

# Here's a Sampling of What Medical Experts Say About Prof. Peskin's Unique Medical Insights:

"Prof. Peskin eloquently explains why "something is wrong" in medicine today. My colleagues will appreciate his strong scientific approach. This chapter opens the door to solving America's obesity and diabetes epidemics through a new, insightful understanding."

*Frederick Burton, M.D.—Internal Medicine, Director: The Burton Wellness & Injury Center (USA)*

"To save your health and your life you must read this book. This information has transformed me, my practice, and my patients. I have followed the information on essential fats for the past 25 years, but my patients did not see the results that the researchers reported. The discovery in this book makes sense and finally, patients are reporting improvements. I hope other physicians will become aware of this groundbreaking information."

—*Abram B., M.D. Homeopathic Physician/ Preventive Medicine*

"Earth-shattering and historically significant."

—*David S., M.D., Interventional Cardiologist*

"*PEO Solution* is even bigger than vitamin C! I have been in the last several nights looking over your manuscript...IT IS FABULOUS! Written for physicians but patients

will appreciate how easy it is to understand. With this new discovery—all physicians regardless of their specialty—will experience significantly better patient benefits and outcomes.”

*Paul Tai*, DPM—Anti-Aging and Regenerative Medicine (Brazil/USA)/Chairman of the Brazil American Academy of Aging & Regenerative Medicine (BARM) /Chairman of the Department of the Post Graduate Medical Education, and Chairman of the Department of Medical Research at the University of Health Science Antigua (UHSA), School of Medicine & School of Nursing.

“There is an epidemic of *mis*understanding of oils in the role of human health. The oft repeated cliché that omega 6s are inflammatory and omega 3s are anti-inflammatory, dangerously misleads the public and physicians as well into thinking that one just needs to take more of one and less of the other. What is missing, critically so, is the understanding that both are needed for human health and that getting them in their purest and unoxidized form has far-reaching effects for human health. This science gives physicians the detailed information we need to know as it is under-publicized. I have seen remarkable success in the nutritional treatment of lupus, psoriasis, and atopic dermatitis by including a PEO-based approach into my regimen. Prof. Peskin and Dr. Rowen are doing a great service by bringing to the forefront the dangers of oxidized fats and battling the nutritional cliché mentioned above that has taken root in both patient and medical circles.”

— *Jonathan Carp*, MD, Dermatologist (USA)

“Prof. Peskin eloquently explains why “something is wrong” in medicine today. My colleagues will appreciate his strong scientific approach to solving America’s obesity and diabetes epidemics through a new, insightful understanding.”

*Frederick Burton*, M.D.—Internal Medicine,  
Director: The Burton Wellness & Injury Center (USA)

“The most insightful quantum nutritionist of our age brings us the most insightful nutritional cancer discovery of the 21st century! No one else is even close to matching his deep insight and understanding.”

—Robert N., D.O., Cosmetic Laser Physician

“I had heard about Prof. Peskin’s outstanding work and met him during his Las Vegas lecture at the American Academy of Anti-Aging Medicine (A4M), titled “Fish Oil Fallacies: Physicians and Patients Beware.” He explained the significant dangers of prophylactic fish oil use and brilliantly elaborated on why an organic, sustainable, vegan source of Essential Fatty Acids (PEOs), balanced in the proper ratios for maximum human benefit, was the solution. “A recent article in the *New England Journal of Medicine* clearly showed fish oil’s failure for preventing CVD, and the eminent cardiologist Eric Topol, MD (Editor-in-Chief of Medscape and Medscape’s Heartwire for cardiologists) issued a new directive to patients: Stop taking fish oil! “Prof. Peskin consistently leads the field with science-based medicine. *PEO Solution* is a masterpiece of the highest order (amazingly, it is easy to comprehend) and clearly cements Peskin as the world’s leading physiologic EFA expert. Combined with the terrific insights of Dr. Rowen, no medical professional can afford to miss reading this monumental work. As far as I am concerned the top three supplements everyone should be taking are PEOs, PEOs, and PEOs.” Steve H., D.C., (USA) Founder: Level 1 Diagnostics (Cardiovascular Disease Prevention), Level 1 Therapeutics Physician Personal Case Study.

