

WARNING:
Silence is NOT Golden
Chronic Inflammation
THE Silent Slow KILLER

Case Studies

by
Prof. Brian Scott Peskin



The green drug company[®]

Drugs to feel good about[™]

11-08-2024

Corporate: 799 Limpet Drive, Sanibel, Florida 33957 (USA) • peskinpharma.com • +1-713-298-8783

**** Healthcare provider personal use only ****

WARNING: Silence is NOT Golden Chronic Inflammation – THE Silent Slow KILLER

You don't feel it and can't see it, but inflammation is killing you. **Chronic INFLAMMATION is now known as the #1 cause of disease** – from Heart Attacks – to Alzheimer's and even Cancer. **Death results from a 1st heart attack without symptoms about 1/3rd of the time with no prior warning.** Imagine, husbands and wives and children are left without you because you didn't take preventative action. Now, with the new Medical Food **EZtrek[®]** there is significant help against chronic inflammation. Now, there is hope before it is too late. Finally, you can take real, science-based preventative action against our greatest fears: Alzheimer's, Heart Disease, Cancer, and Diabetes.

These diseases often go undetected until they strike – often without warning – with devastating consequences. There are at least 9 major diseases detailed in the medical journals with inflammation / known impairment of the anti-inflammatory pathway, technically termed delta-6 desaturase (D6D). There hasn't been a solution until now. Impairment gives you **chronic inflammation you never feel or are aware of until it is too late.** They share at least one common trait: Chronic Systemic Inflammation worsened by processed oils in the diet from foods & beverages – like liquid “nutritional supplements” – at your local supermarket and favorite restaurants.

The new Medical Food **EZtrek[®]** was specifically designed to help protect you against this daily assault of chronic inflammation caused by processed foods everyone knows are harmful, especially the processed cooking oils we all consume and can't avoid. It doesn't take much of them to slowly kill you or make you sick.

Years of research into the cause and combatting this never-ending inflammation has led to the creation of the remarkable Medical Food,

Novel lipids-based pharmacognosy solutions
Helping to nutritionally compensate for impaired Δ-6 desaturase / inflammation

EZtrek®. World-leading authority Prof. Brian Scott Peskin has written extensively on this subject, and you can review his body of work at www.BrianPeskin.com.

Physicians can now Fight these **Silent Slow Killers** with a daily dose of **EZtrek®** added to patient treatment protocols. Implementing this strategy immediately significantly increases the effectiveness of existing protocols with virtually no adverse side effects. Without necessarily understanding the importance of D6D, and helping to nutritionally compensate for its impairment with **EZtrek®**, no protocol reaches 100% effectiveness.

New Hope for Difficult Patients

The following are **INDIVIDUAL PATIENT RESULTS** of the **MEDICAL FOOD EZtrek®** as reported by physicians.

As evaluated by the physician, **EZtrek®** is designed to help nutritionally compensate for a diagnosed impairment of the delta-6 desaturase metabolic pathway leading to increased patient inflammation.

For evaluation of effectiveness, we suggest 3-months of continuous use to see if there are positive results.

The majority of patients should respond well. Although we recommend a 3-month course of use to evaluate effectiveness, patients should begin to see a positive response within 2 weeks.

The following is a sampling of diseases /disorders have known impairments in the delta-6 desaturase metabolic pathway, as published in the medical literature:

- Diabetes - both type I & Type II, even when taking insulin
- Neuropathy, including diabetic and cancer-treatment-related patients
- Pain
- COPD
- Asthma
- Cancer

- Fatty Liver Disease
- Cardiovascular-related issues / PAD
- Dermatologic disorders
- Gout
- Conditions relating to chronic inflammation / autoimmune issues

**** Healthcare provider personal use only ****

EZtrek® INDIVIDUAL PATIENT RESULTS SUBMITTED / VERIFIED BY PHYSICIANS & HEALTHCARE PROVIDERS:

EZtrek® is not a medicine and is not intended to treat, diagnose, mitigate, prevent, or cure diseases.

**** We advise 90-day course of use before evaluating Clinical changes from EZtrek®****

Clinically Demonstrated Anti-Inflammation / Expedited Healing with **EZTREK™**

CASE #2



Feb. 4, 2021

April 9, 2021

• 57-year-old white male presents with ischemic eschar of the 2nd right digit and eschar of the anterior distal hallux with pain on palpation.

• Told by the vascular service that it would likely demarcate and he would lose the digit. I treated him with betadine and EZTREK™ 5cc, 5-days-a-week. Healing time was 9 weeks.

