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CAMBRIDGE INTERNATIONAL INSTITUTE FOR MEDICAL SCIENCE

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THE PHYSICIAN'S CONCISE GUIDE TO:

- 15 -

Landmarks in Nutrition & Health

Medical Textbook References & Landmarks in Nutrition & Health Timeline (Expanded)

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Dedicated to advancing and publicizing breakthrough discoveries in the health sciences

There is simply no one better in the 21st century at developing practical health-related solutions based on the world's leading medical and nutritional science. **"Science - Not opinion" is Brian's trademark.** When Brian is through explaining a topic it is "case closed!" When he says it, you "can take the information to the bank!"

Unlike most of his peers' recommendations, Brian's health and nutritional recommendations have stood the test of time. **Brian has never had to reverse or significantly alter any of his medical reports – reports that have tackled everything from the dangers of soy, to the wrongly popularized need for fiber in the diet, to his warning about the potential harm of supplementing with copious amounts of omega-3.** In 1995 he published the report "Fiber Fiction" and finally, eleven years later, others in research are acknowledging the silliness of recommending fiber in the diet of a human being. Brian's latest crusade is to warn of the dangers of excess omega-3 (in particular, fish oil) and how it will lead to increased cases of skin cancer. The list goes on and on...

Brian received an appointment as an Adjunct Professor at Texas Southern University in the Department of Pharmacy and Health Sciences (1998-1999). **The former president of the University said of his discoveries: "...His nutritional discoveries and practical applications through *Life-Systems Engineering* are unprecedented."** Brian earned his Bachelor of Science degree in Electrical Engineering from Massachusetts Institute of Technology (MIT) in 1979. Brian founded the field of *Life-Systems Engineering Science* in 1995. This field is defined as *The New Science of Maximizing Desired Results by Working Cooperatively with the Natural Processes of Living Systems*. To many, Brian is THE MOST TRUSTED AUTHORITY ON HEALTH AND NUTRITION IN THE WORLD.

Brian continues to be a featured guest on hundreds of radio and television shows both nationally and internationally. His sheer number of accomplishments during the last decade of the 20th century and into the 21st century are unprecedented and uniquely designate him as the #1 authority in the world of what really works and why. Forget listening to the popular press or most popular so-called health magazines. Their editors simply don't understand the complicated science that they write about – they merely "parrot" what everyone else says without independent scientific verification. Their recommendations often have no basis in reality of how the body works, based on its physiology.

Brian has dedicated his life to provide the truth – which is almost always opposite to what everyone says. Here's why Brian is the #1 man in America to listen to when it comes to your health.

Medical Textbook References & Landmarks In Nutrition and Health Timeline (Expanded)

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Medical Textbook References

The TRUTH has ALWAYS been available for those who seek it:

1. **Glucose NOT body's preferred energy source;** fatty acids are. *Basic Medical Biochemistry - A Clinical Approach*, pgs: 29, 145, 203, 272, 357.
2. **Excess carbohydrate [more than 4-5 ounces] prevents the body from burning fat and increases stored body fat.** *Textbook of Medical Physiology*, pgs 871, 936; *Basic Medical Biochemistry - A Clinical Approach*, pgs 24, 394.
3. **Fat does not burn** in "flame of **carbohydrates.**" *Stryer's Biochemistry, 4th Edition*, pgs 612, 638.
4. **Humans can't utilize fructose [sugar] from more than 2 pieces of fruit at a time.** *Basic Medical Biochemistry - A Clinical Approach*, pg. 404.
5. **Carbohydrates cause insulin levels to reach 10-15 times normal and stay elevated for 2-3 hours.** *Textbook of Medical Physiology*, pg. 977.
6. **Eating carbohydrate SLOWS METABOLISM; fat and protein digestion increase metabolism.** *Textbook of Medical Physiology*, pg. 908.
7. **Adipose tissue [fat] is stored ONLY when eating carbohydrates.** *Basic Medical Biochemistry - A Clinical Approach*, pg. 510.
8. **Hospital patients not allowed more than 7 tsp sugar per hour;** Americans told by U.S. government [food pyramid] and nutritionists to eat up to 20 tsp sugar at each meal: breakfast, lunch, and dinner! *Body Fluids and Electrolytes*, pgs: 71-72.