“My mother and I have been following your Omega-6/-3 [PEO] protocol for almost seven years. I had a 70% occlusion in my right carotid artery back in 2000, which required surgical intervention. Seven years later, on your protocol, there is no evidence of any plaque or occlusion. My mother had a 50% occlusion in both carotid arteries seven years ago, and the occlusion is now down to 15–20% [requiring no intervention]. Both of us have elected not to use any statin drugs.” Amid Habib, M.D., F.A.A.P., F.A.C.E.—Pediatric Endocrinologist Diplomate of

American Board of Pediatrics and Diplomate of A.B.P. Subspecialty Board of Pediatric Endocrinology.

“...[P]rovides insights I haven’t seen anywhere else. This state-of-the-art 21st-century medical science is indispensable to physicians. I have prescribed PEOs to patients for years and have seen exceptional results. This information gives physicians an arsenal of medical facts applicable to any specialty.”

—*David Beaulieu, M.S., D.C.*—Nutrition / Allergy (NAET) / Anti-aging Medicine (USA)

“A diet-controlled diabetic needs to go straight on Brian’s program with no question. They will decrease the risk of progressing to tablets or insulin. THIS ADVICE SHOULD BE GIVEN TO ALL DIABETICS. All will find their Blood Pressure dropping, as well as their weight and blood sugars.”

—Dr. Andy T., UK

“Brian Peskin and Robert Rowen are dedicated to telling the truth, no matter what, and for that, I am proud of both. Recommending a relatively low-fat, raw food vegan dietary approach may fly in the face of modern trends, but if we just stop to think about the sense of it, the advice is sound. In a zoo, every animal gets fed its specie’s-specific diet, exactly and only the food that is best for it, and the food is always raw. If humans were kept in a zoo, no doubt the zookeeper would feed the humans fruits and vegetables: whole, fresh, ripe, raw, organic plants. Maybe all this food and nutrition info only works in theory? There is only one way to find out for yourself. Read, learn, and apply.”

*Doug Graham, D.C.* / Noted author of five sports nutrition & health books

“I am delighted to come across scientific work, which is not only of excellent quality, but is applicable. I have been on a low carbohydrate diet for approximately

a year now, but I have been aware that there was still something missing—your program has filled in the blanks. What is amazing is how in the medical profession, we have ignored the obvious for so long. It was with skepticism that I read the portion on cellulite [in a prior book], but despite “low carb” for one year, I still had this problem. I have seen for myself remarkable results with the EFAs [PEOs].”

*Carolyn Berry, MD—Ireland*

“Before reading the advance copy of *PEO Solution*, I wanted to say: Thanks a million for sending me your journal article, ‘*SELECT Trial Results Examined!*’ Even with the striking detail of your arguments, your article is as easy and thoroughly enjoyable to read as this book is! It is a joy to see you develop your case (as with all your writings) under your own steam with impeccable, meticulous engineer’s logic. You made your case relentlessly and had me smiling at multiple spots! You even got me: I just knew (assumed) that Eskimos eat mostly fish. I knew they eat fermented seal and walrus flippers so I should have questioned that ‘fish fact.’ I was also surprised that our physiology has a significant margin of safety in derivative manufacture from PEOs. I had just imagined that it was pretty much barely enough even in healthy folks. The vast majority of health care researchers and providers have taken the ‘marine oil is ‘healthful’ myth hook, line, and sinker several years ago and have never stopped to reassess! It is a wake-up call to everyone when you point out that fish oils are more hazardous than trans fats and why. By now every health care provider and even lay people have heard how bad trans fats are for us. You have created a compendium of info on this issue with necessary biochemistry, physiology, analysis of relevant pro and con studies, and present irrefutable evidence of your claim. This is trail-blazing stuff! As we’re already seeing, the folks that have deeply vested interests in perpetuating that fish oil is healthy are not happy with this. It’s going to take intellectual honesty and guts to publish this but that’s how all new knowledge arrives. However, *PEO Solution* goes much further than merely explaining the failure of fish oil and why. This book uniquely fulfills fish oil’s failed promise, giving the medical profession the solution: PEOs. Saying this is a ‘must-read’ for all health professionals is an understatement.”

