



\$37.00

# "The S.A.D. Truth about High Protein Diets"

[www.waynepickering.com](http://www.waynepickering.com)

**Special Report #1**

# Contact Information

**Published by:**

The Center for Nutrition  
1 Glowing Health Way  
Box 26-3030  
Daytona Beach, FL 32126  
Phone: (386) 441-4487  
Fax: (772) 382-8487  
Email: [mangoman@waynepickering.com](mailto:mangoman@waynepickering.com)  
Web site: <http://www.waynepickering.com>

Copyright © 2003 by The Center for Nutrition. All rights reserved.

## Legal Notice

If you obtained this report through any source but a purchase from <http://www.waynepickering.com>, you have purchased a pirated copy. Please contact [mangoman@waynepickering.com](mailto:mangoman@waynepickering.com) to let us know where you got it.

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, or transmitted by email, without permission in writing from the publisher.

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein.

This publication is not intended for use as a source of any advice such as legal, medical, or accounting. The Publisher wants to stress that the information contained herein may be subject to varying international, federal, state and/or local laws or regulations. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, including international, federal, state and local, governing professional licensing, business practices, advertising and all other aspects of doing business in the US, Canada or any other jurisdiction is the sole responsibility of the purchaser or reader. Neither the author nor the Publisher assume any responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials.

Any perceived slight of specific people or organization is unintentional.

## "The S.A.D. Truth about High Protein Diets"

In this 59-page Special Report you will learn from 5 key leaders in the field of nutrition and is a once in a lifetime, truly, a once in a lifetime chance, to eliminate once and for all, the mass confusion about dieting. This is the actual transcripts from the Tele-seminar where Wayne "The Mango Man" Pickering interviewed his 4 very special guests:

- Jeff Norvick, R.D., the Director of Nutrition at the world-renowned Pritikin Longevity Center on Miami Beach, Florida.
- Dr. Douglas Graham, D.C., who currently serves as a nutrition advisor to the magazine Exercise for Men Only.
- Dr. Michael Klaper, M.D., advisor to the NASA project on nutrition for long-term space colonists on the moon and on Mars.
- Dr. Frank Sabatino, Ph.D., D.C., who has been a part of landmark research in nutrition and aging and has published numerous articles on clinical nutrition, brain chemistry, women's hormones, and aging.

which will educate you on:

1. The S.A.D. Truth of "High Protein Diets"
2. Why do people lose weight on this program?
3. Does Insulin Resistance really elevate Blood sugars, insulin, tri-glycerides, blood pressure, excess body wt. and if not, what does?
4. Why do these diets appear to work in regard to weight loss and lowered cholesterol but really don't?
5. Why can't we learn the truth about proper eating in our schools?
6. What role does nutrition play with disease anyway? Does it cure?
7. The solution for Heart Disease, the #1 killer of men and woman in our country?
8. If there is a negative impact of "High Protein Diets" on Bone Density?
9. Can this diet promote Prostate Enlargement and Cancer in men?
10. What is the relationship, if any, of this diet to healthy aging and quality of life?

You haven't failed at dieting, dieting has failed you! Sometimes the diets and fads that we get into to lose weight or for whatever health reason is really worse than the excess weight itself.

Diets are something you start and finish and Diet is a 4-letter word. When you read this special report you will have finally eliminated the mass confusion about good sound nutrition and will be your best guarantee of living to a healthy ripe-old age free of diet related diseases!

---

---

About **Wayne “The Mango Man” Pickering, N.D., Sc.M.**  
“THE AMBASSADOR for HEALTH” CEO of The Center for Nutrition in  
Daytona Beach, Florida which is the Greatest Source of Information on how to  
EAT MORE and WEIGH LESS in 30 days...GUARANTEED!  
[www.waynepickering.com](http://www.waynepickering.com)

Comment: vbnvjhfgjfhjfhj

- Nutritional Performance Coach, Life Management Consultant & Disease Prevention Specialist.
- International Professional Speaker who has spoken in five countries and has shown thousands how to enjoy life totally free of health problems caused by poor eating habits.
- His prognosis was death at age 30. Now, at 55 years young, Dr. Wayne is an award winning Triathlete and a double nominee for the Healthy American Fitness Leader Award.
- As a licensed Florida Nutrition Counselor, he improves human performance by sharing eight ways to eliminate burnout and create harmony between business and personal life.
- His programs are approved for continuing education credits by the Florida and Alabama State Boards of Pharmacy and most recently by the Florida Board of Dentistry.
- His purpose is teaching people how to be the Healthiest Person **on** the Planet and not the Wealthiest Person **in** the Grave with 9 easy steps that focus on Nutrition and a basic philosophy, “If you want to be tough, you have to eat good stuff!”
- He is the founder of the Daytona Beach based **Center for Nutrition & Life Management, Inc.** He’s an amazing man with an awesome story. **Give him a minute and he’ll give you a lifetime.**

**Wayne Pickering's Health Tele-Seminar**  
**“The S.A.D. Truth About**  
**HIGH PROTEIN DIETS”**

Guests

Jeff Novick, R.D.

Douglas Graham, D.C.

Michael Klaper, M.D.

Frank Sabatino, Ph.D., D.C.

WP: I want to welcome everybody to the show and this is the second in a series of health tele-seminars and we have entitled it “Is Your Diet a Riot?” And what we are going to try to do tonight is to give you enough nutritional information that will help keep you energized to the max, and keep you free of all of those diet-related diseases, help the weight management in your life, make it better, make it easier, help to improve your sleep at night, so, as I say, so you can feel fit, focused, and fabulous after forty.

Now, I wrote an article “The Benefits of a Healthcare Programs for Corporate America.” Why all the hype about diet? Well, there were three inserts that I put in here from the dietary goals for the United States by the U.S. Senate Committee on Nutrition and Human Needs. They say that the five major killers in our country are all diet related. You take them one right down to the bottom, one, two, three, four, five. Heart disease heads the list. Cancer, stroke, diabetes, and obesity. Now, obesity in this country kills 300,000 people a year! So, they were saying that these are all diet related.

Now, Dr. Charles Mayo of the MAYO Clinic, says, “If we will get the food down,” he says, “normal resistance to disease is directly dependent upon adequate food.” And there is one other one here, Dr. Bernard Heale. He is the Director of the National Health Institute, or Institute of Health, which includes the National Cancer Institute. He points out that two-thirds of all the deaths in the United States are directly related to life-style choices, including what we eat, and he says that if will eat more fruit and vegetables, it is an astounding and simple and pleasant way of decreasing our risk of heart disease and cancer. So, why all the hype about diet and nutrition? I don't want to be dying of all these diseases! Do you realize, that right now, there is nothing to support, everybody, that we are here in

this world to be either sick, fat, miserable or broke? I want to throw this in about being broke. I love what Reverend Ike had to say one time. He said, “The best thing you can do for the poor is not be one of them!”

Michelle: (Laughter) I’ll have to remember that!

WP: So, now that we got the financial part out of the way, let’s take a look about the health side of our lives. There are three things that I think are very significant when I view health. First of all, we don’t catch disease. That’s one of the greatest lessons I have learned in this business. We don’t catch disease, we earn it. And it stems from crud in the blood, from being drunk with junk. Here is the second portion of that three-fold lesson—that we are all healthy automatically by design and sick only by default. And the third one, of course, is we only get well by what comes out of us; never by what we continue to put into us.

I was listening to the great American debate. Did anybody hear that by the way? By the USDA, they put that out. Dr. Klaper, did you see that?

Dr. K: No, I did not.

WP: I have a video of that, that Dr. Adena out in California sent me here. I got it yesterday and I was amazed! The difference in all of the attitudes from the Atkins all the way into Dr. Ornish and everybody in-between ...

Michelle: I did see that.

WP: Did you? Bernie Seals, was it? Then you’ve got Dr. McDougal. And it went from Atkins all the way down to Dean Ornish. I gotta tell you the difference in the appearance of these people went from the bottom all the way to the top. When they got to Dean Ornish, his mind was clear. Boy, Atkins ...well, we’re going to talk about that all here later on.

Okay. Now, let me welcome everybody here first of all. And if you want, at any time, you want to applaud (tone sounds), hit your button there a little bit. So I want to welcome everybody (tone sounds). And I have asked a dear friend of mine who actually has instigated and encouraged me, along with Tom Antion out of Washington, D.C., to put these tele-seminars together, where we can put them right into your home no matter where you are in the country. And what is so good about them is that they are all interactive. If you need a question from anyone of the guests (tone sound), hit the button and we’ll get to that question.

But I've asked Judy Sabah ... she is a fellow colleague, of course. She's a professional speaker, coach, and trainer. She hails to us from Denver, Colorado. I have had her come down and speak at the National Speakers Association's Florida chapters a couple of times, and she is a jewel! What I have asked her to do tonight, if she would, if she could kind of facilitate what's going on. There is a lot of people on the show tonight, lots from everywhere! If you could, Judy, if you could kind of just lay a little ground rule, if you will, so that we can kind of keep everything running smooth. Ahh, welcome, everybody, Judy Sabah from Denver (tone sounds).

JS: What a great standing ovation!

(Laughter)

WP: As they sit in their chairs!

JS: Thanks, Wayne. One of the major things that you need to be aware of is any distraction that will take away from the good information that we'll be getting from the people on the call this evening, so that's what I'll be addressing. If you have call waiting on your telephone, and you did not disable it before you came on the call, I would encourage you to get off the call and put in Star 7-0 before you dial the number to get into the call. That way you'll have your call waiting disabled and we won't hear any beeps on the line from any calls you might get. If you happen to be in your office and you have music on hold, as part of what goes on in your office, I would ask you to disable that, as well.

Michelle: Give me that ... Star ...

JS: Star 7-0.

Michelle: For disabling the call ....

JS: Call waiting.

Michelle: Yeah, I think I'll ... Do I just do it and then come back on again?

WP: Yes.

JS: And if you want to just wait a moment until I go over these other things and then you can do that.

Michelle: Okay.

JS: And, as Wayne said, if you have a mute button ... oh, I am sorry, he was talking about the button on your telephone. If you have a mute button on your telephone, please use that whenever you're not saying something, because that way, if there is any noise in the background, the rest of the participants won't hear it. That is one of the things that we want to watch out for is any background noise. So if you are not in a quiet place in your home or office, I would encourage you to move to that place. And as Wayne said, if you want to ask a question or if you are applauding, just push any of the keys on your phone pad and that will alert Wayne and the other ... whoever is giving us the information, that there is a question out here. And we're going to have a great time. I just want to extend my welcome to everybody and to you, Wayne, for hosting this for all of us.

WP: Ah, thank you very much, Judy, I appreciate it. Is Dr. Sabatino on the line yet? Hello? Hello? (Dial tone). Okay. Are Jeff Novick and Dr. Graham still on the line, and Dr. Klaper? Okay, if there's somebody ... you know, I wonder if Dr. Sabatino got the new bridge line. I'm sure he did.

JS: I'm wondering that, too.

WP: Yeah. Do you suppose, if there is anybody that could give him a call ... Dr. Graham ... I shut my computer down so that we wouldn't have any background noise (call ringing in) ... that might be him right now.

Michelle: No, it's still Michelle, I am disabled now.

WP: Okay. But Dr. Graham, is there anyway you could call his phone number? I'd appreciate it. It's 454...

Dr. G: I've got another phone to call on?

WP: Oh. Okay.

Dr. G: Sorry.

JS: Wayne, how about if I call him? This is Judy.

WP: Okay. Could you do that? And ... Dr. Graham, do you have his home phone number?

Dr. G: No.

WP: Okay, I have his home phone number, but his work number is 954 ... oh, and he'll be at his work number, that's true, 454-2220.



JS: Okay.

WP: All right, now, and let him know that he is the, you know, he'll know, but I am saying if somebody is there, his name is Dr. Frank Sabatino.

JS: 954-454-2220.

WP: That's correct.

JS: I'll see if I can get in touch with him.

WP: Okay, thank you very much. Okay, everybody, here is what we are going to cover tonight. We're going to talk about the sad truth about the Atkins Diet, why people lose weight on this program, does insulin resistance really elevate blood sugars, insulins, triglycerides, blood pressure, excess weight, and, if not, what really does? Why do these diets appear to work anyway to weight loss and lowered cholesterol, but they really don't? So, we are going to get into a lot of that kind of thing this evening, but what I really want to do is ... let me introduce the guests that I have here this evening. And I have chosen each one of these gentleman because of their verve, because of their excellence. They're brilliant at what they do and I can't sing their praises enough, so what I did, I tried to encapsulate a lot of all of their information down into a short page, so if you will bear with me, let me read you a little of their intros. And I would like to start with a dear friend of mine that I've known for many years, Dr. Michael Klaper.

In 1972, he graduated from the University of Illinois College of Medicine in Chicago, and he served his medical internship at the Vancouver General Hospital in British Columbia, Canada. After additional training and surgery, anesthesiology, orthopedics, and obste...you got to pronounce that..

Dr. K: Obstetrics.

WP: Yes. Why didn't I say that ... at the University of British Columbia Hospital and the University of California in San Francisco (call ringing in)? Dr. Klaper's clinical practice has focused upon applied nutrition. He is the founding director of the not-for-profit Institute of Nutrition Education and Research in Manhattan Beach, California. He works to educate physicians and other health professionals about the key role that diet can play in enhancing health and in the prevention and treatment of disease. This was really something that I was very delighted to see. He's ... well, he's a SCUBA diver; he's a pilot; but he has served as an advisor

to the National Aeronautic and Space Administration, that's the NASA project on nutrition, for long-term space colonists on the moon and on Mars. What are they going to eat up there anyway?

Dr. K: Whatever they grow.

WP: (Laughing) So, yeah, exactly. So he hosts a popular weekly radio show called "Sounds of Healing," heard in the Washington, D.C., area, and in Hawaii on the islands of Maui and Kawani.

Dr. K: Kauai, Kauai.

WP: Okay, that didn't come across on the key there. Okay.

Dr. K: Sorry about that.

WP: That's all right, brother. I have known Dr. Klaper for, well, 15 years anyway, and he has always been the leader in the field of nutrition. Anytime that I am ambiguous about any situation, I know that I when I call upon Dr. Michael, he will know the answer. He is the author of two books on nutrition and has contributed to making the two PBS videos "Food for Thought" and the award-winning "Diet for a New America." Welcome to the show, Dr. Michael Klaper.

