

SPECIAL REPORT #1

Medical Textbook References & Landmarks in Nutrition and Health Timeline (Expanded)

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Medical Textbook References

The TRUTH has ALWAYS been available for those who seek it:

1. **Glucose NOT body's preferred energy source;** fatty acids are. *Basic Medical Biochemistry*, pgs: 29, 145, 203, 272, 357.
2. **Excess carbohydrate [more than 4-5 ounces] prevents the body from burning fat and increases stored body fat.** *Textbook of Medical Physiology*, pgs 871, 936; *Basic Medical Biochemistry*, pgs 24, 394.
3. **Fat does not burn** in "flame of carbohydrates." *Stryer's Biochemistry, 4th Edition*, pgs 612, 638.
4. **Humans can't utilize fructose [sugar] from more than 2 pieces of fruit at a time.** *Basic Medical Biochemistry*, pg. 404.
5. **Carbohydrates cause insulin levels to reach 10-15 times normal and stay elevated for 2-3 hours.** *Textbook of Medical Physiology*, pg. 977.
6. **Eating carbohydrate SLOWS METABOLISM;** fat and protein digestion increase metabolism. *Textbook of Medical Physiology*, pg. 908.
7. Adipose tissue **[fat] is stored ONLY when eating carbohydrates.** *Basic Medical Biochemistry*, pg. 510.
8. **Hospital patients not allowed more than 7 tsp sugar per hour;** Americans told by U.S. government [food pyramid] and nutritionists to eat up to 20 tsp sugar at each meal: breakfast, lunch, and dinner! *Body Fluids and Electrolytes*, pgs: 71-72.
9. Adding **extra glucose** [sugar] to muscle will **not make it work** faster. *Nutrition for Fitness and Sport*, pg. 95.
10. One glass of orange juice [6 tsp sugar] **provides the energy to run 1 mile. [But goes to body fat if not used immediately!]** *Nutrition for Fitness and Sport*, pg. 59.
11. **Sugar [carbohydrate] stops body from producing growth hormone.** *Basic Medical Biochemistry*, pg. 702.
12. **Polycystic ovary disorder [becoming rampant in young women] associated with insulin resistance [result of overeating carbohydrates and trans fats].** *Harrison's Principles of Internal Medicine, 13th Edition*.
13. **Cellulose [fiber] cannot be digested by humans.** *Essentials of Biochemistry*, pg 185.
14. **Cholesterol necessary for lipid bilayer of cells.** *Molecular Biology of the Cell*, pg. 481.
15. **"Bad cholesterol" [LDL] produced from carbohydrates.** *Basic Medical Biochemistry*, pgs: 25-26, 512.
16. **Insulin production, a response to consuming carbohydrate, raises cholesterol levels.** *Basic Medical Biochemistry*, pgs: 475, 566.

17. **Minerals** are non-protein co-factors that **allow enzymes to work**. *Basic Medical Biochemistry*, pg. 109.
18. **Niacin not bioavailable** [not usable] **from grains**. *Basic Medical Biochemistry*, pg. 16.
19. **Stomach acid requires chloride from salt**. *Body Fluids and Electrolytes*, pgs: 20-22.
20. **Butter** is used **directly for energy**. *Textbook of Medical Physiology*, pg. 843.
21. **Protein is GOOD for KIDNEYS**. *Basic Medical Biochemistry*, pg. 653.
22. **All cells**, regardless of specialized function, **oxidize fuels**. *Essentials of Biochemistry*, pg 7.
23. **Polyunsaturated fats naturally support healthy blood cholesterol levels**. *Textbook of Medical Physiology*, pg. 873.
24. **Colloids [including colloidal minerals]** are held in vascular blood system [**not used at the cell level**]. *Body Fluids and Electrolytes*, pgs: 62-63.
25. **Vitamin B₁₂ can only** come from **animal sources**. *Essentials of Biochemistry*, pg. 348.
26. **Brain synapses have higher** levels of **DHA** than most tissues. *Nutrition and the Brain*, Vol. 8, 1990:2.
27. **Expect vision-related problems** when there is too many *transfats*. *Essential Fatty Acids and Eicosanoids*, 1992, pgs: 107-115; *Invest. Ophthalmol. Vision Science*, 1992, 33(11): 3242-3253.
28. **60%-70% of protein eaten is used to fuel energy of digestion; only 30%-40% is left for body structure — like muscles — and system function — like enzyme production**. *Basic Medical Biochemistry-A Clinical Approach*.
29. **Surprise: Light does not move in straight lines** [like you were taught in grade school and secondary school, and college] – *QED: The Strange Theory of Light and Matter*, Richard Feynman, Nobel Prize-winner, physics. **Just because something incorrect is repeated any number of times doesn't make it true!**
30. **"Experts were quoting data based on inaccurate research. I never pay attention to 'experts.'"** Richard Feynman, Nobel Prize-winner: physics, *A Life in Science*, pg 167.

