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HEALTH - FITNESS - BODYBUILDING

THE EVILS OF CARBOHYDRATES
FIND OUT WHAT SCIENCE HAS TO SAY

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4 KEYS TO UNLOCK THE POWER OF YOUR MIND!

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EGG WHITES VS YOLKS: AND THE WINNER IS?
SUPPLEMENT TRICKERY - ARE YOU BEING FOOLED?
I warn you in advance that you will be shocked at much of the science you are about to discover. Much of it will be directly opposite to what you are doing. When you replace your present regimens with this scientifically correct information, the results will be amazing."

My previous article focused on the Parent Essential Oils (PEOs) that are the basis of natural steroids. The next series of articles focus on what a natural, drug-free bodybuilder should eat to maximize muscle while decreasing fat and decreasing recuperation time, too.

Let’s Take a Closer Look At the Science:

In my first article, Vol.1 Issue 2 you discovered the amazing benefits of PEOs (Parent Essential Oils) to increase natural testosterone levels. They help you increase energy naturally through increased cellular oxygenation, they decrease painful lactic acid buildup and maximize peak performance with more muscle growth.

This series of articles will explain what a natural, drug-free bodybuilder should eat and why, based on science—not opinion. Because much of this important information lies buried in the medical biochemistry and physiology textbooks, most bodybuilders will never see any of it.

For the bodybuilder who wants maximum muscle with minimal bodyfat, knowing the facts in these articles is vital. Also, because what I will reveal here is often contrary to what you have heard or even what your trainers tell you, I purposely give the detailed science so you can see the truth yourself and then make an informed choice.

Back when I trained with bodybuilding legend Lee Labrada after he had just won the coveted “Night of Champions” title, I was unaware of this vital information. So was he. Everyone was following the so-called “high complex carbohydrate / no fat / minimal protein” recommendations.

Today, almost two decades later, I now understand the basis of my frustration in not seeing results as fast as I would have liked, despite of the fact that Lee said I was the hardest working non-professional he had as a student. The dietary approach was wrong. I now understand the severe limitations of that approach.

MR.CARBS

I warn you in advance that you will be shocked at much of the science you are about to discover. Much of it will be directly opposite to what you are doing. When you replace your present regimens with this scientifically correct information, the results will be amazing.

The Evils of Carbohydrates:

Finally an Honest Scientific Report on Carbohydrates: By Professor Brian Scott Peskin

Professor Brian Scott Peskin is considered by many to be one of the world’s most respected medical researchers in the fields of cancer and heart disease, and America’s #1 Life Systems. The material is based on the Professor’s landmark book, The 24-Hour Diet.

Discover the Truth About Carbohydrates and the Effects They Can Have On Your Body.

The Evils of Carbohydrates: All of Them are Sugar in Disguise

I warn you in advance that you will be shocked at much of the science you are about to discover. Much of it will be directly opposite to what you are doing.

When you replace your present regimens with this scientifically correct information, the results will be amazing. Because you will have less bodyfat year-round, getting into contest shape will be quicker and easier. Starvation and exhaustion will become a past memory, too.

Because your muscles are made of protein comprising well over half of your bodyweight, with natural fats making up the rest and carbohydrates a mere 1% [1], I’ll start by detailing the evils of carbohydrates. That’s right, carbohydrates are bad. But first I want you to make something very clear.

The Calorie Theory is Wrong

Calories In - Calories Out = Fat Stored

WRONG, WRONG, WRONG!

We’ve all heard endlessly that all that counts in losing fat is calories. Many bodybuilders follow this advice because it sounds so logical. However, it is tragically flawed. As you may imagine, the type of food you eat makes all the difference. Where well-intentioned nutritionists make their mistake is that they don’t understand that people eat mainly for body structure, not merely energy production.

The calorie theory mistakenly assumes that all the food we eat gets burned up for energy like wood in a furnace. Over 100 years ago in 1893, medical physicist Adolph Fisk, M.D., conclusively showed this analogy is wrong because humans are chemical engines, not heat engines! This is why the entire theory is worthless. [2] This massive mistake has caused millions of people to become overweight yet still hungry. The type of food you eat makes all the difference in maximizing muscle and minimizing fat.

The Evils of Carbohydrates:

That’s right. All carbohydrates, less their non-food fiber, are sugar in disguise. Why doesn’t the fiber count? The Textbook of Medical Physiology tells us plainly that fiber (cellulose / wood) can’t be digested by a human, so it isn’t counted. I hope you don’t think eating sawdust is good because it isn’t.