9. Adding **extra glucose** [sugar] to muscle will **not make it work** faster. *Nutrition for Fitness and Sport*, pg. 95.
10. One glass of orange juice [6 tsp sugar] **provides the energy to run 1 mile. [But goes to body fat if not used immediately!]** *Nutrition for Fitness and Sport*, pg. 59.
11. **Sugar [carbohydrate] stops body from producing growth hormone.** *Basic Medical Biochemistry - A Clinical Approach*, pg. 702.
12. **Polycystic ovary disorder [becoming rampant in young women] associated with insulin resistance [result of overeating carbohydrates and transfats].** *Harrison's Principles of Internal Medicine, 13th Edition*.
13. **Cellulose [fiber] cannot be digested by humans.** *Essentials of Biochemistry*, pg 185.
14. **Cholesterol necessary for lipid bilayer of cells.** *Molecular Biology of the Cell*, pg. 481.
15. **"Bad cholesterol" [LDL] produced from carbohydrates.** *Basic Medical Biochemistry - A Clinical Approach*, pgs: 25-26, 512.
16. **Insulin production, a response to consuming carbohydrate, raises cholesterol levels.** *Basic Medical Biochemistry*, pgs: 475, 566.
17. **Minerals are non-protein co-factors that allow enzymes to work.** *Basic Medical Biochemistry - A Clinical Approach*, pg. 109.
18. **Niacin not bioavailable [not usable by your body] from grains.** *Basic Medical Biochemistry - A Clinical Approach*, pg. 16.
19. **Stomach acid requires chloride from salt.** *Body Fluids and Electrolytes*, pgs: 20-22.
20. **Butter is used directly for energy.** *Textbook of Medical Physiology*, pg. 843.

21. **Protein is GOOD for KIDNEYS.** *Basic Medical Biochemistry - A Clinical Approach*, pg. 653.
22. **All cells**, regardless of specialized function, **oxidize fuels.** *Essentials of Biochemistry*, pg 7.
23. **Polyunsaturated fats naturally support healthy blood cholesterol levels.** *Textbook of Medical Physiology*, pg. 873.
24. **Colloids [including colloidal minerals]** are held in vascular blood system **[not used at the cell level]**. *Body Fluids and Electrolytes*, pgs: 62-63.
25. **Vitamin B₁₂ can only come from animal sources.** *Essentials of Biochemistry*, pg. 348.
26. **Brain synapses have higher levels of DHA** than most tissues. *Nutrition and the Brain*, Vol. 8, 1990:2.
27. **Expect vision-related problems when there is too many trans fats.** *Essential Fatty Acids and Eicosanoids*, 1992, pgs: 107-115; *Invest. Ophthalmol. Vision Science*, 1992, 33(11): 3242-3253.
28. **60%-70% of protein eaten is used to fuel energy of digestion; only 30%-40% is left for body structure – like muscles – and system function – like enzyme production.** *Basic Medical Biochemistry - A Clinical Approach*.
29. **Surprise: Light does not move in straight lines** [like you were taught in grade school and secondary school, and college] – *QED: The Strange Theory of Light and Matter*, Richard Feynman, Nobel Prize-winner, physics. **Just because something incorrect is repeated any number of times doesn't make it true!**
30. **"Experts were quoting data based on inaccurate research. I never pay attention to 'experts.'"** Richard Feynman, Nobel Prize-winner: physics, *A Life in Science*, pg 167.

Continued with important medical journal articles that *you need to see!*

Landmarks in Nutrition and Health Timeline (Expanded)

Selected summary of critical studies, news articles,
and medical textbook references that *you need to see!*

(Particularly relevant portions highlighted for your review.)

TRUTH has always been available and is published for those who seek it, but the popular media hasn't made it easy for you to obtain.

Many quotes are taken directly from the published articles.
Other comments and insights are conclusions from the author of the study
or medical textbook.

NOTICE: These papers, studies, or medical textbooks and
their conclusions have NOT been evaluated by the Food and Drug
Administration. Nothing herein is intended to diagnose, treat, cure, or
prevent any disease.