CASE #3



Jan. 29, 2021

April 29, 2021

(Both images depict 2nd occurrence)

• 78-year-old male with a right ankle open venous ulcer. History of varicose veins and severe COPD. Patient has had two separate episodes with an open ulcer.

• First treatment, ulcer was managed with foam and three-ply compression, and it closed in 16 weeks.

• This time (2nd occurrence) treated with foam, three ply compression and 5cc of EZTREK™ 5 days a week.

- “60-year-old Hispanic male with right planter sub 5th metatarsal open wound. This is the 4th time it has opened in the past 8 years. The last two previous ulcers healed in 50 and 54 weeks. This time ulcer healed in 46 weeks. History of PVD and Diabetes with a HA1c of 9.4. Endorses improvement in his neuropathy.

- “57-year-old white male presents with ischemic eschar of the 2nd right digit and eschar of the anterior distal hallux with pain on palpation. Told by the vascular service that it would likely demarcate and he would lose the digit. I treated him with betadine and **EZtrek**[®] 5cc 5 days a week. Healing time was 9 weeks.
- “78-year-old Hispanic male with a right ankle open venous ulcer. Patient has a history of varicose veins and severe COPD. This is the 2nd time his ulcer has opened. The first time I treated him, the ulcer was managed with foam and three-ply compression. It closed in 16 weeks. This time, I treated with foam, three-ply compression, and 5cc of **EZtrek**[®] 5-days-a-week. Closed in 13 weeks / 3 weeks earlier. Endorses less pain on the site.”

Seizures / Non-Communicative: (11/08/24)

- " An elderly woman in her early 90's had been having absence seizure-like activity for many years and would only communicate intermittently with her family. Most of the time, she just sat and stared at a paper. After 1 month of taking **EZtrek**[®], the woman started to speak more spontaneously, frequently, and engaging in normal conversation. She has maintained this improved behavior for many months. The absence seizure-like behavior has stopped. The family gave **EZtrek**[®] every day to keep the routine familiar for the woman."

Arthritis: (01-10-23)

- “3 weeks ago, a patient of mine came in for her B12 injection. She showed me her hands and knuckles and the swelling in her proximal interphalangeal and metacarpophalangeal joint of her hands and wrist were reduced by 75% since she has been taking 2 tsp of **EZtrek**[®]. She was elated, and so was I.”
- (Physician self -patient) “Also, I have 4 knuckles on my fingers from osteoarthritis, and they are slowly being reduced by the use of **EZtrek**[®]. It is great stuff.” (01-10-2023)

Inflammatory Markers:

- **C-reactive protein #1 (cancer patient) – 12/06/2021**
 “...3 high-sensitivity *CRP tests* conducted since June [2021]. June value was 1.4, mid-September was 1.8, and late November was 0.7. The 0.7

value [61% decrease] represents approximately 3 ½ weeks of EZtrek® use.”

- **C-reactive protein #2 (CHF patient) – 03/09/2022**
“History of CHF, likely induced from Lyme, etc. Contributing is MTHFR. High-sensitivity CPR test went from 1.5 to 1.1. The 1.1 value [27% decrease] represents 4 weeks of EZtrek® use.”
- **Homocysteine – 03/09/2022 (CHF patient #2 above) – 03/09/2022**
Homocysteine decreased from 13 to 9 [31% decrease] after 4 weeks of EZtrek® use.

COPD:

- **COPD #1- 01/15/2022**

Physician self-patient: “I was diagnosed with COPD over 10 years ago. Mine is from Lupus and chronic bronchitis. I’m a stage 2. I also have a history of pneumonia over the years. *I have been taking Albuterol for 10 years now, plus Symbicort and Prednisone.* The doses go up when I am having flares. Over the past few months, I have struggled with shortness of breath, wheezing, and coughing. When I started EZtrek®, within an hour, I could actually feel my lungs opening.

Over the first week I could feel myself able to take a deeper breath and expand my lungs. Over the past 2 plus weeks, I have reduced my prednisone from 10 mg to 2.5 mg a day. I am no longer using my Albuterol.

I am still on Symbicort. I have more energy and am able to walk without being winded. My blood pressure is normal now, and pain has reduced completely.”

