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THE PHYSICIAN'S CONCISE GUIDE TO:

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The Dangers of Carbohydrates



Dedicated to advancing and publicizing breakthrough discoveries in the health sciences

There is simply no one better in the 21st century at developing practical health-related solutions based on the world's leading medical and nutritional science. **"Science - Not opinion" is Brian's trademark.** When Brian is through explaining a topic it is "case closed!" When he says it, you "can take the information to the bank!"

Unlike most of his peers' recommendations, Brian's health and nutritional recommendations have stood the test of time. **Brian has never had to reverse or significantly alter any of his medical reports – reports that have tackled everything from the dangers of soy, to the wrongly popularized need for fiber in the diet, to his warning about the potential harm of supplementing with copious amounts of omega-3.** In 1995 he published the report "Fiber Fiction" and finally, eleven years later, others in research are acknowledging the silliness of recommending fiber in the diet of a human being. Brian's latest crusade is to warn of the dangers of excess omega-3 (in particular, fish oil) and how it will lead to increased cases of skin cancer. The list goes on and on...

Brian received an appointment as an Adjunct Professor at Texas Southern University in the Department of Pharmacy and Health Sciences (1998-1999). **The former president of the University said of his discoveries: "...His nutritional discoveries and practical applications through *Life-Systems Engineering* are unprecedented."** Brian earned his Bachelor of Science degree in Electrical Engineering from Massachusetts Institute of Technology (MIT) in 1979. Brian founded the field of *Life-Systems Engineering Science* in 1995. This field is defined as *The New Science of Maximizing Desired Results by Working Cooperatively with the Natural Processes of Living Systems*. To many, Brian is THE MOST TRUSTED AUTHORITY ON HEALTH AND NUTRITION IN THE WORLD.

Brian continues to be a featured guest on hundreds of radio and television shows both nationally and internationally. His sheer number of accomplishments during the last decade of the 20th century and into the 21st century are unprecedented and uniquely designate him as the #1 authority in the world of what really works and why. Forget listening to the popular press or most popular so-called health magazines. Their editors simply don't understand the complicated science that they write about - they merely "parrot" what everyone else says without independent scientific verification. Their recommendations often have no basis in reality of how the body works, based on its physiology.

Brian has dedicated his life to provide the truth - which is almost always opposite to what everyone says. Here's why Brian is the #1 man in America to listen to when it comes to your health.

The Dangers of Carbohydrates: There is No Such Thing as a “Good” Carbohydrate!

Understanding the damaging effects of carbohydrates is crucial to staying lean-for-life, energized and beautiful.

The information below is vital. Notice, unlike most nutritional reports, we ALWAYS include the source references so you can “see it for yourself,” WITHOUT opinion. The diabetes epidemic has demonstrated how easy it is to accept wrong information that leads to major health problems.

It is essential to understand: your body normally has only ONE teaspoon of sugar in the blood at any time. But each 5 grams of carbs, every 20 calories, you eat turns into 1 teaspoon of sugar that is dumped in your system! So it is extremely easy for you to overload your body with carbs in just one meal, and then stress your pancreas far beyond its intended limits (details below). Carbs are everywhere today and it is easy to unknowingly eat 60-70 teaspoons of sugar each and every day! We are asking for trouble (diabetes) when we do this. These are the facts and the corresponding references:

1. “Carbohydrate: General term for sugars and related compounds,…”
(Molecular Biology of the Cell, Bruce Alberts, et al., March, 1994.)

2. 99% of the pancreas is devoted to handling the digestion of fats and protein while only a mere 1% (a tiny fraction) of the pancreas is devoted to treating sugar.¹

1. Scientific Foundations of Biochemistry in Clinical Practice.

3. "Specific sugars are not required in the diet. Glucose can be synthesized from certain amino acids found in dietary protein."²

4. Resting blood glucose levels are kept at approximately 70 - 90 milligrams per deciliter (5 millimoles) - just a mere 1 teaspoon in the bloodstream or you are DIABETIC!³ On a high carbohydrate diet like our government, your physician and nutritionist recommended, we consume at least 60 teaspoons of sugar each day in a system designed to handle just 1 teaspoon of sugar in it!

