

DEDICATED TO OBTAINING YOUR ULTIMATE PHYSICAL POTENTIAL - DRUG FREE!

AUSTRALIAN

NATURAL **BOD2**

HEALTH - FITNESS - BODYBUILDING

**BREAKTHROUGH
NATURAL STEROID**

**DISCOVER THE AMAZING
BENEFITS OF PEO'S**

ROCKHARD ABS

**LEARN WHY IT'S MORE
THAN JUST SIT-UPS!**

INCREDIBLE BULK

**YOU COULD BE CREATING
A MONSTER!**

CARDIO-TUNING

BURN FAT FAST!

ANABOLIC HERBS

NATURE'S GIFT



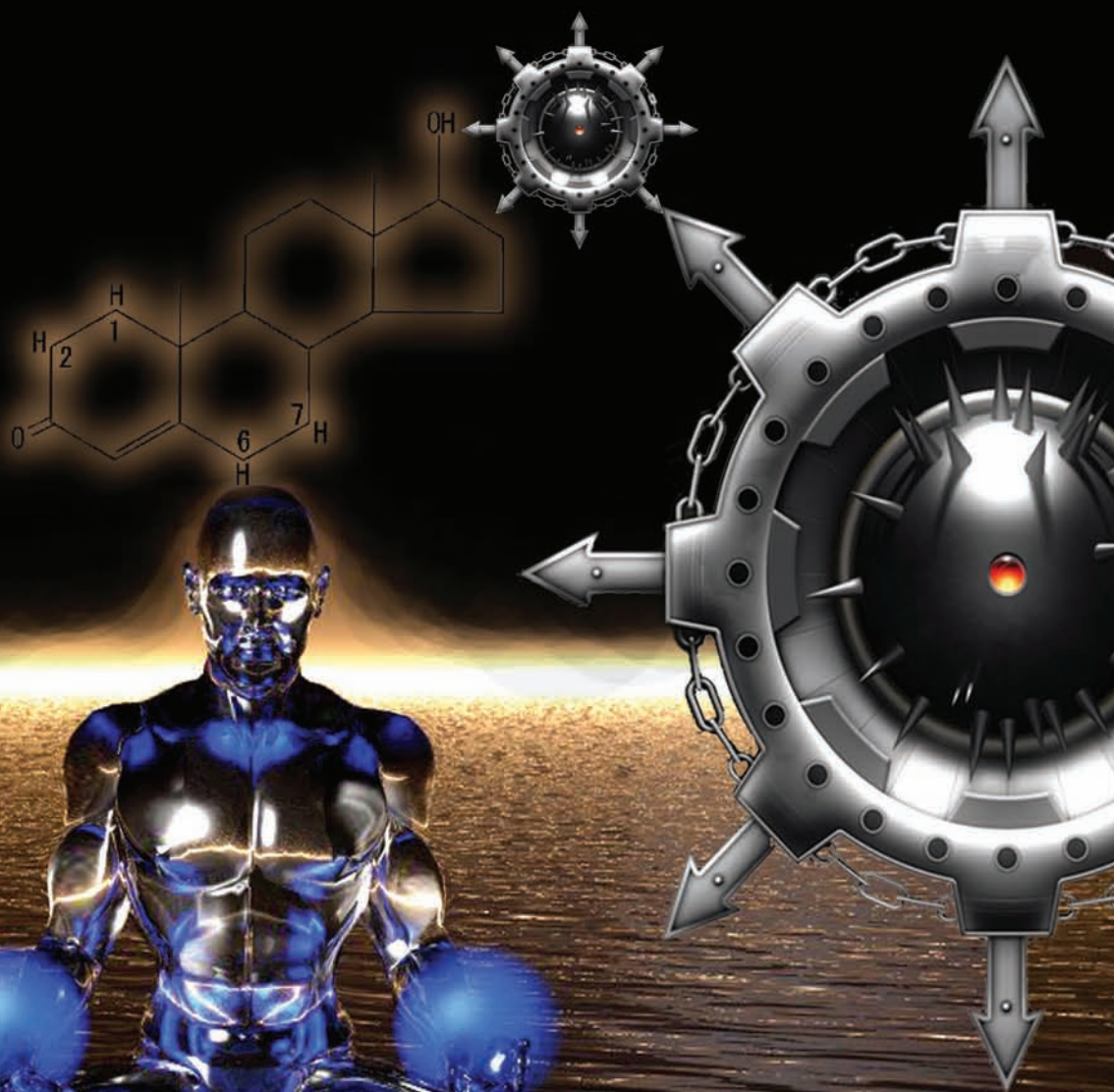
HOT BOD2

STAR PROFILE

SCOTT REYNOLDS

**THE AMAZING SARA POCKET-ROCKET - STAR PROFILE
BODYBUILDING VS POWERLIFTING: AND THE WINNER IS?
COVERAGE OF THE 2008 ANB AUSTRALIAN TITLES**





