

Nutrition Myths

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Consumer Reports on Health (November 1998) wrote that, contrary to popular advice, vitamin C supplements don't minimize the risk of getting a cold or even reduce its duration. The report continues, "... the National Institutes of Health has shown that high doses of vitamin C (supplements) are generally useless...." They go on to say that: 1. several clinical trials failed to confirm that vitamin C supplements would boost "good cholesterol," and 2. that doses over 1,100 mg., in theory, should increase the risk of kidney stones (the type formed from excess uric acid and oxalate). In fact, 2 major studies directed by Harvard University "failed to find any benefit."

Now I know why vitamin C never worked for me or anyone else I know. How many times do we hear of a "miracle" supplement, and then find later that it doesn't work?

Are you still frustrated after spending countless dollars on nutrition supplements? Are you tired of being given false hope about what really works? Are you concerned about a supplement's safety? To answer these questions, is there a source of information based on science - not opinion?

You are fortunate. To help you understand exactly how your body works, I have written, what is being called by physicians, pharmacists, and certified nutritionists, "one of the most significant books on nutrition published in the past 100 years." It is titled **Beyond The Zone**. This landmark book is the result of meticulously analyzing over 3,500 medical textbooks and scientific papers. **Beyond The Zone** is easy-to-understand and uses few technical terms. It has a thorough Index -- useful for quick references. I have even included color illustrations and cartoons to make the reading more enjoyable - it's all science - no opinion.

Once you read **Beyond The Zone** and learn the Foundation of Radiant Health, you'll discover what nutrition supplements are effective and which ones are merely unscientific "hype" - a widespread, yet unrecognized, nutrition deficiency is at the core. The solution is known and relatively inexpensive and effortless.

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- First, I am a scientist by training - not another nutrition writer who merely parrots outdated, unproved ideas.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 $\frac{3}{4}$ 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.