



3. Physiology Fact: **Lots of carbs means lots of insulin.**

4. Lots of insulin DOES lower blood sugar but at a BIG PRICE. That price is in heart-related problems.

5. The diabetics with tight blood sugar control *through injection of lots of insulin* do have better blood sugar levels than diabetics who have worse blood sugars (but use less insulin)

The solution is painfully simple: A low carbohydrate diet and eating twice a day as we were designed to do = **excellent blood sugars AND much less insulin.**

It's tragic that so few physicians and medical "experts" understand such a basic concept in human physiology. Since you are reading this newsletter you are familiar with my work and this issue was never a problem.

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**Setting The Record Straight About Protein:** I get sick and tired of so many people thinking that meat "makes the body too acidic." Positive hydrogen ions are produced, but as my paper titled "The Truth About Ketones and Ketosis," makes clear, the body has virtually an unlimited capability to deal with them – it's a natural function. The following excerpt from my book, *The 24-Hour Diet*, will amaze you because protein helps buffer (make pH stable):

### **Proteins are Important Acid Buffers**

Contrary to popular belief, as the *Textbook of Medical Physiology* makes clear on page 521, **proteins are required to keep blood pH from becoming too acidic.** Furthermore, proteins are important intracellular (inside the cell) buffers, as *Textbook of Medical Physiology* makes clear on page 390. Proteins are also important in assisting natural blood clotting, as well as performing many other important tasks. Any "expert's" recommendation to restrict protein is not based on science, and because of this you must resist listening to their wrong advice if you want to become lean-for-life, energized and healthy.

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If you haven't read *The Hidden Story of Cancer* or *The 24-Hour Diet*, I hope this startling newsletter will motivate you to take an active role in your own and your family's health.

If you have any questions or comments about this month's newsletter please e-mail the professor at: [prof-nutrition@sbcglobal.net](mailto:prof-nutrition@sbcglobal.net)

NEW!! Please visit Professor Peskin's forum where you can read and comment on Brian's scientific discoveries and more science. <http://brianpeskin-science.blogspot.com/>

**DO YOU HAVE A GREAT, ORIGINAL, LOW-CARB RECIPE YOU'D LIKE TO SHARE?**

Submit your recipe to [FRWDFW@pinnacle-press.com](mailto:FRWDFW@pinnacle-press.com) for consideration to be included in the NEW Cook it Cool cookbook (coming soon). If your recipe gets chosen for inclusion in Cook it Cook, you will receive a FREE copy of the book when it's released.

## **This Month's Low-Carb Recipe: Grilled Beef on a Bed of Salad**

### **INGREDIENTS**

1/2 cup mayonnaise  
2 Tbl. cider or white wine vinegar  
2 cloves minced garlic  
6 cups assorted lettuce and greens  
1 large seeded & chopped tomato  
1/2 cup fresh chopped basil  
2 slices ringed, red onion  
1 lb. boneless beef top sirloin steak  
1 Tbl. spicy brown mustard  
1/2 tsp sugar  
1/2 tsp salt  
1/2 tsp pepper  
1/2 cup croutons (if desired)

### **PREPARATION**

1. Prepare your grill for cooking.
2. Combine mayonnaise, mustard, vinegar, garlic and sugar in a small bowl; mix well then cover and refrigerate until time to serve.
3. Toss salad (lettuce, tomato, basil and onion in a large bowl then cover and refrigerate until time to serve.
4. Salt steak and pepper then place steak on grill. grill uncovered over medium heat for about 15 minutes or until desired doneness, turn once.
5. Carve steak: slice in half lengthwise then carve crosswise into thin slices.
6. Add steak to bowl with salad and toss well. Add the mayonnaise mixture and toss until well coated. Serve with additional pepper, parmesan or other cheeses if desired.

Enjoy!