-- Continued with important medical journal articles that *you need to see!* --

Selected summary of critical studies, news articles, and medical textbook references that *you need to see!*
Particularly relevant portions highlighted for your review.

TRUTH has always been available and is published for those who seek it, but the popular media hasn't made it easy for you to obtain.

Many quotes are taken directly from the published articles.

Other comments and insights are conclusions from the author of the study or medical textbook.

NOTICE: These papers, studies, or medical textbooks and their conclusions have NOT been evaluated by the Food and Drug Administration. Nothing herein is intended to diagnose, treat, cure, or prevent any disease.

2002

- **Stopping HRT [hormone replacement therapy] Does *Not* Accelerate Bone Loss in Postmenopausal Women.** *Archives of Internal Medicine* 2002; 162:665-672
“...Women who continued HRT did not show additional BMD [bone mass density] gains.”
- **Animal Protein Consumption Associated With Bone Density in Elderly Women.** *American Journal of Epidemiology* 2002; 155:636-644
 1. “Multiple linear regression analysis adjusted for standard osteoporosis covariates showed a positive associate between animal protein consumption...”
 2. **”Vegetable protein was negatively associated [bone loss resulted].”**
- **More Evidence For Link Between HRT Use and Breast Cancer.** *Journal of American Medical Association* 2002; 287:734-741
 1. “We found that long-term use of HRT **increased breast cancer risk by 70% for all types of breast cancer.**”
 2. “We used computerized pharmacy records... there was no non-response bias.”
- **New Diabetes Nutrition Guidelines Play Down Importance of Carbohydrate source.** *Diabetes Care*, January 2002
 1. **“...De-emphasize the importance of the glycemic index of foods.”**
 2. **“The source of the carbohydrates is not as important as the total amount...”**
- **Essential Fatty Acids as Possible Mediators of the Action of Statins.** *Prostaglandins, Leukotrienes and Essential Fatty Acids*, Vol. 65, No.1, July 2001
 1. **“Statins and polyunsaturated fatty acids have similar actions.”**
 2. “In view of **the similarity of their actions** and that **statins influence essential fatty acid metabolism**, it is suggested that **EFA**s and their metabolites **may serve as secondary messengers of the action of statins**”
- **Glucose [sugar from carbohydrates] causes diabetes!** *Diabetes* 2001; 50:1683-1690
“Our results underscore the importance of tight glucose [sugar] control in limiting beta-cell destruction”

- **Association of Dietary Intake of Fat and Fatty Acids With Risk of Breast Cancer.** *Journal of the American Medical Association*, 1999; 281:914-920 [recently publicized]
 1. “We found **no evidence that lower intake of total fat or specific major types of fat** was associated with **decreased risk of breast cancer.**”
 2. Contrary to the prevailing hypothesis [guess] the overall trend was inverse [**the more fat eaten, the less breast cancer**] and statistically significant.”