2006

- **JAMA Reports: Omega-3 is NOT a Cancer Preventive**

Omega-3 fatty acids have been claimed to lower the risk of
contracting cancer. But *The Journal of the American Medical
Association* (Vol. 295, No. 4, January 25, 2006) reports:

“A large body of literature spanning numerous cohorts from
many countries and with different demographic characteristics
does not provide evidence to suggest a significant association
between omega-3 fatty acids and cancer incidence. Dietary
supplementation with omega-3 fatty acids are unlikely to prevent
cancer.”

Life-Systems Science Analysis: This reports explained the significant dangers of overdosing on Omega-3 fatty acids. To reach the truth, all anyone had to do was to review the 38 medical journal articles from 1966 to 2005 like this study's authors did; then discount the majority of the studies because they were statistically incorrect or improperly done. It is tragic that America and the rest of the world follows recommendations based on the results of improperly performed studies. Medical journals don't independently verify them. Don't expect the popular press to report the truth anytime soon.

- British Medical Journal 2006 Reports: Omega-3 is NOT a Cancer or Heart-Disease Preventive.

In the most comprehensive review to date, published in *British Medical Journal* (Hooper, Lee, et al., "Risks and benefits of omega 3 fats for mortality, cardiovascular disease, and cancer: systematic review," prepublication reference: BMJ, doi:10.1136/bmj. 38755.366331.2F (published 24 March 2006)), 96 trials, including 44 trials with supplements and 5 trials consisting of mainly ALA (parent omega-3) from plants with the remainder being fish oil, confirms what we have been saying for years:

- "Neither RCT's [randomized clinical trials] nor cohort studies [estimated omega-3 consumption and related clinical outcomes] suggested increased risk of cancer with higher intake of omega 3, but clinically important harm could not be excluded."

- "We found no evidence that omega 3 fats had an effect on the incidence of cancer and there was no inconsistency."

- "This systematic review assessed the health effects of using omega 3 fats (together or separately) on total mortality, cardiovascular events, cancer, and strokes in a wide variety of participants and found no evidence of a clear benefit of omega 3 fats on health." (emphasis added)

Life-Systems Science Analysis: this was an exceptionally outstanding analysis of existing studies. The authors state omega-3s worthless alone in preventing cancer and heart disease in spite of the popular

recommendations. Furthermore, the authors warn us of the potential danger of overdosing on omega-3 in the doses being recommended!

This news gives you the reason for these studies' failures; the potential problems with fish oil supplementation and consumption is much more complex than the issue of carcinogenic content of the fish, i.e., mercury toxicity, alone. Current recommendations do not take into account human physiology and biochemistry.

2005

- Protein and Natural Fats are Superior to Carbohydrates in Reducing Blood Pressure and Boosting Lipid Profiles (Better Blood Chemistry), OMNIHEART (2005)

The following is from the on-line medical journal, "theheart.org" released in December 2005. This medical publication is for cardiologists:

"Turning conventional dietary wisdom on its head, results of the OMNIHEART study indicate that substituting proteins or unsaturated fats for carbohydrates within the context of a healthy diet can reduce blood pressure and improve lipid profiles."

"...Compared with participants eating the carbohydrate-rich diet, those eating the protein-rich diet had greater reductions in blood pressure, LDL, and triglycerides..."

"... [Dr. Barbara] Howard also took issue with the study's focus on monounsaturated fats, saying she would have preferred a study emphasizing polyunsaturated fats [EFAs], which are known to have a better effect on cardiovascular risk than monounsaturated fats." (emphasis added)

Life-Systems Science Analysis: Once again, the truth is published in the medical journals regarding the positive effects proteins and natural fats have when compared with carbohydrates. The article speaks negatively of "conventional dietary wisdom" because it was so wrong as this experiment confirms. If you follow popular opinion and "conventional

dietary wisdom” INSTEAD of following SCIENCE, cancer is likely to follow, too. Dr. Howard is aware that EFA-containing oils are superior to monounsaturated fats (olive oil) and nonessential oils to keep you healthy. The report of this study atypically presents the truth about proteins and healthful fats, supporting the information we provide in contradiction to most popular health magazines and talk shows. Because they don’t often present this information, everyone keeps following wrong opinions that harm us.

