

CAD; nor does such dietary intervention lower coronary disease or total mortality.¹⁵ We have all been looking in the wrong place for the solution to heart disease.

Dr. Walter Willett of Harvard states, “The *problem* with low-fat diets is that people replace fats with carbohydrates, primarily sugars and refined starches which can have adverse effects on coronary risk....”

Cholesterol is also vastly misunderstood. I highly recommend reading the report, *The Cholesterol Myth* for the truth.

Gross misconceptions of the development of Heart Disease and the myths about cholesterol have caused a change in eating habits and increased prescription drug use that have seriously been damaging our health. Don't be misled by bad information. My years of meticulous research, backed-up by real-life results after following my recommendations: eating a low carbohydrate diet, adding EFAs in the scientifically correct ratios, essential minerals and a gentle herbal detoxifier, show how simple dietary changes prevent illness and maintain overall health at the cellular level.

(Endnotes)

1 *Fats That Heal, Fats That Kill*, Udo Erasmus, Published by Alive Books, Burnaby, BC, Canada, 01 January, 1999, pages 103, 105.

2 *Ibid.*

3 *Fats and Oils*, Erasmus U., Alive Books, Vancouver, Canada, pp 84-89, 1986.

4 Mensink RP, Katan MB. Effect of dietary trans fatty acids on high-density and low-density lipoprotein cholesterol levels in healthy subjects. *N Eng J Med* 323:439-445, 1990.

5 Kinsella JE, et al. Metabolism of trans fatty acids with emphasis on the effects of trans, trans-octadecadienoate on lipid composition, essential fatty acids and prostaglandins - an overview. *Am J Clin Nutri* 34:2307-2318, 1981.

6 *Essential Fatty Acids and Eicosanoids*, 1992, pgs: 107-115; *Invest. Ophthalmol. Vision Science*, 1992, 33(11): 3242-3253.

7 *Lipids*, 1994; 29/4:251-58.

8 *Atherosclerosis, Thrombosis and Vascular Biology*, July 2001, American Heart Association/ Lippincott Williams & Wilkins January 1995, Division of Cardiology, UCLA School of Medicine, 0833 LeConte Avenue, Room 47-123, CHS, Los Angeles, CA 90095-1679.

9 *Nutrition Week*, 3/22/91 21:12.

10 *Nutrition and Physical Degeneration*, by Weston A. Price, McGraw Hill - NTC; 15th edition (June 2003) ISBN: 0879838167. (out of print).

11 *Textbook of Medical Physiology*, pg. 843.

12 *The American Journal of Clinical Nutrition*, Dept. of Human Studies and Nutritional Sciences, University of Alabama at Birmingham, 1996, vol. 64, pgs. 667-84.

13 *Lancet*, 1984;344:1195-96.

14 American Diabetes Association's 59th Annual Scientific Sessions, June 1999 and *Basic Medical Biochemistry*, pgs 25, 26, 475, 512, 566.

15 Ravnskov U. The questionable role of saturated and polyunsaturated fatty acids in cardiovascular disease. *J Clin Epidemiol* 1998;51:443-60 and Hooper L, Summerbell CD, Higgins JP, et al. Dietary fat intake and prevention of cardiovascular disease: systematic review. *BMJ* 2001;322:757-

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5. Reduce heat to low and let simmer until it is reduced by half.
6. Stir in Madeira and simmer until about 6 teaspoons of liquid is left.
7. Add gratings to taste and nutmeg, then season with salt and pepper.

Enjoy!