You are about to read state-of-the-art medical science that will shock you, and which even few physicians are aware of. As a bodybuilder you should be most interested in learning how to naturally increase your testosterone production and your cellular oxygen levels, both of which will give you more endurance and quicker muscle recuperation.

A truly scientific way exists to boost your performance that doesn't require illegal anabolic steroids!

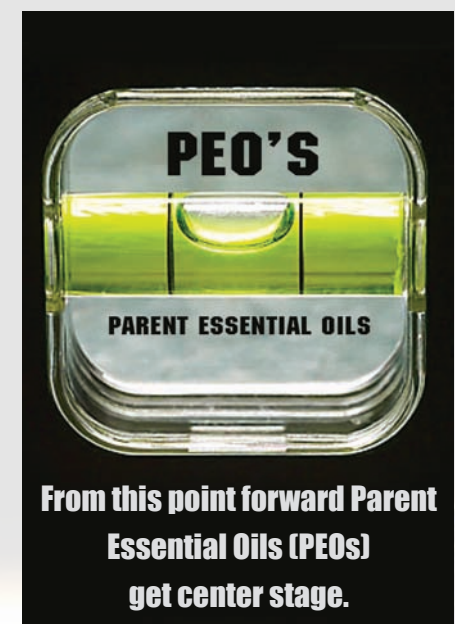
Why believe me? Don't. That's right, don't believe me without verification. I don't want you to believe me. I want you to only believe the science. And I'm going to give you plenty of it.

I trained for over a year with the 1990 IFBB Mr. Olympia Contest 2nd place-winner Lee Labrada just after he had won the IFBB Night of Champions competition. He told me that out of all his nonprofessional clients, I was the most serious, training harder than anyone else — and this was before I knew the secret that I am about to share with you.

Lee used a "reverse pyramid" technique, pushing the most weight initially when you are least fatigued, and decreasing the weight over time so at the end you would actually drop the weight from total muscle exhaustion and fatigue. I was like most bodybuilders: my muscles would burn from lactic acid. I'd be exhausted after training. I'd be extremely sore for days, especially the 2nd day after training — and it took me many days to recover.

Now imagine you had a higher threshold before that lactic acid "burn" kicked in — if at all. Using this approach you should see at least

20% more endurance and 25% less recuperation time. If you can push more weight, you get bigger. If your body is fully recovered, instead of wasting precious energy on repair, your muscles grow even bigger.



My discovery focuses on Essential Fatty Acids — EFAs for short.

EFA's everyone has heard of them and the common misguided recommendations are to take fish oil and flax oil supplements. I warn you in advance that those recommendations can and will seriously harm you and your quest to obtain peak performance and maximum muscle.

Parent Essential Oils (PEOs): The DIFFERENCE

I am often asked how my EFA-based recommendations differ from others. The answer is simple but very significant. The term "Essential Fatty Acids" is being misused so frequently that I was compelled to coin a new phrase, Parent Essential Oils (PEOs).

This term "Parent Essential Oils" refers to the only two true essential fatty acids: Parent omega-6 (LA) and Parent omega-3 (ALA). The term "parent" is used because these are the whole, unadulterated form of the only two essential fats your body demands, as they occur in nature. Once PEOs are consumed your body changes a small percentage of them—about 5%—into other biochemicals called "derivatives," while leaving the remaining 95% in parent form. (1)

This is crucial to understand. There are a host of omega-6 and omega-3 oils being sold as EFAs that are not EFAs, but rather nonessential derivatives such as EPA, DHA, and GLA. Fish oils are made up almost exclusively of omega-3 derivatives. Scientifically and biochemically, calling derivatives such as EPA, DHA and GLA by the term "EFA" is wrong. Derivatives are not EFAs because they are not essential—your body has the ability to make them as needed. My research has shown that supplementing with derivatives (incorrectly labeled as "EFAs") is a mistake that can harm you.

Why are the parent forms - PEOs so important?