2003

- **Vitamins DON’T work to prevent heart disease or cancer.** *Annals of Internal Medicine*, 2003, Volume 139, No. 1 , pages 51-55, 56-70, 76.
 1. “The authors of the review of CVD [cardiovascular disease] found that the highest quality studies did not show that vitamins [antioxidants including vitamins A, C, and E; beta-carotene; and folic acid] consistently or meaningfully decreased CVD...
 2. “The authors of the article on vitamins and cancer found no convincing evidence that vitamins prevented cancer...”

2002

- **Stopping HRT [hormone replacement therapy] Does *Not* Accelerate Bone Loss in Postmenopausal Women.** *Archives of Internal Medicine* 2002; 162:665-672.

“...Women who continued HRT did **not** show additional BMD [bone mass density] gains.”
- **Animal Protein Consumption Associated With Bone Density in Elderly Women.** *American Journal of Epidemiology* 2002; 155:636-644.
 1. “Multiple linear regression analysis adjusted for standard osteoporosis covariates showed a positive associate between animal protein consumption...”

2. **"Vegetable protein was negatively associated [bone loss resulted]."**
 - **More Evidence For Link Between HRT Use and Breast Cancer.** *Journal of American Medical Association* 2002; 287:734-741.
 1. **"We found that long-term use of HRT increased breast cancer risk by 70% for all types of breast cancer."**
 2. **"We used computerized pharmacy records... there was no non-response bias."**
 - **New Diabetes Nutrition Guidelines Play Down Importance of Carbohydrate source.** *Diabetes Care*, January 2002.
 1. **"...De-emphasize the importance of the glycemic index of foods."**
 2. **"The source of the carbohydrates is not as important as the total amount...."**
 - **Essential Fatty Acids as Possible Mediators of the Action of Statins.** *Prostaglandins, Leukotrienes and Essential Fatty Acids*, Vol. 65, No.1, July 2001.
 1. **"Statins and polyunsaturated fatty acids have similar actions."**
 2. **"In view of the similarity of their actions and that statins influence essential fatty acid metabolism, it is suggested that EFAs and their metabolites may serve as secondary messengers of the action of statins"**
 - **Glucose [sugar from carbohydrates] causes diabetes!** *Diabetes* 2001; 50:1683-1690.

"Our results underscore the importance of tight glucose [sugar] control in limiting beta-cell destruction"
 - **Association of Dietary Intake of Fat and Fatty Acids With Risk of Breast Cancer.** *Journal of the American Medical Association*, 1999; 281:914-920 [recently publicized].

1. "We found no evidence that lower intake of total fat or specific major types of fat was associated with decreased risk of breast cancer.
2. Contrary to the prevailing hypothesis [guess] the overall trend was inverse [the more fat eaten, the less breast cancer] and statistically significant."

2001

- **Dietary [from food] antioxidants do *not* reduce heart disease risk.** *Journal of Clinical College of Cardiologists* 2001;38:1788-1798.

1. "Until we have conclusive proof that ... antioxidant vitamins are beneficial, these should not be part of our main therapeutic regimen in cardiovascular disease prevention."
2. "Our study produced no convincing support for the common practice of taking antioxidant pills such as vitamin E to prevent heart attacks."

- **Flavonol and Flavone [from soy, fruits, vegetables, and wine] Intake Linked With Nonfatal Myocardial Infarction [heart attack].** *Epidemiology* 2001; 12:62-67.

"The largest **decrease in coronary risk** was observed between the **lowest and second-lowest** [eating the *least* amount] quintiles of flavonol and flavone."

- **Dietary [from food] cholesterol *insignificant*.** *Metabolism* 2001 May;50(5):594-597.

1. "With even a 30% fat diet, increasing dietary cholesterol from 319 mg to 941 mg per day [close to a 300% increase], the blood LDL only increased a mere 6% [6 points]!"
2. "Even insulin resistant women did not experience a significant cholesterol increase!"

