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The 24-Hour Diet is HERE!

A New Discovery Revealed...

THE ANSWER to taming those fattening sweet carbohydrate cravings.

Hard to believe the holiday season is just around the corner. While I love the holidays, I dread the weight gain that accompanies my favorite time of the year. This year it will be different because Prof. Brian Peskin's much anticipated book, "The 24-Hour Diet, The No-Denial Strategy of Fabulous Food to Make You Lea-for-Life" has just been released.

All of us at YES are thrilled with Brian's latest work. In 230 pages Brian explains how to eat to be both healthy and lean for life.

Here's a sampling from "The 24-Hour Diet":

...(Excerpted from page 110) Just like we are being misled regarding the dangers of saturated fat, we are being misled about cholesterol

...(page 146) High protein and Osteoporosis: There is no connection...

(page 152) Eating carbohydrates-not proteins and fats-more often than three times a day makes you a diabetic time-bomb...

(page 211) "Red" meat does not promote cancer...

Along with the information as to how our bodies use the food we provide Brian also tells us how to conquer cravings along with some fabulous recipes that the whole family will love. As Dr. Della Pietra (one of Brian's many physician supporters) exclaimed, "physicians and patients around the world owe you a big thank you".

Thanks Brian, now pass me the Professor's wonderful chocolate pudding!

Order my new book *The 24-Hour Diet: The No-Denial Strategy of Fabulous Food to Make You Lean-for-Life* by calling 1-800-456-9941 or visiting:

www.24-hour-diet.com

Obesity does not have to be in your future. I have found new state-of-the-art science to make your weight loss goals easy to achieve. Here's what a docs and readers are saying:

“Physicians and patients around the world owe you a big thank you.”

-Angelo A. Della Pietra, M.D., D.O. (Family and Integrative Medicine)

“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.**

-David Sim, M.D., F.A.C.C., (Cardiologist)

“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)

“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

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

This Month's Low-Carb Recipe: Pork Tenderloin Medallions - Grilled

INGREDIENTS

1 Tablespoon garlic salt
1 Tablespoon dried basil leaves
1 tablespoon dried thyme leaves
1 1/2 teaspoon dried rosemary
1 1/2 teaspoon cracked black pepper
1 teaspoon paprika

12 pork tenderloin medallions (apx 1 lb)
2 Tablespoons Pepper and Herb rub

PREPARATION

1. To make the Rub, combine basil, salt, pepper, thyme paprika and rosemary in a small container or bag

and store in a cool, dry place. (Can be stored for up to 3 months).

2. Prepare barbecue for direct cooking. Sprinkle rub evenly over both sides of pork medallions and press lightly. Spray medallions with coconut or peanut oil for cooking.

3. Place pork on grid over coals that are medium hot. Grill uncovered for 4-5 minutes per side or until pork is no longer pink in the center.

4. Serve with steamed veggies.

Makes 4 servings.

Enjoy!