Dr. K: Thank you, Wayne. It's good to be with you.

WP: Thank you, and we're going to (tone sounds)... What I want to do here is to ... hey, that's right. What I want to do is go through the intros, and then I am going to get specific with some questions and then we are going to take some questions from the audience and we'll interact quite a bit here, okay? Dr. ...

JS: Wayne, this is Judy. I just wanted you to know that I was not able to reach anyone at that number.

WP: Okay, just a moment. What I'll do, is I'll put the computer on and hope that it doesn't do anything in the background and we'll bring Dr. Sabatino on here in a few moments.

Okay, now, somebody else that I have known for close to 20 years, and we have so much in common, athletes and he ... I can't say enough about Dr. Graham. I consider Dr. Graham my co-host on the show 'cause he was on the first one. We have a lot planned up in the interim. But, as I said, I have known him about 20 years. He's a chiropractor who graduated from Life Chiropractic College in Georgia. He's a gymnast and

has trained a trampoline team, and as a result of that, they all went on to win national championships. He has trained professional tennis players, basketball players, and advised Olympic athletes from four continents. And Demi Moore has sought his services as her health coach. He has created the "High Energy Diet" video and "Companion Recipe Guide," and a "Nutrition Chart" of the same name. He has also produced an audiocassette series entitled "The Cause of Health." He is the author of two books, "Nutrition and Athletic Performance," "Grain Damage," and the "Perpetual Health Counter."

Let me tell you about that "Grain Damage" book. I have both of his books, and if you came to my office and saw both of those books now, there is not one page on there that I haven't highlighted something, ah...ah...put a star beside it or something. It's a superb little book and you can read it in no time. Dr. Graham ... he speaks ... he just returned from a lengthy speaking tour in England. He's written several articles on sports nutrition for dozens of magazines and professional journals and currently serves as a nutrition advisor to the magazine "Exercise for Men Only." He has a chiropractic practice in down in Marathon, Florida. Let me tell you this too, by the way, as a side note. Any time I want to get my health back to where I am just like a newborn baby again, I go down to his place. When I leave, I am jazzed to the max. Energized feeling, looking the best that I know I can look, to be .... as far as being healthy, and he's ... right now, he served on the Board of Governors for the International Association of Professional Natural Hygienists, the Board of Directors for the American Natural Hygiene Society, and is currently serving as founding member and president of the International Association of Natural Hygiene Counselors. Welcome, Dr. Doug Graham.

Dr. G: Thank you, Wayne. I am pleased to be here. (Tone sounds)

WP: You're going to get a lot of that (laughter). Now, okay, now that my computer is on, I'll go to something here real quick and see if I can't get Dr. Sabatino's, ah, number. Let me talk now a little about a guy that I can hardly say enough about. I have known, Jeff Novick, I believe we met about what, 12 to 15 years ago?

JN: Right.

WP: And we were speaking ... I was speaking to a group out there, and you were in an audience, I believe; I forgot how that worked, and ah...so we go back a ways, and as I said, this took a lot of work to condense some of

his accolades down into a page. He combines an extensive .... he's better known as Chef Jeff, but he combines an extensive education and experience in the traditional arts and science of nutrition; health, fitness, culinary arts, and he has got over 20 years of personal experience in the alternative health and natural living, and he has earned an associate in applied science degree in food service management and culinary arts from the State University of New York at Cobleskil. He has a Bachelor of Science in dietetics from the Indiana State University and is completing a Masters of Science in nutrition and a Masters in Art and Exercise Physiology, also, from the Indiana State University. And he just completed, well, in 1995, he completed an independent study at the McDonald, ah, McDougall Program, excuse me. Now, Novick is the director of nutrition at the world-renowned Pritikin Longevity Center in Miami Beach, Florida. From basic nutrition principles to personalized therapeutic health and fitness programs, he helps his clients sort through all this confusion about health and diet and all that stuff. Now, prior to him joining the Pritikin Institute, he served as director of nutrition at the University, ah, excuse me, at the Union Hospital Family Practice Residency Center and provided nutritional counseling to several of those medical students at the centers in Indiana. Now, as I say, I have to stop there because I've got five more pages of just some of the accolades on this guy. He's done a great job and I welcome him to the show. You want to read some great articles on any subject that is well rehearsed, well-researched, documented ... Jeff Novick. Welcome to the show.

JN: Thank you.

WP: You're very welcome. (Tone sounds)

Hey! Now, listen, I'm almost there, so we are going to get a hold of, ah...ah...Sabatino, but let me get some questions on a roll. Why is it, do you suppose ... here we had that diet, the great American nutrition debate by the USDA. Here they had some prominent physicians, and, I mean, they went through the whole gamut, from a high-protein diet to a high-fat diet, low-fat diet, high-carbohydrate diet, this diet, no-sugar diet, that diet, and everyone of them were very ... well, as I say, prominent in a certain niche. But when everybody left, thank heavens, Dean Ornish was there because I think he really set the record straight. But there's still a mass of confusion. What about all this? Talk to us a little bit about what we see is the paradigm shift in the diet/nutrition industry and why people are now

getting a little bit more focused on it, and then we'll get into the questions about the sad truth of the diet ... the Atkins Diet.

Dr. Klaper, do you want to head that off? Why are we seeing so many different approaches right now to all of this?

Dr. K: Well, it really is a fascinating, fascinating time to be in applied nutrition and the fact that there is this much interest in nutrition in general, compared to when I grew up in the '50s and '60s, and back then it was eat whatever you want and the body will sort out whatever it needs, and there wasn't a lot of emphasis on nutrition and, certainly, it was not even on the radar screen as far as physicians and the medical establishment. So in general, I think all of this discussion is good because it makes people think about what is on their plate and what they are shoveling into their mouths, as many people did not do years ago. That said ... boy! These last 20 years or so have really seen the pendulum swing back and forth and back and forth. And we're in, as I said, an amazing place and I'd be very interested to get everyone else's viewing of this.

WP: Um-hum.

Dr. K: We entered back in the '70s and that was the standard American diet, and kids were raised on cheeseburgers and milkshakes, as they largely still are. We can't overlook that. But then I remember in the mid to late '80s, there was a real upsurge in interest in plant-based diets, everything from John Robbin's book on "Diet for a New America" to Dr. Ornish's work and Dr. McDougall's work, and people were going to these really low-fat diets and showed tremendous improvements in blood lipids; they lost weight; their inflammatory diseases got better; and everything was shifting, it seemed, towards the plant-based diet. And then in the early '90s, a big shift, I think it went with the political shift to the right in America, but there was a lot of anti-vegetarian backlash, if you will, and a lot of folks ... "I want my meat back, and the vegetarians took it away from me." There was a big upswing towards getting the fat back in the diet. And not a lot of it was ... or some of it was justified. Very low-fat diets can be pretty unsatisfying and ... however, we saw the pendulum continue to swing all the way through to high-fat diets and an actual anti-carbohydrate diet and soon everything from the Zone Diet from Barry Sears to the Blood-Type Diet and the Atkins Diet, and now we see the pendulum's swung all the way to the far end where the carbohydrates are the bad guys and the more fat you eat, the happier you are going to be. And, now, we're starting to see the pendulum start to swing back. There

have been a lot of people on those kinds of diets. They get some good response, but after a while they start craving carbohydrates and they put weight back on, and so now we are starting to see the pendulum swing towards the back ... towards the center again, so it has been a fascinating ride these last 20 years, and as you say, each proponent of these individual viewings has their own rationale to explain what they see and why these mechanisms seem to help. I feel a lot of it has to do with ... I have to credit our colleague, Dr. John McDougall with a classic line that explains a lot of this. He says, "People love to hear good news about bad habits."

WP: Oh! How true!

Dr. K: It's a great line. Anything that says you can eat all the cheeseburgers and milkshakes you want, you are going to sell a million books saying that ...

(Laughter) ... and we've certainly seen that! And yet, we are left with these issues that not everyone on a high-carbohydrate diet thrives and we do see people go on these high-protein diets and they do lose weight and they're energy level goes up, so we do have some physiology to deal with. But by and large, I am suspicious, or not suspicious, I strongly suspect that people who stay on these very high-fat, high-protein diets month after month, year after year are going to earn themselves some very substantial health problems, which I am sure we are going to deal with. So, just by way of context there, we're at the beginning of this millennium now. We've seen the pendulum go back and forth, back and forth, several times, and I think that it is up to people like gathered around the microphone here to get some common sense and some clearer viewings into this whole picture, so I am glad to be a part of that, and without making too political of a statement, I would welcome to hear what Dr. Graham and Jeff Novick have to say.

WP: I think that is very eloquently well said, really, and I can ... I will never forget when I was in one of your audiences where ... give us that static again ... Every American right now eats 600 chickens, what is that again? The great line?

Dr. K: Oh yeah, well, this was from the Department of Agriculture, you know. In a lifetime, the average meat-eating American will eat something like 12 cows, eight sheep, 14 hogs, and well over a thousand chickens in their lifetime and another thousand pounds of assorted animals that swam in the water or flew in the air. There is a tremendous amount of flesh disappearing down the collective American gullet at any given time, and,

as a result, we are the fattest, sickest people on the face of the earth. It is just outrageous, I mean ... I graduated medical school in 1972, and one out of three people were obese then. We are now fully ... half the people in America are substantially overweight. It's just a shocking epidemic that we are in the middle of!

WP: Well, Jeff Novick, Dr. Graham, Dr. Sabatino, and myself .... we live real close to the ocean. I live half a block from the ocean, Dr. Graham lives on the water and ... (laughter) ... but I am amazed. Now here in the Daytona Beach area, there is 23 miles of straight beach and ... ah...you can tell a lot about somebody when they are in a bathing suit. It is truly amazing....when you said one out of every two, if you came down here ... ah...I travel internationally, as I know quite a few of you do speaking, and if you see somebody that is out of shape in those countries like Jamaica, Trinidad, they're the oddball. Up here, when you see somebody that is really in shape, they're the really unusual one! So it is quite the antithesis of mindsets there!

Dr. K: Really! Just go to Disneyland ... Disney World and stand in line and kneel down on one knee and look down that line at what you are looking at and (laughter) and you'll see the truth of the American diet right there in front of you.

WP: (Laughter) Good one! Dr. Graham, would you like to comment on that paradigm shift, or enlarge on what Dr. Klaper had to say?

Dr. G: Well, you know, I mean it was so beautiful put, I never really felt that I could enlarge (tone sounds) on that as he said it so well.

WP: Don't you know.

Dr. G: But it is a joy to share a microphone with you again. It's been awhile.

Dr. K: Good to hear you, Doc, yes.

Dr. G: It's been really nice to hear your voice.

WP: Jeff, did you have any comment on that?

JN: Well, I was finished.

WP: (Laughter) Well, it seemed like you were.

JN: That's my introduction!

WP: (Laughing)

Dr. K: But I would say this. I would love to say that it is right on target that ... you know, when I was a kid and if there was one fat child in school in my whole class, it seemed like a lot. He took a lot of ridicule. The fat kids don't take ridicule anymore because they are the rule rather than the exception. But, I think that the thing that we want to pay attention to is not so much the pendulum swinging back and forth, is that it is really going in two directions at the same time. The people with bad habits are making them worse all the time ... re the Atkins Diet. The people with good habits, the people that, say, 20 years ago became vegetarians and 10 years ago became vegans, have continued to do that and are taking their diet to even more, if I can use this phrase, conservative extremes. They have become ultraconservative instead of just conservative, and we are seeing more people that are recognizing the value of fruits and vegetables. Gee! If fruits and vegetables are so good for us, how about a diet of fruits and vegetables? Why would that be bad?

WP: Exactly!

Dr. K: To the point of eliminating many of the foods that even we touted as health foods 10 or 20 years ago we are now realizing that, yes, they are better than the standard American choice, but they are not better than fruits and vegetables.

WP: Very well said, really. Okay.

Dr. K: I want to hear what Jeff has to say though....

WP: Okay. Yeah, me, too. Jeff, you're on.

JN: The only thing that I would add to what has been said already is that we really have to look at what has happened in this country in the last 25 years because that's when ... if you look at the graph, the percent of people getting overweight has just skyrocketed. And so what has happened in the last 25 or 30 years to us that has caused this, and I think that's what is driving all of this seeking to find solutions to their weight problems. And I think that it was the first, you know, information that started coming out in the early '70s relating diet to health and, you know, the ... you know, the recommendations were to reduce the amount of fat to about 30%. And so, people started moving in that direction. But, of course, you know, the food industry got involved and what happened is that they created that new set of food groups, you know, called Snack Wells and Healthy



Choice, which, while they may have been lower in fat, they were really more ... they were higher in calories. They were also loaded with sugar and white flour. And if we follow the caloric intake over the last 25 years, it has gone up; it hasn't gone down. The amount of fat in the diet really hasn't gone down either. If anything, it has remained the same or maybe gone up slightly.

WP: I could almost label it as entrepreneurial mayhem at its apex.

JN: Right!

WP: Ah ... what I am hearing...

JN: Marketers are slicker than ever!

WP: Oh, let me tell you! What I am hearing here is a lot of, like, what, you know, the awareness of it and maybe what we couldn't be doing. Eventually what I am going to lead us into here is, okay, we know that this is not getting it ... and we are going to share some stats out there ... what is going to get it? What can I do? What can the average person do everyday?

I have just been invited to speak to a big real estate corporation in Toronto, Canada, for their annual convention in September, and that's one of the things that the meeting planner asked me here, oh about a couple of hours ago, what was I going to do, 'cause she was appalled when they had the, you know, a big function and all of these people who were in the three to four hundred thousand dollar a year income bracket, as they were sitting off over there in the corner, when they left, they had all of these candy wrappers and Coke cans just sitting around and nothing good for them. Now, this was her concern: What can I bring to the table? So this is what we are going to try to do tonight. What can the average, if you please, not to be too colloquial, but the average person, the average Joe. I'm out eating, I want to be healthy, what can we do ... breakfast, lunch, dinner ... we're going to get into that, but what I want to do right now is, let's get into a little bit of...Dr. Sabatino, are you on yet? (No answer) Okay, ahh ...

JS: Wayne, he'll be with us in about 15 minutes.

