

Appetite Suppressants

The TRUTH about appetite suppressants

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Many people are relying on appetite "suppressants" in an effort to control their food cravings and lose weight. What is the short-term safety of such chemical products? What is their long-term safety?

Have you asked these important questions? Do you care about their answers? You should, because you may not be getting the full story concerning their safety.

Unfortunately, all we Americans have been unknowing victims of a massive experiment - the "great carbohydrate eating experiment"* - forcing us to endure a diet proper to fattening a cow but not proper for a human. For the past 20 years, we Americans have been told to make carbohydrates the basis of our diet - orange juice, oatmeal, brown rice, pasta, bagels, bread, potatoes, and so on. Currently publicized as the "Food Pyramid." Starting in the late 1950s, the "Four Basic Food Groups" model showed us that we should eat "balanced" portions of bread/cereal, fruits/vegetables, dairy, and meat. The first 2 of these groups are almost all carbohydrate, while many dairy products also contain significant carbohydrates. In the 1990s, the "Food Pyramid" model officially replaced the older model. The base of this model, the largest food group, is bread/cereal, with other carbohydrates still making up most of the rest. Have you, like most Americans, modified the diet you had (when you were thinner) to conform to this new diet? Try this: Look in your shopping cart or your pantry. Have you cut back on meat, butter, eggs, or cheese because you have been told by the "experts" that these foods cause heart disease, cancer and other disorders? You have been misinformed - through a series of half-truths.

This is in contrast to the diets proven successful for hundreds of years - eating more proteins and natural fats with less carbohydrates - the diet of our parents and grandparents, and of most Americans before 1975. They told us not to eat too many potatoes, not to eat too much pie, and not to have too much cereal. Did mom tell you, "Now don't eat that cookie - I'm fixing you a good meal, and that will 'spoil' your appetite"? She was at least partially right.

What was the result of this experiment? Heart disease and strokes have not decreased during this time-frame. More than 25% of our children are now obese and more than 55% of adult Americans are certified obese. Unprecedented levels of obesity and diabetes have occurred during the exact time-frame of this experiment. We are victims, and we have every right to be upset. You also have a right to find out who perpetrated this experiment on us and what their motivation might have been.

Are you influenced by the words "all-natural"? Arsenic is "all-natural" too. But ingest a little of it, and you are DEAD. What does the term "all-natural" REALLY MEAN? There is no broad agreement - scientifically, it means nothing. Don't get fooled.

Have you been told that a certain product is "clinically" proven? When you read **Beyond The Zone**, you will soon realize that "clinically" also is a virtually meaningless term, unless 7 key questions have been asked and reported by the study's investigators. Are these 7 questions typically reported? No. Life-Systems Engineering analysis: Such terms as "clinically proven and safe" typically are meaningless. Don't get fooled. **Beyond The Zone** gives you an understanding of the science behind the "studies," so you can make an informed, intelligent decision concerning your body and your life.

Some appetite suppressants use a combination of guarana, a substance with significant levels of caffeine, and ma huang, an ephedrine alkaloid. The other ingredients in many appetite suppressant products do nothing to decrease the appetite.

If the product includes honey (including royal jelly) or another sugar-related compound, you get a false sense of energy "high" followed by a corresponding "low." The book **Beyond The Zone** explains why this happens and how you are misled into thinking that you received positive "energy" when science tells us that your body is actually suffering a toxic reaction.

Let's look at guarana - the typical source of caffeine in these products. The Journal of Pharmacology, 1992 Sep;44(9):769-71 tells us that the caffeine from the guarana is as metabolically active (used by the body) as straight caffeine. Life-Systems Engineering analysis: The manufacturer could use pure caffeine instead of the guarana and get the same result. The exotic-sounding ingredient, guarana, may sound less harmful than the infamous caffeine.