Very simply, your body doesn't need or want derivatives, because it makes its own derivatives out of the Parent Essential Oils (PEOs), as it needs them. Taking fish oil and other healthfood store "EFAs" often overdoses you with derivatives. Don't make the common "EFA mistake" by unknowingly substituting derivatives for parents! Since the term has been so confused by so many, it is time to focus on the essence of what they are and why they are so vital to our health and wellbeing.



From this point forward Parent Essential Oils (PEOs) get center stage

The Problem

Here's the story of what happened to our foods, specifically the oils used in our foods. Because of commercial food processors' requirements to stop oxidization of packaged foods so they don't go bad, the functionality of most cooking oils used in restaurant fryers and in frozen and baked goods has been highly compromised. The chemical structure of the oils is altered and their vital oxygen transfer capability is impaired. You will shortly see why this functionality is so important in the body.

Science You Need to Know

First, the most basic fact: parent, unadulterated EFAs are necessary to provide the optimum oxygen transfer into all our bodies' cells. Therefore, for maximum strength, recuperation and better cellular oxygenation, a new EFA recommendation based on human physiology is required. You have 100 trillion cells and they all incorporate much more parent omega-6 than parent omega-3 in their membranes and in the cell's mitochondria (cellular power-plants). (2-5)

Each cell membrane is half fat—it contains virtually no structural carbohydrate. A portion of the fat making up the membrane is saturated. "Saturated" means chemically nonreactive—in other words, it doesn't easily react with, or absorb the oxygen that it comes into contact with. The other portion of the fat in the membrane is "unsaturated" which DOES easily absorb oxygen. One of the major functions of unsaturated (also called "polyunsaturated") fats in the cell membrane is to help the inside

of the cell absorb oxygen. The saturated fats in the membrane function as a barrier to help protect the delicate, highly reactive, oxygen-absorbing, energizing, unsaturated fats in the membrane.

Imagine a higher threshold before lactic acid "burn" kicks in. Imagine more endurance. If your body recovers faster you can train harder and train more frequently without fear of injury or setbacks. (6-8) You get more muscle and strength with less pain and effort.

In my research, I found studies that show the essential fatty acid composition of the main types of tissue in the body. From that I calculated, as no one else had, the ideal ratio of parent omega-6 to parent omega-3 that should be consumed. I also found that much more parent omega-6 is in all of the biochemical structures is transported in your bloodstream than parent omega-3 — by factors in excess of 100:1 in favor of parent omega-6. Furthermore, there are few derivatives like DHA or EFA. Without this information, everyone keeps getting misled. (9-12)

A Natural Solution to Steroid Use

Professional athletes would like to be able to enjoy the benefits of steroids to enhance performance. But because of concerns of anabolic-androgenic steroid (AAS) potential health risks and, of course, questions of legality, is there an alternative? Does it involve PEOs? Fortunately for you the answer is yes.

Steroid Structure: A Cholesterol Derivative

Natural steroids occurring in the body, including testosterone, are made from

cholesterol. PEOs are the most important substance attached to cholesterol. (Textbook of Medical Physiology, p. 874 and Harper's Illustrated Biochemistry, p.224).

PEOs = More Testosterone

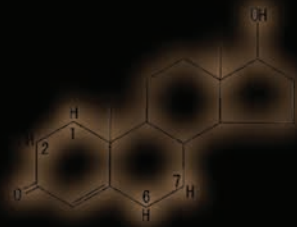
With consumption of the proper ratio of unadulterated PEOs, important testosterone production is increased. (Textbook of Medical Physiology, pgs. 958, 1010).

PEOs = More Energy

Fortunately for professional athletes and anyone wanting to enhance performance, there is another important secret in unadulterated Parent Essential Oils (PEOs), as mentioned above — their cellular oxygen transfer ability as well as steroid manufacture. These essential oils are supposed to be in each of our 100 trillion cell membranes, but because of the problem caused by food processing, PEOs—especially the omega-6—are ruined and no longer work.

The Oxygen Solution

More oxygen = more energy = more intense workouts = bigger, stronger muscles. Lactic acid is minimized with its failure threshold ("muscle burning") increased. Do we know that these parent essential oils increase oxygen transfer? Yes, from medical textbooks and medical journal articles like Harper's Illustrated Biochemistry, pgs. 117, 118, 123, 438; New England Journal of Medicine, 337:1491-1499; "Essential Fatty Acids in Perspective," Hum Nutr Clin Nutr, 1984 July;38(4):245-260, and "Postprandial Lipid Oxidation and Cardiovascular Disease Risk," Atherosclerosis Reports; 6:477-484, 2004—that is, if anyone would take the



trouble to research them!

