

Eating Healthy

The TRUTH about diet & nutrition

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Everyone wants to eat "healthy." The problem has been to define scientifically what this means. Few would argue that the state of America's health is deplorable. Few people seem to have enough energy; fatigue is the #1 complaint. Sixty percent (3 out of 5) Americans are severely overweight. More than 50 million Americans have high blood pressure. Heart disease kills more than 40% (two out of five) of us. According to the statistics, half of all men get prostate cancer, and a third of all women develop breast cancer. Skin cancer attacks 20% (one out of five) Americans. Diabetes has become the nation's leading epidemic.

These statistics, reported by leading natural and world health agencies, should terrify you! They terrified me, and that's why I founded the new science called Life-Systems Engineering to provide solutions to these and other major health problems. Specifically, what is nutritionally required for a human being to experience peak performance and radiant health?

In spite of better medical technology, in spite of better trained physicians, in spite of better drugs, in spite of better food distribution, in spite of massive sales of nutrition supplements, in spite of better sanitation, in spite of more exercise, in spite of eating less saturated fat and less cholesterol, in spite of following everything we are told to do ... the results are disappointing, to say the least. What can we conclude from this? Either some or all of these actions are ineffective or even harmful, or else, in spite of all of these positive actions, we must be doing something unknowingly that negates them all! What could this be?

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.

Science now gives us Mother Nature's solution to naturally great health. 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 - unlike the bagels and pasta.

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 successfulness 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.