



Consumption of Red Meat Does Not Increase Colorectal Cancer

Our diets are critical to our health. Unfortunately, with so much wrong information it's nearly impossible to know what constitutes a healthy diet. Let's look at two of the biggest food myths; the first is eating red meat, and the second is drinking milk. We are constantly bombarded with minimizing "red" meat, and drinking lots of milk. Contrary to what you've most likely heard in the media, in both cases we should do the opposite - eat plenty of "red" meat, and minimize our consumption of milk. Let's look at the science.....

Red Meat is Fine

Medical News Today reported on June 5, 2007 that "red" meat does NOT promote cancer:¹

"Recent studies published in the journal *Cancer Science* have **disproved the myth that consumption of red meat increases colorectal cancer**

"Our findings **DO NOT SUPPORT** the hypothesis [guess] that **consumption of red meat increases colorectal cancer risk...**"

Life-Systems Engineering Science Analysis:

I have reported for over 10 years that the science is very clear that "red" meat could not be cancer-causing. Furthermore, I have been advocating meat as a 1st class protein source. "Red" meat's natural saturated fat is burned for energy and its EFAs are used in numerous biochemical reactions. Meat's protein is required to maximize hemoglobin's oxygen binding. Without exception "red" meat and its associated saturated fat content are not cancer-causing—the OPPOSITE of what most physicians and nutritionists have lead us to believe for decades. Their *misinformation* is based on opinion—not science.

Japan would naturally have a bias for fish since it is less expensive and more plentiful than red meat. Additionally, the study showed that fish and fish product consumption *was not*

1 Ref.: Kimura, Yasumi, et al., "Meat, fish and fat intake in relation to subsite-specific risk of colorectal cancer: The Kukuoka Colorectal Cancer Study, *Cancer Sci.* 2007 Apr ;98 (4):590-7.

statistically significant in decreasing cancer. You already discovered from me why fish consumption can't prevent cancer. Eat all the steak you want (I recommend "natural" or "organic" with no hormones or steroids used) without guilt, knowing you are eating what your body needs to remain healthy.

1. Kimura, Yasumi, et al., "Meat, fish and fat intake in relation to subsite-specific risk of colorectal cancer: The Kukuoka Colorectal Cancer Study, *Cancer Sci.* 2007 Apr ;98 (4):590-7.

If you have any questions or comments about this month's newsletter please e-mail the professor at: info@brianpeskin.com

This Month's Low-Carb Recipe: Tuna Celery Sticks

INGREDIENTS

1 (3 oz) or 1 can of chunk tuna
1/4 cup yellow squash and or zucchini (shredded)
1/2 cup red and or green cabbage (shredded)
3 Tbsp cream cheese, softened (NOT low-fat)
1 Tbsp yogurt (NOT low fat)
1/2 tsp basil, (dried & crushed)
12 (4 inch) celery sticks with or without leaves
Salt and pepper to taste

PREPARATION

1. In a bowl blend tuna, cabbage, and squash.
2. Stir in yogurt, cream cheese and basil. Add salt and pepper.
3. Spread blended ingredients into celery sticks and enjoy!