Let's look at ma huang - the source of ephedrine. The Chinese medicine ma huang is made from Ephedra plants. These plants produce 6 ephedrine-related (alkaloid) compounds. Four of them are known to significantly influence the body's life-systems: ephedrine, pseudo-ephedrine, nor-ephedrine, and nor-pseudo-ephedrine. There are no "standardized" amounts of any of these compounds in a particular manufacturer's product, because different plants contain different ratios of these compounds. Life-Systems Engineering warning: You don't know exactly what you are getting. The Journal of Ethnopharmacology, 1991 April; 32 (1-3): 201-208, tells us that:

- Ephedrine is a central nervous stimulant (CNS). It doesn't just raise your heartbeat; it also can lead to insomnia, restlessness, and anxiety.
- Ma Huang often contains nor-pseudo-ephedrine. Norpseudoephedrine is also called "cathine." Cathine's cousin, cathinone, is even more powerful and is described as "a highly potent CNS (see above) and a 'natural amphetamine.'"

This class of pharmaceutical is not to be taken lightly!

Life-Systems Engineering WARNING: It is risky to combine caffeine with ephedra-related compounds. The result of taking double stimulants can be dangerous!

Manufacturers claim that these products work well to "suppress the appetite"; Life-Systems Engineering analysis: Suppressing your appetite is a misguided approach to weight control. The book, **Beyond the Zone**, details why you never want to try to fool Mother Nature and how basic essence - the nutrition discovery of the century -- naturally fulfills your appetite, in contrast to artificially suppressing it.

Manufacturers of these products tell you that they "speed up the body's metabolism" so you burn extra calories. Do you understand the harm that this artificial stimulation causes? **Beyond The Zone** gives you this important information. Life-Systems Engineering is the new science founded on working cooperatively with the natural processes of living things. Can a stimulating product, such as an appetite suppressant, be considered safe for daily, long-term use? Certainly not.

Has anyone monitored health problems caused by taking these products multiple times a year, year-after-year? If they have, they're keeping quiet. Do you want to be a human guinea pig?

There is good news: the Foundation of Radiant Health does away with the supposed need for "appetite suppressants." Science now gives us Mother Nature's solution to natural appetite fulfillment. The landmark book, **Beyond The Zone** gives you this information.

You actually get to enjoy the pleasure of eating again, too. Delicious foods like steak, ground beef, real cheese, and real dairy whipped cream are luscious, non-fattening, and actually very healthy! They give you energy and radiant health.

A major radio talk show host following my method in Iowa recently lost 60 pounds and has kept it off. Previously, he had tried virtually every diet program. He gave me an unprecedented "thank you" on the air - something he has never done for anyone before. My nutrition program is the #1 rated scientifically-based program in the world.

Why believe me?

- First, I am a scientist by training - not another nutrition writer who merely parrots outdated, unproved ideas. I go directly to the world's foremost scientific sources, and I perform my own direct research, including field testing. Massachusetts Institute of Technology's (MIT - my alma mater) course description of their new program in Bioengineering and Environmental Health states, "Each course applies principles of chemistry, biology, and engineering to issues of human health." Isn't it comforting to know that these are the same scientific principles on which I founded Life-Systems Engineering in 1993. The book **Beyond The Zone** and the related discovery of the Foundation of Radiant Health are the products of my far-reaching discoveries.
- Second, I am a professor emeritus - holder of the endowed Life-Systems Engineering Chair - in the College of Pharmacy and Health Sciences at Texas Southern University, Houston, Texas, teaching our nation's up-and-coming pharmacists and physicians current nutrition information - not parroting outdated information, much of which was disproved 25-50 years ago.
- Third, physicians, pharmacists, and clinical nutritionists nationwide are applauding the outstanding real-life success of my discoveries in their patients' treatment.

For the first time, you can rest assured that the nutrition information you get will be accurate, unbiased, and completely scientific. You have my personal assurance that Maximum Efficiency Products and Noble Publishing will do everything in their power to bring you the truth and the solution to optimizing the time, effort, and money you spend on the most effective nutrition supplements and information about how your body really works.