A few things every bodybuilder needs to know...

Carbohydrates are NOT Your Body’s Preferred Energy Source[3]

That’s right. Everyone mistakenly thinks that carbohydrates are your body’s preferred energy source—its
THE EVIL OF CARBOHYDRATES

By Professor Brian Scott Pekin

number one fuel. This is completely

Wrong. Yet I have never once heard the

troubling preoccupation any athletic

trainer, physician, or nutritionist. This

tragic mistake is the primary reason

Americans are overweight. We have

been misled into making the wrong

food the basis of our diets. If the

people we trust and follow have such

a faulty understanding of one of the

most basic nutritional concepts, it’s

no wonder they will have trouble

helping you to lose weight.

Here’s what Basic Medical

Biochemistry clearly states on

pages 358-359:

"The body oxidizes [burns as fuel]

more fatty acids each day than any other

fuel. "Fatty acids [fats] are the major fuel in

humans.

Here’s what The Textbook of

Medical Physiology (9th edition)

states, buried on page 866:

"Almost all the energy requirements of the body can be provided by the

oxidation of the transported free fatty

acid without using any carbohydrates

or proteins for energy." [Note: This

also answers the question of muscle

wasting from lack of carbohydrate

consumption; it’s another myth.]

These medical textbooks make it

crystal clear that carbohydrates are

not as important as the total

energy source; your OWN body fat is

SURPRISED to be—but, as you shall

soon discover, Nature’s natural

mechanism keeping you lean-for-life

is being short-circuited.

How much sugar is in your entire

system of 10 pints of blood?

I originally thought it had to be at

least 100 teaspoons worth… When I

calculated it out, the answer was LESS

than 1 teaspoon. That’s right. There is

less than 1 teaspoon in your entire system.
[4] Medical textbooks verify

this fact.

For decades, the average American has

unknowingly consumed over

60-70 teaspoons of sugar (in the form of

carbohydrates) each day in items such as:

juice, oatmeal, fruit, etc. [5]

Your pancreas is made to produce

insulin as a response to carbohydrates

just 2-3 times a day. Anything more

is a harmful overload. Diabetes has

become the #1 epidemic in the world

with no end in sight. These

recommendations make it clear.

Don’t need to “balance blood sugars”
towards the day? 5

No. Your body does this automatically, as the medical textbooks make clear. [5] This is another example of more unscientific misinformation.

Insulin, produced mainly as a response to carbohydrates, stops fat-burning and the world’s #1 medical physiology textbook makes it clear: [6]

"When no insulin is available [response to carbohydrates], fats are poorly, if at all, synthesized [you don’t get fat], and “an excess of carbohydrates in the diet not only acts as a deterrent to fat-burning but also increases the fat in the fat stores [making you fatter].” This is a double negative whammy!

Carbohydrates make you hungy

because of their insulin response

Ask any diabetic when they are the

 hungriest and it is always when they

shoot the most insulin. Everyone

knows the old adage, “I’ll bet you

can’t eat just one” cookie or potato

chip. The more carbs you eat the more

you want. This is the direct opposite to

taking protein or natural fat like a

steak. The more steak I eat, the LESS

hungry I am. As reported in the January 2002

issue of Diabetes Care, “New

Dietary Guidelines Play Down

Importance of Carbohydrate Source” it concluded:

“De-emphasize the importance of the glycemic index of foods...

The source of the carbohydrates is not as important as the total amount…”

A year later in 2003, Flint, et al.,

British Journal of Nutrition 2004

June 91(6):979-89, confirmed this

upsetting finding:

...No association was found between predicted and measured GI...

...There was no association between GI and II [Insulin Index —the amount of insulin generated]...

...In conclusion, the present results show that the GI of mixed meals calculated by table values does not predict the measured GI...

Ice cream has a lower GI than a

hated potato implying that sugary

ice cream is better for you. There is something DRASTICALLY WRONG with this picture.

In the second graph, people were given 50 grams of various carbohydrates.

This is equivalent to approximately 10 (ten) teaspoons of sugar.

In truth, there is very little overall difference in the real-life curves in the 2nd graph.

(Reference: “Slowly digestible carbohydrates,” Danone Nutritopics (France), No. 28, October 2003, page 6) Real-life example of glycemia curves showing the glucose references.)