2001

- **Dietary [from food] antioxidants do not reduce heart disease risk.** *Journal of Clinical College of Cardiologists* 2001;38:1788-1798
 1. “Until we have conclusive proof that ... antioxidant vitamins are beneficial, **these should not be part of our main therapeutic regimen in cardiovascular disease prevention.**”
 2. “Our study produced **no convincing support** for the common practice of **taking antioxidant pills such as vitamin E to prevent heart attacks.**”
- **Flavonol and Flavone [from soy, fruits, vegetables, and wine] Intake Linked With Nonfatal Myocardial Infarction [heart attack].** *Epidemiology* 2001; 12:62-67
 “The largest **decrease in coronary risk** was observed between the **lowest and second-lowest** [eating the *least* amount] quintiles of flavonol and flavone.”
- **Dietary [from food] cholesterol insignificant.** *Metabolism* 2001 May;50(5):594-597
 1. “With even a 30% fat diet, increasing dietary cholesterol from 319 mg to 941 mg per day [close to a 300% increase], the blood LDL **only increased a mere 6% [6 points]!**”
 2. “Even **insulin resistant** women **did not experience a significant cholesterol increase!**”
- **HDL not “protective!”** *Journal of Clinical Investigation* 2001;108:843-850
 1. “**Current dogma supports** a key role in reverse cholesterol transport and defects in the HDL-mediated process are **thought to contribute** to the development of atherosclerotic plaques.”
 2. “**Contrary to expectations** ... secretion rates were not impaired.”
 3. “Mice lacking HDL *do not* show impaired hepatobiliary [liver] transport, suggesting that HDL plays little or no role in the process.”
 4. “**Although most people now think** that ABCA1 [and HDL] is a cholesterol transporter per say, there is **no evidence** for this contention.”
- **Breast cancer risk not reduced by high intake of fruits and vegetables.** *Journal of American Medical Association*, 285:769-776, 799-801.
 “Further analysis for consumption of **green leafy vegetables and fruits** ... showed a similar **lack of association with breast cancer risk.**”
- **Cholesterol not as significant** compared to **triglycerides [70% increased risk – independent of cholesterol]** *Circulation* 2000; 101:2777-2782.
- Analysis shows: it’s **proteins, not genes, that count.** *Reuters Science News*, February 11, 2001
 1. “Both teams agree: it is proteins that matter – much more so than genes.”
 2. “**Genes don’t determine whether you get colon cancer ...**”
 3. “Those who are looking for forgiveness of responsibility for their own lives in the genetic code will be very disappointed.”

- **Elevated insulin [generated from eating carbohydrates] causes blood clotting, which blocks arteries.** *Journal of American Medical Association*; 2000; 283:221-228.
- **Exercise only brings insignificant decrease in blood pressure** [2 points in the systolic and 3 points in the diastolic]. *Br J Gen Pract*, 2000;50: 948-949, 958-962.
- **Hypertension not caused by anxiety** [or depression]. — **Stress is not the cause of high blood pressure.** Americans have been misled for years! *American Journal of Hypertension*, 2001;14:660-664.

2000

- Findings presented at American Heart Association meeting, June 2000:
 1. **Lowering fat intake is not effective** for reducing cardiovascular risk.
 2. **Fats should be placed low on cancer risk list.**
 3. **Ideal diet for cardiovascular [CVD] prevention contains healthy essential oils.**
- **Cancer Institute admits long-term misinformation:** 25 years of “fiber fiction” – colon cancer worsened, not helped, with fiber.
- **No convincing scientific evidence that large doses of vitamin C, vitamin E, selenium, or beta carotene reduce the risk of cancer, heart disease, diabetes, Alzheimer’s or other illness.**
National Academy of Science
- **60% carbohydrate/25% fat diet vs 40% carbohydrate/40% fat diet.** Stanford University School of Medicine: *American Journal of Cardiology* 2000 85:45-48 (Dr. Raven).
 1. **“Elevated triglyceride levels persisted through high carbohydrate diet.”**
 2. **“High carbohydrate diet associated with increases in both fasting [when not eating] and postprandial [after eating] triglyceride concentrations.”**
 3. **“Substituting carbohydrates for saturated fat leads to higher cholesterol in the blood.”**
 4. **“It is appropriate to question wisdom of replacing dietary fat with carbohydrates – carbohydrates raise the risk of heart disease.”**
- **Women eating lowest fat and most fiber had 20% less calcium retention.** *Journal of Clinical Nutrition*, 2000, 71: 466-471.
- Primitive man was a meat eater, NOT a plant eater. James Watson Wilford, *New York Times*, 2000.
- **Red wine does not improve LDL oxidation.** *American Journal of Clinical Nutrition*, 2000;71:67-74.
- **Caution: Study results are often “inefficient, corrupt and unreliable.”** *Newsweek: Science & Ideas-Medicine*, Aug. 28, 2000, pg. 50.