WP: Great! Great! So he had the number. That's fine. Okay. Let's do this. Let's talk a little bit about these really radical approaches and one of them that we're hearing a lot about right now is that Atkins Diet.

Dr. Klaper, I don't want to be picking on you on this thing, but let's start that way, and then, Dr. Graham, I want you to piggyback this with a .... and before you do, I want to preface it with a question, but I think it will be a good tie-in. Ah, what do you suppose, Dr. Klaper, are the long-term, medical health risks of these high-protein Atkins-style diets?

Dr. K: Good point. Good question. For the listeners that may not be familiar, this is a diet proposed by a Dr. Robert Atkins who, I hear, much to my amazement, was actually a cardiologist, and he suggests a diet of meat and green vegetables. Those people who follow this diet, if they go into the problem with overweight as an issue, they go into the diet overweight, they will notice within weeks, they are seeing the scale recording lower and lower numbers, and the people are usually thrilled because this diet will produce a weight loss. Why does it do that? Well, there is no magic involved. There are two major factors. One, and this type of diet it is so high in protein that ... ah...high in protein and fat that, one, you get full early and actually the amount of calories you take in on this kind of diet may well turn out to be a calorie deficient diet, and it's a .... people may pack away around twelve to fifteen hundred calories a day ... and the average male requires over 2,000. The calorie deficit will create a weight loss as time goes on. The problem is, as far as I can see, it's not a healthy weight loss on a number of levels. One, it is a ... there's no question that a high protein diet causes a water loss from the cells and a significant amount of the weight loss, especially early on, is the, as the physiologists say, an intracellular dehydration. This is sucking the water out of your cells and water is heavy, and it doesn't take much before you see two, three, four pounds lost on the scale, but again, that is the dehydration of your tissues. That's not a loss of fat. Second ... oh, and keeping your cells in a state of dehydration is not healthy for them. It is like running your car with no oil in the crankcase, and the water requiring reaction in the cells starts becoming inefficient, and, to make a long story short, it is hard on the cells. It ages the tissues. I think that people who follow this diet are going to find problems with liver function, kidney function, et cetera, as the years go on.

Secondly, the constant shortage of carbohydrates in the diet creates this state of ketosis. As you break down fats, you get substance release ... acetone, betahydroxies, butyric acid. These are acidic molecules and it keeps the body dealing with a significant acid load, month after month, and keeping the body in a state of acidity, again, is not good. It stresses the kidneys, stresses the liver, may contribute to calcium leaching out of

the bones. Again, I fear that people who stay on this diet month after month, year after year, especially the proteins tendency to clog up the kidney filters, I fear, that these people as they age are going to find kidney function going down. I think that they are going to be online for dialysis machines or kidney transplants. I think that the long-term organ stress is going to be really detrimental. Again, if you stay on this year after year, you are going to have a real problem. And then, for my money, if you want to give yourself a colon cancer, I can't think of a better way to do it than to pack your colon full of red meat three times a day.

WP: Oh, I know.

Dr. K: It is just sitting in the colon as the bacteria work on it and create all of these carcinogenic substances that then smear on the inside of the colon hour after hour. Again, I fear people that follow this dietary style are going to have a shocking incidence of colon cancer as time goes on. So between the aging of the tissues from the intracellular dehydration, the stress on the liver and the stress on the kidneys, potentially leading to organ failure and the significantly high risk of colon cancer posed by this diet, I think people who follow this are gonna buy themselves a whole host of problems. Then they will think that that weight loss they got initially was a bad bargain, which it would be.

WP: I don't know where I heard the line, Dr. Klaper, but those who are on those high protein diets, they're really taking the mortgage out on their health.

Dr. K: Well said, well said.

WP: You know, they are mortgaging their health in the process. I think it was Dr. Graham ... am I interrupting your thought on that? Because I think that's a good tie-in with what Dr. Graham's classic line is, something about the race diet, talk to us a little bit about that.

Dr. G: I would have to say the one thing to your question to Dr. Klaper, my answer would be that I don't really believe there are any long-term health deficits to the Atkins Diet. I don't see these people living that long and I don't know how they, you know, would hope for that. I agree that the liver's not ... it becomes a race. The way that I equate it, I had an injury years ago and the doctor said, "Well, we can leave it alone and it will probably last, and it's going to be a race. What's going to last longer, your life or your knee? Which is going to wear out first?" Well, I am hoping

it's my life long before my knee, and the knee is doing fine. In the same way, it's a race when people are on the Atkins program or any of the other high protein programs that exist, and there are many of them. It is a question of what is gonna wear out first. Are you gonna get off that program first, or is your heart gonna fail. Are you gonna get off that program first, or are your kidneys gonna fail. (Tone sounds.) You just don't know. Is it stroke time coming up? Is it .... you know, there's just too many problems. The arthritides that develop due to this kind of a regimen of high proteins ... this does not support health. Again, the dehydration, there is no human function that does well in a dehydrated state, other than death. Death does real well due to dehydration. But nothing else really progresses in a normal, natural pace when the cells are dehydrated.

WP: Now, was there a question ... there was a question there just a second ago.

Michelle: It's me, Michelle Burris I'm gonna ... I have several things that I am gonna try to convince him as best I can, and also at the same time, I want to play just a little bit of devil's advocate here and tease you all a little bit. First of all, I'd like ... am I to understand that we are, we are preaching, or we are advocating a vegetarian protocol here? Because that's pretty much, I know, that Wayne is all about, and I don't know what the rest of you are ... are coming from that specific genre or not ....

WP: Well, let me throw a thought in. We are all on the same page here, and we have taken a different approach in our presentation, do you see? Not so much of the presentation but maybe the different venue. One may do more TV; I may do more seminars; Dr. Graham may do more videos; Jeff may .... you know what I mean? But we are all on the same page, I believe.

Michelle: So you're all pretty much vegetarians, okay. What I would like to say is that I did do that for several years and finally just threw up my hands and got so ... it was so exhausting to try to do that and work and travel and all that I guess I got a little bit lazy. But aside from that, I would like to throw in a couple of things and say that first of all, for hundreds of years, if not thousands of years, man did fairly well on some animal meat. There are various cultures around the world, like the Mediterranean people or Asian people and the Canadian ... I mean the Eskimo who eat meat and do very well. So, I ....

Dr. G: Can I interrupt you for just a second? I won't stop you from going on, but you are linking a lot of things together that I ... you know, I must at least interject.

Michelle: Sure.

Dr. G: 'Cause these are important issues. First of all, the average Eskimo dies at age 40. I don't know if that would be considered thriving. I would call it more surviving. Second of all, we cannot in any way, shape, or form compare the way our great, great, great, great, great grandparents and before them lived to the way we live. They lived on 100% fresh, organic produce (call ringing) and whatever else was around. Well, even if they ate meat, it was 100% organic and we cannot even begin to compare the diets and life styles of pre-industrial, fit, healthy people to the way we live now. What we're talking about is stacking every possible card in our favor in an environment that is so stacked against us already that we can't really deal with having yet one more card go against us.

WP: Very well said.

Michelle: Okay.

Dr. G: And I would say, honestly, that even if we had ancestors that ate bugs, or the occasional small animal, that they thrived in spite of that, not because of that. It is a huge difference.

WP: Well, also, let me throw this into, Michelle, I welcome your thoughts there. It's beautiful. But there is a lot more to being healthy than just sitting down and eating. Notice the fitness, notice all of the other things that they had going for them in the meantime. So there's a lot of other factors there. But, what is the line, "Nutrition doesn't heal, it doesn't cure, it doesn't do any of that stuff, it just supplies the body with materials that the body needs the most."

Side Two

Michelle: If you want to talk about, though, comparing apples and oranges, or all things being equal, our ancestors had pure, organic food produce that we don't have now. We have chemicals and pesticides that they didn't have. We have soil that is depleted. So what would be the difference in comparing getting clean, organically grown chicken occasionally ....

Dr. G: Soil depletion is strictly something that has been proposed and explained by people who sell vitamins and supplements. Soil depletion has virtually nothing to do with our ... with the mineral and nutrient content of our food. Fruits get all of their nutrients from feet, feet, sometimes 50, 60 feet. As tall as the plant is high, that is how far down the fruit trees get their nutrients from. Soil depletion has nothing to do with nutrients in fruit except for the few that grow right on the very surface. Most vegetables get all of their roots within the top four to six inches of soil and so the fact there used to be six feet of soil and now there is only six inches did not reduce the nutrient content of that top six inches.

Michelle: This is Jeff I'm talking to, right?

WP: No, this is Dr. Graham.

Michelle: Oh. I was gonna say ... Jeff's an R.D. like me, and I know that ....

JN: I would agree with Doug a hundred percent.

Michelle: So you don't allow for any metabolic differences as far as our need for protein, our occasional need for animal food?

Dr. G: Well, what we know is that our needs for protein are less than an infant's needs for protein, and we can judge an infant's needs for protein by monitoring the protein content of mother's milk. And we know that fruit supplies protein content about 10% less than that that's found in mother's milk on the average. And we know, as adults, we need less protein per calorie than an infant does, since protein is for growth. I don't think that protein is ever going to be an issue between any of us on this presentation, because we all know for sure that there is not even a medical name in the dictionary for the condition of a person suffering from a protein shortage. They're used to a name, and it has been erased from the dictionary.

Michelle: Wait, was it *causheorcor* (phonetic) or something?

Dr. G: They used to call it "kwashiorkor" but they have erased that out of the medical dictionary and now have agreed that it is not an issue. What actually they have called kwashiorkor actually was marasmus, which is a shortage of calories. There is not even a name for a condition of shortage of protein. I don't think that anybody really thinks that by eating animals they can get protein that they couldn't get from eating plants.

WP: I am walking out of one of the super markets here that I get my, ah ... I can't buy bananas anywhere organically around unless I go to Dr.

Graham's. And ... so I'll buy some bananas, and I'll buy, gosh, 10 pounds of them or so, and as I'm walking out, somebody will say, "Are you going to make some puddin' out a that, honey?" And they'll say, and the very first question out of their mind, they say, "Are you a vegetarian?" I said, "Well, I tend to lean that way, yes. I prefer it." But then ....

Michelle: Let me...

WP: Wait a minute, Michelle.

Michelle: Let me just wrap it up real quick.

WP: Michelle.

Michelle: ... and that is would you be inclined possibly to agree that maybe the sugar and the refined flour and the hydrogenated fats are doing as much damage to us as the animal products?

WP: Well ... now Dr. Graham and I did a show two weeks ago on that very subject. Now, if you want to buy the tape you may.

Dr. G: It is really tough to compare poisons. Which is worse, wine or beer? Which is worse, cigarettes or marijuana? Which is worse, you know, refined ...

WP: Yes.

(Tone sound).

Dr. G: ... sugars or refined flours? We're against refined products in the first place.

Michelle: I think, Wayne, that you have a good question though, and the question is: "How in the world are we going to get .... the average person is not going to do this, so how do we get them to do anything that is ....

WP: Well, we are going to lay that out real quick, so sit back in your chair and let us go for it. Now ... they have another question?

Robert: Yes! This is Robert Cohen, how are you doing?

WP: Hey, Robert!

Robert: I wanted to tell you that a few weeks ago, I testified ... I was one of 27 people to go before the USDA. Eleven of the 27 people, 40% of them, were from private industry, were from the sugar industry. And this is how

our opinions ... this is the food labeling, the dietary guideline committee, the people who are going to make the new food pyramid.

Michelle, I want to tell you that your first point was about thousands of years we've been doing well on animal products. We haven't had refrigerators for thousands of years, Michelle, and if you think about leaving that steak out for 20 minutes in 70-degree heat, we haven't been eating the same foods a hundred years ago that we eat today because of refrigeration. We did pretty darn good without it.

WP: Very well said, Robert. Robert has an excellent ... I am gonna give him a little plug. Look at his website, notmilk.com.

Michelle: Oh! That's you?

WP: That's him. And I can't brag enough about him. He just went through a hundred ... what was it a hundred and sixty-day ... how many days was it, Robert?

Robert: Well, I want to thank Doug Graham who is on the line here now, because Doug is helping me. I am about 170 days. I am just on water for the fourth day I am going into.

Michelle: What are you doing?

Robert: Hunger strike.

Michelle: Oh my God!

WP: Yeah. And well....it's, you know, that's what everybody calls it. But, ah.... he is doing very well (laughing). It's not as.... I think .... I cannot applaud Robert Cohen enough for what he is doing, but, rather than do all of that .... let's .... we've got so much we've got to cover here ....

JN: Wayne, I just want to add one little thing to that.

WP: Okay, is this Jeff Novick?

JN: Yes, this is Jeff.

WP: Okay.

JN: Um ....you know, even if our ancestors did eat a small amount of animal products, you know, I don't see the relationship between using that to justify a diet that tries to base itself completely on animal products, or mostly, and, you know, if you look at hunter/gatherer tribes that still exist



today or whatever evidence we have of the ones that did, one of the things we know is that they took in about 75 grams of fiber a day.

Caller: Yep.

JN: Now, if there is no fiber in animal products, and the average American gets 12 grams of fiber, where were they getting all of this fiber from?

(Background coughing)

A large part of their diet was plant food.

Caller: Right.

JN: In fact, a majority of their diet was plant food. And as far as protein adequacy, there is a center in the United States that promotes, or where the rice diet is from ... many of you may be familiar with it. That's been around for many, many years. They put their people on a diet of rice, fruits, and vegetables and the average protein intake is 20 grams. Some people have been following that diet for many, many years, and none of them have had any protein deficiencies.

WP: Uhhh. Is Dr. Sabatino on the line yet?

Dr. S: Yes, I am. Hi.

WP: Good! God bless your heart (laughing).

Dr. S: Had a little technical difficulty.

WP: (Laughing) It is probably my not giving you the correct phone number....

Dr. S: No, it was a problem with the phone lines where I was so ... things were down, and I had to juggle back and forth, but I'm on here now.

WP: Okay. Let me introduce Dr. Sabatino so that we can start including him in the discussion right off the bat. Ah.... for the past 11 years, Dr. Frank Sabatino ... he has a Ph.D.; he's a chiropractor; he's been the director of the Regency House Health Spa. It's a premier, vegan, holistic, health center, and I think that it is one of the best in the country really. He is a chiropractor now with 25 years of experience in the wellness care, and he has his Ph.D. in neuro-endocrinology from the Emory University School of Medicine.