As you can see, from the second chart’s real-life result: The “low” vs. “high” GI designations both generate increased glucose levels for another 2 Kilo. The great news is that you will discover how to lose it all extremely quickly.

A high-carbohydrate diet should be renamed the “High Sugar Diet.”

I always feel like a water balloon when eating too many carbs, and it doesn’t feel good to be bloated 24-hours a day.
Carbohydrates Known to Lower Immune System Known in 1977[7]

That's right. Bodybuilders can have a lowered immune system because of all that extra stress they place on their body. Anything that compromises your immune system is awful because it negatively impacts your training. If you are sick you can't train well. Yet carbohydrates are known to suppress the activity of your immune system. Analyzing blood drawn from subjects, white cell activity was measured before and after various doses of carbohydrates (sugar) - 6, 12, 18, and 24 teaspoons worth. Remember, the average person consumes at least 70 teaspoons of sugar equivalents (carbohydrates) a day, often consuming over 20 teaspoons of sugar at a single meal. DECREASED white blood cell activity was directly correlated with carbohydrate consumption. The group consuming the 24 teaspoons had virtually complete immobilization of white blood cells within an hour after eating. The immunosuppression occurred for up to two hours with adverse effects of blood cell activity continued for up to 5 hours.

Following wrong popular nutritional advice to eat 5-6 times a day with a diet and manufacture the glucose it needs from parts of protein and fat. Please understand it is next to impossible to exclude all carbohydrates, and I am not telling you to do this, so no one should fear not getting enough.

Specific Sugars Not Required — Your Body Makes Them

Eating excess carbohydrates (more than a mere 100gms a day) prevents the body from burning fat and increases stored body fat. As Basic Medical Biochemistry—A Clinical Approach on pages 24 and 394 and Textbook of Medical Physiology, pages 869, 871 and 936, state: “Specific sugars [carbohydrates] ARE NOT REQUIRED in the diet.”

Note: This is because your body makes them. If anyone cared to look, Nutrition for Fitness and Sport by Melvin H. Williams, Brown and Benchmark Publishers, Chicago, 1995, makes clear on page 87 that no dietary carbohydrate is needed.

From what the nutritional experts, the government, and physicians have told us for decades, we would expect the answer to be “lots of carbohydrates,” but it isn’t. In fact, the scientific answer is shocking: “However, the National Research Council has not established an RDA for carbohydrates, probably because the body can adapt to a carbohydrate-free diet and manufacture the glucose it needs from parts of protein and fat.” (As you shall soon see, this is another reason to consume more protein.) Please understand it is next to impossible to exclude all carbohydrates, and I am not telling you to do this, so no one should fear not getting enough.

What About “Fat is Only Burned in the ‘Flame of’ Carbohydrates?”

Once again, wrong: Stryer’s Biochemistry, the gold standard of medical textbooks, on pages 612 and 638, makes this fact quite clear with this quote: “Fat does not burn in the flame of carbohydrates.”

One of the biggest myths that is completely wrong is that without consuming fats and lots of carbohydrates, precious muscle will be cannibalized. You know how difficult it is to build muscle. Do you really think that Nature is so capricious? No, not at all.

I'll end this discussion of carbohydrates with some little-known facts about heart-health.

A high-carbohydrate diet is anything but heart-healthy. A 60% carbohydrate diet compared to a 40% carbohydrate/40% fat diet resulted in incredible differences. Dr. Gerald Raven of Stanford University School of Medicine published, in American Journal of Cardiology 2000; 85:45-48:

Elevated triglyceride levels persisted through high (60%) carbohydrate diet.

High (60%) carbohydrate diet associated with increases in both fasting (when not eating) and postprandial (after eating) triglyceride concentrations.

“Substituting carbohydrates for saturated fat leads to higher cholesterol in the blood. It is appropriate to question wisdom of replacing dietary fat with carbohydrates.” Carbohydrates raise the risk of heart disease.

The last two statements from Dr. Raven, published in one of America’s top heart journals, tell it all. Carbohydrates cause a worse blood chemistry than saturated fat.

Is there more confirmation?

Absolutely. Carbohydrate consumption puts you on the path to a heart attack, too: As Basic Medical Biochemistry - A Clinical Approach, pages 476 and pages 510-12, makes clear, Adipose tissue (fat) is stored ONLY when carbohydrates are eaten.

