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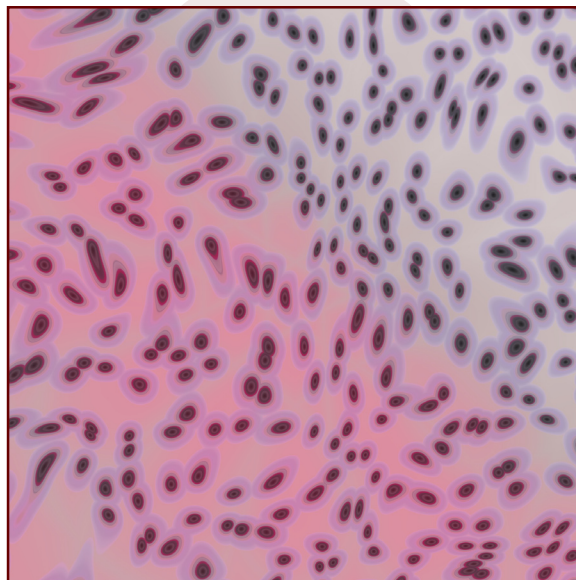
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## THE PHYSICIAN'S CONCISE GUIDE TO:

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# What Cancer Is

*Cancer is not a foreign invader, it is a defense mechanism for survival. This report will explain this biological fact.*



*Dedicated to advancing and publicizing the science and discoveries of Prof. Brian Peskin.*

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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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## Cancer: A Complete Overview with PEOs to the Rescue ...

While discussing the evils of cancer with a colleague, I realized how to simply explain what cancer really is. It is *not an invader* to our bodies like a virus or bacterial infection. It is *not a genetic distortion* determined to kill us. It is *not an evil genius malcontent* buried deep within us waiting to strike its' unexpected host. Cancer is none of these things.

Cancer is evolution in its simplest, most elegant form. It is the body, at the cellular level, attempting to survive. Surprisingly, it's that simple.

Over 80 years ago, Nobel Prize-winner Otto Warburg, MD, PhD, proved that a 35% reduction in oxygen caused any cell to either die or turn cancerous. American experiments from 1953 to 1955 confirmed the result. We all know that heart attacks can come from lack of oxygen. Well, so does cancer. You need to know this. You also need to know that cells get most of their energy by using oxygen (respiration) compared to utilizing energy without oxygen (fermentation) – a reaction of the *lowest simplest form*. With an oxygen deficiency, cells that can't obtain enough energy through fermentation perish. The remaining cells exhibit their will to survive; these are the ones that don't die from the oxygen deficiency – the cells that *can run without oxygen* stay alive, but there is a huge price to be paid; lack of cellular intelligence.

Through evolution or intelligent design (it's your call and makes no difference to this deduction), our cells are fulfilling their primary mission which is to stay alive and reproduce themselves. This takes place on all levels for all living things, and in the case of oxygen deficiency cells are struggling to survive in a hostile environment of our own making. That's right; we unknowingly have forced our own cells to become cancerous.

And it gets worse since you won't take corrective measures because you'll never feel the cancer growing within you. Once it shows up in lab tests you've been hosting the cancer cells for years.

Nature has given every cell the potential to survive without oxygen. If that potential is not developed enough, then the cell will die when the oxygen drops below the 35% threshold. If no cells could run without oxygen you would die with no possible chance of future survival by solving the problem.

A cancer cell can stay alive (without growing) with just 20% of a normal cell's energy. Unable to use lots of oxygen efficiently for energy, cancer cells simply can't get enough energy when forced to use an alternative, but inefficient energy source, fermentation. Chronic deficiency of oxygen damages the mitochondria (energy producers) of the cell and the cell, if it can, reverts to the ancient energy source of fermentation of sugar. One major problem is that this method is very inefficient.