Now I am going to throw a little side note in here because I had to write all of this stuff down .... I could never remember it all. I first heard of Dr.

Sabatino, oh gosh, about 15 years ago. I was coming back from England and I wanted to attend this convention. It was the American Natural Hygiene Convention, and they were in San Souci Hotel in Miami Beach. Couldn't wait to go. And so I decided, let me get back from England .... I had spent two weeks over there speaking to a big holistic group, and I came back and I spent a week at Dr. Graham's because I knew I would get my health back to where it was. And all the way up, Dr. Graham could not brag enough about Dr. Frank Sabatino. I said, "Man, I can't wait to hear this guy." So when I do, when I consider people to be the best in the business, Dr. Frank Sabatino, is one of the best in the business. He's got a taped series out; he's got scientific research; he's been a part of a landmark research in nutrition and aging and has published numerous articles on clinical nutrition, brain chemistry, women's hormones and aging. He's a daddy of five, and you can prove that by me. When I invited him to do this the other night, it was like a little football team there in the background going.

But, he has a brand new .... and I want ... we're gonna talk about this a little bit later, Dr. Frank, about his brand new, eight-cassette series, and we're gonna give each of your websites and your 800 numbers and how can everybody that is listening to this tape get a hold of you and everybody that's on this call. But, as I said, he's one of my favorite people in the industry. When I go to any of these conventions and look for an ideal speaker, Dr. Frank Sabatino .... and I never told you this yet, Frank, but, I mean, this is how I feel, that he is ... I have been associated in the healing arts now for over 23 years, and Dr. Frank Sabatino has to be one of the best in the business! I am delighted you took the time to be with us!

(Tone sounds)

Dr. S: Thank you very much.

WP: What that is ....

(Tone sounds)

Dr. S: What's all that?

WP: That's all the applause that you are getting.

Dr. S: Oh, I see. Is that what that is? Okay.

(Laughter)

I wanted to say hello to the people on the panel. I haven't seen some of these people in a long time, so ....

WP: Yeah, and we're all ....

Dr. S: Do we hear each other? Do we hear each other here?

WP: Oh yes. Dr. Graham, say hello.

Dr. G: I'm here with you. It's great to hear your voice. It's been awhile, but it's great to hear your voice.

Dr. S: Good to hear you, Doug. Is Michael here, too?

Dr. K: Sure is, Frank, hey! Good to hear from you, man.

Dr. S: How are you. Hello, Jeff.

Jeff: Hi, Frank.

Dr. S: Hello. Okay.

WP: So everybody is on the line and we have a great crowd. Listen, we have Robert Cohen on the line, who's is up there from Pennsylvania. We've got them from Canada, Burt Dubin, and a great friend of mine, a fellow speaker, he's creative, I couldn't say enough about him. He's out in Arizona. Michelle. I have a crowd of people here. This is a wonderful ....

Dr. S: Okay, I'm at a disadvantage here 'cause I know you've been talking for 50 minutes or so.

WP: Let me bri--

Dr. S: .... so if I start talking about anything and it gets real redundant, 'cause I'm sure a lot of these speakers have covered some wonderful things, just let me know that and I will go in a different direction.

WP: Okay. Well, what I wanted to do is, I asked Dr. Klaper, who gave us a wonderful feedback on the long-term, medical health risks of high protein. He went through it and then Dr. Graham followed it up and he said that he didn't believe that there was any long-term medical health risks of a high protein diet because they weren't going to last that long.

(Laughter)

I thought that was clever. And, of course, Jeff Novick followed up with some and then we've had some questions from the audience, but let me

continue that same thought that I led from Dr. Klaper into Dr. Graham again, and then we want to see if we can't bring you into this picture at this time. What do you feel, Dr. Graham, is the best thing .... what can you say would be the best thing about the Atkins Diet?

Dr. G: Well, there's ... I think Michael covered it really well. That there's some short-term, fairly rapid, water loss and weight loss because people are simply not consuming as many calories as they're using. After that, I find it very difficult to find anything positive to say.

WP: Well, if you want bad breath....

Dr. G: .... standpoint, from a health standpoint, from an ecological standpoint, from an economical standpoint, I think what we're doing is we're .... you said it well. It's mortgaging your health. But it's mortgaging more than your health. It's mortgaging the health of the whole planet to try to function on an animal-based program. We are spending money that we are simply not ... we're not accounting for and we're watching climactic changes to environmental changes ... happen at an ever-accelerating pace and we're doing .... the Atkins Diet is just ... you know, as I said before, I think that, you know, Michael talked about the swings of health, people becoming a little more aware one way and then a little more aware the other way. What I'm seeing is that the people are becoming polarized. The people who are really interested in health are becoming ever more so interested in health. They're learning that there's a lot more to it than just what you eat, or just how well rested you are, that it is a bigger package, and they are taking their health to ever more conservative levels in order to try to conserve the health that we've got. And meanwhile, the people at the other end, the marketers and the people that are saying, "Look, let's abuse ourselves, let's live in ... we're not going to look so much for happiness as we are going to look for pleasure, and let's take this short-term pleasure and let's just get it done and the heck with whether or not it leads us to any kind of long-term happiness. We are not even going to worry about that."

They are taking that extreme further and further and further so that food is just supposed to be exciting. It's not supposed to be nutritious. It's only nutritious if it's pet food.

WP: Yeah, what's the line I coined awhile back? It says that we are serving food today on the basis of taste and tradition, and we do it in haste and forgot nutrition. Ah, I like this about supplementation and you brought

that up, Dr. Graham, a little while ago about the white things and what's deficient and about the soils being deficient and all that, the supplementation. Isn't it amazing that how many people are so knowledgeable about what to take for this, and what to take for that. You go to a health food store .... I forget who I was in there with the other day. Oh, yes. Is Mark Dawson on the line?

Okay. Mark Dawson, the fellow athlete in Orlando, we went into the health food store and he looked around and he said, "Wayne, what do I buy?" And I said, "Nothing! You can't buy ....." So, supplementation is just that. Supplementation are to compliment, they are not called circumvents; they are called supplements. And you don't supplement a bad diet. That's a great line. You correct a bad diet.

Dr. G: Supplements will not make up for a poor diet. And if you are eating well, there is really no need to supplement.

WP: Exactly! Okay, now Dr. Sabatino, does the Atkins Diet, do you suppose, really promote long-term weight loss, or is it another quick fix? Now Dr. Klaper gave us a little leeway in that, but I know that you'll have something to say about that. Does it promote failure and rebound weight gain over time?

Dr. S: The problems with this diet to me are like there are so many that it is even hard to begin. I mean, to me it is a criminal act, frankly. And I talk about it this way. Let me just step back one step, as you're talking about the quality of nutrition. I think that one of the problems is that for many people the way that the packaging of nutrition has been sold, they have taken this very panoramic subject, the interaction of the nutrients and the foods that we eat with all of the body parts, which is an incredible three-dimensional, panoramic scenario of synergies and co-factors and so on, and they've reduced it to a discussion of deficiency. And the problem that happens is that if you look at the bulk of people in cemeteries and hospitals in America, they are not there because of deficiencies. They are there because of excess.

(Laughter)

The excess has come down basically to three things, and it can be simplified: One is excesses of animal protein, the fats that go along with that, and then the refined starches, the extremely refined starches. The only real benefit, or if there is one, of this approach is that it does make an

effort to eliminate some of the refined carbohydrates. But at such a dramatic abysmal tradeoff, because we have people taking an excess of 70%-plus of all of their protein needs from animal sources, which is an absolute devastation. We don't have the equipment in the body to handle it in any way, shape, or form. Then you throw into that an exorbitant amount of fat content and you've got such an inflammatory and long-term inflammation potential, a damaging potential to most of the organs and tissues of the body, that it is (tone sounds) beyond comprehension. So, what happens is you do get a short-term weight loss, and I am sure Michael went into the gluconeogenic ways that the body will divert its sugar needs into storage forms and proteins and fats and you spare the protein with high protein and you start trying to break down fat and lose weight. But the problem is, the reactive weight gain from these approaches, the reactive food cravings that go on with the extreme carbohydrate starvation that goes on with this approach triggers major starvation responses. In my observation of people after Atkins Diet is that the rebound weight gain is so monumental that you can gain weight on air. You don't even have to eat to gain weight! It is virtually a weight gain with nothing coming in. And the long-term effect is that there is all of that potential tissue damage with reactive weight gain. So what's the benefit of the short-term pleasure response of that kind of quick fix weight loss? The dieting industry, right now, is a \$50 billion industry with a 99% failure rate. And this Atkins Diet plays right into it. And on an environmental scale, which some of you have touched, you know, you look at Tom Hartman and his book, "The Last Hours of Ancient Sunlight," it makes mention of the fact that we are paying farmers in Central and South America millions of dollars a year to destroy 50 million acres of rain forests a year for a 99-cent hamburger. Do we need people living on hamburger as a dietary approach? In 50 years, we won't have oxygen! Tell me how that hamburger and that Atkins Diet tastes then!

WP: (Laughing) Well now, let me tell you something. Dr. Graham mentioned something a little while ago about .... no, no, no, it was Dr. Klaper, about the bowel thing. Wasn't that you, Dr. Klaper?

Dr. K: Yes.

WP: Well, I think that Dr. Sabatino .... I had to throw this in .... coined one year, I believe .... gee, it was about 12 years ago that I heard this. He says, "You know, we need to come up with a church with a name called The Church of the Immoveable Bowel."

(Laughter)

Talk to us a little bit about that, Dr. Frank, really.

Dr. S: You guys have made the point about the fiber content. Jeff did awhile ago. I mean, this diet is so deficient in primary nutrients. You know, one of the key .... deficiency that goes on in a conventional American diet is fiber. You've got phyto-nutrients that are weak; you've got antioxidants that are weak because of the absence of fruits, vegetables, and high fiber-containing plant foods. We don't need another diet that reinforces those same deficiencies by exciting the same excesses that have been killing people for a long time.

WP: Okay.

Dr. S: Let's call it what it is! It is not a diet .... it's a criminal act! .... protein approaches that fostered all this ketosis and all of this breakdown and inflammatory potential. The fact that they even have a resurgence is mind boggling to me.

Dr. G: To validate what Dr. Sabatino is saying, I appeal to no less a nutritional authority than Rush Limbaugh, who (laughter) on his radio show, on one of his rare moments of the show, he said, you know, "I tried the Atkins Diet, and I lost a bunch of weight," he said, "in all sincerity, I have never gained weight back so fast as when I started eating, you know, went off that diet in any way, shape, or form, the weight came back with a vengeance." And he was really serious about it. He convinced me.

WP: Now, that is going to lead me into the next portion about this, about carbohydrates. Now we know about these high proteins. I think we've had enough validation here from some brilliant minds in the industry. Why don't we now tune in a little bit to the carbohydrates? First of all, Dr. Klaper .... now did I omit you from saying anything about that protein part, Jeff?

JN: No, not at all.

WP: Okay. Let's talk a little about carbohydrates everybody, 'cause I'll tell you ... that is one of the biggest negative things that I get, other than me promoting less meat, is: "I get too tired after I eat all them carbohydrates, son." So what do we .... first of all, Dr. Klaper, talk a little bit about, are all carbohydrates created equal?

Dr. K: No, they are certainly not. And again, I think carbohydrates have gotten a really bum rap. We are carbohydrate-burning organisms. The major chemical factories in our cells, the Krebs-cycle enzymes that turn the food ... fuel that we consume into actual energy, into ATP and various other types of molecules. These are carbohydrate-burning reactions, and we are carbohydrate-burning creatures, and we need them. And I think that the rap that they have gotten lately has been unfair. That said, as implied in your question, those carbohydrates have already been presented here. When you take whole grains and you grind them down into fine, white powders, you change the physical characteristics of that substance and eventually, ultimately, the effect in the body. It gets absorbed much faster; it raises insulin levels higher; and for that reason, I, too, am on the anti-refined carbohydrate bandwagon of white sugar, white flour, et cetera. I think those are right up there with saturated animal fats as real nutritional evils. That said, we need to consume carbohydrates and an anti-carbohydrate diet, like the Atkins Diet, is really scary. You wonder what you're burning for fuel. The beauty of the fruits and vegetables, et cetera, that are described in plant-based diets, when they are consumed in their whole forms, is that they enter the blood stream rather slowly and they don't raise insulin levels excessively high, and they power the body for hours and hours. As long as we don't consume huge amounts in their refined forms, I think carbohydrates are an essential part of the human diet.

WP: Now, Dr. Graham, do you care to comment on the topic of, let's say, being a carbohydrate addict. Talk to us a little bit about that because carbohydrates is a big issue here.

Dr. G: You know, it's funny ...

WP: You know what you're doing? You're drinking some of that carbohydrate juice, I know you are (laughing).

Dr. G: Yes. It's funny though that we go around having to justify healthy living. When I feel .... I have always had the opinion that it is the people who are promoting unhealthy programs need to be justifying their programs.

WP: Very well said.

Dr. G: As Michael said, we are carbohydrate-burning organisms. The fact that the US Olympic nutritionists all recommend a diet of 60% or greater carbohydrates in order to get the best optimal performance out of their



Olympic athletes, regardless of sport, should tell us something. It should tell us that if we do what they do we're gonna get the same results that they get. When interviewed, the head of the nutrition of the Olympic Committee said that she only recommends 60% carbohydrates to her athletes simply because she can't get them to eat 70% and until she gets them up to 60%, she only recommends that. But as soon as she gets them up to 60, she'll recommend a higher level even than that. But she doesn't want to recommend unrealistic goals to her athletes so she recommends 60%.

I found that for the professional athletes that I am working with that, when they are consuming a dietary program that gives them 70 to 75% of their total caloric intake in carbohydrate in the form of simple carbohydrate, that their performance exceeds any that they have ever tried before.

WP: Well now, some people on the audience here might be a little confused about when we say "simple carbohydrates." They're thinking ....

Dr. G: Really simple.

WP: Yeah, but I mean, they might be thinking like the doughnut, they might be thinking of this....

Dr. G: Yeah, I understand what you're saying.

WP: So talk .... clarify that just a little bit.

