

# You Need to Know these Shocking Answers

## **Q: What exactly is insulin?**

A: Insulin is that FAT STORAGE HORMONE everyone is talking about that treats the sugar, by turning it into fat. Carbohydrates stimulate insulin release, and insulin stops fat-burning cold, even when exercising. This is all in the Textbook of Medical Physiology.\* Not accounting for this function is part of the reason the great carbohydrate eating experiment has caused the obesity epidemic!

## **Q: What is the body's preferred energy source?**

A: Surprise; it's not carbohydrates. It should be your own bodyfat, but we have interfered with Mother Nature's system. Most of the time even your muscles - the largest calorie burners - can't use sugar, but we aren't told this. Did you know it? This, too, is in the Textbook of Medical Physiology.

## **Q: Because of the extra calories, does eating fat make you fat?**

A: Not directly, NO.\* Most people miss this medical fact. Dietary fat and protein contribute to internal structures, like muscle and brain cells - or used to fuel the digestion process. This is published in Basic Medical Biochemistry. Carbohydrates, such as products made with flour, trigger more insulin, which stores fat on your body. The calorie theory applies to a lump of coal or maybe a cow - not to a human being.\* If a nutritionist doesn't understand thermodynamics, then you'll probably miss this deduction, too. We've often been grossly misled. My Radiant Health Program gives you the science of how a human being really works.

## **Q: Is it unhealthy to eat cholesterol and fat?**

A: Not necessarily. Beyond The Zone explains. For example, in 1994, the Journal of Cardiovascular Risk was very clear on what helps. Most Americans never got this critical information. Radiant Health gives you the science about cholesterol, fat, protein, and carbohydrate so you can begin to protect yourself.

## **Q: I keep hearing how bad ketones are. The nutritionists scared me to death.**

A: Staying lean requires ketones, because ketones are produced when you are running on your own bodyfat.\* Ketones are the preferred energy source for your heart, muscles, and liver; they're brain-food, too\* - and it's all published in the Textbook of Medical Physiology. Nutritionists need to go back to school and learn medical physiology and medical biochemistry.

## **Q: American women are concerned about osteoporosis. Will more calcium help?**

A: Absolutely not. Remove the calcium from bone and the bone becomes more flexible - like cartilage. If you add more calcium, bone becomes more brittle and more likely to break. So there is something wrong with this picture. There are 6 causes of osteoporosis listed in the Textbook of Medical Physiology, and lack of calcium isn't one of them!\* Certain groups don't want you to know this. Beyond The Zone gives more details.

## **Q: Why are eggs ok now, and for 20 years they weren't?**

A: Eggs were always ok; we were misled by false claims. People don't change, but studies are often prejudiced. Years ago, 1 or more "studies" were misinterpreted to mean that eating eggs was harmful. Cholesterol in eggs is now understood to be harmless.\* Unfortunately, nutritionists and physicians often refuse to admit that they've been wrong - relying on false information. I developed the Stat-Smart™ analysis so you know whether to believe a study.

## **Q: Isn't just avoiding refined sugar enough? Nutritionists often say that we need lots of complex carbohydrates, not more refined sugar.**

A: No, just avoiding refined sugar is not sufficient. Beyond The Zone explains the 1st and 2nd place winners to "sweeten" foods (like soft drinks) are beets and corn syrup - both carbohydrates. You can look this up for yourself in any almanac. "Cane sugar" is not often used because other carbohydrate sweeteners are less expensive. Never forget that a bagel, to your body, is the same as eating 4 teaspoons of sugar mixed in a glass of water. "Simple" carbohydrates or so-called "complex one" like brown organic rice generate the same total overall insulin response to treat the sugar. Shocking, but true!

\* All references are fully discussed and documented in the book, Beyond The Zone. The reference to the 1994 Journal of Cardiovascular Risk will appear in the next printing of the book (mid-March 2000).