

Stop Diabetes

Unfortunately, we all have been unknowing victims of a massive experiment - the "great carbohydrate eating experiment" - forcing us to endure a diet proper to fattening a cow but not proper for a human. For the past 20 years, we Americans have been told to make carbohydrates the basis of our diet - currently publicized as the "Food Pyramid." Starting in the late 70s, the "Four Basic Food Groups" model showed us that we should eat "balanced" portions of bread/cereal, fruits/vegetables, dairy, and meat. The first 3 of these groups are almost all carbohydrate. In the 90s, the "Food Pyramid" model officially replaced the older model. The base of this model, the largest food group, is bread/cereal, with other carbohydrates still making up most of the rest. This is in contrast to the diets proven successful for hundreds of years - eating more proteins and natural fats with less carbohydrates - the diet of our parents and grandparents, and of most Americans before 1975. They told us not to eat too many potatoes, not to eat too much pie, and not to have too much cereal. Did mom tell you, "Now don't eat that junk food - I'm fixing you a good meal, and that will 'spoil' your appetite?" She was at least partially right.

What was the result of this experiment?: Unprecedented levels of obesity and diabetes have occurred during the exact time-frame of this experiment. Heart disease and strokes have not decreased during this time-frame. We are victims, and we have every right to be upset. You also have a right to find out who perpetrated this experiment on us and what their motivation might have been. More than 25% of our children are now obese and more than 55% of adult Americans are certified obese.

The good news about diabetes is that it is now easier to control than ever before! The bad news is that few diabetes nutritionists or diabetes physicians understand the proper dietary requirements for a diabetic. Here, briefly are a few of my findings:

- Sugar = carbohydrates; Carbohydrates = sugar.
- It makes no difference whether the carbohydrate is classified as "simple" or "complex." It all gets broken down by your digestive system to the same simple sugar called glucose.
- Pasta, organic brown rice, oatmeal, orange juice, bagels, popcorn, potato chips, and so on are all carbohydrates.

The entire blood supply in your body has less than 1 teaspoon of sugar in it. This represents an "average" 70-90 mg/dl glucose reading in a blood sugar level. Believe it or not, the average American consumes 64 teaspoons of sugar (carbohydrates) each day. My book, *Beyond The Zone*, pages 317-320, gives you the sugar equivalents of many common foods. For example, did you know that a bagel is equivalent to 6 teaspoons of common table sugar? A cup of orange juice has 4 teaspoons of sugar.

Where does all this extra sugar go? You probably already know that insulin is produced in response to sugar (carbohydrates). What you may not know is that insulin is classified as a fat-storage hormone. And insulin is produced in significant quantities only in response to sugar (carbohydrates). Proteins (like fish and steak), and natural fats like butter and cheese don't stimulate significant insulin response.

Let's review that process: eat carbohydrates; blood sugar increases; insulin is released; sugar is converted to body fat.

That's right. I know that you may be skeptical, but this isn't my opinion. It is absolute scientific fact. In contrast to carbohydrates, proteins (like steak and fish), and fats (like cheese and butter) don't make excess body fat. This may appear incredible, but when you study the body's biochemistry and physiology, like I have done day-and-night over the past 6 years, an entirely different picture emerges as to how the body works. We have unknowingly become our own worst enemy by following nutrition programs based on opinion or medical misunderstanding.

Anyone suggesting that you consume more "complex" carbohydrates to help control your diabetes needs to take courses in biochemistry and human physiology. Eating more carbohydrates only makes your diabetes WORSE!

If you want to increase your chances of developing diabetes, then continue to eat lots of juices, fruits, and grains (cereal and bread products). If you don't believe me, then you might want to contact the nation's leading diabetes specialist, Richard Bernstein, M.D., in New York. His book, *Dr. Bernstein's Diabetes Solution*, is based on science. He'll quickly set you straight.

Why do we crave carbohydrates if they are so bad for us? This is a fundamental question. I have discovered a widespread, yet unrecognized, nutrition deficiency, and this causes us to become constant eating machines; we are

always hungry. When this deficiency is fulfilled, you actually require 1/3 to 1/2 less food. You also lose your carbohydrate cravings.

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, you'll discover why you crave these fattening carbohydrates - a widespread yet unrecognized nutrition deficiency is at the core. The solution is known and relatively inexpensive and effortless.

You actually get to enjoy the pleasure of eating again, too. Delicious foods like steak, hamburger, cheese, and whipped cream are luscious, non-fattening, and actually very healthy! They give you energy and radiant health - unlike the bagels and pasta. 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 - 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 -- so you can minimize your diabetes symptoms.