- **COPD w / fibrosis (scarring) pt #2 – 02/28/2022**

“54-yr-old female. History of smoking less than 1 pack a day for 20 years. Diagnosed with COPD 3 years ago. Put on several medications. **History of Covid-19, which caused damage to lungs.** Pneumothorax with collapsed lung that required hospitalization. *CT showed significant scarring.*

Pulmonologist was guarded on any improvement, stating, **'Your case is grim.'** She has labored breathing and *required 24-hour oxygen*. On Feb 28, 2022, she saw Pulmonologist and had a *CT and PFT evaluation of lungs that showed obvious positive changes*. (She has only been on EZtrek® for one month.) Her *pulmonologist was pleasantly surprised*. **She no longer requires oxygen and can now speak and move about without being winded**. Nothing else changed other than adding EZtrek®.

- **COPD w / fibrosis (scarring) pt #3 - 05/02/2022** (pt. is brother of MD)
"My brother is 64 years old afflicted with COPD for the past ten years. Oxygen Supplementation for the past seven years 24/7. He currently in stage 4 COPD, uses 4-5 L/m of Oxygen. *Becomes fairly short of breath after taking a few steps*. **He has scarring verified by CT. Waiting for lung transplant**. He started using EZtrek® six weeks earlier, and I can tell you that he is definitely feeling better. He still uses his Oxygen at 4-5 L/m, but his moaning and crowning is much less, and his labored breathing has improved after taking a few steps to the bathroom."

Neuropathy / Pain:

- **Pain - 02-08-2022**
"I injured my back mid-2021. I rehabbed using exercising and stretching. I did not take drugs. I felt better, but with any sudden movements, 'I really felt it.' I started using EZtrek®, and within 7 days, the muscle *inflammation in my back subsided to the point that I moved freely without concern*."
- **Numbness / tingling / reduced inflammation - 03-25-2022**
"I had another patient today that after using EZtrek® for one month, states that her *energy is better, motivation is better, the numbness and tingling she has throughout her body in the mornings due to an old neck injury is nearly gone*."
- **Neuropathy (cancer patient) - 02-28-2022**
"52-yr-old Hispanic female. History of Her 2 positive *stage 4 breast cancer for 17 years*. Mets to bone and liver. Spine, clavicle, rt femur. *Chemo-induced neuropathy plus 3 years*. She has been on EZtrek® for 3 weeks and *is having less problems with pain from neuropathy*. She reports *more energy and feels stronger*. *This is an exciting case, as the scars underneath both arms are already getting softer*. Will be having scans in 2 months. She is *limited*

on remaining options for treatment, so **EZtrek®** is the only thing she is doing at the moment, as she finished radiation one month ago.”

- **Pain / nerve twitch: 2-18-2023**

“I have been taking EZ for only 1 week. My issue is a nerve entrapment and inflammation in my right root due to a bike accident over 6 months ago. I also have some neuropathy in that foot and had a surgical procedure to remove 2 bone spurs. After the procedure, I encountered a hematoma and much inflammation – every evening. I do experience a pulsation or twitch that doesn’t seem to go away and prevents me from sleeping throughout the night. I had treatments of Prolotherapy over the past couple of months, which did help, and Physical therapy on trying to address these issues. *With trying the EZ treatment at the onset, I found that my inflammation and nerve pain to decrease of which I am very grateful for. One evening I stopped taking EZ and couldn’t sleep because of the pain. The next day, I took it and slept perfectly.* I plan to continue these treatments until I feel that my issues are resolved.”

- **Hip fracture in the elderly (pre-treated female) – 02-07-202**

“92-year-old female fell – 3 fractures of hip; similar event 10 years prior. She had been taking **EZtrek®** for 6 months prior to falling. After 10 days skilled nursing, projected time to home using walker was 6-8 weeks. She started walking after 1 week using walker as before, normally, with *full recovery* at home in 4 weeks. *PT no longer required.*”

Cardiovascular:

Lower Blood pressure

- **03-29-2022** “Blood pressure consistently raising until approx. 178/93. Low salt diet stabilized BP @ 160/85. Patient still concerned.

Within 30 days of **EZtrek®** BP lowered near 126/69, which is consistently measured. Patient is delighted.”

- **03-20-2023:** “20-yr hypertensive; Norvac and Hydrochlorothiazide. BP reduced to 138/90. When **EZtrek®** was added, after 3 months, BP reduced to 126/75.”

- **(Unprecedented) Calcified plaque reduction**

“Baseline non-contrast CT Agatston Score of 727 on 4/30/2021: Score reduced to 666 on 6/30/2022 [7 months taking EZ]. This translates to an **annualized calcified plaque reduction of 14.3%.**”

PAD / Pain (reported by patient)

- “I had all the risk factors for PAD smoking, high blood pressure, high cholesterol, and age above 60 years. On-set of PAD was gradual for me. It started with pain in the calf muscle after physical activity like walking (claudication), relieved by rest. The pain over six months went up in both legs to the thigh muscles on 10/21/2021; my doctor arranged for a lower extremity arterial Doppler.