Brian Vonk, M.D. (USA), Board certified: Internist, Cardiologist, and Radiologist

“I carefully and thoroughly read this. I hope everyone does because this is a carefully laid out, proper, evidence-based discussion that requires full attention to understand. Congratulations to you. I know writing of this kind is difficult and time-consuming, but you’ve done it.”

— *Michael Broffman*, LAc, Chinese medicine expert, Pine Street Clinic, San Anselmo, California

“I previously wrote you about the remarkable cause/effect relationship in reversing plaque volume in a (smoking) patient taking conventional treatment (i.e., statins, aspirin, Co-Q10, etc.). In reading over [the patient’s] scans I have never seen such a remarkable result. When he [the patient] stopped the PEOs the plaque came back!”  
*Robert Kagan*, M.D., Radiologist (USA) / President Clinton appointee as the sole physician commissioner on the White House Fellowship Commission/Former Chairman of the Board of Nuclear Medicine Resource Committee of the College of American Pathologists/Past President of the Florida Association of Nuclear Physicians.

“I have been vegetarian for many years and used to add fish oil as one of my supplements. Lately, I have noticed a rise in my blood sugar count to the high border line, which means pre-diabetic. I have been asking myself what was I doing wrong. Only when I read the book, *The Hidden Story of Cancer*, I got answers to so many questions that have been bothering me for so long. I was very impressed by the science behind the data in this book and by the way of thinking and drawing conclusions from well verified medical facts. I have started using the unprocessed, organic omega-6 and -3 in the ratio as Prof Peskin suggests. I also recommend it to my patients, friends, and family. Almost immediately, I felt a significant decrease in carb cravings, and could quite easily make the change in my nutrition (more

protein), which was followed by losing weight, feeling energetic and satisfied.”

—*Nurit Nitzan* Clinical psychologist (Israel) Holistic health practitioner

“After personal success, I decided to expose my chronic pain population to this all-natural [PEO] supplement, specifically a patient of mine with brittle diabetes, borderline renal function and severe mobility issues. At the end of one month, I’m happy to report her insulin use has declined, her skin heals better than it has in years, and she was able to walk around the local mall without a walker for the first time in five years—a remarkable result in such a short time...my colleagues have continued to get great results following Prof. Peskin’s EFA recommendations. After 20 years of frustratingly small improvements in patient outcomes with high side-effect rates, I finally have something with no side effects that gives me the big delta [difference] I want. Medicine may have to pay attention to this.”

*Dr. Jeff Matheson*, Executive Medical Director

CPM [Chronic Pain Management], Healthcare Clinics, Ontario, Canada

“Hello Brian. Thank you for your journal article, “*Why Fish Oil Fails to Prevent or Improve CVD: A 21st Century Analysis.*” I have just been re-reading it. compliment you on your masterful treatment of the subject. All the information as presented is understandable to both the layperson, scientist, and physician. The same meticulous attention has gone into *PEO Solution*. Great job !!!!!”

*David Sim*, M.D., Interventional Cardiologist (USA)

“Brian Peskin has done a marvelous job of elucidating Dr. Otto Warburg’s discovery in easy understandable terms. In all my medical reading pertaining to cancer, this is the first time I have understood the ultimate cause of cancer. A ‘must read’ for doctors.”