For fat to be stored, dietary carbohydrate must be consumed [8].

“The evil of Carbohydrates” By Professor Brian Scott Peskin


The following year Lancet (October 14, 2000, 356:1286-1287, 1300-1306), the world’s premier medical journal, published the same finding again: “Those people eating the most fiber get the most colon cancer! The fiber found worthless to protect against colon cancer was the highly promoted soluble fiber.”

Close to a decade later, the truth still isn’t known by most physicians or their patients. Fiber actually depletes you of precious minerals. Among other functions, minerals are critical for energy production. Women get less critical calcium by consuming lots of fiber. "Natural sources of fiber, such as cereals and fruits, generally have a depressing effect on absorption of minerals such as calcium, iron, zinc, and copper. Imagine taking mineral supplements and still going into a negative balance for the very minerals that are being supplemented!” [9]

Once again, the fiber fallacy is presented in the Journal of Clinical Nutrition, 2000, 71:466-471 but you likely haven’t heard this one, either: “Women eating the most fiber and the lowest amount of fat had 20% lower calcium retention.”


Carbohydrates, on the other hand, can be converted into triglycerides [excess bodyfat].”

…Excess energy from dietary carbohydrate is stored away as triglyceride in adipose tissue [bodyfat].” You had better make sure that any excess carbohydrates consumed over what you require right now are burned up in exercise. Otherwise, the carbs will be converted into excess bodyfat. If you drink a glass of orange juice, you now have consumed the chemical energy to run 7/10th of a mile! If you don’t run right away or perform the equivalent work in exercise, that energy gets stored as bodyfat, period. Note again that the fatty acids (from eating natural fat) CANNOT be converted into bodyfat!

For fat to be stored, dietary carbohydrate must be consumed [8].

“Everyone mistakenly thinks that carbohydrates are your body’s preferred energy source—it’s number one fuel. This is completely wrong. Yet I have never once heard the truth about this from any athletic trainer, physician, or nutritionist.”
THE EVIL OF CARBOHYDRATES
By Professor Brian Scott Peskin

If you are diabetic then you need to know this.
A carbohydrate diet is awful for a diabetic. The American Journal of Clinical Nutrition, October 1997; 66(4) states:
"In type II diabetics, the carbohydrate diet led to impaired glycemic [blood sugar] and insulin responses. As well as to hypertriglyceridemia [high triglycerides]."
Student Companion for Stryer’s Biochemistry makes it clear on page 321: “In the human diet, carbohydrates constitute approximately half the total caloric intake [closer to 60% now], yet only 1% of tissue weight is carbohydrate.”

Given this physiology, does eating a high-carb diet make any sense at all?

Carbohydrates Raise Both Insulin and Cholesterol Levels
Basic Medical Biochemistry, pages 475 and 566, make clear that Insulin production, a response to consumption of carbohydrate, raises cholesterol levels. American and Australia has been subjected to a 50-year carbohydrate eating experiment. In spite of more exercise, people have never been fatter or more diabetic. Something is wrong and the world’s best medical science clearly shows us a new path.

After discovering all of this new science, how could anyone in their right mind ever again think that a high-carbohydrate diet should be used for a bodybuilder requiring peak performance, a highly tuned metabolism, and maximum muscle with minimal fat? No one.

My next article in issue 5 will detail the power of protein. Until then, for a complete explanation of the facts covered in this article, with even more information, my book, The 24-Hour Diet, is available from www.brianpeskin.com. Every bodybuilder needs this valuable information in their personal library.

Common Questions and Answers

Q: What is the ideal ratio of protein/fats/carbs for a natural bodybuilder with the goal of building muscle and keeping bodyfat to a minimum?
A: 40-60% PROTEIN, 20-40% Natural FAT, and 20%-30% CARBOHYDRATE, with the total being 100%.
The reason is that the average person is 50% muscle. A bodybuilder has much more than 50% muscle and muscle’s #1 requirement is protein. Minimize the carbs.

Q: Is it true that the best strategy is "bulking up" (fattening up) and then trying to "cut up" (strip away the fat) to reveal a bigger more muscular physique?
A: No! It is a tremendous waste of time and effort to then lose this additional body fat.

Q: Is there a significant difference between complex and simple carbs and how they all end up as sugar in the blood?
A: No. Because of their tremendous and rapid insulin response, carbs make you fat. Period.