- **HDL not “protective!”** *Journal of Clinical Investigation* 2001;108:843-850
 1. **“Current dogma supports a key role in reverse cholesterol transport and defects in the HDL-mediated process are thought to contribute to the development of atherosclerotic plaques.”**
 2. **“Contrary to expectations ... secretion rates were not impaired.”**
 3. **“Mice lacking HDL *do not* show impaired hepatobiliary [liver] transport, suggesting that HDL plays little or no role in the process.”**
 4. **“Although most people now think that ABCA1 [and HDL] is a cholesterol transporter per say, there is no evidence for this contention.”**

- **Breast cancer risk not reduced by high intake of fruits and vegetables.** *Journal of American Medical Association*, 285:769-776, 799-801.

“Further analysis for consumption of **green leafy vegetables and fruits** ... showed a similar *lack of association with breast cancer risk.*”

- **Cholesterol not as significant compared to high triglycerides? There is a 70% increased risk of heart disease with high triglyceride levels-independent of cholesterol levels]** *Circulation* 2000; 101:2777-2782.

- Analysis shows: it’s **proteins, not genes, that count.** *Reuters Science News*, February 11, 2001.
 1. **“Both teams agree: it is proteins that matter – much more so than genes.”**
 2. **“Genes don’t determine whether you get colon cancer ...”**
 3. **“Those who are looking for forgiveness of responsibility for their own lives in the genetic code will be very disappointed.”**

- **Elevated insulin [generated from eating carbohydrates] causes blood clotting, which blocks arteries.** *Journal of American Medical Association*; 2000; 283:221-228.

- **Exercise only brings insignificant decrease in blood pressure [2 points in the systolic and 3 points in the diastolic].** *Br J Gen Pract*, 2000;50: 948-949, 958-962.

- **Hypertension *not* caused by anxiety** [or depression]. – **Stress is not the cause of high blood pressure.** *American Journal of Hypertension*, 2001;14:660-664. Americans have been *mised* for years!

2000

- **Level of Alpha-Linolenic Acid [Polyunsaturates] in Breast Tissue Inversely Linked to Breast Cancer Risk.**

1. “Women with high levels of alpha-linolenic acid in their adipose breast tissue have a 60% lower risk of breast cancer...”
2. The new findings “support a possible protective effect”

European Journal of Cancer 2000;36:335-340. How many American women were told this?

- Findings presented at American Heart Association meeting, June 2000:
 1. **Lowering fat intake is not effective** for reducing cardiovascular risk.
 2. **Fats should be placed low on cancer risk list.**
 3. **Ideal diet fo cardiovascular [CVD] prevention** contains healthy essential oils [EFAs].
- **Cancer Institute admits long-term *misinformation*:** 25 years of “fiber fiction” – **colon cancer worsened, not helped, with fiber.**
- **No convincing scientific evidence that large doses of vitamin C, vitamin E, selenium, or beta carotene reduce the risk of cancer, heart disease, diabetes, Alzheimer’s or other illness.** National Academy of Science
- **60% carbohydrate/25% fat diet vs 40% carbohydrate/40% fat diet.** Stanford University School of Medicine: *American Journal of Cardiology* 2000 85:45-48 (Dr. Raven).
 1. “Elevated triglyceride levels **persisted through high carbohydrate diet.**”

2. **“High carbohydrate** diet associated with increases in both fasting [when not eating] and **postprandial [after eating] triglyceride** concentrations.”
 3. **“Substituting carbohydrates for saturated fat** leads to **higher cholesterol** in the blood.”
 4. **“It is appropriate to question wisdom of replacing dietary fat with carbohydrates – carbohydrates raise the risk of heart disease.”**
- **Women eating lowest fat and most fiber had 20% less calcium retention.** *Journal of Clinical Nutrition*, 2000, 71: 466-471.
 - Primitive **man was a meat eater, NOT a plant** eater. James Watson Wilford, *New York Times*, 2000.
 - **Red wine does not improve LDL oxidation.** *American Journal of Clinical Nutrition*, 2000; 71:67-74.
 - **Caution: Study results are often “inefficient, corrupt and unreliable.”** *Newsweek: Science & Ideas-Medicine*, Aug. 28, 2000, pg. 50.

