



Dairy Council Deception & It Pays to Lie for Big Pharm

Newsflash – Did You Believe Drinking Milk Would Cause Weight Loss Because of Ads by the Dairy Council?

For over 2 years, we have been bombarded with a campaign from the Dairy Council (an industry trade group) that drinking milk or eating dairy products would cause us to lose weight. “Milk your diet. Lose weight,” suggesting drinking milk 3 times a day or consuming dairy products 3 times a day will cause you to lose weight. Recall the “Body by Milk” ads with the models and celebrities?

The truth is that those ads are misleading at best and outright lies at worst and not based on valid science. The FTC finally made them cease (*The New York Times National*, Friday, May 11, 2007, A17) until “further research provides stronger, more conclusive evidence of an association between dairy consumption and weight loss.”

Marion Nestle, a professor of nutrition at New York University stated that “Those ads are ridiculously misleading.” Marion is one “nutritionist” that understands basic biochemistry.

Life-Systems Engineering Science Analysis:

What is in dairy products that would cause weight loss? Milk is highly carbohydrate which causes weight gain. All low- or no-fat dairy products CAUSE weight gain because of their carbohydrate content. ONLY high-fat cheese, full cream, etc., which has virtually no carbohydrate, can help with weight loss without starving.

Pharmaceutical Companies Lie and Stay in Business INSTEAD of being Shut Down

“Narcotic maker guilty of deceit over marketing (producer of OxyContin to pay 600 million)” (*The New York Times*, Friday, May 11, 2007, P1) was the front page headline. Physicians and patients were KNOWINGLY *misled* about the safety of this highly addicting narcotic. The company president, its top lawyer, and medical director, received only MISDEMEANOR charges of “misbranding” (MISleading). The drug could easily produce an effect like heroin!

The officials claimed it was better than drugs like Vicodin. This allowed them to sell over **\$1 billion dollars of the drug each year**. They made about \$9 BILLION and are fined \$600 MILLION. Given the enormous profits, it actually pays for the pharmaceutical companies to lie, sell more drugs, and then pay a fine that they have already put aside funds for in anticipation of an adverse legal ruling.

Contrast their treatment to the treatment of nutritional supplement companies. Typically, if a supplement company is fined it is to the point of oblivion. It's real simple. How many pharmaceutical companies have closed as a result of fines? ZERO!

There is no way that your physician can know if they are prescribing scientifically safe drugs because the drug reps don't discuss biochemistry with the docs. It is a really sad state of affairs when you can't trust the pharmaceutical companies.

If you have any questions or comments about this month's newsletter please e-mail the professor at: info@brianpeskin.com

This Month's Low-Carb Recipe: Turkey Loaf with Chili

INGREDIENTS

2 lbs ground turkey
1 cup onion, chopped
1/2 cup green pepper, chopped
1/2 cup chili sauce
2 whole eggs, lightly beaten
2 tbsp horseradish mustard
4 cloves garlic, minced
1 tsp salt
1/2 tsp italian seasoning, dried
1/4 tsp black pepper
2/3 Italian-style seasoned bread crumbs
Salsa (optional)

PREPARATION

1. Tear off 3 2x8 inch strips of heavy aluminum foil or fold regular foil double for thickness. Cross foil strips in spoke design and place in slow cooker for easy removal of turkey loaf when done.
2. Mix all ingredients except the salsa in a large bowl.
3. Shape ingredients into round loaf and place on foil strips. Transfer to slow cooker using foil handles, place in bottom of cooker. Cover and cook on low for 4 1/2 to 5 hours or until juices run clear and temperature is at 170° F.
4. Remove loaf from cooker using foil handles. Place on serving plate and let stand for 5 minutes before serving.
5. Cut into wedges and top with salsa if desired. Serve with your choice of vegetable if desired.

Enjoy!