

"Just 35%  
cellular oxygen  
deficiency  
promotes cancer!"

# PEOs, Oxygenation, and Cancer Prevention: A New Solution You Need to Know...

By Brian Scott Peskin, BSc.

Based on the book  
*The Hidden Story of Cancer*

Tragically, even with enormous budgets, brilliant minds, and an earnest desire to end the cancer plague, little of significance has been accomplished in the last 30 years to reduce cancer's spread. Today, 53% of women and 70% of men in America will contract cancer in his or her lifetime, despite the plethora of lifestyle and nutritional changes that have been advocated by cancer specialists and diligently followed by the public. Could the cancer research community be looking in the wrong place?

## New Hope, It's Not Genetic

Most people believe cancers are caused by the activation of oncogenes—genes that predispose the individual toward cancer. Wrong! MIT just reported in 2009, the former head of the Human Genome Project, Dr. Francis Collins, MD, PhD, stating, “[T]he **easier it gets to sequence a genome, the harder it becomes to make sense of the complexity the sequences reveal.** The Human Genome Project was perhaps a **simple undertaking compared to what we face next.**”<sup>1</sup> Translation: The researchers have no idea whatsoever about how to use the gene sequencing to prevent cancer. In 2008, *Scientific American* published how cancer researchers were all led astray by renowned geneticist Lawrence A. Loeb's *claims of cancer's 10,000 – 100,000 mutations per cell.* The TRUTH was that there were *only 65 – 475 mutations* — next to nothing — not enough to cause cancer!<sup>2</sup> Cancer has no genetic basis and that is why “more research” leads nowhere except to raise more money to continually finance the wrong path.

Dr. Robert A. Weinberg of Massachusetts Institute of Technology (MIT), the discoverer of the so-called oncogene (cancer-causing gene), reversed himself almost ten years ago. “Something was very wrong. The notion that a cancer developed through the successive activation of a series of **oncogenes had lost its link to reality.**”<sup>3</sup> Dr. Weinberg has changed his focus from genetics to inflammation and published this in 2007, yet few of us saw it.<sup>4</sup>

We should have known better, because over 35 years ago, Professor Henry Harris and co-workers took normal tissue cells and fused three types of cancer cells to them. It was thought that the cancer cells would take over the normal cells and “convert” them into cancer. Surprisingly, they grew normally, **showing cancer is genetically recessive, not dominant.**<sup>5</sup>

In 2005, the heads of the world's largest cancer research center in Houston, Texas, announced cancer's prime cause isn't genetic, yet few of us heard this. Dr. John Mendelsohn, president of the M.D. Anderson Cancer Center, stated: “Any claims that this [genetic research] is going to be the key to curing cancer are not appropriate.”<sup>6</sup> The great news we can take from this incredible announcement is that even if cancer apparently “runs in your family,” there is real hope, since it has nothing to do with genes.

## Popular Fish Oil or Omega-3 and All Other Anti-Cancer Recommendations “Called into Question”

Many people diligently follow the experts' recommendations, hoping to beat cancer. The inability of the medical and dietary professions to curb the rising level of cancer over the last sixty years bears exploring. It is wrong that fish oil is an anti-cancer answer, and was called into question in 2000.<sup>7</sup> It is also wrong that omega-3, alone, prevents cancer, and was called into question in 2006.<sup>8,9</sup> Forget fruits and vegetables,<sup>10</sup> soy,<sup>11,12</sup> or fiber.<sup>13,14</sup> Forget low-fat, too.<sup>15</sup> None of these work or are the “anti-cancer answer” everyone has been looking for.

Are there recommendations that have withstood the test of time? The answer is an emphatic: YES.

## Dr. Otto Warburg's Amazing Anti-Cancer Discovery

Otto Warburg, MD, PhD, has been referred to as the greatest biochemist of the 20th century; the sheer number and magnitude of his discoveries qualify him as the most accomplished biochemist of all time. Despite this, much of his seminal work on cancer has been overlooked, although no scientist or researcher has *ever disproved the validity, correctness, or applicability* of Warburg's important discoveries as they relate to the prevention and cure of cancer. In other words, his scientific findings have never been challenged.

