



“CRP is Unlikely to be Causal for CVD.”

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I wish everyone a delightful New Year. Given the extremely difficult economic times that many of us are facing, at least I can maximize your health with “science – not opinion.” Following are 3 “reversals of common nutritional recommendation.” Personally, I get sick of seeing these reversals year-after-year. Does anyone get it right the first time before they publish misinformation and harm everyone following it? Rarely.

The first “reversal” has to do with the JUPITER study and their claim that it NOW isn’t LDL-cholesterol that is the cause of heart disease; because statins lower it and the heart attacks still occur just as frequently. They are attempting to claim that C-Reactive Protein (CRP) – a supposed measure of inflammation is the real culprit and that statins somehow improve it. If you read my Report about the Failure of Statins, you’d understand their grave fallacy. Furthermore, here’s what was published in the medical journal December 22, 2009:

“Largest-Ever-Meta-Analysis Finds CRP is Unlikely to be Causal for CVD.”

- “In the **largest and most comprehensive meta-analysis to date** looking at C-reactive-protein (CRP) levels and risk of coronary heart disease (CHD) and stroke, British **researchers conclude that CRP is unlikely to be a causal factor for cardiovascular disease** [*Lancet*: December 21, 2009].

Once gain, the FAILURE of statins to stop or reverse heart disease is proven regardless of the \$15 billion dollars Americans spend on the worthless drugs! That’s the truth that the pharmaceutical companies do not want you or your physician to know. **The correct answer is unprocessed, unadulterated parent omega-6.**

Next, is another shocker: Vitamin E causes more harm than good. That’s right. This was just published January 2010 in *Medical News Today*. I’ve been saying this for over a decade because where do you think vitamin E comes from? Adulterated oils, causing both heart disease and cancer:

“The Potent Antioxidant Vitamin E May Do More Harm Than Good, TAU Research Suggests”

- A research group from Tel Aviv University has done **the most comprehensive and accurate study of clinical data on Vitamin E use and heart disease to date**, and it **warns** that indiscriminate use of **high-dose Vitamin E supplementation does more harm than good**. Their results were recently reported in *ATVB*, a leading journal of cardiology, and discussed in the journal *BioFactors*.
- “The researchers examined data from more than 300,000 subjects in the US, Europe and Israel. “Our major finding,” says Dr. Pinchuk, “was that the **average quality-adjusted life years (QALY) of Vitamin E-supplemented individuals was 0.30 [30%] less than that of untreated people.**”

Next comes yet another study, once again DESTROYING the “supposed” cancer-causing properties of meat. If you are sick and tired as I am of everyone telling you how bad “red meat” is you can make them look silly. If you have followed my work, you’ll already know that red meat is as healthy as it gets and a major source of iron which keeps blood oxygen high --- the exact opposite of what you hear from so-called “experts.” Any negatives are purely from the added hormones, etc. – NOT the meat itself:

From *Medscape Medical News*

“Rare Study of Diet and Prostate Cancer Progression (January 6, 2010)”

- “The research done by the Harvard School of Public Health, published online December 30 in the *American Journal of Clinical Nutrition*, is only the second-ever study of post-diagnosis diet in *men with prostate cancer*
- “The researchers hypothesized [guessed] that red meat, with its high saturated-fat content, would increase the risk for prostate cancer progression.
- “***Intakes of processed and unprocessed red meat***, fish, total poultry, and skinless poultry **were not associated with prostate cancer recurrence or progression**, write the authors.”

Don't expect your nutritionist, exercise trainer, or physician to be aware of these "reversals." Even if they are aware of these journal articles, don't expect them to agree with these contradictory findings because they have likely been wrongly giving their clients/patients harmful misinformation for decades.

Have a great healthy new year.....

Please mail your questions to info@brianpeskin.com

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Here's a great low-carb recipe: Beefy Peppercorn Kabobs

Ingredients:

1 top sirloin steak, boneless (appx 1 lb)

1 ½ tsp black peppercorns, crushed

1 medium onion cut to 12 wedges

4 cherry tomatoes, cut in halves

1 garlic clove, minced

½ tsp salt

½ tsp paprika

Preparation:

1. Cut steak into 1in pieces.
2. Combine pepper, garlic, paprika, and salt in a dish, add beef cubes and toss to coat.
3. Thread equally divided beef pieces onto skewers dividing them with garlic and tomato halves.
4. Place kabobs on a broiler pan rack and broil for close to heat (appx 3-4 inches from heat source). Turn every 10-12 minutes or so.
5. Garnish with tomatoes as desired.

Enjoy!