Dr. G: As far as I understand, there are two types of carbohydrates. There are simple carbohydrates and there are complex carbohydrates. The simple carbohydrates always taste sweet and we usually refer to them as sugars, although, "carbohydrate" really is just a fancy word for sugar. But the ones that taste sweet are simple carbohydrates. Complex carbohydrates, we generally refer to these carbohydrates as starches. And that lets us know right there, they don't taste sweet. The only reason that a starchy food tastes sweet is if we've added sugar to it .... if we've added a simple carbohydrate to the complex carbohydrate.

WP: Okay. Now, let's get Jeff in on this, because this is something that I know that he is very attuned to. Why don't you talk a little bit about the insulin. I know the fruit, ah .... the fiber rather, in the fruits and vegetables, they slow down the absorption of the sugars, hence less insulin response. I know that. And, of course, there's a host of other physiological things that I could bring up, but I want Jeff to get in here. Does insulin

resistance really mean metabolic syndrome, or that syndrome acts like ...what does that mean? That's the elevated blood sugars—insulin, triglycerides, blood pressure, excess body weight, and if doesn't, what does, Jeff? Talk to us.

JN: Okay. Ah....let me just say something else first on carbohydrates and carbohydrate addiction and then I'll define metabolic syndrome. But, everyday at the center where I am we have 50 to 100 people come in, and at least half of them on the first day come up to me and ask, "You know, I don't know what I am going to do here or what I am going to eat." And I say, "Well, how come?" And they go, "Because I am a carbohydrate addict or I am carbohydrate sensitive." And 80% of the diet we serve is carbohydrates. Because they are all confused about carbohydrates. And as Dr. Klaper pointed out, the difference in carbohydrates, and so I almost literally have to hold their hand and sit with them and explain to them the differences. Now the rap on carbohydrates is that they cause metabolic syndrome which has been defined as elevated blood sugars, elevated insulin levels, what is called insulin resistance, where you may have high levels of insulin but it's not working properly, high triglycerides, elevated blood pressure, and maybe even weight gain or obesity. Yet, we measure all of those things at our center and we take people off this high carbohydrate diet that Americans are on. Almost all of it is white sugar and white flour, and we raise the level of carbohydrates to about 80% and make it all unrefined carbohydrates. And that's the definition that I really like to use.

I'll make it really simple. An unrefined carbohydrate is anything you could pick from your garden. A refined carbohydrate is manmade.

WP: Um-hum.

JN: You know, you can pick corn, fruit, vegetables from your garden, but I have never seen a pasta tree or a bagel bush anywhere (laughter). So we put people on 80% carbs and what do we see happening? You know, we have published this data. Insulin levels drop 20%, tri-glycerides drop 30%, cholesterol drops 28%, weight comes down two to five pounds a week. So is carbohydrates the problem? Because, if carbohydrates were causing insulin resistance and metabolic syndrome, what would (tone sounds) happen when we raise them from their 50 to 60% they're eating on the American diet to 80%? We make them worse. But, you know, without fail, they all get better. They all lose weight. All their numbers come down. The difference is the type of carbohydrate that we serve

them. And when you look around the world, outside of the US, in 1970 when we went on our high carb, low fat diet, what do you see these rural populations eating for a carbohydrate?

WP: French fries, potato chips ....

JN: Well, that is what we see in America as carbohydrate. For the last 25 years, we've defined carbohydrates as bagels, pasta, cookies, crackers. But you can't find those in rural Hawaii, rural China, rural Japan. They live on rice, corn, potatoes, beans, fruits, vegetables.

WP: Uh-hum.

JN: So there is a major difference in the type of carbohydrate, and as Dr. Klaper was saying and the changes in it, you take all the fiber out, you take most of the nutrients out, it causes a different response in the body. But the term "metabolic syndrome" and "Syndrome X" was coined by Gerald Raven, who is a medical doctor and researcher at Stanford University. He's published 500 studies and he's done a lot of work in this area. Now, when these high protein diets started coming out, Barry Sears, Robert Atkins, they all quoted him and his studies, and they went to him and they said, you know, "Dr. Raven, is this what you are saying? That carbohydrate diets cause metabolic syndrome?" And back then, he said, "No. They are all misquoting me." And about a month ago, he came out with his own book because he said that he was fed up with being misquoting. What he says has caused metabolic syndrome is three things: over eating, and, of course, refined carbs and animal fat makes it easy. Second is overweight, and third is inactivity. So, it is the fact that we are inactive, we are putting on weight, and we are overeating is causing metabolic syndrome and what he called ... and what is called "Syndrome X."

It is not carbohydrates, although refined carbohydrates make it easy to overeat. And one last comment I wanted to say. You know, I mentioned that he said inactivity. One of the differences you see in the typical American in the last 25 years, and this comes from Philip James who is the obesity expert for World Health. The average American burns 600 less calories a day in physical activity. And that's not because we were athletes 20 years ago and we are not, it's because we have a decrease in what's called the activities of daily living. We don't get up to change the TV any more. We have remote control. We don't walk to our neighbor, or around the corner. Everybody takes their car.

Dr. K: We're obese, caused by labor-saving devices!

(Laughter)

JN: Nobody takes the stairs. Nobody ... you know, even look at the cars. Remember what it was like to turn the steering wheel or to pump the brakes 25 years ago?

WP: Or how they'll get in arguments because they can't get close enough to the stores they're going in. I mean, I've seen fights out there. It's ridiculous!

JN: As Dr. Burton once said that most of the exercise that people are getting these days is jumping to conclusions and running off at the mouth.

(Laughter)

WP: Now, there was a question there a moment ago, but if we can, if it's something .... well, was there a question?

Michelle: Quick one. Is there any bread, flour-free, sprouted bread; when you absolutely would kill for a piece of bread, that you all would allow? How about sprouted bread?

WP: Anybody can answer that. I don't eat breads much myself. I think the only starches that I really eat are sweet potatoes, yams, of course, but some beets, carrots, umm....

Dr. K: If you were going to eat a bread, I would ... I'd recommend a whole grain where you can actually see the grains in the bread itself. And even then, just hold it to a slice or two and don't go through a half a loaf of it at a time. But some of these really dark, whole grain breads would be probably the best. And I want to make one other comment I think really appropriate in view of what was just said. Not only are simple sugars a real metabolic problem here, but I think there is something particularly .... well, there is an evil synergism, if you will, between fat and these refined sugars; the combination of fat and sugar, fat and sugar, has .... it's a more .... it's a quadruple whammy somehow. And when you look at the classic foods, you know, what is ice cream? It is fat and sugar. You know, when you go into a hamburger place, what are you going to get? You are going to get fat in the burger and sugar in the bun and in the drinks, et cetera, and this lethal combination of fat and sugar, fat and sugar that has insinuated itself into every aspect of the American diet, I think, has been particularly nasty in producing these problems that we are seeing now.

WP: Um-hum. Now, let me ask you this, Dr. Klaper, while you are on that. What high carbohydrate foods, and, Dr. Sabatino, I'd like for you, if you could, to jump in here in a moment and comment a little bit on that, and if you want, I can go back and ask you a few questions that I did want to ask you originally, but we had covered so much of that before you got on, about the high proteins and why is it the number one killer because of heart disease and all that.

But Dr. Klaper, what high carbohydrate foods would you be foolish to eliminate from your diet?

Dr. K: Well, Dr. Graham personifies it. Like my friend, Dr. \_\_\_\_\_ Steel says, "The beauty of food as grown." We are talking about all of the fabulous, like a family of, say, berries, and fruits in the fruit world, blueberries, raspberries, strawberries. These are not only delicious, but they contain so many bio-flavenoids and lycopenes, et cetera, that you would be absolutely foolish to look at their carbohydrate content and say, "Oh well, there is too much sugar in that. I can't eat those." That would be ridiculous! And the wonderful mangos and papayas....

WP: Ah! Mangos, ah!

Dr. K: To eliminate these just because of their carbohydrate content, I think would be really foolish. So, as Jeff said, if grows in your garden, feel free to eat it with joy and gusto and don't worry about the carbohydrate content.

Esther: Ah...I want to say something...

WP: Who is this?

Esther: Esther Feldberg.

WP: Okay, yes, Esther.

Esther: I want to tell you about a bread I learned about at Pritikin. It's called Asiago.

Michelle: Yeah, that is what I was talking about.

Esther: Asiago bread. I just wanted to tell you about it. It is delicious!

JN: We are not arguing that what most people eat tastes delicious. We are talking about the health value.

Esther: But it's sprouted. There is no flour in it.

Michelle: No flour. It's all ....

JN: I understand, but delicious isn't the point. I mean, French fries are delicious, too.

WP: No, I understand Michelle and Esther's .... I understand what you said, and I applaud that because a lot of people are looking for taste. We don't care .... I was speaking in Southern Alabama .... oh, man, let me tell you, yes. I was speaking in Southern Alabama and these good ol' boys come in there with them big britches on, them three teeth hanging outside, and they said, "Whatcha gonna speak about today, here, son?" You know, and you tell them a little bit about diet, and they go, "Diet! Come on. Make us laugh like the dickens up there." They don't want to hear it, you know that, Michelle. But touching base on that bread, I find now, toasting it, does anyone want to touch base on this? If you are going to eat the bread, toast it a little bit.

Esther: Yes, it is delicious toasted. It is wonderful!

WP: Okay, good. We've got no problem there. Let's ....

Michelle: I have tried to determine here what the problem with it would be, because if it's sprouts, certainly there is nothing wrong with natural sprouts if you sprout berries, right?

WP: Well, there is nothing wrong with that, as Dr. Klaper alluded to a moment ago. But I mean, if you regulate the quality of what you eat, Michelle, the quantity always takes care of itself. All right, so ....

JN: One other thing on the bread, you know, I would agree with Dr. Klaper that, if you were going to choose one, you would want to chose a sprouted grain, or one that is sold as flour-less. But the issue with the bread, even if it is a sprouted grain or a flour-less, is it's still, while it may have more of the nutrients and more of the fiber, it's still refined, because that's how they made it into bread. And it's still extremely calorie dense. You know, the highest doesn't compare to fruits and vegetables. The highest calorie density food that you are going to grow in your garden is somewhere around 500 to 600 calories per pound. Sprouted grain bread is about 1500 to 1700 calories per pound. And all that means is that it's much easier to overeat on it and to take in many more calories which will then start contributing to some of these problems.

WP: Yeah, I really ....

Esther: You don't eat a lot of the bread. You just eat it once in a while.

Michelle: No, you don't.

WP: Yeah, you know, there's such a thing as a balance and a moderation, but, uh...

Michelle: The biggest fear that I'm hearing here is that, as much as some of us would like to do this and really are very interested in being healthy, it is very difficult to get all you need and get full on fruits and vegetables.

WP: Let me tell you....

Dr. S: Let me comment on that.

WP: Okay, please, Dr. Sabatino, sure.

Dr. S: What we are talking about ... Michael made some exceptional points, and one of the things that is important, too, is that when you look at the diet that works, this plant-based diet that we are talking about, there are really three features that stick out, I think to simplify it. One is that they are virtually fat free, so their calorie density is low for an extremely high nutrient density. So what I like to call "nutrient density and calorie poverty," which is really a phenomenal concept, but more importantly about that, a point that you just brought up, is that, because they are so high in fiber, they give you low calorie density and fill you up in the process. So the use of some of the complex carbohydrates in the midst of what Doug was calling simple carbohydrates, the combination of those things gives you a feeling of satiety for very low calorie density. And then because they tend to have a more marginal, or lower sugar impact, what some people call glycemic index .... call it what you will .... even the fruits, because their water content is so high, there are a variety of fruits, like Michael mentioned, blueberries, berries, grapefruits, the spring and summer fruits, which actually have a very marginal impact on blood sugar elevation. So really, these foods even fit into a category of providing a very low sugar impact, raising blood sugar or insulin levels for a high fiber and low calorie density. It is ideal! And when you wind up doing that, you are able to stick with it a little bit longer and easier because you do have a sense of feeling full and have more of a satiety. So, this kind of combination really does work!

And one other thing, back to what Jeff was mentioning... I want to mention also that we see the same issues. I mean, I've been dealing with weight loss issues for a long time, of 20 years plus, and even in our place, many people that come in with diabetic stage as adults and so on are medicated when they should not be. We know that it's basically a non-drug dependent state. We'll see blood sugar levels drop in a program like ours, which is strictly a vegan plant-based dietary, 50 to 100 points within a week! I mean, within a week. And these are people that are eating huge amounts of fresh fruits, the various complex starches, lots of vegetation, so the very things that, you know, and, and, again, they are losing weight to the tune, same thing, half a pound a day in that range, so you are talking three, four, five pounds a week on average. And when they go home, if they follow it even to some degree, it's an easy one to two-pound weight loss. If you want to even look at weight loss, 'cause we're talking about that, too, when do you ever need to lose more than 50 to 100 pounds in a year? And that is very routine, that people that come in with excessive weight will stay with a plant-based dietary. Now that will tail off in succeeding years. But now, that is a very realistic change that occurs if they make the commitment and do comply. But those are the three features; high fiber, low fat, and very low glycemic impact.

Dr. G: I would like to comment really briefly, too. This is Dr. Graham. The other thing about that concept is when you look at the program and you say, "Oh well, it's so difficult to live on fruits and vegetables," a lot of people jump to the end point and think that that's what we're telling people to do. We're looking at an ideal program and think, sure, that is what we're telling people to do, but there is a route to get there, and that route to get there is going to be transition. We don't ever expect that people are going to start from where they are and get to where they are going tomorrow. This is a program that is going to require transition like any other training would. If you wanted to learn to play the piano, or run a marathon, or learn to eat well, it is going to be a transition.

WP: A habit kind of a thing. If you get to a point, like a high jumper will never, ah ...you know, start out at his optimal weight, or height, six feet. He starts at five, then when he feels comfortable there, he moves on to five one, five two, and so forth. We take people, in our practice, bit by bit. I like this little analogy. If you put a peach and a rabbit in a crib with a baby, if that baby eats that rabbit and pets that peach, I'll buy you anything you want, darlin'!"



