pain after workout and NO signs of tiredness. The total of 10 players took a total of 9 capsules per day and also reported an appetite reduction.

We all have trust in your formula Brian, and all my teammates are going to use your EFAs from now on.... Please see if you can get our team picture in the local Houston paper stating that you were part of Italy’s success in the European Cup 2005 as we came home with the silver metal.

Ciao,

Dr. Steven Cavallino M.D.

“P.S. We must really get this EFA discovery into sports medicine.”

Special Section: Investment Assistance

I’d like to introduce my close friend, Ken Sperling, who has worked with investments for over 23 years; primarily working with retail (individual) clients both domestic and international. He started his career with Paine Webber and now works with Williams Financial, a full-service, independent broker-dealer headquartered in Dallas. He assists clients in all aspects of investing such as: stocks, bonds, mutual funds, real estate, and specialized equipment leasing. Now Ken would like to offer his expertise to you.

Prof. Brian Peskin

I would like to thank Brian for asking me to contribute to his monthly newsletter. I have been a strong believer in Brian’s approach to health and nutrition and have tried to bring the same discipline to investing. Specifically, I look beyond the “hype” of an investment and look at its historical performance as well as broader trends that move the markets.

In my experience, if you invest wisely you are typically rewarded. One of the keys to a successful comprehensive investment strategy is to understand that you **MUST DIVERSIFY** your investments. Intelligent diversification maximizes your returns. While no one can afford to offset all risks because there is an inverse relationship between risk and reward, and such a guarantee would have little return, much like a bank CD. However, there are investments that should improve the overall performance of your investment portfolio while also maintaining a lower risk profile.

Retired investors seeking income have typically looked to bonds or CDs to provide the necessary income. In a time of rising interest rates, it is important to explore other investments. One unique area is specialized equipment leasing. I recommend equipment leasing programs as part of a well diversified income oriented portfolio. Leasing offers businesses an alternative to purchasing hard assets, especially items that are extremely expensive, such as airplanes or railroad cars; or assets that depreciate quickly such as office or medical equipment.

As an investor in a large leasing program you have the opportunity to invest in a variety of equipment that will be leased to many different companies and then benefit from the income stream that the leases generate. Also, since leases act independent of stock and bond markets an investor can insulate a portfolio from some market fluctuations by using leasing programs run by reputable leasing companies. Generally these leasing programs are long term in nature and provide excellent cash flow. This is an area that should be examined by most clients seeking to diversify their income investments.

I intend to explore other relevant investment alternatives in future newsletters. It is my hope to enlighten and challenge investors in order to make the best investment decisions. If you would like to discuss this topic or investments in general I would be happy to speak with you. I can be reached at (713)683-7239.

If you have any questions or comments about this month's newsletter please e-mail the professor at: info@brianpeskin.com

This Month's Low-Carb Recipe: Marscapone Cheesecake

Ingredients

1 cup mixed nuts (pecans, walnuts, almonds, or pecans alone work just fine)
1 tsp. grated lemon rind (optional)
1 tsp. grated orange rind (optional)
1/2 cup soy flour
3/4 stick butter cut into small pieces and kept cold
1/3 cup sugar
7 eggs – separated: 5 whites, 7 yolks
1/4 cup heavy whipping cream
2 cups marscapone cheese (a 500 gram container)
1 cup sour cream
1 tsp. vanilla extract
1 Tbl. lemon juice

Preparation

1. Preheat oven to 350°F.
2. In a bowl, blend the nuts and cold butter (cut into pieces) together with a fork.
3. Line the bottom and sides of a pan with the mixture.
4. Bake for about 10 minutes and remove.
5. Reduce oven temperature to 300°F.

6. Fill a roasting pan or other fair sized pan with water and place on the lowest rack of your oven. (This allows moist heat for the cake.)
7. In a large bowl, beat the marscapone cheese, sour cream, vanilla extract, and sugar together with an electric beater until smooth, set aside.
8. Beat egg whites until stiff peaks form.
9. Fold heavy cream into egg whites.
10. Add the yolks and lemon juice, and optional lemon and orange rinds to the marscapone mixture.
11. Fold the egg white/cream combination into the mixture.
12. Pour the mixture into the baked nut crust and bake for about 1 hour (a knife placed in the center should come out clean when ready).

Enjoy!