



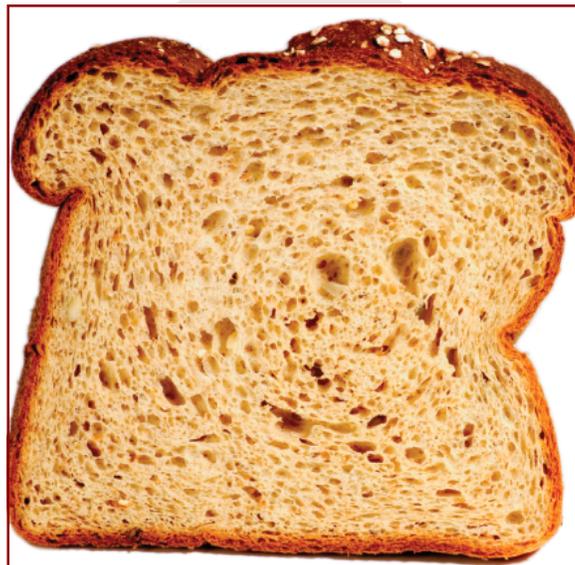
## THE PHYSICIAN'S CONCISE GUIDE TO:

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# Carbohydrate-Induced Exorphins: The Ultimate Low-Dose Opiate?

A report the bread, cereal, and milk companies will never want you to see!

*"Quite possibly the most amazing article you will ever read."*



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**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.

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# Carbohydrate-Induced “Exorphins”: The Ultimate Low-Dose Opiate?

What you are about to read will amaze you. This startling information has been known since 1979 and published in the medical journals, but it has not been published by the popular health press. Today, bread and cereal companies and milk producers go to great lengths to ensure that you do not get this information.

It is a biochemical **FACT** that digestion of certain dietary proteins, including casein from **milk** and gluten from **wheat**—both foods significant sources of carbohydrates—**produce opiate-like substances and activities** in cell receptors!<sup>1</sup> These substances are called “**exorphins.**” The *Journal of the American Medical Association* wrote of this effect in 1982.<sup>2</sup>

Most common **drugs of addiction** are either opioid, such as heroin and morphine, or dopaminergic, such as cocaine and amphetamine. They “work” by activating “reward” centers in the brain. The question one must ask is whether cereal and milk are also chemically rewarding. Have the reams of articles published on carbohydrate addiction all missed this most important point? Have you not been given the “full story?” Have humans become **physically addicted** to these foods?

It appears to be true. Eating cereal foods, bread and milk in the normal amounts suggested by our government and your physician activates the reward center of your brain via exorphin production. The effects of eating these foods are qualitatively the same as those produced by opioid and/or dopaminergic drugs. Of course, the dosage obtained via food is less than a drug dosage. But when you add up the cumulative amount of exorphins released during multiple carbohydrate-based meals each and every day over most of one’s lifetime, the total “dosage” skyrockets. (Note, however, that even though fruits and vegetables may contain significant amounts of carbohydrates, eating them doesn’t cause the production of exorphins that trigger this opioid effect – only grains and milk do.)

Given the fact that during this half-century many infants and children have been raised on a high grain, milk, and other carbohydrate-based diet,

1 Zioudrou C, et. al, “Opioid peptides derived from food proteins: the exorphins” *Journal of Biological Chemistry*, 1979, 254:2446-2449.

2 “Food Peptides—A New Class of Hormones?” *Journal of the American Medical Association*, May 7, 1982, Vol. 247, No. 17, pages 2379-2380.

the implications are staggering. Could this explain in whole or in part why so many people today are apathetic and tolerant of things that they shouldn't stand for (such as violence and crime)? Could this explain why there is so little motivation in people today—especially in so many of our young? Do your children frequently appear to be in a state similar to a drug-induced stupor, and you can't explain why they don't care about schoolwork or their job?

An interesting hypothesis presents itself. Is the only real reason that we eat cereal and drink milk so avidly due to their exorphin-induced (anesthetizing) effects?

## More on Milk

Because milk is almost universally promoted to be “healthy” by the food and medical industries, you deserve to finally hear the other side of the story about it. Following are descriptions of **four scientific articles** that discussed the **negative impact of opioids in milk**. Contrary to popular opinion and your nutritionist's recommendations, milk is anything but a healthful food.

An article published in 1986 in the *FEBS Letter*<sup>3</sup> in February, 1986, by H. Meisel, discusses how this opioid substance was actually isolated in vivo (in the body) for the first time. It was known before 1986 that this would be accomplished, but this experiment actually proved the existence of the exorphin in the body. The fact that digestion of milk produces this exorphin had actually been known previously in 1983 and was discussed in an article titled “Opioid activities and structures of alpha-casein-derived exorphins.”<sup>4</sup>

In 1991, the journal *Endocrinological Regulation*<sup>5</sup> published an article by H. Teschemacher and G. Koch titled “Opioids in milk.” It stated that various **opioid-receptor substances were found**; including the one for **morphine**.