(Laughter)

Now the other thing. I think that Dr. Graham, in his little book, that "Grain Damage," I know I'm promoting that a lot, but I mean it is an excellent little book! And I like what he had to say. "If you put a person in a field of wheat, in no time he'll probably starve to death. But if you put a person out there in an acre of fruit, and he'll eat to his heart's content, and just smile and love it and feel good. And it's so true. When you go to his place down there .... I can remember when I used to go down more regularly, of course, and everything throughout the day I ate, I picked. Now I want to throw this in, and this is well taken, everybody, that, okay, where do I get the stuff? Now, let me tell you. That's no problem. I have a guy here that has been growing my vegetables for 30-some years. I go out to the garden and the celery is up to my waist and just bushy green and just full of .... oh, it's just rich! And parsley and kale and tomatoes and cucumbers. Oh, you've never had a better cucumber. So anyway, all you have to do is a little asserted effort ....and I have a list. If anybody that is listening to this tape and who's on this call right now and wants that list, email me. And you know my email address, the mangoman@waynepickering.com. You all know that. But the point is, if you want that, I'll email it to you; you'll have it within minutes. There is no excuse! They'll ship the stuff right to your front door if you are absolutely without.

(END OF TAPE 1)

But in this day, there is so many places you can buy good stuff. My line is, "If you want to be tough, you gotta eat good stuff." There is no getting around it. Let me talk ... just enlarge on that really quick. Dr. Sabatino, you mentioned a good point, ah .... you're always mentioning good points, but, Jeff, why do some high carb, low fat diets seem to raise the tri-glycerides and lower the HDL? Talk to us a little bit about that and how accurate is this glycemic index, and should we really be concerned about it?

JN: Well, most of the high carb diets out there that don't do well is the high carb diet that Americans have been on, which is, you know, right now, 20% of an American diet is sugar so another 20% is white flour, and 40% is fat. You know, it's a refined, white sugar, white flour diet. And as Dr. Klaper said, when you make .... when you put the white sugar and the white flour and the fat together and you create doughnuts and things like that, there's even like a quadruple negative effect. And part of that is, you

know, tri-glycerides are made up of fat and sugar and so they can go up on these low fat high carb diets that are low in fiber.

WP: Uh-hum.

JN: But when you look at our data, when you look at Ornish's data and McDougall's data, when you put people on a high carb diet that's high in fiber, you know, you don't see that. You know, you see HDLs stay the same or go up; you see triglycerides come down. You see blood sugars come down, insulin levels come down.

WP: Now, let me ask you this, too, 'cause I have to throw this in. I read a lot ... everyone of these people that's on the show tonight, all of the guests, Dr. Klaper, Dr. Graham, Dr. Sabatino, Jeff Novick, and a lot of others that I read their articles, you guys really write specifics. How can we get, let's say (inaudible portion of tape) ... because you just sent me an article on organic versus inorganic. I got your essential oil. They are so complete. Do you have any source for that? Because I know there's .... We don't have near enough time to enumerate on everything that we want to do, and I want to give each one of you, Dr. Klaper, I'd like your website, Dr. Graham, Dr. Sabatino, Jeff, if you have a website, an email address, an 800 number. How can we get your stuff?

JN: My website's down, but I do publish a weekly newsletter that I'll give to everybody for free who sends me in their email address and my email address is very simple. It's [chefjeff@chefjeff.net](mailto:chefjeff@chefjeff.net), and it's published at least once a week, and like you said, there's a lot of research and data that goes into everyone of them.

WP: And I'm very impressed. If I put something out like this week on my e-zine, I was gonna put your articles on oils but it was so long, it's longer than my e-zines.

JN: They run about four to twelve pages.

WP: Oh, they're exceptional. So, give that email address out one more time.

JN: [chefjeff@chefjeff.net](mailto:chefjeff@chefjeff.net).

WP: Dr. Graham. Oh, do you have a ... do you want to give a phone number there or anything, Jeff?

JN: The best way to communicate with me is through the Internet email.

WP: Okay, fine. Dr. Graham? Get off that computer.

Dr. G: I'm not ... I'm listening so intently. Hear my friends talking and they always add insights into my perceptions. It's great to hear.

WP: Collaborate.

Dr. G: It's like a every five-leaf clover tonight, just marvelous.

WP: Thank you. Give us a way that everybody that's listening to this tape and that's on the call tonight, how we can get a hold of you.

Dr. G: Actually, it's gonna be about a week before my website comes up, a new one. It's really just been designed by a champion website designer and I'll be happy to tell people about it as soon as the address is up, but until then and any time people want to reach me, because I'm on the road lecturing full time now ...

WP: Good.

Dr. G: ...the best way to reach me ...

WP: Email?

Dr. G: ... is also through my email.

WP: Good. Do it.

Dr. G: And that's easy to remember, also. It's foodnsport ... it's all one word ... foodnsport@aol.com. So it's food and sport anytime you're thinking about food or sport and you want to really refine the program, my program is the Maximum Athletic Potential Program. It works for anybody who puts it to work.

WP: Dr. Klaper?

Dr. K: Yes, you can reach me at ... through Jeff Nelson's website, vegsource. Just punch in vegsource and you'll wind up at the website and you'll see me. My link's right there.

Caller: I didn't get that. V-E-G....

Dr. K: V-E-G-S-O-U-R-C-E.

WP: At?

Dr. K: [www.vegsource.com](http://www.vegsource.com).

WP: Oh, dot com. Yes, okay. So your email, of course, will be on there. Dr. Frank, do you have anyway that the folks can get a hold of you?

Dr. S: Yeah, there's a website. It's drfranksabatino.com, and ....

WP: Spell the Sabatino, I'm sorry.

Dr. S: Drfranksabatino.com. And what's nice about the site is that it also has an index ... an area that says help, information, and links, and if you tap in there, it will bring you into a few screens that will take you into a variety of groups and sites to answer most of the health questions you would every want to have. For example, related to vaccination issues, nutrition issues, child rearing, child health, all of that. There's also in the index a question and answer index to take you to any question that you want to direct directly to me. So, it's a very elaborate website that's a real good information newsletter-type site. And also it has articles that I've written, things of that nature which you can take off at your leisure, so I urge you to visit it and ask any questions or inquiries that you have.

WP: Tell them a little bit about that cassette series because I'm gonna promote that pretty soon. And I hope that my website's gonna be a link on there, brother.

Dr. S: Yes, I wanted to ....

WP: themangoman.com

Dr. S: I lecture five times a week here at the Regency so it's a very elaborate health education program, and what I've done in the last four months is I went into studios in New York and had some impeccable voice directors and engineers and we put a package together called "Be Truly Well." It's a snap and the snap is an acronym for self-love, nutrition, activity and psychological poise, and it's an eight-hour audio series that covers the full breadth of wellness issues. It's like being with me for two weeks. It's eight hours of information that's entertaining, informative, and it covers everything from stress management to eating out in the real world to vegan nutrition to activity and fitness, including women, hormones, and health, and all of these kind of issues. I would urge you if you are interested, you can order it through the website or you can order it through the Regency House at 2000 South Ocean Drive in Hallandale, and I get orders that way, too. But it's a nice tape series that kind of puts things together from what I've been doing over the past 10-15 years.

WP: Okay, so Dr. Graham, you gave your material. Everybody's got their stuff out there. We might say a little bit more about that as we go. Dr. Frank, let me talk a little bit more now, if you would, because we've spent the first hour and a half here on all the issues and everything, but what I want to do ... talk just a little bit about bone density and the prostate enlargement and cancer in men because of all these high protein diets real quick.

Dr. S: A little bit, huh?

WP: Yeah, just ... (laughing) because what we want to do....we want to leave the group here tonight with, okay, I know that but I'm still ambiguous. Where do I go from here? Do I want to kinda set out a little bit of a regime for everybody to ... when you go out to eat, what can you do? Or, you know what I mean, so touch base a little bit on that because that is so important. You know, people are swallowing calcium pills thinking that, well, I've got to get my calcium somewhere. Or, as we talked, Dr. Graham and I did on the last show, that osteoporosis and all this calcium problem is not a lack of calcium it's a loss of calcium from the body, and if you'd like to take it from there.

Dr. S: You know, you asked so many different parts of this question. But with bone density, even people on this panel have discussed and written about this a lot themselves, but the real key feature for bone health is that bone is a very dynamic organ. I think most people see it as a very static object. If you held a leg bone in your hand from inside the body, a large leg bone would look like a baseball bat, so outside it looks very unchanging, very rigid. But in the human body, it's very dynamic. It's ... in fact, there's things moving in and out of bones. You have cells that build up bone, break down bone, so bone is going through an expansion and a contraction, almost like a breathing phase. It's an incredibly dynamic tissue, and the health of that tissue really relies on how well the bone-making cells are being supported and really ...

(Background slapping noises)

.... you know, how well, the body is able to maintain the integrity ... it's not so much the calcium you take in. It's the minerals that you keep in. And a lot of time with high fat, high protein high refined sugars, you're creating such an acid inflammatory effect that you wind up causing some of this calcium and bone in a buffering way, where the body is pulling it out to try to neutralize some of this irritation, but also the mineral content

of these high proteins and fats can cause a diuretic loss of both calcium and magnesium, both of which are very important for bone health. So that's why some notion of the fact that bone density may not only related to calcium being deficiency, more likely it can be due to ....

(Background noises)

.... fat excess so the excesses of a more conventional American diet can literally lead to bone loss, and there are populations where we see .... John McDougall talks about Eskimo populations where women can be consuming in excess of 2,000 milligrams of calcium and having more profound osteoporotic change than we see in some of the women in the mainland United States, and we have cultures with significantly less calcium that hold onto bone density much more dramatically ... Asian and South African populations. So we know that the dietary nature, the foundation that promotes ... it's again this concept of synergy. Things don't work in isolation. It's not just a calcium question. It's how does everything that you do. For example, we know that activity, weight-bearing stress on bone is one of the best ways to inspire bone to hold onto calcium. So the activity component, the lower protein and lower fat approach, all of these things working in synergy promote incredible bone integrity and bone health. And I think we've done ourselves a disservice by narrowing it down to just a discussion of deficiency.

WP: Uh-hum.

Dr. S: And we know that many of the worst issues of bone breakage and problems with bone health and damage of bone even in menopause occur in the largest dairy consuming nations ... United States, Canada, Britain, Scandinavia. So countries that are consuming by per capita more dairy intake typically have the worst bone health. We have to deal with that ...

WP: Uh-hum.

Dr. S: We're not embracing that. We've got all these commercials with these celebrity prostitutes. You know, milk does the body good with all of these mustaches. It's just so absurd, and we've been made the brunt of such a con job in medicine because this has nothing to do with biology. It has to do with vested interests of milk and meat and dairy counsels. And we need to get that fact.

WP: Uh-hum. We call it pure, white, and deadly.

Dr. S: Yeah.

WP: Very well said by Dr. Frank, really. Okay. Now, we've got a lot of great stuff that we've had to support, okay, now we've got to take and get away from that, like these crazed diets, the Zone Diet, the Atkins Diet, and all those other .... What was it. I think it was Ornish said to tell people to eat pork rinds and sausage to sell books is a great disservice to the truth, or something to that line. So, with all that we know here, it really boils down to good balance in our lives, but let's get the eating down. What is, let's say, a balanced diet, guys? I have my own way of putting it out on the platform and in my work, as all of you know. And we all know of each other's work, of course, but let me start if I could with ... bring back Dr. Klaper again. Give us, if you would, Dr. Klaper, like a balanced diet. What would somebody say, like for breakfast, and then maybe a lunch, and maybe a dinner, and also, I'm eating out. I've got a couple clients. I have to go to eat. Okay. These people are not going to be a vegetarian, we'll just say. Let's put this out in reality. They're not going to eat just what we're going to eat, but they would like to eat better. What would you suggest as a good balance that's, you know, it's not radical. And I'm not saying what we're doing is radical because what they're actually doing is radical. What we're doing is ...

Dr. G: It's like eating dead burned bodies, as Arlo Guthrie said.  
(Indistinguishable)

WP: Way to go. So do you have any kind of input on that?

Dr. K: Well, from what we've all said here, the real evils are fats and sugars and concentrated animal protein. Anyone who is serious about getting their diet healthier should look at the obvious threats to their ... on their dinner plate there and try and make smarter choices. For breakfast, again, it's really hard to think of a better breakfast than all these wonderful fruits that we've been talking about and to have a mango or two or a couple of papayas for breakfast is a great way to set up the day, and one should definitely ... I've tried to make it an art form as I go through my eating day, to find ways to get as much fruits and especially vegetables into my diet as possible. I go out of my way to make sure I have a heart salad with every lunch, with every dinner. I revel in all the different ways that you can make really hearty vegetable soups and vegetable stews and there's always steamed greens on my plate at dinner time, whether it's kale or collards or \_\_\_\_\_ or Swiss chard and so I try to fill up my stomach literally with fruits and vegetables and don't leave a lot of room for the

other carbohydrates or problematic foods. So, in the real world what would the person do when they eat out? Again, I would suggest that they would certainly look in the soup section. They would look in the side section and order ... you know, find what they liked the best and if they're really a big fan of asparagus or Brussels sprouts, make sure that they bring an extra side dish or two and make start crowding out some of the other problematic foods on the plate.

We get into an issue ... and I want to hear what Dr. Graham has to say regarding the "better" carbohydrates as far as whole grains or potatoes. Do you feel that these starches that you have to hydrate, have to cook in some way, have any place in a balanced diet? Dr. Graham?

Dr. G: Personally, I don't honestly think that, in the ideal diet, that there is a place for cooked food. I think it's like saying there's a place for a little bit of dirty air. Ideal... in ideal conditions.... every creature on the planet, including man, has thrived on a raw food diet. We've done it for millions of years. Animals have lived on a raw food diet for 600 million years. I know we're not animals so we won't look at them, but personally, I don't think, as Dr. Sabatino said, we're looking at a nutrient per calorie ratio that is grossly affected to the negative when we cook our foods. We start raising the calorie density by making the food softer, easier to chew, bursting all the cells so that virtually every calorie that you eat is actually available to the body. Even in a cooked broccoli compared to raw, you're actually going to absorb and assimilate a lot more calories than you will in the cooked product than you will in the raw.

Esther: Well, you know what you've just told us. We might as well throw away our kitchens.

Dr. G: Well, I think, personally, ....

Esther: We don't have to have ... we don't have to cook anymore.

Dr. G: Well, I think freedom has a lot to do with throwing away your stove.

Esther: Oh my gosh.

