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THE PHYSICIAN'S CONCISE GUIDE TO:

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

Brian Scott Peskin, B.S.E.E., *Founder: Life-Systems* Engineering Science

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

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.

Cancer: A Complete Overview with PEOs to the Rescue …

Brian Scott Peskin, B.S.E.E., Founder: Life-Systems Engineering Science

While discussing the evils of cancer with a colleague, I realized how to simply explain what cancer really is. First let me state what it is not. It is *not an invader* in 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 unsuspecting host. Cancer is none of these things.

Cancer is the body, at the cellular level, attempting to survive by reverting to a primitive survival mechanism. Surprisingly, it's that simple.

Over 80 years ago, Nobel Prize-winner Otto Warburg, M.D., Ph.D., 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 stem from lack of oxygen. Well, so does cancer. You need to know this. You also need to know that most normal, healthy cells get most of their energy by using oxygen in a process called "respiration." This can be contrasted with the way cells utilize energy *without* sufficient oxygen, called "fermentation." Fermentation of sugar provides a way for cells to keep going even in the presence of partial oxygen deprivation. In the presence of oxygen deficiency, cells that can't obtain enough energy through fermentation perish. But the cells which succeed in utilizing fermentation exhibit their innate will to survive; these are the ones that don't die from the oxygen deficiency.

As directed by Nature, in using this alternative source of energy, our cells are fulfilling their primary mission, which is to stay alive and reproduce. 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 humans' own making. That's right; we unknowingly have forced our own cells to become cancerous.

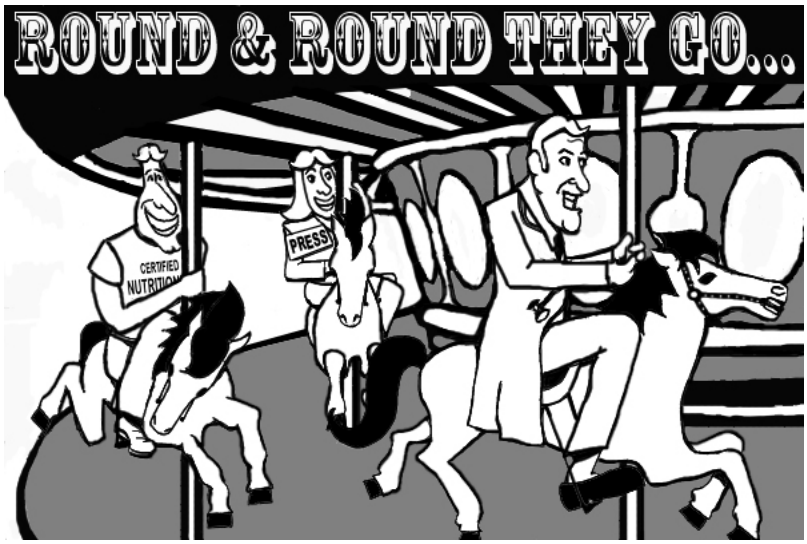
After it begins, the disease worsens, since most humans hosting it never feel the cancer growing and so we don't take corrective measures. Once it shows up in lab tests, you've been hosting the cancer cells for years.

Nature has given every cell the potential to survive without oxygen, through fermentation. If that potential is not developed enough, then the cell will die when the oxygen drops below the 35% threshold. If none of our cells could run without oxygen, they would die immediately with no possible chance of future survival. Chronic deficiency of oxygen damages the mitochondria (energy producers) of the cell so the cell, if it can, reverts to the ancient energy source of fermentation of sugar. A cancer cell running on fermentation can stay alive (without growing) with just 20% of a normal cell's energy.

But one major problem is that this method is very inefficient. The cells that *can run on fermentation without oxygen* stay alive and become more prevalent as the other cells die. But there is a huge price to be paid: lack of cellular intelligence—these cells have the intelligence of "dumb yeast." Cancer is not an "ultra intelligent" entity, as many misled researchers portray; instead, it is the "idiot cell" that can survive but do little more than reproduce more "idiot cells." So these cells lose their differentiation as functional parts of the body and spread as useless masses of tissue, eventually interfering with and shutting down the body's functions if nothing is done to prevent it.

The book, *The Hidden Story of Cancer* details the molecular biochemistry of why cancer develops and shows that no genetic cause need be found. We have described above how cancer is *not a foreign invader*, but is rather a primitive defense mechanism for survival. 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. But they viewed our bodies' cells as being somehow genetically programmed to "turn on themselves." This is where they make 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, if 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 direction for decades is why cancer researchers have made trivial progress over the last 30 years in comparison with other fields like computer science and physics. I couldn't resist the following illustration because it makes the point so well …



It is a sad state of affairs. With all the money, time, and brain power dedicated to going down wrong research paths INSTEAD of finding a practical, usable solution to cancer and its prevention, 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.

Surprise: Cancer is a Systemic Problem, Not a Local One!

Many physicians think that cancer is a localized issue, meaning only the affected tissue is the problem because the genes are ruined there. This is incorrect. Cancer is not and has never been genetic in origin. What is correct is that the cancerous tissue is the MOST OXYGEN DEPRIVED TISSUE; that's why that particular tissue became cancerous. However, you've got much more to worry about than only the one cancerous area. Many tissues are oxygen deprived along with the cancerous ones. I'd like to acknowledge Homer Macapintac, M.D., chair and professor of nuclear medicine at The University of Texas M.D. Anderson Cancer Center for stating this truth: [1]

"Breast cancer is not a local problem. It is a ***systemic [whole body] disease***."

1 "PET/CT Brings New Hope To Patients With Deadly Form of Breast Cancer," *Medical News Today*, Nov. 28, 2007.

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 these points:

1. All cells respire, utilizing oxygen for energy. All cells can also ferment to a lesser or greater extent. This cellular capability to ferment existed from the beginning of time when life existed without oxygen.

2. Chemotherapy and radiation kill cells, both respiring (normal) ones, and cancerous (fermenting) ones. If respiration (oxygen transfer) falls below a specific minimum, even for a cancer cell, it will die. Normal cells survive chemo and radiation better than cancer cells, because they start with a better respiration; therefore they have better residual respiration after chemo/ radiation treatments.

3. However, during cancer's latency period (the time where fermentation takes the place of the cells' 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. (And when cancer patients consume carbohydrates, they are feeding the cancer.)

How Do We Become Oxygen Deficient?

How do we become oxygen deficient at the cellular level? Simple: through eating adulterated oils and fats from the food processing industry and from your supermarket's cooking oil section. These adulterated oils have a long shelf-life but have lost their oxygenation ability. They started out containing the functional, vitally needed oxygen-transferring PEOs (**P**arent **E**ssential **O**ils), but they were ruined by processing and refining. Your body can't make them on its own; they MUST come from food. *We are giving ourselves cancer by eating common, everyday processed foods!* Transfats are only the "tip of the iceberg" of the methods used by food processors to obtain long shelf-life and ruin the oxygenation capability of fats.

Solving Oxygen Deficiency

Yet Nature, in her wisdom, has also provided us with an opportunity to fix this problem. Because full-blown cancer takes years to develop, *we have the opportunity to remedy the cells' oxygen deficiency*. 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 as a result of the *re-supply of cellular oxygen through sufficient amounts and proper ratio of PEOs*.