

Fiber Myths

The TRUTH about Fiber

Dateline: ABC World News Tonight with Peter Jennings - January 20, 1999

Subject: Massive study reports fiber "worthless" in helping to prevent colon cancer.

The nation was shocked tonight as Americans listened to Peter Jennings report on a brand new study just released in the New England Journal of Medicine. The report found that fiber, once thought to be a panacea for preventing colon cancer, provides no protection at all from the disease.

The study, described as a massive nurses' study involving 88,000 people, and spanning 16 years, stated conclusively, that consuming a high fiber diet makes no difference whatsoever in the prevention of colon cancer.

The report went on to say that "we don't really know what causes this problem and the best way to deal with it is early screening and detection." The report suggested that we should still keep eating high fiber because some of the high fiber vegetables, such as broccoli, contain folic acid and folic acid may provide some protection.

Isn't it interesting that the high fiber diet has just been proven to be completely ineffective yet continues to be recommended? If folic acid in the high fiber diet was making any difference, wouldn't it have shown up as a protective factor -- wouldn't the results provide some correlation? No correlation was found; the high fiber diet, complete with the folic acid from vegetable sources, was completely discredited as protection against colon cancer, yet the final advice was to go in early screening and to keep up the fiber.

Going in for early screening makes good sense (if the test is accurate). However, advising to keep up the high fiber diet is grasping at straws. The report concluded that, while certain things are suspect, they really don't have a clue what causes colon cancer.

If fiber has been proven completely ineffective, why not just say so and leave it at that?

When asked about the report Professor Brian Scott Peskin, founder of Life Systems Engineering, said, "This is just another in a long list of examples where 'conventional wisdom' based on opinion -- not science, fails again. I call it 'fiber-fiction'." Professor Peskin reported over 5 years ago that a high fiber diet was of no particular value in maintaining good health. In fact, he stated that if your high fiber diet comes primarily from processed carbohydrates like grains, you are setting yourself up for a variety of potentially nasty health problems including diabetes, which is the nation's #1 epidemic, and the most insidious of all diseases.

Peskin went on to say that recommending a high fiber diet in the same study that conclusively disproved it's value is a clear example of how bad advice, associated with credible sources, gets transformed into "popular myths" that do people no good what-so-ever and frequently causes them great harm.

Professor Peskin researched many of today's "latest" nutritional and health discoveries years ago and published findings that are just now making today's news headlines. In some cases his research is a full decade ahead of "conventional wisdom."

How can this be? How can one man be so far ahead of almost everyone with his research and findings? Simple, Peskin is a scientist and uses a strictly scientific approach. His work is based entirely on medical physiology, molecular biology, medical biochemistry, and histology -- all established medical scientific facts. If a hypothesis is not confirmed by science and validated by real-life results, it is dismissed, regardless of how plausible it may sound.

With science, physiology and real-life results as his chief investigating tools, Peskin stated over five years ago that there was no scientific validation to support the idea that a high fiber diet would be useful in preventing colon cancer. Finally today, the New England Journal of Medicine report put the establishments "stamp of approval" on Professor Peskin's five-year-old findings.

How can so many be so wrong for so long about something so important?

Professor Peskin sites a dangerous trend that has developed regarding the publics' often blind acceptance of pseudo-scientific nutrition and "pop" health advice. Following bad health and nutrition advice for the last twenty years which Peskin terms "the great carbohydrate eating experiment" has resulted in 60% of all Americans being clinically obese, (weighing more than 25% of ideal body weight for men and 30% above ideal weight for women).

Following bad advice has created a diabetes epidemic that is raging out of control and has resulted in a massive increase in heart and artery disease. Considered rare just 50 years ago, cardio-vascular disorders and strokes have become the #1 killer disease in American.

Peskin says that the result of accepting things at face value and not demanding science as the standard, is that we routinely accept as health and nutritional practices that are extremely detrimental.

Professor Peskin states that, "The only way to reverse this dangerous trend, and the direction of these epidemics is to use medical physiology, molecular biology, and medical biochemistry -- science as the standards of Life Systems Engineering for conducting studies and evaluating research." He says, "The real-life results must be predicted by the theory, or that theory is wrong. That is all there is to it!"

In his landmark book on health, diet and nutrition, **Beyond The Zone** – Peak Performance & Radiant Health, Professor Peskin details the science behind every one of our most pressing health problems and offers real solutions based on science -- not opinion. Applying the information in this book will help anyone, regardless of age or physical condition, achieve a far greater level of health and well-being.

Topics discussed in **Beyond The Zone** include: proper diet based on human physiology, nutrition, required supplementation because of modern food processing, the immune system, why the epidemic in diabetes, how to really achieve heart health, how to totally eliminate chronic fatigue, why lots of protein is required, what carbohydrates really are, fat, cholesterol, blood pressure, vitamin supplementation, and much more - **Beyond The Zone** even includes a clear explanation of how to minimize your risk of developing cancer or heart-disease.

Peskin's research style follows the same ideological path as Leonardo Da Vinci who stated that "if you fully understand the natural principles involved it is easy to accurately predict the outcome of any investigation." For Peskin, "natural principles" are the facts and basis of human physiology, biochemistry, molecular biology, and established medical science that have been proven time-and-time again by scientists, researchers and physicians. You owe it to yourself to put the power of this discovery to work for you.