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# The Myth of Exercise

Cardiovascular Health from  
Exercise Doesn't Prevent  
Heart Disease!

Brian Scott Peskin  
Founder: *Life-Systems* Engineering

Much of this information comes from the 1984 book, *The Exercise Myth*, by Henry A. Solomon, M.D. Dr. Solomon is a cardiologist and was on the faculty of Cornell University Medical College and an attending physician at New York Hospital before retiring.

I warn you in advance that what you are about to read will both shock and amaze you. The truth about exercise and cardiovascular health runs contrary to public opinion and 20 years of government guidelines and nutritional recommendations saying that massive amounts of exercise are needed to prevent heart disease.

The great news is that you no longer need to be a “rat on a treadmill” six days a week; you no longer need to be out running in 100 degree heat or in 20 degree cold, rain and snow.

The great news is that you will be convinced, after hearing this information, that **correct nutrition, NOT exercise – even though you probably don’t know what correct nutrition means yet – is the soundest way to assure heart health.**

The truth is that, at best, exercise **slightly prolongs the time before a heart attack – it can’t and doesn’t prevent one.**

We are all told constantly that exercise prevents heart disease. WRONG. **“The evidence is unassailable – coronary heart disease develops and progresses during training. Exercisers die of heart disease despite exercise.”**

We are told that running is the ideal exercise. WRONG. “Running injuries are especially common [particularly the knees]. If you weighed 150 pounds then you endure over 100 tons of force per mile [through the knees, etc.]”

We are told that everyone is becoming unhealthy due to inactivity. WRONG. “...[Y]ou must be truly sedentary – a slug who sits or lies about all day long or barely crawls out of bed – to be at any risk from inactivity.” This is why house cats eating a proper carnivore diet maintain perfect weight and perfect health despite little activity and often despite sleeping virtually all day.

We are told that exercise makes you live longer. WRONG again. **“There is no relationship at all between activity and lifespan – none.”**

We are told to take a “stress test” to assess our “cardiovascular fitness.” WRONG – stress tests are inaccurate. **“Stress tests are not sensitive enough, specific enough, or reproducible enough for anyone to be sure they are telling you anything correct.”**

I’ll bet that you are thinking that this simply can’t be true. How can America and the rest of the world have been misled so drastically for so long? **The problem is that opinion has replaced established medical science in both the nutrition and exercise fields.** Remember, for over 50 years we have been told to make carbohydrates the basis of our diet, despite every medical physiology textbook clearly stating that it is carbohydrates alone that create a massive insulin (fat-storing) response. The medical biochemistry textbooks clearly state that **primarily fats rather than carbohydrates** are burned for fuel, and protein is **not** stored as fat, while **almost all carbohydrates eaten ARE stored as fat.**

As the *Textbook of Medical Physiology* makes clear, 97% of the time (the vast majority), muscles can’t use carbohydrates as fuel – they need fatty acids. These are obtained by metabolizing your own body fat. The science is therefore opposite to the “popular notions.” The carbohydrate diet that everyone told us was so good – and that most nutritionists and physicians still maintain is best in spite of the science against it – has put America and the rest of the world at enormous risk for diabetes, heart disease, and cancer. The number of obese people has skyrocketed and huge numbers of kids in recent generations are growing up obese and diabetic because those who should know better have let opinion, rather than proven science, rule.

Dr. Solomon, a renowned cardiologist, was the first to expose in a scientific manner the gross amount of *misinformation* being disseminated concerning exercise and its supposed correlation to improved health. We all owe him a great debt of gratitude.

**I have always had a big problem with the notion that diet and exercise needed to be tied together. What type of food is exercise?** Is it a carbohydrate, fat, or protein? Of course, the answer is that exercise is none of them. Exercise DOES deplete the bloodstream of glucose (carbs), meaning you won’t become AS fat eating carbs if you exercise as when you don’t exercise at all. Exercise is also good for diabetics because it helps them decrease their blood glucose levels.

The *Textbook of Medical Physiology* makes it quite clear that while a person is on a high carbohydrate diet – like those we have all been told to eat for the past 50 years – it takes **40 days of running an hour a day to lose just one pound of bodyfat**. (Most people have been incorrectly led to believe that it takes just six days.) This real science is the reason that exercise has completely failed us as a means for weight loss.

The high-carbohydrate proponents were forced to make massive amounts of exercise part of the “dietary program” and lie about how effective the **diet alone was** – and nobody questioned it! They knew carbohydrates made you fat but publicly couldn’t admit it – lawsuits would have been immediately forthcoming.