1999

- **Diabetes epidemic linked to excess carbohydrates.** *USA Today*, Jan. 21, 1999, pg 1. [Public not told that “excess” means almost all of them.]
- **Diet of 50% fat [half fat!], 30% protein, and 20% [low] carbohydrates improves weight loss and blood lipid profiles** in type II diabetics. Abstract of presentation before 1999 meeting of Endocrine Society: by James Hayes, MD, endocrinologist.
- **Elevated insulin associated with impaired clotting.** *American Diabetes Association’s 59th Annual Scientific Sessions*, June 1999.
- **Colon cancer rate** did not change **regardless of type of fiber** eaten. *New York Times*, Jan. 21, 1999, pg A-1.
- Benefit of eating animal fat *inconclusive* with **breast cancer** risk. *Journal of American Medical Association*, 1999, No. 281, pgs 914-920.
- **High fiber does not help** “colon efficiency.” *New England Journal of Medicine*, Jan. 21, 1999, Vol. 340, No.3

1998

- More than **half the heart attacks** occur in people with **few “risk factors.”** *Houston Chronicle*, Jan. 10, 1998.

1997

- **Bad fat**, not all fat, **linked to heart risk.** *Houston Chronicle*, Nov. 20, 1997, pg A2.
- Eating **saturated fat lowers risk of stroke.** *Boston Globe*, 1997.
- Women’s **coronary risk** linked to **processed trans fats [not to unprocessed, natural fats]**. *New York Times*, Nov. 20, 1997, pg. A1.
- **Carbohydrates are not the “feel good fix”;** moods **not improved** by eating carbohydrates: “Psychological and metabolic responses of carbohydrate-craving obese patients to carbohydrate, fat, and protein rich meals.” *International Journal of Obesity and Metabolic Disorders*, Oct. 21, 1997; (10):860-864
- “Diets high in **polyunsaturated fat** have been **more effective than low-fat, high-carbohydrate diets** in lowering **cholesterol** as well as the incidence of **heart disease.**” *New England Journal of Medicine*, 337:1491-1499.
- **Carbohydrate diet led to impaired glycemic and insulin responses.** *American Journal of Clinical Nutrition*: “Fats and Oils Consumption in Health and Disease,” Oct. 1997, 66: 4(S), pgs. 991S-997S.

- **“How the truth becomes distorted in high-carbohydrate diets.”** *New England Journal of Medicine*, Vol. 337, Aug. 21, 1997. [How you get misled: the real results compared with the published “conclusions.”]
- [Naturally produced] Vitamin D from **sunlight reduces breast cancer risk.** *Houston Chronicle*, Nov. 2, 1997, pg. 5A.
- **No more than a weak link** shown between breast cancer and “rich” [high-fat] diets. *Health*, March 1997, pg. 70-73.
- **DHA declined in mother’s milk.** *Associated Press*, Feb. 23, 1997 [Moms aren’t getting enough, so their babies suffer.]

1996

- **Diet with high levels of meat and fat yields positive results** [for weight and heart health]. *Health*, Sept. 1996.
- There is only an **insignificant association** between **dietary fat** and abdominal fat. *American Journal of Clinical Nutrition*, 1996, Vol. 64, 667-684.

1995

- **Children of vegetarians tend to be deficient in DHA.** *Lipids*, 1995, 30(4):365-369; *European Journal of Clinical Nutrition*, 1994, 48:358-68; *Journal of Pediatrics*, 1992, 120:S71-77.

1994

- **Cholesterol-lowering drugs do not work significantly.** *Journal of American Medical Association*, 1994, No. 272, pgs 1335-1340.
- **“HDL/LDL ratio does not improve when saturated fat is replaced by carbohydrate. Low-fat diet has been considerably less effective in lowering total or LDL cholesterol than predicted.”** *Journal of Cardiovascular Risk*; No. 1, June 1994.
- **Pharmaceutical companies buy editorials to influence medical care.** *New England Journal of Medicine*, 331:674;1994.

1992

- **Framingham Heart Study: “The more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person’s serum cholesterol. The opposite [of what we have been told]...”** William Castelli, MD, Framingham Heart Study, *Archives of Internal Medicine*; Vol. 152, July 1992.