## The Prime Cause of Cancer

Otto Warburg, MD, PhD discovered, then clearly and simply stated, that the *prime* cause of cancer is *oxygen deprivation at the cellular level*, which he stated at a 1966 conference of Nobel laureates in Lindau, Germany, and that once a cell turns cancerous, it can't ever become normal again.<sup>16</sup> The fact that this transformation is *irreversible* was recently proven in 2008 in brilliant work supported by The National Cancer Institute.<sup>17</sup>

It is that simple. Just one-third less cellular oxygen than normal and you contract cancer. Based on meticulous experiments verified numerous times, the *prime* cause of cancer is sustaining a 35% inhibition of cellular respiration.<sup>16</sup>

You won't feel the decreased cellular oxygenation, and you won't know it is happening. If cellular oxygen can be kept above this deprivation threshold, cancer cells will not be able to form.

### WARNING:

Exercising won't solve the problem. More exercise doesn't increase transfer of oxygen through the cell membrane. That's why elite athletes still develop cancer.

Dr. Warburg's discovery has been verified over and over again, regarding how normal cells turn cancerous and in showing that *cancer doesn't develop in highly oxygenated areas.* Two American physicians conclusively proved this in 1953<sup>18</sup> and two more investigators confirmed this incredible finding in 1955.<sup>19</sup> Prevention is the ultimate solution to conquering cancer.

## Why The Oxygen Deficiency? — Food Processors Ruin PEOs

How can we become oxygen deficient at the cellular level? Simple: adulterated fats and oils from the food processing industry, in your supermarket's cooking oil section, get incorporated into your cells and don't work. These adulterated oils have very long shelf-life and have lost their oxygenation ability. They started out containing the functional, oxygen-transferring PEOs (**P**arent **E**ssential **O**ils), and they were ruined in the processing, and don't work. We are giving ourselves cancer by eating common, everyday, processed foods. Transfats are only the “tip of the iceberg” used by food processors to obtain long shelf-life.

## PEOs = Fully Functional EFAs

The body *requires* special fats, which, among other important functions,

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make it possible for sufficient oxygen to reach the cells via the 100 trillion cell membranes each of us are made up of. These special fats are highly oxygen-absorbing entities called *essential fatty acids*, or EFAs, and must be consumed from food every day, because your body can't manufacture them on its own. There are two "parent" forms of PEOs (functional EFAs) that allow your body to make whatever it needs from them, i.e., EFA "derivatives." Supplemental EFA-derivatives like EPA and DHA, commonly found in fish oil, are *not required*, because the body makes them *as needed*. Parent omega-6 is termed *linoleic acid* (LA), and parent omega-3 is termed *alpha-linolenic acid* (ALA).

Natural oils in prepared foods turn rancid over time. Likewise, so do oils used in both restaurant and commercial deep fryers. Food processors, for economic reasons, must stop the oxidation of unsaturated fats that result in spoiled food. They use only two methods: remove the oil or convert the unsaturated fats into entities such as *trans* fats and interesterified fats.

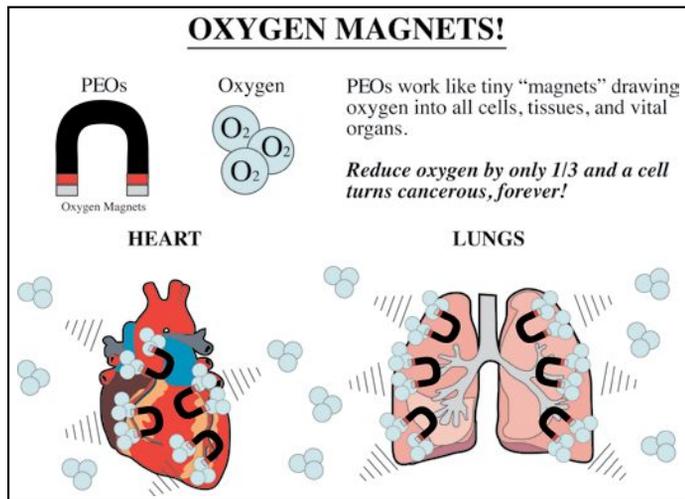
### WARNING:

Food processors requirement for a longer shelf life is the prime cause of the unstoppable cancer epidemic.

As long as food processors continue to find creative, yet dangerous ways to reduce oxidation of PEOs, consumers should be terrified. Sadly, widespread commercial use of preservatives and other de-oxygenating additives have become the norm. The solution to avoiding cancer is to incorporate lots of *unadulterated* oils in our diets by way of a dietary supplement to help compensate for these ruined oils.