Dr. G: I sold my stove to the junkman 20 years ago. I haven't looked back. I don't really miss it. And my health has never been better. At 47, I feel better than I sure did at 17. I'm not telling you to do that. I told you and continue to say that people, if they wish to get better, have to realize that what they were doing isn't working and something's got to give. And it's



got to give gradually; it's got to give at a pace that they can take it, but in terms of answering your question, Michael, I think that the nutrient/calorie ratio in yams or potatoes or squashes, the vegetables that we tend to cook is really so skewed in the wrong direction, I don't know how you would make up for that by eating other foods that have a good nutrient/calorie ratio. I don't think it can make up for the harm any more than you could make up for the harm of ... if you took phenomenal care of a tree in your back yard every way that you knew how to nourish it and water it and give it ... give it ... give it fertilizers, natural as they are, and make sure that there were no bugs on it and do everything you could to take excellent care of that tree but every year on New Year's Day you went out once and gave it a good whack with an ax, you couldn't make up for that. The scar will be there forever. The loss is there forever. We carry our scars. I know all of us do carry our scars from being raised on a standard American program.

Esther: Well, I think that you're making it too harsh for people, for ordinary people to ....

Dr. G: You're entitled. You're totally entitled.

WP: Sure. Well, let me ... let me throw this ... Esther?

Esther: Well, I want to ask you one thing. You mentioned milk. You don't walk milk anymore?

WP: Oh, no, not at all. That's ... and we have a guest, or a participant on the show this evening that spent a great deal of his life trying to make people aware of the hassles of milk. I mean, Sabatino could tell you, Robert Cohen, Jeff, Michael ....

Esther: Well, what about .... what about silk milk?

WP: Milk is milk.

Esther: No, it's silk. You know, basically ...

WP: Oh, I'm sorry.

Dr. G: It's a soy milk, Wayne.

WP: Oh, okay, I didn't quite hear. That was something wrong with my earphone here.

Esther: No, it's called silk milk. It's soy milk that I got at Pritikin. It's the most wonderful thing ... that's the best thing I learned at Pritikin.

WP: Well, now, once again, see, it's not cow's milk.

Esther: No, it isn't. (Indistinguishable)

WP: Well, sure, it is, of course. Now, let me throw this in here. Dr. Klaper, isn't it amazing, they will say, "Well, if you don't get this and you don't get that, you're gonna wither away to nothing." I've know Dr. Michael Klaper for well over 15 years and he's what ... six foot ...

Dr. K: Four.

WP: Six foot, four. Robust, healthy, energy, clarify of mind. And when I first met him I had an old Kansas City country doctor. I was blind in my right eye and 60% vision left in my left eye. I had splashed muratic acid into my face and I was destined to be blind and there was nobody that would give me help. But this little old 82-year-old Kansas City country doctor opened up his little black bag and outpoured this shower of love and he put me right back on path. I'm not going to tell you what I did. It was a phenomenon. But what I was saying, I took Dr. Foster over to a little village in .... Was it Altoona, Mike? What was that? Altoona? Where Gentle was.

Dr. K: Oh, right, down near ... Umatilla.

WP: Umatilla, yes, that's where it is, yes. And there was a little vegetarian village of what was it, a hundred and so many acres, Dr. Mike?

Dr. K: Uh-hum.

WP: And Dr. Michael was the granddaddy, the physician on campus, and the people out there were fantastic. They had this genuine smell ... (laughing) smell ... smiles. They were just great to be around. They were healthy. There were no complainers. Everybody ... the camaraderie was exceptional and two rid ourselves of this stereotype .... sick, weak, all of that. Let's dispel that myth right off the bat. If you wanted to comment on that. Is that place still open by the way?

Dr. K: No, they moved ... they live in New Zealand at this time.

WP: Wonderful.

- Dr. K: The people who go on this .... an especially if they're coming from a place of obesity and medical problems, the transition you see in them is really quite remarkable as you're implying.
- WP: Yes, it was remarkable. And Dr. Foster and I when we were there, we were just, well, we were just stupefied, enthralled with this. It was wonderful. I almost sold my practice and everything and moved there it was so great.
- Caller: Could I ask ....
- WP: The word diet ... let me throw this in. The word "diet," everybody, that comes from the Greek word "dieta," and that means way of living. Now, on all of these fad, craze, high protein, ridiculous diets that people have gone on, you may lose weight quickly but never permanently. Okay, what were you going to ask me?
- Caller: I was gonna ask these experts tonight to tell me a little bit about where the good oils fit in. Like the good essential fatty acids or the flax oil or any of those oils that ...
- WP: Okay, why don't you do this. That's gonna give me a chance to plug Jeff Novick's article on essential oils, but, Jeff, if you would like to just say a couple words on that, because we've only got about 10 minutes left, and I'd like to get some closing comments, and I'd like for each of you to say a couple of things.
- Caller: How to use them in your actual eating in food.
- WP: Well, you know I've been writing the last six weeks on my ezine, never cook 'em. And cold-pressed and that kind of thing, so take it away, Jeff.
- JN: Yeah, I'd be glad. It's a, you know, very comprehensive article on the whole essential fat issue, but the trick of the matter is if you consume enough calories of whole natural plant foods, you will get in all of these essential fats that you need and you don't have to add any type of supplemental oils or products whatsoever. If you want the benefit of the essential fats that are in any of the foods including fax seed, my advice would be to choose to use a whole food and not to refine fraction oil. When you take a food and take the oil out, you create lots of problems, and, you know, personally, I don't think there are any good oils. Most of the oils are either animal fat or the vegetable oils, the polyunsaturates, can be harmful, too, so I would be really careful about wanting to use any oil

included my diet. It's extremely calorie dense with very little food value and very little satiety, and it can have other impacts. So, the essential fats aren't really a problem in a whole natural plant-based diet.

WP: Jeff, let me throw a thought in. I want to get away from eating butter. I want to get away from eating margarine. I'm out and I'm eating a baked potato in a restaurant, and I want sour cream and chives but Ethel said I can't have it. So what can I have?

Esther: Well, put mustard on it; it's delicious.

WP: Well, that's a vinegar and that's not very ...

Esther: That's not good either?

WP: I'm sorry, that's not a very good food.

(Laughter)

You should get my food-combining guide. That'll take care of this whole thing right away in our celebrity ... listen ... in our celebrity nutrition package. But the point is. What am I gonna do, and answer from any one of you.

\_\_\_\_\_ Nature's butter is avocado.

WP: Sure, absolutely, and, man, that avocado with a little tomato and a little bit of sprouts and some cucumber and stuff ... I mean, I'll sit out there at night after I get through jumping rope or doing a big workout. I try to train two hours every .... That's another thing. Here I don't go to all of this meat stuff. I train. I've got trophies all around my house. It sounds like I'm bragging, but you come by my house, I'm gonna show you my trophies, I tell you.

Esther: How old are you?

WP: Me? I'll be 53 June 13<sup>th</sup> and I take all kinds of cards and letters and all that stuff. But ... and I've never felt better in my life. Dr. Graham will tell you. We've raced together. We've done all of this and ...

Esther: Now, this other woman. How old are you?

Michelle: I'll be 57 in August.

Esther: Well, I want to tell you something. I am absolutely in the best condition. My bones are fabulous, everything is fabulous, and I'm 74.

WP: Good for you, and you sound good.

Esther: I exercise and I weight lift, and I play golf, and I do all sorts of things.

(Tone sounds)

WP: Give her a round, everybody.

(Tone sounds)

Esther: I also have oatmeal every morning for breakfast.

Dr. G: In spite of that.

WP: I was gonna say ...

(Laughter)

Exactly. What's that?

Michelle: Are you eating meat?

Esther: I do. I eat chicken and fish, and I eat meat once in a while.

WP: Okay, now that's what I'm talking about. Let's go to that balance once again. I think Dr. Graham's come back on that is very good. You know, you're doing it in spite of and not because of.

Dr. G: I'd like to say a word and then I'll hush. I can be brief though 'cause you're asking for some closing anyway. I think the idea on balance is this, that what we're looking to do ... most people say when they're looking for balance, you know, they talk about moderation, and I don't really believe in moderation in all things. I think what we're really looking to do in terms of creating balance is to have moderation of all the different things that are good for us.

WP: Exactly.

Dr. G: But we're trying to learn to avoid totally those things that are harmful to us. We're looking to develop self-creative behavior, not self-destructive behavior, self-constructive, all the time, learning how to do more of that, and if we're looking for fixed guideposts on healthy eating, all we have to do is look at our food and say, is it whole, is it fresh, is it ripe, is it raw, is it organic, is it a plant?

Esther: Well, there are no more cookies and no more hors d'oeuvres.

WP: Well, you got it down. Let me tell you something. This is why I went into business.

Dr. G: ...whole fresh, ripe, or organic plant cookies and hors d'oeuvres here at our retreat.

WP: Oh, and let me tell you. And he makes a pie. Listen, guys, he makes a pie that's on his video and his work....

Esther: Who is this?

WP: This is Dr. Graham. Yeah, yeah, call him. Call any one of these four or email them ... Listen now. Raise your hand when I'm talking.

(Laughter)

Email every one of them. We're on this because ... you know why we're all in this business? If it was for the money, we would probably change the profession. We're in this business ... listen now. We're in ... don't you be interrupting while I'm interrupting. But we're in this business because of the results. If you came to my office and put all the letters that we received in the 23 years that we have been writing about what we've been doing and tried to move that box, chances are you'd never forget the energy you put into trying to move that box. We've got thousands of letters, 33 countries, and people who have turned their lives around, and each one of these physicians who are on the line tonight can say the same thing.

Now, does this ... does diet cure it? No, diet doesn't cure. Nutrition is nothing more than a series of processes the body employs, if you will ... I'm taking this from Alec Burton .... to make food materials for the body to use. It doesn't .... I mean everything else seems to fall into place. We gotta do some fitness. You cannot eat your way to health, but you can definitely destroy your health with bad eating.

Dr. G: Your health is as good as the weakest link, Wayne.

WP: Very well said. And let me put this into perspective real quick before .... we got five minutes before we're gonna hang up here. Here's the deal. There's a balance in our lives, and I call it playing the game of life like we do a game of checkers. If we take the acronym C-H-E-C-K-E-R-S — career, our health, our economics, communication with people, our knowledge, our emotion, our recreation, our spiritual side—that's great.

Put it in balance, it's terrific, but when our health is shot, nothing else means a hoot to us.

So what are these things that are going to keep me healthy? There are nine things that we must do to be healthy, and they form an acronym: A NEW START ON LIFE—attitude, the nutrition, the exercise, the water, the sunshine, the tenacity, our .... the good fresh air, rest, temperance in all that we do. You can't have everything in your life, for crying out loud, where in the world would you put it? So, let's take this easy. We're special everybody. We've got an un-negotiable self-worth. There is nothing to support that we're in this world to be either sick fat, miserable, or broke. We're not garbage dumps with hairy lids. We're marvels of design, and we own 100% stock in a blue chip corporation. I'm gonna tell you this. Don't sell you stock cheap. Put a high price tag on your stock.

We've got a brand new body .... all year long. There's several little things that go on in our body right now that renew and regenerate themselves. Notice when you get a tooth out, in a matter of two to three days, you get a whole new lining in the mouth. Every five days, we have a whole new intestinal lining. Every 11 days, whether we like it or not, our respiratory lining is renewed ....what we haven't scarred and abused and all of that. Naturally, it just renews itself. Every 15 days, all new white blood corpuscles. Every 120 days, all new red ones. Every six months, you've got a whole new blood stream whether you like or not. Every two years ... here's the joy of it ...you got brand new bones.

Esther: You do?

WP: Every seven years you got a brand new body. So, whether you like it or not, or whether I like it or not, we're special just in the fact of design. But the fact is, we got this body free and clear so what we gain too cheaply, we esteem too lightly. And we have enough carbon ... I know you're gonna be enamored with this statistic. We have enough carbon right now for over 9,000 lead pencils. We've got ....

Esther: In our bodies?

WP: I'm talking. And we've got enough calcium right now to completely whitewash a chicken coop. You have enough atomic energy right now in your body to completely fuel a highly industrialized country for a week, and right down to the DNA and RNA, we're genius. So, whether we like it or not, we're special. Let's start treating ourselves to good stuff. Now,

here's the deal. Just the consciousness, everybody, just the consciousness of knowing that we need to do better and we have these little things like all of these products that each one of the panelists have available, just having them in the house is enough to make you want to get to that next level, okay?

And once again, everybody, give them just your email addresses in the tape here and for the sake of the people who are doing this because you're deserving of this.

Michelle: I want to ask one last thing and that is the way to get my call holding on again.

WP: Yeah, you just hang the phone up.

Michelle: Oh, it goes back again?

WP: Yeah, it automatically goes back. Okay, Dr. Frank, would you like to give your email address one more time.

Dr. S: Yeah, you want the website or the email?

WP: Either one.

Dr. S: Yeah, the website is drfranksabatino.com.

WP Sabatino, spell it.

Dr. S: S-A-B-A-T-I-N-O.

WP: Okay. [www.Drfranksabatino.com](http://www.Drfranksabatino.com).

Dr. S: Am I going to have a few seconds for a final comment or not?

WP: Yes.

Dr. S: You want to me to do it now?

WP: You bet.

Dr. S: I wanted to say something, because I think some of the people are getting the impression that what we're talking about is really very deprivational. And I want to agree and disagree with Doug in the sense that I think there is a place for people in transition to deal with something that I like to call creative substitution, and in a vegan lifestyle, there is nothing you're doing right now that you cannot find a very legitimate, much healthier substitution for. You're only limited by a lack of imagination.



And the more that you look into it, you will find that there are ways that in your transition you can find a substitution for the meats, the cheese, the sugars, the cookies, and still find some degree of satisfaction while you are in that process of change. When you're first changing over, you cannot believe that you can be any different than you are now. In fact, if I tell you right off the top, stop this, there's a part of your brain that just can't wait to do it, and do it in my face.

Esther: Yeah.

Dr. S: But if you make these changes slow, over time, with these legitimate substitutions, more raw, fresh stuff .... you can use some cooked starch .... you can use some of these things in your transition, even going out to eat. But you'll get to a place where you'll look back and won't believe that that's where you once were. And what I'm urging you is just give yourself that time, that little bit of commitment, that patience, that self-love with those creative substitutions. And I think you'll find that this transition only gives you a sense of opening things up, not closing things off.