Yet, Nature, in her wisdom, gave us an opportunity to fix this problem. Understand, full-blown cancer takes years to develop. Yes, years. The cells that can run on fermentation *without oxygen* become more prevalent (because the others die). These cells live, but the *price paid for lack of oxygen is lack of intelligence*. The cell has the "intelligence of dumb yeast." Cancer is not the uber intelligent entity as many clueless researchers portray; instead, it is the "idiot cell" that can survive but do little more than reproduce more "idiot cells".

We have already covered why cancer develops with no genetic cause needed (*The Hidden Story of Cancer* details this molecular biochemistry). But it is easy to see how earnest, well-intentioned researchers went down the genetic path by mistake. They understood that cancer comes from within our own bodies. However, it is *not a foreign invader*, it is a defense mechanism for survival. Instead, cancer researchers see our bodies' cells, for some unknown reason, getting a (genetically somehow pre-programmed) signal to "turn on itself." This is where they made their mistake: The body is not turning on itself; instead, it is struggling to survive in the only way it can. The cells that can, will survive using fermentation and the remaining cells unable to use sugar as fuel to survive and reproduce will perish. Again, it isn't a genetic message, but simply our bodies sending an SOS that we are sinking ourselves. Looking in the wrong place for decades is why cancer researchers have made trivial progress compared to 30 years ago when compared to other fields like computers. I couldn't resist the following illustration because it makes the point so well ...



What a sad state of affairs. With all the money, time, and brain power dedicated to solving the cancer curse; INSTEAD of finding the solution the “experts” resemble little children on a merry-go-round. They go round and round in a fantasy world and end up in the same place where they started.... Regardless of their failures

***The great news is that it has been proven that these pre-cancerous cells can be kept in check so they either stay benign or are killed if the oxygen returns.***

How can we become oxygen deficient at the cellular level? Simple: adulterated fats from the food processing industry in your supermarket’s cooking oil section. These adulterated oils have long shelf-life but have lost their oxygenation ability. They started out containing the functional, oxygen-transferring PEOs (Parent Essential Oils), but they were ruined in the processing. We are giving ourselves cancer by eating common, everyday processed foods. Transfats are only the “tip of the iceberg” used by food processors to obtain long shelf-life.

## Why are Cancers so Resistant to Treatment Once They Return Years Later?

Oncologists will tell you that if cancer returns then chemotherapy often won't work again. It fails. The cancer will "outsmart it." Never forget that cancer isn't foreign like a viral or bacterial invader. Therefore, there is nothing to "outsmart." The reason for the returning cancer's virulence requires understanding:

1. All cells can ferment to a lesser or greater extent. All cells respire; utilizing oxygen for energy. This cellular capability to ferment existed from the beginning of time when life existed without oxygen.
2. Chemo and radiation kill cells, both respiring (normal ones), and cancerous (fermenting) ones. If respiration falls below a specific minimum, even for a cancer cell, it will die. Normal cells survive better because they start with a better respiration so they have better residual respiration after chemo/ radiation treatments.
3. However, during the latency period (the time where fermentation takes the place of the ruined respiration causing full-blown cancer), the surviving descendents of the normal cells compensate for the decreased respiration with increased fermentation capability. Therefore, the cells that live and haven't been killed are NOW prime candidates for a continued oxygen deficient environment. Lack of oxygen won't kill these cells because they thrive in a de-oxygenated environment. Therefore, they can easily become fully cancerous; they possess the EXACT CONDITIONS needed (high fermenting cellular capability bred through "treatment") to cause more cancer in the future. The chemo and radiation will be much less effective this time around because we have created (through "treatment") a more efficient cell that can better utilize fermentation with decreased respiration capability; i.e. cancer.

Remember, our cells are trying to stay alive, but they can't get the necessary oxygen for respiration. In its absence, they run on sugar (carbohydrates), the energy source for fermentation. Cancer is the cells last ditch effort to survive, *giving us the opportunity to remedy the oxygen deficiency if you know how*. There you have it, we are killing ourselves. Scary, isn't it?