5. You need almost no carbohydrate in your diet. "...almost all the normal energy requirements of the body can be provided by oxidation of the transported free fatty acid [your own body fat] without using any carbohydrates or proteins for energy."⁴

6. "No carbohydrate is required in the diet ... It has been shown experimentally that human beings can survive for months on a diet of meat and fats."⁵

7. Glucose (sugar from carbohydrates) causes diabetes!⁶

- "Our results underscore the importance of **tight glucose (sugar) control in limiting beta-cell [the 1% that treats the sugar] destruction**"

8. **Insulin levels will reach 10 - 25 times above normal to get rid of the excess glucose (sugar), and continue to stay elevated 2 to 3 hours after the time carbohydrates are eaten.**⁷

9. Each **twenty calories** [5 grams] **of carbohydrate** [whether complex or simple] is metabolically **equivalent to a teaspoon of sugar**. The body does NOT distinguish between different types of carbohydrates.⁸

2. *Basic Medical Biochemistry: A Clinical Approach*, pg. 24, 394.

3. *Basic Medical Biochemistry: A Clinical Approach* pg 483.

4. *Textbook of Medical Physiology*, page 866.

5. Phillip Bondy, M.D., Chairman, Department of Internal Medicine, Yale University.

6. *Diabetes* 2001; 50:1683-1690

7. *Textbook of Medical Physiology*, pg. 977.

8. *Textbook of Medical Physiology*, page 856.

10. Excess **carbohydrates** (more than a mere 4 ounces a day) **prevent the body from burning fat, and increase stored body fat.**⁹

11. New Diabetes Nutrition Guidelines **Play Down Importance of Carbohydrate:** Source: *Diabetes Care*, January 2002

- “...**De-emphasize** the importance of the **glycemic index** of foods.
- The source of the carbohydrates is not as important as the **total amount....**”

12. For every 10 pounds overweight you become, your risk of developing diabetes doubles during any 10-year period.¹⁰

13. **Complex carbs, increase the pancreas’ workload.**¹¹

14. The “**glycemic index**” is **worthless** and you are misled.¹²

15. Carbohydrates “**glycosylate**” (surround) the protein causing both premature oxidation and an unnatural “stickiness” at the cellular level, causing **increased cellulite and rough skin!**¹³

16. Women **eating lowest fat and most fiber had 20% less calcium retention.**¹⁴

17. **Carbohydrates RAISE LDL cholesterol levels.**¹⁵

9. *Textbook of Medical Physiology*, pgs. 869, 871, 936; *Basic Medical Biochemistry—A Clinical Approach*, pgs. 24, 394.

10. *Botton Line*, Dec. 15-1997. Source: David Williamson, PhD, Division of Diabetes Translation, Centers for Disease Control and Prevention (study based on 14,000 people).

11. Dutto, S.K. and Hlasko, J. (1985). Dietary fibre in pancreatic disease: effect of high fibre diet on fat mal absorption in pancreatic insufficiency and in vitro study of the interaction of dietary fibre with pancreatic enzymes.” *Amer J Clin Nutr*, 41, 517-525. and Moser, E. (1989). “Fibre types and their physiologic effects,” In *Dietary Fibre Chemical and Biological Aspects*, (ed. D.A. T. Southgate, K. Waldron, I.T. Johnson and G.R. Fenwick), pp.91-102. Royal Society of Chemistry, Special Publication No. 83.

12. ABC NEWS, March 6, 2006 and *The Hidden Story of Cancer*, pages 248-251.

13. *American Journal of Clinical Nutrition*, August 2000; 72, 466-471.

14. *American Journal of Clinical Nutrition*, 2000, 71: 466-471.

15. *Basic Medical Biochemistry*, pgs: 475, 566.

18. Last but certainly not least is the scientific fact that carbohydrates SLOW the body's metabolism - not "speed it up" as most "experts" claim. This is stated in *Textbook of Medical Physiology*. **Little energy is used to break down carbs because there is so little nutrition to breakdown with only 15% - 30% of its energy** required for their metabolism. The bulk of a carbohydrate's energy becomes FAT! Because they have so much more nutrition in them, proteins and natural fats require much more energy to metabolize them.

America's 50-year carbohydrate eating experiment, with no scientific basis, has been the **DIRECT CAUSE** of America's obesity and diabetes epidemic. Carbohydrates should, at most, be a modest part of your diet—**NEVER** comprising the majority of your diet. **CASE CLOSED!**