WP: Oh, that's so well ... well said. That's exactly my philosophy right there. Really.

Dr. G: I agree with you a hundred percent. I don't know where you disagree.

Dr. S: Only in the sense that the way you were denigrating even the use of a cooked potato or starch ....

Dr. G: Oh, no, we had a long thing on transition earlier on in the night. I'm sorry. I'm a hundred percent in favor of a transition.

Dr. S: Then, I'm sorry. I just went on ... based it on that statement.

Dr. G: No, no, no. I agree with you a hundred percent the way you said it just then.

WP: Okay. Anybody else? Dr. Frank, I appreciate you coming on the show, and I know everybody else does.

Dr. S: I'm sorry I got there too late.

WP: No, no. Hey, you tailed in there on the end, that's fine. Dr. Michael Klaper, any closing comments?

Dr. K: I just want to thank everyone for their participation, and I just say amen to what Dr. Sabatino said. Make this transition in a healthy way and wind up with radiant health. Raw is better, but do .... be true to where you're at and keep improving every day.

WP: Beautifully said. Dr. Graham?

Dr. G: Well, I would say that the biggest and most important thing I can say about this is that, if it's fun, you will look for any reason to continue doing it, and so I recommend making it fun. If you perceive it as work or an unwanted effort, you're going to create your own interruptions and you're gonna create your own failure. So every single way that you can, go about this to make it enjoyable and that's why I agree with you, Wayne. I think the products that virtually all the doctors and Jeff and everybody has created are there to make it more enjoyable, more successful for people ...

WP: And easier.

Dr. G: ... easier for them to succeed and that's the tools that allow people to make this happen. Otherwise, exactly as Frank said, they see themselves where they are now, not where they're going. We see where you're going, folks; we're looking forward to you doing better.

WP: Good, thank you, Dr. Graham. I appreciate you being on here again, and we'll talk later on. Doctor, I mean Chef Jeff.

JN: I just say ditto to everything that's been said. I agree a hundred percent with the closing comments. And, you know, I was just thinking as everybody was talking, I think if we took the five of us and added up the years, we probably have way over a hundred years of vegan-ism, so it's not a difficult thing to do, and it does .... everybody has to proceed at their own pace. The only thing I would say is just don't forget the activities, and, like Doug says, make it fun. Don't make it work, but be active every day. And that's it.

WP: Good. Listen, I'm gonna close the show off with a little poem I wrote in my food combining guide, which is part of our celebrity nutrition package. It says:

Look in the mirror,  
Well, it couldn't be clearer.  
Your body reflects what you eat.  
For junk food and candy,

And all those munchies, they're dandy,  
But they don't make your body look sweet.

Don't gobble that pork.  
Get that ham off your fork.  
For resisting, you oughta feel pretty big.  
And throw out all that bacon  
For many have taken their fill  
And, man, do they look big.

And be careful of those dimples,  
They'll turn into pimples  
For frying with all of that grease.  
Oh, sure, those French fries are yummy,  
But think of the stomach.  
Indigestion doesn't mean it's pleased.

So, if you alter your diet,  
And you really should try it,  
You'll find you soon feel divine.  
And all that money you keep  
From not buying that meat,  
Why, it's gonna buy lunch when you turn 99.

Thank you, everybody. Thank you for showing up. I appreciate you.

Goodnight.

=====  
About **Wayne "The Mango Man" Pickering, N.D., Sc.M.**  
"THE AMBASSADOR for HEALTH" CEO of The Center for Nutrition in  
Daytona Beach, Florida which is the Greatest Source of Information on how to  
EAT MORE and WEIGH LESS in 30 days...GUARANTEED!  
[www.waynepickering.com](http://www.waynepickering.com)

Comment: vbnvjhfgjfhjfhj

Author of:

- 10 Health Guides including "The Food Combining Guide";
- Several C/D ROM's including "From Networking to Not Working";
- 8 Books including "Make Health Your Priority... You Deserve it";
- 22 Audio Learning Programs including "The Perfect Diet Program";
- Award Winning Video Series titled "Is Your Diet A Riot"; and
- 10 Health Systems including "How to Get Well then Stay Well for Life" all distributed in 37 countries!



# HERBAL TEAS

<u>Code # + Item (Description with LINK)</u>	<u>Price Each + S &amp; H</u>	<u>Qty Ordered</u>	<u>Total \$ Amt</u>
<u>TRM</u> = " <a href="#">Trim Tea</a> (WEIGHT LOSS)	= \$ 17.00 + \$4.30		
-----			
<u>H/H</u> = " <a href="#">Healthy Heart Tea</a> (Lower Cholesterol)	= \$ 17.00 + \$4.30		
-----			
<u>I/B</u> = " <a href="#">Island Breeze Tea</a> (Deal with Stress Easier)	= \$ 17.00 + \$4.30		
-----			
<u>SNZ</u> = " <a href="#">Snooze Tea</a> (Sleep Deeper)	= \$ 17.00 + \$4.30		
-----			
<u>PEP</u> = " <a href="#">Pep Tea</a> (Go from Fatigued to Fantastic)	= \$ 17.00 + \$4.30		
-----			
<u>MAN</u> = " <a href="#">Man's World Tea</a> (Prostate Health)	= \$ 17.00 + \$4.30		
-----			
<u>FEM</u> = " <a href="#">Feminine Wild Tea</a> (Female Sexual System)	= \$ 17.00 + \$4.30		
-----			
<u>LOVE</u> = " <a href="#">Love Tea</a> (Enhance your Sensual Mood)	= \$ 17.00 + \$4.30		
-----			
<u>COF</u> = " <a href="#">Herbal Coffee Tea</a> (Coffee that's NOT Coffee)	= \$ 17.00 + \$4.30		
-----			
<u>BRTH</u> = " <a href="#">Breathe Easy Tea</a> (Respiratory Tract)	= \$ 17.00 + \$4.30		
-----			

<u>Total Merchandise Ordered</u>		\$\$ _____
<u>Total Shipping and Handling</u>	<b><u>800-325-3438</u></b>	\$\$ _____
<u>Total Amount in US Funds</u>		\$\$ _____

**SHIP TO:**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, Zip:** \_\_\_\_\_

# THERAPEUTIC HERBAL TINCTURES

**Code # + Item (Description with LINK)**                      **Price Each + S & H Qty Ordered Total \$ Amt**

TRMTC = "[Trim Tincture](#)" . (Flush Fat Fast)                      = \$ 29.00 + \$4.90

HRTTC = "[HEART Tincture](#)" . (Restore Heart Health)                      = \$ 29.00 + \$4.90

RSTSTC = "[Stress/Rest Tincture](#)" (Relax & Sleep)                      = \$ 29.00 + \$4.90

PEPTC = "[Pep Tincture](#)" (Enduring Energy)                      = \$ 29.00 + \$4.90

MANTC = "[Man's World Tincture](#)" (Prostate Health)                      = \$ 29.00 + \$4.90

FEMTC = "[Feminine Wild Tincture](#)" (PMS)                      = \$ 29.00 + \$4.90

LUNGTC = "[LUNG Tincture](#)" (Strengthen Lungs)                      = \$ 29.00 + \$4.90

IMMTC = "[Immune Tincture](#)" (Revive your Health)                      = \$ 29.00 + \$4.90

THYTC = "[THYROID Tincture](#)" (Improve Digestion)                      = \$ 29.00 + \$4.90

SXTC = "[SEX Tincture](#)" (The Sex of your Dreams)                      = \$ 29.00 + \$4.90

<u>Total Merchandise Ordered</u>		\$\$ _____
<u>Total Shipping and Handling</u>	<b><u>800-325-3438</u></b>	\$\$ _____
<u>Total Amount in US Funds</u>		\$\$ _____

**SHIP TO:**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, Zip:** \_\_\_\_\_

# AUDIO LEARNING PROGRAMS

<u>Code # + Item (Description with LINK)</u>	<u>Price Each + S &amp; H</u>	<u>Qty Ordered</u>	<u>Total \$ Amt</u>
<u>D/R</u> = " <a href="#">Is Your Diet A Riot</a> " for Dental Hygienists	= \$ 37.00		+ \$4.95
-----			
<u>DBE</u> = " <a href="#">Defeating Bad Eating</a> " Audio Program	= \$ 37.00		+ \$4.95
-----			
<u>ATT</u> = " <a href="#">Attitude</a> " Audio Program	= \$ 37.00		+ \$4.95
-----			
<u>G/W</u> = " <a href="#">Getting Well</a> " Audio Program	= \$ 20.00		+ \$4.95
-----			
<u>R/F</u> = " <a href="#">Romance of Finance</a> " Audio Program	= \$ 37.00		+ \$4.95
-----			
<u>SUN</u> = " <a href="#">Sunshine</a> " Audio Program	= \$ 20.00		+ \$4.95
-----			
<u>WAT</u> = " <a href="#">Water</a> " Audio Program	= \$ 20.00		+ \$4.95
-----			
<u>AIR</u> = " <a href="#">Air &amp; How to Quit Smoking</a> " Audio Program	= \$ 37.00		+ \$4.95
-----			
<u>BB</u> = " <a href="#">Beating Burnout</a> " Audio Program	= \$ 37.00		+ \$4.95
-----			
<u>NSA</u> = " <a href="#">Is Your Diet A Riot "LIVE"</a> Audio Program	= \$20.00		+ \$4.95
-----			
<u>COMB</u> = " <a href="#">Combine When You Dine</a> " Audio Program	= \$20.00		+ \$4.95
-----			
<u>H/W</u> = " <a href="#">Health IS Wealth</a> " Audio Program	= \$37.00		+ \$4.95
-----			

<u>Total Merchandise Ordered</u>		\$\$ _____
<u>Total Shipping and Handling</u>	<b><u>800-325-3438</u></b>	\$\$ _____
<u>Total Amount in US Funds</u>		\$\$ _____

**SHIP TO:**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, Zip:** \_\_\_\_\_

# HEALTH GUIDES

Name of Health Guides	Retail Price	Qty/Disc. cost each	Qty/Disc cost each	Qty/Disc cost each	Qty/Disc cost each	Qty/Disc cost each
“ <a href="#">The Food Combining Guide</a> ”	\$14.95	12 @ 40% (8.97 ea.)	72 @ 40+10% (8.07 ea.)	144 @ 50% (7.48 ea.)	500 @ 50+10% (6.73 ea.)	1000 @ 60% (5.98 ea.)
“ <a href="#">The Food Combining GUIDEPOST</a> ”	\$12.95	12 @ 40% (7.77 ea.)	72 @ 40+10% (6.99 ea.)	144 @ 50% (6.48 ea.)	500 @ 50+10% (5.83 ea.)	1000 @ 60% (5.18 ea.)
“ <a href="#">The Perfect Diet Guide</a> ”	\$12.95	12 @ 40% (7.77 ea.)	72 @ 40+10% (6.99 ea.)	144 @ 50% (6.48 ea.)	500 @ 50+10% (5.83 ea.)	1000 @ 60% (5.18 ea.)
“ <a href="#">Combine When You Dine RECIPES</a> ”	\$12.95	12 @ 40% (7.77 ea.)	72 @ 40+10% (6.99 ea.)	144 @ 50% (6.48 ea.)	500 @ 50+10% (5.83 ea.)	1000 @ 60% (5.18 ea.)
“ <a href="#">Reflexology Toolkit</a> ”	\$10.00	36 @ 40% (6.00 ea.)	144 @ 40+10% (5.40 ea.)	500 @ 50% (5.00 ea.)	1000 @ 50+10% (4.50 ea.)	5000 @ 60% (4.00 ea.)
“ <a href="#">The Food Combining Pocket-Guide</a> ”	\$ 1.95	50 @ 40% (1.17 ea.)	200 @ 40+10% (1.05 ea.)	500 @ 50% (0.98 ea.)	1000 @ 50+10% (0.88 ea.)	5000 @ 60% (0.78 ea.)



**Method of Payment**      **Check or Money Order: \$\$** \_\_\_\_\_

**Card Number:** \_\_\_\_\_ **Expires:** \_\_\_\_\_

**Name as printed on Card + Signature:** \_\_\_\_\_

**TERMS:**

- 1) NO COD's;
- 2) No Shipping & Handling on all orders over \$750.00;
- 3) No Accounts Receivable!
- 4) Master Card, VISA, Amex & Discover Cards and Company Checks are accepted.

**The Center for Nutrition**  
 1 Glowing Health Way  
 Box 26-3030  
 Daytona Beach, FL 32126  
**(800-325-3438) 386-441-4487**  
**(Fax orders to: 772-382-8487)**  
[\*\*www.wayne-pickering.com\*\*](http://www.wayne-pickering.com)

# HEALTH/WEALTH SYSTEMS

<u>Code # + Item (Description with LINK)</u>	<u>Price Each + S &amp; H</u>	<u>Qty Ordered</u>	<u>Total \$ Amt</u>
<u>MINI</u> = <a href="#">The Perfect Diet MINI Program</a>	= \$ 88.17 + \$6.90		
-----			
<u>DEL</u> = <a href="#">"IS Your Diet A Riot" DELUXE Video Series</a>	= \$387.00 + \$22.40		
-----			
<u>ESS</u> = <a href="#">"IS Your Diet A Riot" ESSENTIAL Starter Kit</a>	= \$147.00 + \$9.50		
-----			
<u>E/F</u> = <a href="#">"Flourishing Finances" Wealth System</a>	= \$187.00 + \$19.70		
-----			

### SHIP TO:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_



Method of Payment      Check or Money Order: \$\$ \_\_\_\_\_

Card Number: \_\_\_\_\_ Expires: \_\_\_\_\_

Name as printed on Card + Signature: \_\_\_\_\_

#### TERMS:

- 5) NO COD's;
- 6) No Shipping & Handling on all orders over \$750.00;
- 7) No Accounts Receivable!
- 8) Master Card, VISA, Amex & Discover Cards and Company Checks are accepted.

**The Center for Nutrition**  
1 Glowing Health Way  
Box 26-3030  
Daytona Beach, FL 32126  
**(800-325-3438) 386-441-4487**  
**(Fax orders to: 772-382-8487)**  
**[www.wayne-pickering.com](http://www.wayne-pickering.com)**