The *Textbook of Medical Physiology* states that exercise makes the stroke of the heart larger and more powerful, making more blood flow per beat. However, the heart then beats at a slower pace, so the overall difference in oxygen transfer is virtually nonexistent. Artery size increases, too. You would think that this would prevent the arteries from clogging. While it does slow the rate of clogging, because it takes more time to fill a bigger diameter, **it doesn’t stop the heart attack – it just delays it somewhat**. More mitochondria are produced in the cells, too, but this doesn’t increase oxygen transfer, either. These reasons explain precisely why marathon runners die of heart attacks. Arterial clogging still occurs during training.

I have never once heard or seen the truth of these facts published in the popular press or media. But you will soon see numerous studies proving this published in medical journals in numerous countries around the world. They all have one finding in common: **Exercise does not prevent heart disease or increase lifespan**.

Otherwise why, in spite of doing “everything right” as taught to us by our doctors and nutritionists, are two-thirds of Americans grossly overweight, why do 50% of us die of a heart attack, 40% of us contract cancer, and nearly everyone become diabetic (with one million new cases added a year)? We aren’t told that pre-1940 **there were no Type 2 diabetics**. It must be that the “solution” (high carbohydrate diets) is actually **the CAUSE of our problems, and that exercise can’t help solve a nutritional deficiency**.

The studies that clearly show that exercise doesn’t prevent heart disease are listed in the next section. Nothing has changed since they were published in the medical journals years ago. More recently, in April 2004, ironically, the inventor of the carbohydrate-based “Power Bar” died of a heart attack. He was a marathon runner! Even massive amounts of exercise **DO NOT PREVENT** heart attacks.

Years ago, Harvard University published the results of a massive alumni study showing incidence of health in relation to level of exercise. The results were conclusive, but at that time, in 1996, even I didn't publish their implication that exercise is essentially worthless for staying healthy, because it was so "politically incorrect" and the fear was that no one would believe it.

Even the famous Dr. Cooper – the "father" of aerobics – was forced to admit that he was wrong with his recommendation that you exert yourself to an extreme trying to reach his "target zone" of increased heart rate. Yet most people, including the exercise teachers and instructors, are unaware of his monumental reversal, and still insist that you continue to "kill" yourself in an attempt to reach the "target heart rate."

Something always bothered me with the idea that one "had to get the heart rate up" and "strengthen" the heart. How many times a day was it already beating I wondered. This is an easy one: 70 beats per minute times 60 minutes per hour = 4,200 beats per hour = **96,000 beats per day! Close to 100,000 times per day (3 million times per month!) isn't enough? Does the heart require more "strengthening?"** No. To require more beats borders on lunacy. It simply makes no sense. I have never seen this simple calculation along with the obvious conclusion: Your heart is already beating plenty and it is quite strong, too.

### THE STUDIES:

In 2004, Dr. Michael Weber, an editor at *American Journal of Hypertension* (high blood pressure) published the results of a landmark study. The conclusion? **"The investigators found a person does not have to spend great amounts of time working out [an hour a week is sufficient]."**

In spite of this finding, the researchers still wrote that people should still exercise extensively on a daily basis. This recommendation is paramount to say "it doesn't work; it doesn't help, but do it anyway." Unfortunately, insanity never stops in medical and nutritional fields. More wasted time looking in the wrong place for better health.

We have all been told countless numbers of times that **"stretching before running, doing aerobics, or bodybuilding"** prevents injuries. WRONG AGAIN. See the March 2004 issue of the American College of Sports Medicine journal *Medicine and Science in Sports and Exercise*. Here's the statement from Stephen B. Thacker, director of the epidemiology program office at the Center for Disease and Prevention: **"We could not find a benefit [from stretching before exercise]."** (Gymnasts and dancers excluded). These are his exact words – not mine. Once again, more wasted time looking for improved health while missing what really works.

In April 2004, Harvard University found that people on a low carbohydrate diet could **eat 25,000 more calories** than those on a high-carbohydrate diet and at the end of the 12-week study they **gained zero pounds!** That's right, no weight gain. The director's study was mystified because they think "a calorie is a calorie regardless of what food it comes from." We have been taught that "calories in minus calories burned = how fat I get." Even they don't know about Professor Fick's finding that humans are not heat engines so that the "calorie theory" *doesn't* apply. This was known in 1893!