—*Joseph J. F.*, M.D. General Surgery

*"The Hidden Story of Cancer is superb—it is a super-book."*

—*Morton Walker, D.P.M.* [named the World's Leading Medical Journalist Specializing in Holistic Medicine by the American Cancer Control Society]

*"There is no doubt that The Hidden Story of Cancer has Pulitzer Prize qualities. I read the whole book in one night because I couldn't put it down."*

—*Sheldon Zerden* (Health book author/award-winning author)

*"It truly is all about biochemistry. Statins, fish oils, diet, vitamin C, whatever: how does the substance affect the body's biochemistry? Is it a positive or negative effect? PEO Solution is based on the type of strong biochemistry (and physiology) I require and that the medical profession should demand. Prof. Peskin and Dr. Rowen have done us a great service bringing these ideas forward."*

*David Brownstein, MD, Medical Director—Center for Holistic Medicine (USA) / Noted author of 11 medical books*

*"This information could prove to be one of the most significant health discoveries of the 21st century. It is extraordinary. Finally, an effective and practical program of cancer prevention. Brian Peskin has put together a program that must be called 'brilliant.' It is a must ... for all."*

—*Stephen C., M.D.* Emergency Physician, Reggio Emilia, Italy

*"Dear Brian, I am delighted to come across scientific work, which is of excellent quality and applicable. I have been on a low carbohydrate program for approximately 1 year now, but I have been aware that there was still something missing. Your program has filled in the blanks. What is amazing is how we in the medical profession, have ignored the obvious for so long. I have seen for myself*



remarkable results with your program.”

—*Dr. Caroline B.* (a physician from Ireland), U.K.

“An amazing insight into EFAs that everyone needs to know.”

—*Robert Jay Rowen, M.D.* Editor-in-chief: Second Opinion Newsletter

“...[T]hanks to you and your PEO discovery, he is back to playing golf, walking the course. All medical professionals need to know the material in *PEO Solution*.”

*Kelvin Lindgren, M.D.* (USA)

Clinic for Optimal Health

“This eye-opening book presents the most thoroughly researched nutritional anticancer program that I have ever seen. My patients have also noticed how their energy levels have rapidly skyrocketed by following the book’s simple-to-follow program.”

—*Clive F., M.D.*, Family Practice

“Physicians and their patients around the world owe you a big ‘thank you.’ As a family and integrative physician, I carefully read your book and articles paying close attention to your references. I am an enthusiastic supporter of your program. Dr. Atkins’ first book started me on this path, and you provide the missing information—the missing links and scientific support—that eluded Dr. Atkins. I am strongly recommending this book to all my patients.”

—*Angelo A. Della P., M.D., D.O.*, Family and Integrative Medicine

“Peskin follows the Nobel Prize-winner Otto Meyerhof (a Warburg protégée) by brilliantly bringing engineering into the fields of physiology and biochemistry. His

*anticancer discovery* is worthy of a Nobel Prize.”

—*Charles Jannuzi* Articulatory Phonology, University of Fukui, Japan

“This book is invaluable; a blessing to those who want the scientific facts surrounding cancer along with insight that won’t be found anywhere else. Phenomenal research and top-notch writing.”

—*Shane Ellison*, M.Sc., Drug Chemist and Author: *Health Myths Exposed*

“We are honored to have Professor Peskin as a member of the faculty. His nutritional discoveries and practical applications through *Life-SystemsEngineering [Science]* are unprecedented.”

—*Dr. James Douglas*, President of Texas Southern University (1998-1999)

“This is a must-read for cancer patients and their physicians.... But the important message... is that cancer is a disorder of metabolism, not a genetically produced disease....”

—*Caduceus Magazine* (UK)

“This is one of the most important books you could ever read if you want to understand and prevent cancer. This advice has benefits not just in protection but combating ill effects of radiotherapy and improving cancer remission.... This is a groundbreaking thesis that deserves worldwide recognition.”

—*Nexus Magazine* (International)

“I refused to endorse any specific nutritional supplements until reading this book. Peskin’s discovery has completely changed my view on supplement recommendations; especially as it pertains to what the human body demands and

requires. Every chiropractor needs to incorporate this discovery.”