1999

- **Diabetes epidemic linked to excess carbohydrates.** *USA Today*, Jan. 21, 1999, pg 1. [Public not told that “excess” means almost all of them.]
- **Diet of 50% fat [half fat!], 30% protein, and 20% [low] carbohydrates improves weight** loss and blood **lipid profiles** in type II diabetics. Abstract of presentation before 1999 meeting of Endocrine Society: by James Hayes, MD, endocrinologist.
- **Elevated insulin associated with impaired clotting.** *American Diabetes Association’s 59th Annual Scientific Sessions*, June 1999.
- **Colon cancer rate** did not change **regardless of type of fiber** eaten. *New York Times*, Jan. 21, 1999, pg A-1.
- Benefit of eating animal **fat inconclusive with breast cancer** risk. *Journal of American Medical Association*, 1999, No. 281, pgs 914-920.

- **High fiber does not help “colon efficiency.”** *New England Journal of Medicine*, Jan. 21, 1999, Vol. 340, No.3.

1998

- More than **half the heart attacks** occur in people with few **“risk factors.”** *Houston Chronicle*, Jan. 10, 1998.

1997

- **Bad fat**, not all fat, **linked to heart risk.** *Houston Chronicle*, Nov. 20, 1997, pg A2.
- Eating **saturated fat lowers risk of stroke.** *Boston Globe*, 1997.
- Women’s **coronary risk** linked to **processed trans fats [not to unprocessed, natural fats]**. *New York Times*, Nov. 20, 1997, pg. A1.
- **Carbohydrates are not the “feel good fix”;** moods **not improved by eating carbohydrates:** “Psychological and metabolic responses of carbohydrate-craving obese patients to carbohydrate: fat, and protein rich meals.” *International Journal of Obesity and Metabolic Disorders*, Oct. 21, 1997; (10):860-864
- “Diets **high in polyunsaturated fat** *have been more effective than low-fat, high-carbohydrate diets in lowering cholesterol as well as the incidence of heart disease.*” *New England Journal of Medicine*, 337:1491-1499.
- **Carbohydrate diet led to impaired glycemic and insulin responses.** *American Journal of Clinical Nutrition: “Fats and Oils Consumption in Health and Disease,”* Oct. 1997, 66: 4(S), pgs. 991S-997S.
- **“How the truth becomes distorted in high-carbohydrate diets.”** *New England Journal of Medicine*, Vol. 337, Aug. 21, 1997. [How you get misled: the real results compared with the published “conclusions.”]

- [Naturally produced] Vitamin D from **sunlight reduces breast cancer risk**. *Houston Chronicle*, Nov. 2, 1997, pg. 5A.
- **No more than a weak link** shown between breast cancer and “rich” [high-fat] diets. *Health*, March 1997, pg. 70-73.
- **DHA declined in mother’s milk**. *Associated Press*, Feb. 23, 1997 [Moms aren’t getting enough, so their babies suffer.]

1996

- **Diet with high levels of meat and fat yields positive results** [for weight and heart health]. *Health*, Sept. 1996.
- There is only an **insignificant association** between **dietary fat** and abdominal fat. *American Journal of Clinical Nutrition*, 1996, Vol. 64, 667-684.

1995

- **Children of vegetarians tend to be deficient in DHA**. *Lipids*, 1995, 30(4):365-369; *European Journal of Clinical Nutrition*, 1994, 48:358-68; *Journal of Pediatrics*, 1992, 120:S71-77.

1994

- **No saturated fats found in aortic plaque!** *Lancet* 1994;344:1195-96. [So did eating saturated fat cause their heart disease?]
- **Cholesterol-lowering drugs do not work significantly**. *Journal of American Medical Association*, 1994, No. 272, pgs 1335-1340.
- **“HDL/LDL ratio does not improve when saturated fat is replaced by carbohydrate. Low-fat diet has been considerably less effective in lowering total or LDL cholesterol than predicted.”** *Journal of Cardiovascular Risk*; No. 1, June 1994.

- **Pharmaceutical companies buy editorials to influence medical care.**
New England Journal of Medicine, 331:674;1994.