Q: Is it true that growth hormone release is suppressed by high insulin levels?
A: Yes. Biochemically, carbohydrates stop important growth hormone production.

Q: How many times a day would you suggest that a bodybuilder eat?
A: Twice (2 meals) plus a small snack. Based on physiology, fewer, bigger meals are best.

Q: Are pre-workout and post-workout key times to take in nutrients?
A: Because of a bodybuilder’s tremendous physical overloads, PEO-containing natural oils are best before and after workouts with naturally occurring protein-based foods, not in protein shakes. See the next question.

Q: What about protein supplements/powders, and are there any particular powders that should be avoided?

Before you can GROW you HAVE to REPAIR. Science has proven that peptide-bonded aminos are far superior to singular forms when it comes to muscle-recovery and growth. After Shock uses the absolute latest advancements in amino acid peptide technology to enable you to recover faster after intense workouts. Optimum recovery = Muscle Growth. Recover faster than ever with After Shock. Advanced Recovery Formulation: Peptide bonded Arginine-Hmb peptide bonded Dl-Creatine-Hmb N Acetyl L Glutamine Glutamine Alpha Keto Gutarate 

Prepare yourself for the most awesome pre-workout supplement you have ever encountered.
Eight of the most potent advanced peptides to take your workouts to an entirely new level!
The first Ignite was an innovation Ignite II is a Revolution! The first product of it’s kind to use advanced Hyper-Volumizing peptides to create mind-blowing muscle pumps, outrageous power and devasting performance.

High Octane Delivery System: Di Arginine Malate.
Tri Creatine Malate, L Citrulline Malate
Taurine Ethyl Ester, Magnesium Orotate, Potassium Orotate.
A: The only reason for “powders” is to minimize the fat you take in. They (the powders) should be minimized so your digestive system is made to work. Soy should be avoided as it is a hormone disrupter and originally was mainly designed as food for pigs.

Q: Does gaining bodyfat help with increasing lean muscle mass?
A: No, at not all.

Q: What would be the best approach for replenishing glycogen stores for a bodybuilder? Post workout supplements, food etc?
A: Because you store very little glycogen, only about 3/4 of a pound (The Student Companion for Stryer’s Biochemistry, page 624), only a small amount of carbohydrate is required to accomplish this. With 20-30% of your diet already carbohydrate-based, nothing more is required.

Q: Before bodybuilding competitions, bodybuilders carb deplete and then carb load. Is this warranted?
A: Carbohydrates absorb water like a sponge. Every gram of carbs requires 3 grams of water — a tremendous excess amount, so you decide if this makes sense for you.

Q: As bodybuilders have a higher need for water than normal glycogen storage capacity, what would be a sensible approach to carbing up to maximize muscle growth?
A: As a bodybuilder, you need to eat protein along with PEOS and you’ll get all the muscle growth you need.

Q: Is boosting some insulin after my workout a good idea to promote muscle growth?
A: No. This is not needed at all. After your workout, eat protein along with PEOS and you’ll get all the muscle growth you need.

Q: Is there a difference between how women handle carbohydrates and men? Are women more sensitive to sugars?
A: There is no significant physiologic difference. However, since women weigh less than men, and carbohydrates are more vulnerable to a woman’s delicate hormonal system than to a man’s, but regardless of gender, never forget that carbohydrates stop harmful to a woman’s delicate hormonal system than they are to a man’s, but regardless of gender, never forget that carbohydrates stop the growing lean muscle mass.

The 24-Hour Diet, available at www.brianpeskin.com

References:
4. The recommended 50% carbohydrate diet comprising 2,000 calories translates to 60 teaspoons of sugar. Every 20-carbohydrate = 1 tsp. sugar. Therefore: 60% x (2,000 calories/20 calories/tsp.) = 60 teaspoons of sugar! Americans have unknowingly increased their diabetes risk for decades! Today, that figure has increased to closer to 100 teaspoons a day. How many are you consuming?
5. A “ballpark” calculation shows that normal blood sugar concentration is about one gram per liter—just about one part per thousand. (A gram is a little more than a quart.) Most have about 10 liters of blood, so we have about five grams of glucose in our bloodstream. Only one teaspoon has about 483-hundred-twenty drops, so a typical adult has about just one hundred (120) drops of glucose in their bloodstream. I was shocked at how small an amount, too. The technical measure is 70-90 mg of carbohydrates/dl.