Quicker Recuperation

If muscles recuperate faster there is less chance of injury. If muscles recuperate faster you can compete faster with higher performance. PEOs are known to decrease recuperation time. (Harper's Illustrated Biochemistry, pgs. 93, 191, 418; Principles of Medical Biochemistry, pg. 226; "Essential Fatty Acids in Perspective.")

Therefore, unadulterated PEOs are "the answer" to both increased oxygen and increased natural steroid production. The field of sports medicine can benefit from this understanding. A ratio of 1:1 to 2.5:1 parent omega-6 to -3 is required, excluding fish oil. Please review www.brianpeskin.com/efa-analysis.pdf for the paper, "The Scientific Calculation of The Optimum PEO Ratio."

Real-Life Results: CASE STUDY

#1— David MacPhail, Canada: age 62 (02/14/07)
Results of High Omega-3 Fish Oil Supplements vs. Scientifically Correct Parent Omega-6 to -3 Ratio

"When I contacted you prior to converting to your recommended ratio of Omega-6 to Omega-3, you said I would be amazed by the results of the scientifically correct parent omega-6/3 ratio. I am more than amazed. I have been taking the suggested oil mixture (1 teaspoon per day or four 725 mg. capsules) for about two weeks. The results to date have far exceeded my expectations. A few areas of marked improvement are:

Exercise

When I was taking fish oil supplements



Under 80kg ANB Mr Australia Martin Sifredi
Photo by www.peterkotsa.com

I was getting lactic acid accumulation, causing the familiar "burning" from what I would categorize as minor physical activity. Something as simple as bending over for a prolonged period left my back and thighs aching for hours, sometimes days. Now that I have greatly reduced my carbohydrate consumption and added your suggested EFA supplementation with the scientifically correct parent n-6 to n-3 ratio, I am cycling 40-50 miles most days with good energy, minimal hunger and no lactic acid build-up. My legs may get fatigued, but they do not ache.

Energy

I was "continually dragging" when I was on fish oils. I was constantly tired and fatigued no matter how long I slept. Wonderfully, after taking the EFA mix for only two weeks, my energy is "off the scale."

Instead of going to bed at 9:30 or 10:00 PM, I am often wide awake at 12:00 AM or later. Of late I am waking completely alert and rested at 5:00 AM or 5:30 AM. I am energized all day with no flat spots. Yep... I now have MANY extra productive hours.

Mental Clarity

On fish oils I often felt sluggish and it was an effort to concentrate. After taking the EFA mixture for only two weeks, my ability to focus for extended periods is fantastic.

Weight Loss

Since starting on your program I have lost 6.5 lbs and 1.5 inches at my waist.

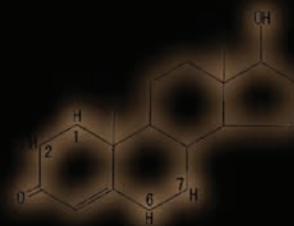
Cravings [for sweets]

For most of my life I was a carboholic, craving sweets and other carbohydrates. I could, and often did, eat large amounts of pasta and bread. This is one of the big factors that brought on my type II diabetes (it is also abundantly clear now that I suffered from long-term chronic EFA deficiency, which is common to most, if not all, diabetics). Since starting on the EFA mix, my carbohydrate cravings have mostly disappeared. And my appetite has greatly decreased.

Thank you

Thank you for this superb development. I can see why Dr. Vonk Board certified Internist, Cardiologist, Radiologist said of your work: "Impeccable research and novel insights of sheer genius. Brian's accomplishment is singular— the only elegant science showing how proper use of EFAs is the missing link for practical application of Otto Warburg's discovery. This knowledge is priceless for your futurehealth."

(Continued on page 40..)



More Real-Life Results: Case Study #2: Dr. Stephen Cavallino, Ferrara, Italy (07/20/05)

"Hi Brian,
I'd like to inform you about our positive outcome that my fellow players of the 'Banditi Flag Football Team' in Ferrara expressed very strongly this past Sunday. We played in a Championship Bowl where teams from all over Italy competed. The sports event started at 10 a.m. and finished at 5 p.m. My team played very well in all 5 games and since the summer heat was incredibly intense,

many players from other teams were close to heat exhaustion. The majority of the 'Banditi' players were full of energy and said to me that the PEO containing oils that you suggested were remarkable and they couldn't believe the positive outcome. No player from the 'Banditi' team had muscle spasms or any signs of muscle lactic acid due to over-use or exhaustion, except for 3 players who refused to take the PEO oils.