1992

- **Framingham Heart Study: “The more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person’s serum cholesterol. The opposite [of what we have been told]...”** William Castelli, MD, Framingham Heart Study, *Archives of Internal Medicine*; Vol. 152, July 1992.
- **“Influence of omega-3 fatty acids on the prostaglandin-metabolism in healthy volunteers ... synergistic effect of n-6 and n-3 fatty acids at low doses which is greater than the effect of high doses of n-3 fatty acids alone.”** *Prostaglandins in the Cardiovascular System*, 1992.

1987

- **Doctors replied incorrectly** on simple statistical question **85% of the time.** *British Medical Journal*, 294:856; 1987.

1982

- *Progressive Lipids Research*; 20:349-362.
 1. **Prostaglandins of the omega 6 series found to influence blood pressure.**
 2. **Excretion of salt and water from extra-cellular spaces** influenced by prostaglandins, too [less bloating].
- **LA and most polyunsaturated fatty acids, including AA and EPA were lower [depleted] in heart attack victims.The fatty acid patterns of phospholipids is an independent risk factor for heart disease.** “Fatty Acid Composition of Serum Lipids Predicts Myocardial Infarction,” *British Medical Journal*, Oct. 9, 1982, 285:993.

1977

- Under “cholesterol,” it has **not** been shown that lowering blood cholesterol has any positive effect on the heart. *Condensed Chemical Dictionary*, 1977.

1975

- **Studies implicate distorted trans fats link to cancer.** *Cancer Research*, 1975, 35:3374.

1973

- **3 generations of EFA deficiency resulted in reduced brain size in rats.** *British Journal of Nutrition*, 1973; 29:127-137.

1969

- “The cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.... There is no disease whose prime cause is better known...” Nobel Prize-winner Otto Warburg, *The Prime Cause and Prevention of Cancer*, 1969.

1967

- **Persons from southern India ate only 1/10th as much natural fat compared to northern Indians and got 15 times more heart disease.** *American Journal of Clinical Nutrition*, 1967, 20:471.

1964

- *Journal of American Medical Association*: Vol. 189, No. 9, Aug. 31, 1964.
 1. **No clear correlation between serum [blood] cholesterol levels and the nature and extent of atherosclerotic [heart] disease.**
 2. **Cholesterol levels in and of themselves are meaningless.**
 3. 1,700 patients with heart disease analyzed clearly show **more heart-related disease with cholesterol between 1 and 250 than between 300 and 400 or higher!** (An inverse correlation.)

1956

- **Warning: Hydrogenation from modern food industry predicted to cause massive heart disease.** *Lancet*, 1956. [Unfortunately, this prediction turned out to be true.]

1940

- Landmark book, *Man Alive, You're Half Dead! (out of print)*, Daniel Munro, M.D. :
 1. "... red meat is one of the best foods for the human body..."
 2. "... [Also] eat plenty of fish, eggs and cheese!"
 3. "... Fats are essential ...The fats are essential for life, the vegetable carbohydrates are not."
 4. "...and that is why intake [for diabetics] of carbohydrates have always been [or should be] cut down to the minimum."
 5. "Physiology of digestion has been ignored."
 6. "Protein is the only material that can repair tissue."
 7. "When you eat carbohydrates, you deposit cholesterol."

1939

- **Cottonseed oil [processed with hydrogenation – trans fats] associated with increased skin cancer.** *American Journal of Cancer*, 1939, 35:213-221.

1922

- “Pre-war statistics concerning **meat eating countries** show all in all they must be admitted **the most energetic.**” Louis Berman, MD, *The Glands Regulating Personality*, 1922.

Note: The Houston Academy of Medicine – Texas Medical Center Library contains **medical journals, including the *Lancet*, dating back to 1830!** Don't let anyone tell you that diseases such as cancer, heart disease, and diabetes weren't known about or tracked before our lifetimes; they certainly were. This fine library contains some 340,000 volumes of medical information covering virtually everything.

We know quite a lot. It's the understanding that often gets distorted!

Have you received the truth or just opinion from your physician, nutritionist, personal trainer, or exercise physiologist? You have every right to be outraged. **You are now armed you with the science** even if you choose not to listen to it.