—Richard T., D.C. Family Practice

“Impeccable research and novel insights of sheer genius. Brian’s accomplishment is singular—no groups, no public money, 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 future health.”

—Brian V., M.D. Board certified: Internist, Cardiologist, and Radiologist

“I bought your magnificent book a few weeks ago and I couldn’t stop reading it! It is well written and easy to read. As a scientist in the heart regeneration field in Boston, Massachusetts, I really believe you have done a great job encapsulating, integrating, and advancing the huge amount of data in the field of cancer and related topics. It was almost impossible to do, but you did it!”

—Serge G., Ph.D. Massachusetts General Hospital (Harvard)

“I’ve been studying health and nutrition for over 25 years. Your book is knocking my socks off! It is indeed the greatest book on health and nutrition I have ever read. People don’t believe me when I tell them that even something as complicated as cancer—and other degenerative diseases—have such a simple solution. ‘Well, just read Brian Peskin’s book, *The Hidden Story of Cancer*, and find out for yourself,’ is what I tell them. I can’t put it down; it is that interesting and informative!”

—Gary S. (Hawaii)

“In the last ninety-three years, there have been only two monumental works that have succeeded in explaining the actual cause and treatment of cancer: No. 1 is *The Metabolism of Tumours*, written by Nobel Prize-winning German physician and scientist, Otto Warburg, M.D., Ph. D., and published in Germany in 1910. No. 2 is

Professor Brian Scott Peskin's, *The Hidden Story of Cancer*, which details a scientific breakthrough that explains Dr. Warburg's research and introduces new science that will prevent cancer. This is undoubtedly a breakthrough of biblical proportions. Fifty years from now, historians will note that this book was responsible for liberating cancer therapy from the dark ages of medieval medicine."  
—Bernardo M., N.D. Stage Four Cancer Researcher & Consultant

"Thanks to you and your PEO discovery, he is back to playing golf, walking the course. All medical professionals need to know the material in *PEO Solution*."  
Kelvin L., M.D. (USA) Clinic for Optimal Health

"Greetings again from India! I am a medical doctor MD, and an MD in Indian Medicine. I am practicing as an integrative physician. Your breakthrough book in medicine, *The Hidden Story of Cancer*, has changed our perception of EFAs as practiced for over five decades. You deserve a Nobel Prize for that book. "PEO Solution is every bit as strong, if not stronger! *PEO Solution* is a masterpiece of the highest order. It is required reading for all physicians regardless of specialty. Anti-aging physicians and physicians across all medical specialties can now have the medicine of the future, today. *PEO Solution* has direct application in the prevention and management of heart disease, cancer, diabetes, obesity, and disorders. All physicians need to incorporate this new, high-powered clinical tool immediately."  
Jagadish G. D., M.D. Integrative Oncologist, Integrative Cancer Therapy Centre, Director, Complementary Medicine Therapy and Research Center: Specialist in IPT-IPTLD/Oncology/Chronic Degenerative Diseases/Neurological Diseases (Bangalore, India)

"*PEO SOLUTION* is a book that MUST be read by all health professionals. The information is very rich and very clear. Doctors and our family also have health problems and the information will help us to personally have a better quality of life

along with our patients. Dr Robert Kagan's awesome report/testimony showing radiological image change for the benefit of patients with the use of PEOs is most impressive. (There is no doubt of the immense benefit of the Parent Essential Oils—PEOs.) Thank you for making surgeons aware that even with the continued use of PEOs, bleeding during and after surgery remains normal and the recovery is better. Professor Peskin and Dr. Rowen, thanks so much for sharing your experiences with all of us." With esteem and respect,  
*José Roberto López O., M.D. Anti-aging/Integrative Medicine (El Salvador)*

...[Y]ou have shared with me has been extremely valuable to the practice of medicine. Understanding biochemistry and the real science of medicine is so critical for all of the physicians who practice medicine like myself. I know that my brothers and sisters who practice medicine long for this information. They are weary of being distracted by pseudo-research hype. By understanding the biochemistry of medicine doors are opened, and true cost-effective medical options can be given to our patients. True health care reform begins from the physician down with the sharing of knowledge not guided by the financial motives of a handful of wealthy drug companies. Through your work and sharing may we all grow together in the service of others. Thank you, brother!"

