

Accolades

“Prof. Peskin takes the problems of obesity and food cravings back to root causes, **using understandable science to dispel the misinformation and confusion**, then **delivering a beautifully simple diet solution** which has literally been right under our noses.

Best of all, the solution is easily applied by anyone, anywhere, and it works immediately! You will especially like the Food Utilization Chart and great tasting recipes. **You’ll be empowered as you become lean, fit, and more energetic.”**

– *Brian N. Vonk, M.D.*

Board certified: Internist, Cardiologist, and Radiologist

“I’m a judge and I’m used to weighing evidence, so **I’m convinced your program and the science behind it are correct.** The evidence that you are right is certainly more than preponderance, even **more than clear and convincing**, and **likely beyond a reasonable doubt!**”

– *Judge Mark Lambert*

“I am delighted to come across scientific work which is not only of excellent quality, but is applicable. **I have been on a low carbohydrate diet for approximately a year** now, but I have been aware that there was still something missing. **Your program has filled in the blanks.** I have seen for myself remarkable results with the Peskin Protocol and PEOs (Parent Essential Oils).”

– *Carolyn Berry, M.D. (Ireland)*

“As an endocrinologist specializing in diabetes, **I am delighted to see this book.** Finally, my patients can see what is making them overweight,

based on science – *not* opinion. Peskin’s program can be followed by even my most carbohydrate-addicted patients. **This book offers an amazing solution to the obesity epidemic.”**

– *Amid Habib, M.D., F.A.A.P., F.A.C.E.*
Endocrinologist (Diabetes Specialist)

“Amazing isn’t the word for it. Finally, a ‘DIET BOOK’ that **my patients can follow.** You can call it a diet; I call it a ‘nutritional lifestyle.’ **The science-validated principles give you control** over your nutritional destiny, the potential for long-term health, and success in becoming lean-for-life: **‘one-day-at-a-time.’”**

– *David Sim, M.D., F.A.C.C.*
Cardiologist

Dr. Atkins’ first book started me on this path and you provide the **missing information – the missing links and scientific support – that eluded Dr. Atkins.** I am strongly **recommending this book to all my patients.”**

– *Angelo A. Della Pietra, M.D., D.O., A.B.F.M., A.C.A.M.*
Family and Integrative Medicine

“Following your program is why my waist has gone from 39.5 inches to 31.5 inches and the lines of my abdominal muscles are now clearly visible with **no ‘starving’ or denial.”**

– *David Macphail*
Program follower

“We went to my neighbor’s house last night for dessert. It was the best feeling to be able to sit around her table and talk – with the desserts right under my nose – and not have the desire to eat them! You understand how it used to be – you take one plateful and then another and then another. I feel so free of that horrible “after dessert binge” feeling! **I left her house feeling great! Your program works.”**

– *Jill Kostrinsky*
Program follower