The results were:

1. Right lower extremity: Prominent **atherosclerosis plaques** noted at the distal popliteal artery with monophasic waveform in the tibialis, peroneal, and dorsalis pedis arteries, peripheral vascular disease, and hemodynamically significant stenosis
2. Left lower extremity: Prominent **atherosclerosis plaques** noted at popliteal artery with monophasic waveform and abrupt elevated velocity. Monophasic waveform is noted distally throughout the tibialis, peroneal, and dorsalis pedis arteries. **Findings are concerning** for peripheral vascular disease and hemodynamically significant stenosis.

10/21/21

Ultrasound testing showed significant reduction of circulation in both legs.

2/20/22

Walking became more painful, and the maximum distance I could walk was 300 feet.

4/15/22

Gave up driving and arranged for a UBER to take me to and from work 6 days a week. Immediately after arriving home, I went to bed for 2 hours per day to relieve the pain.

9/20/22

Friend **recommended EZtrek®**. I started to take one teaspoon every morning.

0/05/22

Noticed the pain level decreased.

11/02/22

The pain in my thighs went away, leaving pain only below both knees.

11/15/22

Distance walked increased to half mile from 300 ft. Decided that **EZtrek®** is working and increased dosage to two teaspoons in the morning and one teaspoon before bed.

12/20/22

For the first time, noticed no pain in the morning and a light pain in the afternoon.

1/20/23

Started morning walks before work with **no pain**.

2/15/23

5 months later, **No symptoms**, still taking **EZtrek®** in the morning and before bed.

4/15/2024

As an **African American**, maintaining healthy blood pressure has been a priority for me since being **diagnosed at the age of 16**. Hypertension disproportionately affects our community and, more personally, my family for more than five decades. **I have been on a journey to find a difference-maker to assist in lowering my numbers for over 20 years.**

I began taking **EZtrek®** about 1 year ago. I was a bit skeptical due to trying other supplements and herbs in the past, but Prof. Peskin took the time to walk me through the compilation and how it would interact with the body. **Being a degreed engineer**, I was thoroughly impressed by Prof. Peskin's knowledge of the product and the human body.

- After about six weeks, I noticed a significant difference in my **energy levels**.
- My **blood pressure readings were significantly lower, averaging down from 146/95 to present day, 115/73.**
- Initially, I was taking two medications (Amlodipine 10MG & Hydrochlorothiazide 25MG), and that has been **reduced to only the Amlodipine**. My goal is to one day be completely off prescribed medicines.

I would highly recommend anyone who is serious about their health **and lowering their blood pressure** to consider trying **EZtrek®**. I have found there to **be no side effects**, and has given me reason to believe that the silent killer stops with previous generations of my family.

Jeremy Gilmore

- **Prostate (pt has mold and lesions) - 04-13-2022**
 “72 y/o male with elevated PSA of 6.2 in 04/2021. Mold toxicity. Home is unremediated. 2 months with **EZtrek®**: prostate gland same size / peripheral zone previous lesion at right base is without suspicious on the current (MR without contrast) exam / rt posterior lesion shrunk from 0.9x0.7 cm to 0.7x0.6cm, a 33% decrease in area; PI-RADS score 4/5; will re-evaluate in 2 months.”
- **Multiple Myeloma (84-year-old female) - 04-22-2022**
 “My med notes on an 84-year-old female whose condition is *evolving towards multiple organ failure*. Note of 3/24/22, lab taken 3/22/22: Has been taking **EZtrek®** since 2/18/22 (1 month) and hasn’t *changed anything else*. There has been improvement across the board. Liver enzymes are lower; Kidney function has improved from GFR chronically low at 35 to now 46 (normal is >59). CRP, an inflammatory marker, improved from 3.33 to 3.0 [cardiac CRP normal is 0-3.0). BNP (a measure of cardiac failure) was very high last month at 685.9 [0.0-100.0] and was 615.1 on 6/3/20. Rising is a sign of possibly weakening heart muscle. On 5/12/20 was 564.3. CHF is between 100-400. We now need to test to see if it, along with the other parameters, has also improved. She has multiple myeloma, and we need to test the M spike to see if it has changed. Can stop either one of these: GHKU (peptide) or Sermorelin.”
- **Breast Health - 04-27-2022**

“There appears to be a significant improvement in breast health, with none of the deviations found on previous exam being present. The breast exam was completely normal and bilaterally symmetrical. 2 months ago, had 2 enlarged axillary lymph nodes, a swollen left breast duct, and 30% larger left breast. Today, there is excellent bilaterally equal and normal (healthy) texture of breast tissue, no lymph node enlargement or breast swelling. Only difference is that she has taken **EZtrek®** over these 2 months....”