*David J F., M.D., Family Practice (USA)*

"Prof. Peskin's seminal discovery unequivocally elevates him as the world leader in the field. *PEO Solution* gives physicians the "inside track" on the greatest medical breakthrough of the century—a "must-read" for every medical doctor who is serious about curing patients and keeping them well. The brilliance of this discovery is only equaled by its simplicity of its patient/client use. For those of us demanding strong science, you are a unique 'breath of fresh air.' The beauty of your recommendations are that they are completely consistent with the biochemistry and physiology of the human body. Clients get better performance, faster recovery, and incredible, verifiable, health benefits, all at the same time. By adhering to the *PEO Solution* my

numerous 50+ and older clients actually live the dream of strength and muscularity of youth as well as excellent health—PEOs are the ‘Athlete’s Advantage!’”

*Christine Boss, R.Ph., (USA) Medicinal Chemist and Master Trainer*

“This book should be mandatory reading for all healthcare professionals and is recommended to anyone interested in promoting good health. It is vitally important that we understand equally what is beneficial and what is toxic as it relates to what we ingest. This book certainly spells that out. The references are abundant and concise. Shame on those who don’t take the time to read it. Thanks for the enormous research.”

*Daniel C. F., D.C, F.I.A.C.A. (USA)*

“As competitive bodybuilders we find the PEOs indispensable. They allow our muscles to recover quickly during workouts to lift heavy at high volume. Because of the PEOs, we are also able to stay aerobically conditioned without cardio in the off-season allowing us to put on mass. (Vo2Max has been measured at 56ml/kg/min). The PEO benefits are especially noticeable during the lean-down process before competition. Thanks to PEOs, sleep is deeper and much appreciated!”

*Ray Bessette & Christine Boss, Pro Natural Body builders*

“Prof. Peskin takes the problems of obesity and food cravings back to root causes, using understandable science to dispel the misinformation and confusion, then delivering a beautifully simple diet solution which has literally been right under our noses. Best of all, the solution is easily applied by anyone, anywhere, and it works immediately! You will especially like the Food Utilization Chart and great tasting recipes. You’ll be empowered as you become lean, fit, and more energetic.”

—*Brian N. Vonk, M.D. Board certified: Internist, Cardiologist, and Radiologist*

“I’m a judge and I’m used to weighing evidence, so I’m convinced your program and the science behind it are correct. The evidence that you are right is certainly more than preponderance, even more than clear and convincing, and likely beyond a reasonable doubt!”

—*Judge Mark L.*

“Amazing isn’t the word for it. Finally, a ‘DIET BOOK’ that my patients can follow. You can call it a diet; I call it a ‘nutritional lifestyle.’ The science-validated principles give you control over your nutritional destiny, the potential for long-term health, and success in becoming lean-for-life: ‘one day- at-a-time.’”

—*David Sim, M.D., F.A.C.C. Interventional Cardiologist*

“I had the great pleasure of both reading Professor Peskin’s *The 24-Hour Diet* and speaking with him via phone on several occasions last year. I was intrigued and fascinated at his research and various nutritional notions. After applying the information on a personal level and with patients, I am happy to say the results have been exceptional. I would (and continually do) recommend his works to anyone interested in maximizing their health.”

—*Dr. David Orman* Director, Orman Institute for Active Wellness Acupuncture Physician, Master Herbalist, Nutrition Expert

“As an endocrinologist specializing in diabetes, I am delighted to see this book. Finally, my patients can see what is making them overweight, based on science—not opinion. Peskin’s program can be followed by even my most carbohydrate-addicted patients. This book offers an amazing solution to the obesity epidemic.”

—*Amid Habib, M.D., F.A.A*

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