- “Influence of omega-3 fatty acids on the prostaglandin-metabolism in healthy volunteers ... **synergistic effect of n-6 and n-3 fatty acids at low doses which is greater than the effect of high doses of n-3 fatty acids alone.**” *Prostaglandins in the Cardiovascular System*, 1992.

1987

- **Doctors replied incorrectly** on simple statistical question **85% of the time.** *British Medical Journal*, 294:856; 1987.

1984

- **No saturated fats found in aortic plaque!** *Lancet* 1984;344:1195-96. [Eating saturated fat did not cause their heart disease.]

1982

- *Progressive Lipids Research*; 20:349-362:
 1. **Prostaglandins of the omega 6 series found to influence blood pressure.**
 2. Excretion of salt and water from extra-cellular spaces influenced by prostaglandins, too [less bloating].
- **LA and most polyunsaturated fatty acids, including AA and EPA were lower [depleted] in heart attack victims. The fatty acid patterns of phospholipids is an independent risk factor for heart disease.** “Fatty Acid Composition of Serum Lipids Predicts Myocardial Infarction,” *British Medical Journal*, Oct. 9, 1982, 285:993.

1977

- It has **not** been shown that lowering blood cholesterol has any positive effect on the heart. *Condensed Chemical Dictionary*, 1977.

1975

- **Studies implicate distorted trans fats link to cancer.** *Cancer Research*, 1975, 35:3374.

1973

- **3 generations of EFA deficiency resulted in reduced brain size in rats.** *British Journal of Nutrition*, 1973; 29:127-137.

1969

- “The **cause of cancer** is the **replacement** of the respiration of oxygen in normal body cells **by a fermentation of sugar**.... There is no disease whose prime cause is better known....” Nobel Prize-winner Otto Warburg , *The Prime Cause and Prevention of Cancer*,1969.

1967

- Persons from southern India **ate only 1/10th as much natural fat** compared to northern Indians and got **15 times more heart disease**. *American Journal of Clinical Nutrition*, 1967, 20:471.

1964

- **No clear correlation between serum [blood] cholesterol levels and the nature and extent of atherosclerotic [heart] disease**. Study published in *Journal of American Medical Association*: Vol. 189, No. 9, Aug. 31, 1964.
- Study reports that **cholesterol levels in and of themselves are meaningless**.
- 1,700 patients with heart disease analyzed clearly show **more heart-related disease with cholesterol between 1 and 250 than between 300 and 400 or higher!** (an inverse correlation)

1956

- **Warning: Hydrogenation** from modern food industry **predicted to cause massive heart disease**. *Lancet*, 1956. [Unfortunately, this prediction turned out to be true.]

1940

- Landmark book, *Man Alive, You're Half Dead!*, Daniel Munro, M.D. :
 1. “... **red meat is one of the best foods for the human body**....
 2. ... [Also] eat plenty of fish, eggs and cheese!
 3. ... **Fats are essential** ...The fats are essential for life, the **vegetable carbohydrates are not**.
 4. ...and that is why **intake [for diabetics] of carbohydrates** have always been [or should be] cut down to the **minimum**.
 5. **Physiology of digestion has been ignored**.
 6. **Protein** is the **only material** that can **repair tissue**.
 7. **When you eat carbohydrates, you deposit cholesterol.**”

1939

- **Cottonseed oil [processed with hydrogenation -- trans fats] associated with increased skin cancer**. *American Journal of Cancer*, 1939, 35:213.

1922

- “Pre-war statistics concerning **meat eating countries** show all in all they must be admitted **the most energetic.**” Louis Berman, MD, *The Glands Regulating Personality*, 1922.

Note: The Houston Academy of Medicine – Texas Medical Center Library contains **medical journals, including the *Lancet*, dating back to 1830!** Don’t let anyone tell you that diseases such as cancer, heart disease, and diabetes weren’t known about or tracked before our lifetimes. They certainly were. This fine library contains some 340,000 volumes of medical information covering virtually everything. **We know quite a lot.** It’s the understanding that often gets distorted!

Have you received the truth or just opinion from your physician, nutritionist, personal trainer, or exercise physiologist? You have every right to be outraged. **You are now armed you with the science** even if you choose not to listen to it.