- **Brain injury - 05/06/2022**

“I’m curious about **EZtrek**, which John has taken since his last appointment. Before his *brain injuries*, John was a very good writer. *Since then, it’s been a struggle*. He recently wrote 3 separate things to family members, and I was secretly amazed at what he said and how he said it. (I’ve had to edit heavily. **Not this time!**)

We’ve talked and John admits that composition is easier. Could you please give us an idea about what **EZtrek®** does? We ‘ll talk more at our next appointment but we are intrigued. Gratefully ...”

- **Less mucus / more energy) - 03-29-2022**

“I have been taking **EZtrek®** for one month. I have noticed that my *energy has increased by 30%*, and *mucous has subsided*. I am putting my patients, as well as my children, on the product.”

- **Lyme / tick-related - 02/10/2022**

“I have a patient taking **EZtrek®** for 1 month, and she says her *brain fog and mental clarity have greatly improved* (a result of decreased inflammation of the brain). She has a number of problems, such as Epstein-Barr, hypothyroid, Lyme, and post-Covid fatigue. Nothing else changed other than adding **EZtrek®**.

- **Eczema - 10/05/2024**

“I’ve had the pt. on **EZtrek®** for 6 months. Since then, she has had no eczema flare-ups.

- **Eczema - 4/19/2023**

Physician self-patient: “I was suffering from **total body eczema**, some areas worse than others, but from head to legs. I did a three-month treatment with **EZtrek®**, 2 teaspoons per day (2 doses) the first month, 1 daily dose months 2 and 3. My eczema is approximately **90 percent resolved** and I am continuing until I reach resolution.”

- **GOUT – 5/20/2023**

Physician self-patient: “As a physician and surgeon personally using an oral preparation of the essential fatty acids per **EZtrek®** to facilitate treatment of inflammatory conditions (gout) and for overall health, my own experience with regard to gout tracked **originally very much along the described clinical course of intermittent bouts of foot and big toe pain for years that were very hard to manage. Since starting EZtrek® I have never had another gout attack.**”

(“Gout is a metabolic disease characterized by hyperuricemia and the accumulation of monosodium urate crystals in the joints and soft tissues, resulting in a self-limited acute phase reflecting recurrent attacks of synovitis and a chronic phase in which inflammatory and structural changes within the joints and periarticular tissues may lead to persistent pain symptoms. The acute condition of gout is identified by a sudden monoarthritis of rapid onset with focused, intense pain of the big toe (50% of initial attacks), the foot, ankle, midtarsal, knee, wrist, fingers, and elbow. The associated phenomena include the deposition of monosodium urate crystal aggregates in a number of tissues, such as joints, bursae, and tendons. There is a strong association between hyperuricemia and metabolic syndrome, and gouty patients often have a medical history of kidney disease, diabetes mellitus, and signs of vascular compromise, such as coronary artery disease, heart failure, and stroke, which often results in a poor overall quality of life. The prevalence of gout among U.S. adults in 2007-2008 was 3.9% (8.3 million individuals). Also, according to the National Health and Nutrition Examination Survey (NHANES) 2007-2008, the prevalence among men was 5.9% (6.1 million), and the prevalence among women was 2.0% (2.2 million). These findings from nationally representative samples of U.S. adults suggest that the prevalence of both gout and hyperuricemia remains considerable and may have increased over the past 2 decades, which is likely related to increasing frequencies of adiposity and hypertension. A strong rationale for the use of essential fatty acids (omega 3 & 6) for the treatment of gout has been noted in the literature, including a recent case-control study that high essential fatty acid levels were associated with fewer gout attacks. There are a number of other publications documenting that the *non-adulterated / unprocessed* [fully functional] essential fatty acids may also promote diverse gut bacterial flora, which may lower the risk of diabetes, obesity, and inflammatory conditions such as gout. (References:

Arthritis Rheum. 2011 Oct; 63(10): 3136-44, Int. J. Mol.Sci. 2017 Dec; 18(12): 2645, Reumatismo. 2012 Jan 19; 63(4): 238-45.”)