## Parent Omega-6 Increases Oxygen Transfer Like "Oxygen Magnets"

In 1976, Dr. Campbell and his research team found that the unadulterated, fully-functional PEO, *parent omega-6*, the oil the nutritional "experts" and many physicians incorrectly tell us to stay away from, affect the permeability of cell



| Ratio of Tissue Composition |                                 |                |                |
|-----------------------------|---------------------------------|----------------|----------------|
| Tissue                      | Percentage of Total Body Weight | Parent Omega 6 | Parent Omega 3 |
| Brain/Nervous System        | 3                               | 1              | 1              |
| Skin                        | 4                               | 1000           | 1              |
| Organs and Other Tissues    | 9                               | 4              | 1              |
| Adipose Tissue (bodyfat)    | 15-35                           | 22             | 1              |
| Muscles                     | 50                              | 6.5            | 1              |

\* Spector AA. Plasma free fatty acid and lipoproteins as sources of polyunsaturated fatty acid for the brain. *J Mol Neurosci* 2001;16:159-65; discussion 215-221. Chapkin RS, Ziboh VA, Marcelo CL, Voorhees JJ. Metabolism of essential fatty acids by human epidermal enzyme preparations: evidence of chain elongation. *J Lipid Res* 1986;27:945-954; Agneta Anderson, et. al., *American Journal of Endocrinological Metabolism*, 279: E744-E751.

membranes to molecular oxygen by **increasing cellular oxygenation by up to 50%; helping you remain cancer-free.**<sup>20</sup> They concluded that interference with the movement of oxygen can occur, at any cell membrane, in any tissue.

### WARNING:

Regardless of where the specific cancer occurs, the cause is the same.

Is there more confirmation of PEO's oxygenating ability? Yes. For example, *Harper's Illustrated Biochemistry*, pp. 93, 191, 418;<sup>21</sup> *Principles of Biomedical Chemistry*, 1998, p. 226;<sup>22</sup> and Sinclair,<sup>23,24</sup> to name a few—all confirm PEO's huge oxygenating ability.

## What are the Tissue Parent Omega-6/-3 Ratios?

The chart below presents parent omega-6/-3 ratios of major organs along with their respective weights:

You can see how much more, unadulterated, fully functional, parent omega-6 is needed by the tissues than parent omega-3. Tragically, most nutritionists and physicians around the world are giving their patients wrong, harmful advice about EFA supplementation; overdosing you with far too much omega-3. We are told that we require lots of omega-3 derivatives, such as EPA and DHA. This, too, is wrong; **less than 5% of the PEOs are converted into derivatives**<sup>25</sup> and the truth was published in 2005,<sup>26</sup> and confirmed in 2008, if anyone would care to look.<sup>27</sup> Your body makes all the derivatives it requires from the parent PEOs.

### WARNING:

Fish oils give you harmful OVERDOSES of DERIVATIVES, and flax oil ALONE overdoses you with parent omega-3.

## Rethinking EFA Supplementation Ratios and Amounts

The current message to "eat more omega-3 or lots of fish" is overly simplistic. **My research strongly supports the use of an unprocessed, organic PEO supplement with a ratio of greater than 1:1, up to 2.5:1, with more parent omega-6 than parent omega-3.** With this ratio, suggested use is 725 mg per 40 lb. of body weight. For example, a 160-lb. person requires 3 grams on a daily basis. For complete details of how this specific ratio is calculated, please see the special medical report, "The Scientific Calculation of the Optimum Omega-6/3 Ratio," available at: [www.BrianPeskin.com](http://www.BrianPeskin.com) (click on "EFA Report").

## How Well Does This Omega-6:3 Ratio Work?

For my original work on this subject, I encourage you to visit my web site and review the Peskin Protocol as implemented in both an animal experiment, and a dramatic case study with a 62-year-old-patient. You will find them at: <http://www.brianpeskin.com/studies-experiments.html>.

*Brian Scott Peskin earned his Bachelor of Science degree in Electrical Engineering from Massachusetts Institute of Technology (MIT) in 1979. He founded the field of Life-Systems Engineering Science in 1995. Brian was appointed an adjunct professor at Texas Southern University in the Department of Pharmacy and Health Sciences for 1998-1999. He eventually started his own company, Maximum Efficiency Products, so he could publish his scientific findings and promote his unique nutritional supplements. Today he is an independent researcher, devoting the last five years to the cause and solution of cancer. This article is based on information in The Hidden Story of Cancer, written by Brian Peskin with clinical researcher Amid Habib, MD, FAAP, FACE. Physicians around the world utilize these discoveries. The book is available from Pinnacle Press, PO Box 56507, Houston, TX 77256, USA, or by phoning 1-800-456-9941 (toll-free in North America) or +1 (713) 979-0065 internationally. For more information, visit: [www.BrianPeskin.com](http://www.BrianPeskin.com). Due to space limitations all references are available at <http://www.brianpeskin.com/published-papers.html>.*

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