Our government, your physician and your nutritionist would all maintain "that it's only about calorie consumption," and it is even the law that you had better address calories if you want to **encourage lack of weight gain, but they are all WRONG.** This was disproved by Professor Fick in 1893, when he showed that the human body is NOT a heat engine, but a chemical engine! **If even Harvard professors don't know this science, what hope is there for the average person? None at all** – people are forced to learn the science on their own. Despite its proof more than a century ago, I have never heard or seen published the reason why the "calorie theory" is incorrect when applied to humans. Even the former head of the American Heart Association was wrong. This is the reason that I've received calls from **vegetarians consuming as low as 800 calorie-a-day diets and they still got fat!** With all the insulin created you can rest assured they were headed towards massive heart disease, too.

The fact of the matter is that contrary to popular belief and the belief of many doctors, regardless of physical condition, **the condition of the heart remains essentially the same.** The more that you exercise, the stronger you would think that the heart should be, right? Well, just as the calorie guess was incorrect, the idea that the heart "gets stronger and becomes more efficient" is incorrect, too. It is already in superb condition without "extra" stimulus.

In fact, the negative side-effects of excessive exercise are significant. Naturally, they are not frequently discussed. Frequent abnormal electrocardiograms (EKGs), an enlarged heart and joint disorders frequently occur. Yes, athletes often have enlarged hearts – which would lead physicians to think they were ill, if they weren't athletes!

Fitness is normally measured by the rate of O<sub>2</sub> (oxygen) consumption, yet this means nothing to your heart; it is related to essentially muscles ONLY. Likewise, exercise does virtually nothing beneficial for your lungs, either. **"Running, no matter what you have been told, primarily trains and conditions the muscles."**<sup>1</sup> This is from, Dr. George Sheehan – the guru of running. What increases in efficiency is the

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<sup>1</sup> Sheehan, G.A., M.D., "Take the Muscles and Run," *Physicians and Sportsmedicine* 9, no. 5 (May1981): 35.

smooth muscle tissue in the airways to the lungs. Columbia cardiologist Dr. Jonathan Moldover **denies there is even such a thing as “cardiovascular fitness,”** because fitness is related to peripheral (secondary) changes only.<sup>2</sup> Think about it. Fit people, including marathon runners, drop dead of heart attacks from clogged arteries frequently. My publicist recently told me about a friend of his, an M.D. bodybuilder, who trained in the gym with him yet died of a heart attack at the age of 39. Dr. Moldover spoke of this phenomena in 1979 and few listened.

Does a “stress test” let you know if you have heart disease? NO. A normal test is not firm evidence of absence of heart disease and the test may not detect heart disease if you actually have it, either. You may have narrowing (clogged arteries), even to a severe degree, and respond normally to a stress test. If your cardiologist is truthful he will have to admit this fact. The stress test itself can cause a heart attack – why do you think there is always a nurse AND a physician close by?

How accurate is a stress test?<sup>3</sup> 75% of the people who have heart disease will be picked up. So the **false negative rate (you really have the disease but think that you don't) is 25% – quite high! It can even be much worse,** depending on which study you look at. 5% to as high as 30% of people who don't have heart disease will be picked up as though they do (a false positive) – a needless but brutal scare! You don't believe this? You had better believe the studies which show it, or risk delusion.<sup>4,5,6</sup> The National Institutes of Health and the United States Air Force both know of the test's shortcomings. Even heart rhythm outputs are not consistent between consecutive tests [EKGs, etc.].<sup>7</sup> The same heart can show different outputs at different times under essentially the same conditions!

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<sup>2</sup> Moldover, J.R., “Fitness and Health,” Paper presented at the meeting of the Medical Society of the State of New York, 17 September 1979.

<sup>3</sup> Froelicher, V.F., “Exercise Testing-Screening: Positive Tests in Asymptomatic Patients, Estimation of Severity of Heart Disease.” Paper presented at meeting, Clinical Perspectives in Vascular and Ischemic Heart Disease, New York, Nov. 1977.

<sup>4</sup> Epstein, S.E. “Utility of the Exercise ECG in the Diagnosis of Coronary Artery Disease: The Dialogue Updated.” Paper presented at symposium, New Techniques and Concepts in Cardiology, Washington, D.C., 2 Nov. 1978

<sup>5</sup> Froelicher, V.F., et al., “Value of Exercise Testing for Screening Asymptomatic Men for Latent Coronary Disease,” *Progress in Cardiovascular Diseases*, 18 (1976): 265-276.

<sup>6</sup> Faris, J.V., et al., “Prevalence and Reproducibility of Exercise-induced Ventricular Arrhythmias During Maximal Exercise Training in Normal Men,” *American Journal of Cardiology*, 37 (1976): 612-622.

<sup>7</sup> Sheps, D.S., et al., “Decreased Frequency of Exercise-induced Ventricular Ectopic Activity in the Second of Two Consecutive Treadmill Tests,” *Circulation* 55 (1977):892-895.