These, Brian, are real-life results and proof that the oxygen exchange is far more open to relieve and prevent muscle metabolic exhaustion thanks to the PEOs' biological and physiological properties. You hit the nail on the head with your description of this event in your book, *The Hidden Story of Cancer*. I would like to give you the maximum credit for this discovery because all my teammates said that your PEO recommendations are fantastic and miraculous....

Last year, after any 'bowl game,' many players needed 2 to 3 days to relieve the metabolic insufficiency, especially for the pain syndrome. We all met up at practice last night and all the players that followed your oil recommendations were painless and had never experienced such an outcome. Please feel free to contact me.

Dr. Stephen Cavallino
Ferrara, Italy

Arachidonic Acid (AA)

Humans obtain the omega-6 derivative arachidonic acid (AA) either ready-made in food, such as in meat, or derived in the body from parent omega-6, if it is unadulterated. Contrary to conventional wisdom, AA is not harmful, it is the precursor to

prostacyclin – the most potent antiaggregatory agent (natural anti-clotting agent) and inhibitor of platelet adhesion.(14) AA from parent omega-6 is natural anti-aggregatory AA. This fact tells us how essential animal-based protein is for humans.

Omega-6 Series PGE1 – Nature's Natural Anti-Inflammatory

Furthermore, the body's most powerful natural anti-inflammatory, prostaglandin PGE1, is a parent omega-6 derivative. If functional parent omega-6 is low for any reason, either a low-fat diet or consumption of processed oils, you increase the potential for inflammation. We don't want this because it will negatively impact our training. The metabolic pathway of this natural anti-inflammatory is rarely reviewed or analyzed by sports performance experts, but with this discovery you can put its power to use.

An Extra Benefit: Heart Disease Prevention

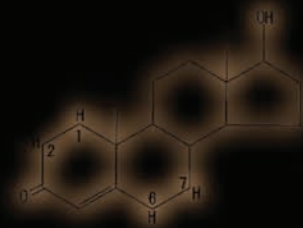
PEOs also inhibit the factors leading to heart disease, while increasing performance. This is a wonderful benefit in contrast with the contraindications of synthetic anabolic steroids. Numerous medical articles were published in 2007 and 2008 on this topic. ("The Failure of Vytorin and Statins to Improve Cardiovascular Health: Bad Cholesterol or Bad Theory?," *Journal of American Physicians and Surgeons*, Volume 13, Number 3, Fall 2008; "Vytorin Failure Explained – A New View of LDL," *Townsend Letter*, May/ June 2008

Eye-hand coordination improves

That's right. Eye-hand coordination improves so there is less chance of



World Class Figure Star Ellena Tsatsos
Photo by www.bigshotdan.com



injury. Peter Ebson, a 1st place world snooker champion, attributed his increased endurance, increased focus, and improved eye-hand coordination to this discovery. Virtually any athlete in any sport will see an improvement in eye-hand coordination.

What Foods Should I Make Number 1?

Now that you have discovered the best possible EFA supplementation based on the world's leading medical science, your next question is likely "What foods should I eat?" In Issue 4 of Australian Natural Bodz you will discover what food categories are best —carbohydrates, fats, or proteins to obtain maximum weight loss and maximum muscle mass. I guarantee that this scientific information will be startling, and when you implement these suggestions the results will be magnificent.

Who is Brian Peskin?

Professor Brian Scott Peskin is considered by many to be one of the world's most respected medical researchers in the field of cancer and heart disease, and America's #1 Life-Systems Engineering scientist. Brian earned his Bachelor of Science degree in Electrical Engineering from Massachusetts Institute of Technology (M.I.T.) in 1979. He founded the new field of Life-Systems Engineering Science in 1995. This new field is

define as "The science of maximizing desired results by working cooperatively with the natural processes of living systems."

Brian was appointed adjunct professor at Texas Southern University in the Department of Pharmacy and Health Sciences (1998-1999). The former president of the University said of Brian's discoveries: "His nutritional discoveries and practical applications through Life-Systems Engineering Science are unprecedented." Professor Peskin is chief research scientist at Cambridge International Institute for Medical Science.

For more information about how these discoveries can increase your health and athletic performance visit:
www.BrianPeskin.com
e-mail: prof-nutrition@sbcglobal.net

END NOTES/ REFERENCES

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