Then, in 1997, six years after the previous article, the authors again discussed this subject in the medical publication *Biopolymers*, with an article titled, “Milk protein-derived opioid receptor ligands.”<sup>6</sup>In this article, H.

3 “Chemical characterization and opioid activity of an exorphin isolated from in vivo digests of casein,” by H. Meisel, *FEBS Letter* 196(2) (17 Feb 1986): 223-7.

4 “Opioid activities and structures of alpha-casein-derived exorphins,” *Biochemistry* 22(19) (13 Sep 1983): 4567-73.

5 “Opioids in milk,” by H. Teschemacher and G. Koch, *Endocrinological Regulation* 25(3) (Sep 1991): 147-150.

6 “Milk protein-derived opioid receptor ligands,” by H. Teschemacher, G. Koch, and V. Brantl, *Biopolymers* 43(2) (1997): 99-117.

Teschemacher, G. Koch, and V. Brantl again discussed the opioid-like effects of milk proteins.

Nutritionally, neither grains (Recall what their harmful phytates do. They **rob your body of precious minerals**.) nor milk provide much food value to balance out their excessive carbohydrate content. But drinking milk can be detrimental to health in many other ways:

1. Commercial milk is made more harmful through its unnatural homogenization process. This allows the enzyme *xanthine oxidase* (XO) to bypass digestion and unnaturally enter the bloodstream. There, it **acts in “battery acid” fashion to burn** the interior of your arteries and allow premature clotting through atherosclerosis—thickening of the artery, and even arteriosclerosis—clogging of the artery. See #4 below, too.

2. Quite contrary to what everyone has been told for years, cow’s milk has a **protein/fat ratio that is the reverse** of that in human mother’s milk, making it harmful, rather than healthful, for babies.

3. Non-organically produced milk contains **significant amounts of estrogen residues** which artificially raise women’s blood estrogen levels and harm men’s hormonal balance.

4. Finally, your body **creates significant numbers of antibodies** against milk protein, especially casein. These are known to cause heart disease by encouraging blood **platelets to stick** together. They also **inflamm**e the delicate arterial wall.

### Warning to bodybuilders and others using “powdered protein”:

Beware! Many of these products use casein. In addition to the harm of the exorphins, they present another concern: any powdered food will cause your digestive system to become lazy, giving you severe digestive problems in your later years. Therefore we don’t recommend the use of any powdered “food.” Always eat real food in its original form, regardless of how great the manufacturers claim their powder formulation is. The only reason for the “powdered food” was to remove its naturally occurring fat. As other reports in this series will explain, natural fat is healthy, and contrary to popular belief does not cause arteriosclerosis

Based on the above facts and scientific documentation, we conclude that you should not be drinking very much milk. (However, cream and half-and-half are fine because they are mainly composed of fat and contain few of the milk proteins. Also, to minimize possible estrogen residues, seek organic sources of these products.)

## The Great 50-Year Carbohydrate Eating Experiment

Carbohydrates have been the staple food of a great part of the U.S. population for the almost five decades during the “*great 50-year carbohydrate eating experiment*” that was foisted off on the population by the government, medical and agri-business establishments in the mid-fifties.

The facts are clear concerning this *experiment*, which made the American public into ill-fated guinea pigs! The longer that fats and proteins have been replaced by carbohydrates, the more America’s health has continued to decline. This awful progression started in 1955 and lasted until 2002, when higher protein/higher fat diets such as the one Robert Atkins’ promoted again began coming to the attention of consumers. We had close to 50 years of non-science-based nonsense! The results of carbohydrate-based diets have been so awful that our country would sooner or later be bankrupted by universal ill-health (especially the post-1955 newly created epidemics of obesity and diabetes) if something were not changed. You need to know that pre-1940 there were no type II diabetics. Today, because of this *experiment*, type II diabetes has become the number 1 rampant epidemic in the world.

Could there be an additional factor, aside from supposedly better health, that has caused people to so easily give up the natural proteins and fats that taste so delicious in cheeses, butter, steak, hamburger, eggs, poultry and fish, and replace them with cereal, milk, and breads? **Yes—it was the chemically induced opiate response.**

Thank goodness mass logic has finally taken over from mass exorphin dependence. Widespread exhaustion and massive obesity have finally reached their critical limits, and something had to change. Thank goodness public awareness is finally changing.

The bottom line is this: along with the dangerous insulin response accompanying carbohydrate reliance (described in other reports in this series), you now have another significant reason to minimize milk, cereal and grain consumption—avoidance of this insidious chemically induced opiate response.