In 1967 the *British Health Journal* published the amazing and extraordinary finding that **“sedentary clerks lived longer than the physically active fitters – quite contrary to the conception of the protective role of exercise.”**<sup>8</sup> Amazingly, the highest levels of exercise were associated with the greatest death rates. Likewise in the 1976 Scandinavian study looking at Finnish men, **“mortality was greatest for men doing the most physical activity.”**<sup>9</sup> The truth was known and published in the medical journals around the world years ago but covered up. This report from Sweden looked at over 300 heart attack patients – half of them were assigned to an exercise program and the other half weren't. The results? **No evidence of influence on either death rate or recurrence of heart attack with the exercise.**

In 1981 Canada looked at the role of exercise, too. With over 700 heart attack patients there was no difference in results between high- or low-intensity exercise. In fact, **more of the high-intensity exercisers had repeat heart attacks.**<sup>10</sup> America did another study too. **Again, no significant difference between exercising and not exercising over a 3-year period!**<sup>11</sup> The results around the world are quite clear: exercise is worthless in preventing heart disease and extending life, and too much of it appears to actually be detrimental!

Increased blood flow from exercise is another myth. Exercise does not increase collateral blood flow, either. New arteries form only in response to your old ones getting worse (clogged).

In 1981, a study with 50 competitive distance runners titled, “Distance Runners as Models of Optimal Health,” was performed. The study noted the occurrence of **substantial elevated blood pressure increases** – not decreases – accompanying the runners' physical training. Forty percent (40%) of the runners had a **blood pressure minimum of 130/85** (120/80 is ideal). That's right. 40% of the runners had higher blood pressures than normal. Dr. Harold Elrick, director of the Foundation for Optimal Health and Longevity stated “... that daily **vigorous exercise does not protect** people from hypertension (high blood pressure).”<sup>12</sup>

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<sup>8</sup> Malhotra, S.L., “Epidemiology of Ischaemic Heart Disease in India with Special References to Causation,” *British Heart Journal* 29 (1967) :895-905.

<sup>9</sup> Punsar, S., “Physical Activity and Coronary Heart Disease in Populations from East and West Finland,” *Advances in Cardiology* 18 (1976): 196-207.

<sup>10</sup> Rechnitzer, P.A., “The Effect of Exercise Prescription on the Recurrence Rate of Myocardial Infarction in Men,” *American Journal of Cardiology*, 47 (1981): 419.

<sup>11</sup> “The National Exercise and Heart Disease Project: Effects of a Prescribed Supervised Exercise Program on Mortality and Cardiovascular Morbidity in Patients After a Myocardial Infarction,” *American Journal of Cardiology* 48 (1981): 39-46.

<sup>12</sup> Elrick, H., “Distance Runners as Models of Optimal Health,” *Physician and Sportsmedicine* 9,no. 1 (Jan. 1981): 64-68.

How many more times do the researchers have to state the truth that exercise is worthless in preventing heart disease before the popular press publishes it? Will our government ever admit the truth? Don't count on it.

What about exercise and cholesterol? Dr. Elrick stated that vigorous physical activity “**does not** guarantee low total cholesterol or high HDL (“good”) cholesterol values....”<sup>13</sup> In 1980, a group of 260 men were observed over a 25-year timeframe. There was no **difference caused by HDL levels** among those who died of heart disease and those who didn't. The conclusion: “The current enthusiasm for HDL cholesterol is ‘unwarranted,’” and that **low HDL is not a significant risk factor for death by heart disease.**<sup>14</sup>

If your HDL is considered “low” by your physician, you can now rest easier, because he is wrong. An article in the 1982 issue of *New England Journal of Medicine* questions the notion that HDL increases heart health. Here's the statement: **No one has shown that raising HDL cholesterol reduces the risk of arteriosclerosis.**<sup>15</sup> In fact, *Journal of Clinical Investigation* 2001;108:843-850 reports that mice completely lacking in HDL had no cholesterol-clogging issue. This incredible finding was never mentioned in the popular press and most physicians are completely unaware of it.

Our *Life-Systems* Engineering analysis: In this case, the mouse study is relevant to humans because both mice and humans have HDL. When their HDL was totally removed, it was thought the mice would die immediately. The mice neither died nor developed negative cardiovascular-related conditions! In 2004, a major drug company committed to spending hundreds of millions of dollars in an attempt to show that their drug, by increasing HDL, decreases heart disease. The results are already clear – it won't.

