



C.I.I.M.S.

CAMBRIDGE INTERNATIONAL INSTITUTE FOR MEDICAL SCIENCE

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## THE PHYSICIAN'S CONCISE GUIDE TO:

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# The "Secret" Calculation



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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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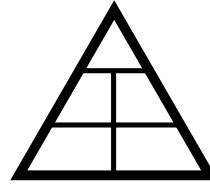
# The "Secret" Calculation $- \% \times / + <$ *that no one wants you to know.*

Time and time again we're asked, "Isn't that a lot of fat and protein that low-carbohydrate programs allow?" This is the **wrong question**.

The **proper question** to ask is, "How many teaspoons of sugar do the food pyramid and the high-carbohydrate proponents tell you to eat?"

You probably won't believe the answer.

- ① Calories you are told to eat per day:  
(Note: many people eat more)



2,000  
calories

- ② Calories from carbohydrates you are often told to eat:

1,200  
carbohydrate calories  
(60% of 2,000)

Basic Biochemistry tells us that:  
**Carbohydrates = Sugar**  
(Note: This is scientific fact and is not open to discussion or opinion.)

Every 20 calories from carbohydrates equals one teaspoon of sugar.  
(Note: Every gram of carbohydrate is 4 calories and there are 5 grams per teaspoon of sugar.)

- ③ Therefore, 1,200 carbohydrate calories (what we are being told to eat) divided by 20 (the number of carbohydrate calories that make one teaspoon of sugar):

60  
teaspoons  
per day

To treat the sugar, so you won't die, your body is forced to produce **insulin**. Insulin is defined in medical textbooks as a **fat-storage hormone!** Insulin spurts make you hungry! It's no wonder that people on a high-carbohydrate diet can't break the eat-crave-eat-crave cycle!

Would you ever consciously choose to eat **60 teaspoons** of sugar a day, every day? Or even 20 teaspoons of sugar three times a day? Would you ever say that such a diet sounds "*healthy*"? **Of course not!**

So, instead of questioning the fat and protein, you need to question the carbohydrates and sugar. Contrary to carbohydrates (which your body can make on its own), **natural fat and proteins are essential** (because your body can't make them).

### A Low Carbohydrate Diet is NOT Low Calorie

“Low carb” eating actually contains MANY MORE CALORIES!

You may have heard the opinion that a low carb diet works because it's also low calorie. Nothing can be further from the truth. Below is a list of low fat foods and low carb replacements. Check out the total calories at the bottom! Remember that every 5 grams of carbs equals 1 teaspoon of sugar. By this you'll see that it's the sugar that counts, not the calories. If it were due to calories, no one could possibly lose any weight on a low carb diet.

LOW FAT LIST	SIZE	CALORIES	CARBS	LOW CARB LIST	SIZE	CALORIES	CARBS
Low Fat Milk	8oz	120	14	Heavy Cream	4oz	200	0
No Fat Yogurt	8oz	140	18	Full Fat Plain Yogurt	8oz	170	12
Low Fat Margarine	1Tbs	50	0	Butter	1Tbs	100	0
Tofu (soft)	3oz	45	4	Steak (not lean)	3oz	250	0
Miso	5oz	280	39	Chicken (w/ skin)	leg/thigh	265	0
Tempeh	3oz	170	14	Pork (not lean)	3oz	250	0
Rice Cake (plain)	1	35	8	Bacon (not lean)	12g	60	0
Egg Substitute	¼ cup	30	1	Eggs (large)	2	140	0
Lt. American Cheese	1oz	70	1	Full Fat Cheese	1oz	110	0
Low Fat Cottage Cheese	1oz	20	1	Reg. Cottage Cheese	1oz	30	1
Lite Cream Cheese	1oz	70	2	Whole Cream Cheese	1oz	100	1
Low Fat Ranch	2Tbs	90	3	Mayonnaise	2Tbs	200	0
Bran Flakes	1oz	90	21	Scrambled Eggs	2Lg	140	0
Low Fat Potato Chips	1oz	110	23	Mixed Nuts	1oz	170	6
Low Fat Ice Cream	3oz	90	17	*Home Made Ice Cream	3oz	150	5
Baked Potato (plain)	Med	145	30	Baked Potato (plain)	half	73	15
Beans (starchy)	1oz	35	7	Green Beans	1oz	10	2
Corn	1.5oz	35	7	Spinach (cooked)	3oz	20	4
Totals		1,625	210			2,438	46

**Note:** The “Low-Carb” plan has 813 more calories per day (5,000+ MORE CALORIES PER WEEK) but only 22% of the carbohydrates.

It is the lack of carbohydrates that gives the weight loss. How can they have been so wrong for so long?

**Nutrition:** A low calorie diet lacks greatly in essential nutrients. A low carbohydrate diet (higher in fat and B vitamins) provides more of these essential nutrients. The consumption of important natural fats (including Saturated fats) is vital for optimal health. The altered, processed, and artificial fats (*transfats*) pervading a low calorie diet are extremely dangerous to your health. They deprive your body of important nutrients which will hasten degenerative health and lower disease protection. These artificial fats, along with artificial sweeteners, and highly processed foods can actually create a disease state “welcoming” cancer, heart disease, diabetes, and more!

Vegetables do not provide the vitamins and minerals we need to be healthy because these nutrients are locked in the cellulose (plant fiber), which is not digestible by humans. Cellulose is food for a cow or a pig. Cellulose is technically termed a phytate in the medical biochemistry textbooks. Phytates are dangerous because they deplete essential minerals, but this truth doesn't often get told. We are designed by Mother Nature to get our minerals (and many of our vitamins – especially the B vitamins) from the animal that ate the plant. A typical low carb diet contains only a small serving (or 2) a day of low carb vegetables. Cutting out starchy vegetables that contain high levels of carbohydrates will eliminate some calories, but greatly reduce sugar intake as well. It is important to remember that calorie-filled natural fats are encouraged when eating low carb. This is precisely why a low carb diet is not low calorie as the chart clearly shows!

*\*The **Home Made Ice Cream** recipe consists of heavy whipping cream, vanilla, 1 teaspoon of sugar per 3oz serving and Stevia to enhance the sugar's sweetness. The amount of Stevia added depends on your own personal taste. If fruit, chocolate or other flavor is added, the calorie and carb count will need to be adjusted.*