Does anyone ever read and implement directions of research (research paths) based on what was discovered in the past? NOT ENOUGH of them. You may be aware that the “prime cause” of cancer was discovered by Dr. Warburg, but the result completely missed by today's cancer researchers. That's why their cancer research is a complete failure. That's why the cholesterol emphasis is a complete failure, too. Now they've gone on to inflammation, C-reactive protein, homocysteine levels, etc. They never admit they were initially wrong – it's cholesterol's structure and not the amount;

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<sup>13</sup> Londeree, B.R. et al., “Effects of Increases in Training upon Blood Lipids and Glucose Related Variables,” *Medicine and Science in Sports and Exercise* 14 (1982) 104.

<sup>14</sup> Keys, A., “Alpha-lipoprotein (HDL) Cholesterol in the Serum and the Risk of Coronary Heart Disease and Death,” *Lancet* 2 (1980): 603-606.

<sup>15</sup> Lees, R.S., “High-density Lipoproteins and the Risk of Atherosclerosis,” *New England Journal of Medicine* 306 (1982): 1546-1548.

so there is always something “in addition.” So don’t expect the truth to rein supreme concerning HDL cholesterol’s relation to heart disease. With hundreds of millions of dollars going for university studies, I expect a “positive result” – true or not. Money talks. Unfortunately, I predict that people taking the drug being tested in the study just mentioned will not suffer fewer heart attacks.

**That’s why the cardiologists’ offices stay packed in spite of all the patients on cholesterol-lowering drugs and the intense exercise – they don’t stop heart disease. The problem is with cholesterol’s structure – not the *amount* of it you have. Exercise alone can’t stop heart disease.**

And it gets worse. Studies have now shown that there is both an increase in blood platelet numbers AND the amount of platelet clumping (causing clogs) during exercise.<sup>15, 16</sup>

In sum, does exercise lower LDL cholesterol? NO! Does exercise raise HDL? NO! Does high HDL even matter? NO! Does exercise lower blood pressure? NO! Does exercise make the blood flow easier or ensure the platelets are less sticky? NO! These are facts and do not require further “studies.” Does confirmation of the law of gravity require monthly re-confirmation? Certainly not. That’s why the field of physics progresses while the fields of nutrition and medicine barely creep forward – or worse, travel backwards.

### **Injuries – The Majority of Runners Get Them**

Over a third of runners sustain serious injury. This is the lowest percentage that is reported in surveys. However, **the average percent of runners who sustain serious injury while running is 60% to 90%. These injuries include injury to the knee, foot, hip, and lower back.** Dr. Cooper, the “father of aerobics,” was forced to admit that 60-70% of all runners are hurt badly enough each year that they are forced to cut back or entirely stop their training programs.<sup>17</sup>

Would runners continue with their running if they knew how worthless it was in preventing heart disease? Probably not.

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<sup>15</sup> Green, L.H., “Platelet Activation During Exercise-induced Myocardial Ischemia,” *New England Journal of Medicine* 302 (1980): 193-197.

<sup>16</sup> Sarajas, H.S., “Reaction Patterns of Blood Platelets in Exercise,” *Advances in Cardiology* 18 (1976): 176-195.

<sup>17</sup> Cooper, K.H., in Long C., ed. *Prevention and Rehabilitation in Ischemic Heart Disease*, Baltimore: Williams & Wilkins, 1980.

Pages 112-114 of the book *The Exercise Myth* are loaded with more conclusive evidence detailing marathon runners who died while running or shortly thereafter from clogged arteries. The finding that clogged arteries was the *leading* cause of their deaths is there, too!

### OK, So What *Does* Help My Heart?

You have already seen enough evidence that exercise does not benefit your heart. Now you know the truth that exercise and fitness can't and don't prevent cardiovascular disorders or improve heart health. **Fitness is NOT related to heart-health in the least.** The question now is, if exercise doesn't help, then what does?

The answer is **nutrition**—the only remaining field that allows the individual to take control over his or her own health. What is the main thing that you need to know when researching nutrition? Never rely on opinion – DEMAND science. Where can you find the science? Medical textbooks, such as *Prostaglandins and the Cardiovascular System*, *Textbook of Medical Physiology*, and *Stryer's Biochemistry*. Also consult medical journals such as the *Lancet* and the *Journal of the American Medical Society* (JAMA).

But a warning in advance: it isn't easy to understand much of what is written in these highly technical journals unless you have a science background. There is an easier and more productive way to learn the science of great health. Just order the **SCIENCE of GREAT HEALTH Program** at 888-430-4325. You get all the science from the leading medical and scientific textbooks and journals with none of the (wrong) opinions or so-called popular (wrong) wisdom that has caused the downfall of Americans' health.

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