

CONQUERING CANCER
DIABETES and HEART DISEASE
with PARENT ESSENTIAL OILS

PEO

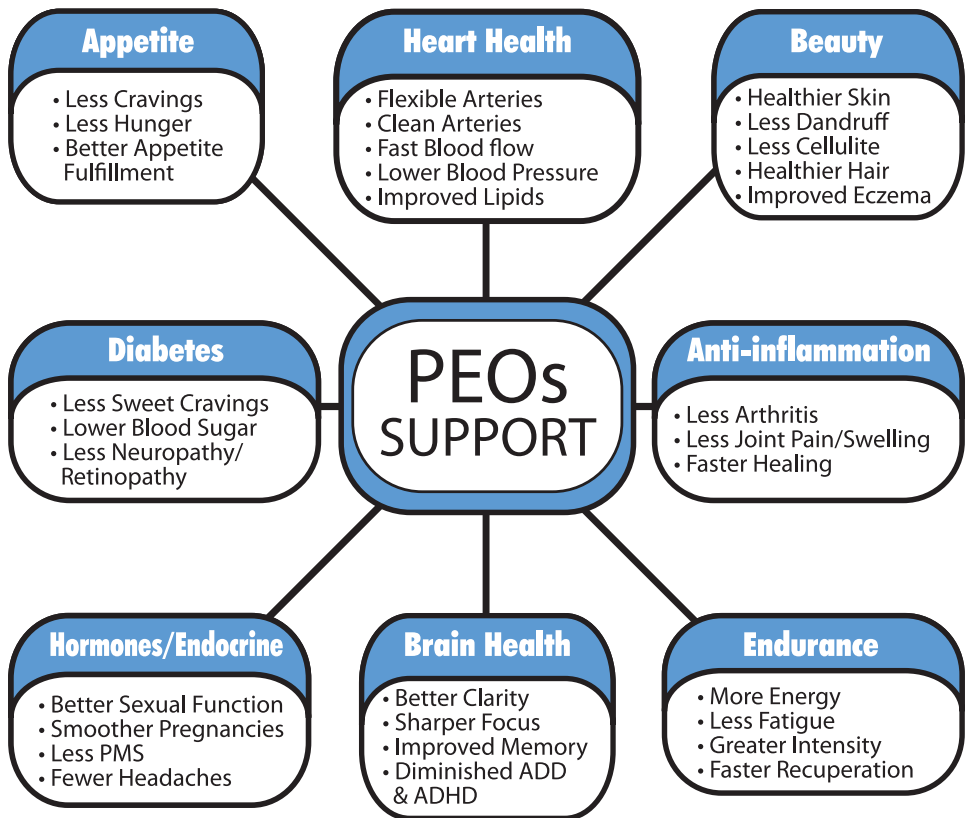


SOLUTION

Find out why the oils you take may be
harming your health and what the
“missing link” is to becoming lean-for-life,
energized and disease-free...

BRIAN SCOTT PESKIN
BSEE-MIT
Founder: *Life-Systems*
Engineering Science

ROBERT JAY ROWEN
M.D.
International Authority
Oxidative Medicine



Patients appreciate these important benefits:*

- Less cravings for sweets/greater appetite fulfillment*
- Decreased stress levels *
- Healthier/smoothier skin/decreased cellulite*
- Stronger/smoothier nails*
- More luxurious faster growing hair *
- Fewer/less severe headaches*
- Increased hormonal efficiency/production*
- Increased athletic endurance/faster recovery*
- Faster healing (from procedures)*
- Less pain/maximum natural anti-inflammation ability (from painful procedures)

Worldwide Praise for PEO Solution: The New Clinical Tool for Physicians

Two Physician CASE STUDIES: August 8, 2013

“Dear Brian,

“I am an Ear, Nose, and Throat doctor in Vancouver, WA. We have conversed before about essential fatty acids—in particular, your PEO recommendations.

“Shortly after reading your 2008 book, *The Hidden Story of Cancer*, I was evaluating a middle-aged male patient in my office for **noise-induced hearing loss**. During his physical exam I noticed a skin scar on his neck over **his left carotid artery**. I surmised that he likely had surgery to remove plaque from the artery, to prevent a stroke, which proved to be the case. **He had blockage in both arteries**, this being the worst side, and was told to return to the medical center within three years for repeat tomograms to see if the other side would require a similar surgery. **I jumped at the chance to prove your premise** (detailed in *PEO Solution*) that proper EFAs could reverse atherosclerosis (arterial blockage).

“I advised him to take 50% extra PEOs per day. **He returned to the center for follow-up tomograms 18 months later and was told that the studies showed that the obstruction was nearly gone and didn't require surgery**. They commented that this was the first time that they had observed this. **Dr. Kagan's remarkable results presented in the Scientific Support for Chapter 6 showed similar finding**.

“About the same time, a classmate friend of mine—a **surgeon in his seventies**—called me from California and told me he was in **chronic congestive heart failure**. **He had previously suffered two heart attacks and had undergone triple-bypass surgery with three stents placed**. My

first question to him was: "Are you using a statin (cholesterol lowering) medication?" He told me that he was. I told him that the statin drugs were the cause of his congestive heart failure and to discontinue them immediately. He said he would IF he got an OK from both of his cardiologists. They both said, 'No.'

"I suggested he do computer medical research. He found that the incidence of congestive heart failure has gone up 200% since the use of statin drugs. The reason is that the statin drugs lower the production of Coenzyme Q₁₀ and cholesterol, both of which are absolutely essential for one's health. Coenzyme Q₁₀ is produced by the liver and is essential to the brain and all muscle function, especially the heart muscle.

"Thanks to you and your PEO discovery, he is back to playing golf, walking the course. All medical professionals need to know the material in *PEO Solution*."

Kelvin Lindgren, M.D. (USA)
Clinic for Optimal Health

"Greetings again from India! I am a medical doctor MD and also an MD in Indian Medicine. I am practicing as an integrative physician. Your breakthrough book in medicine, *The Hidden Story of Cancer*, has changed our perception of EFAs as practiced for over five decades. **You deserve a Nobel Prize for that book.**

"*PEO Solution* is every bit as strong, if not stronger! With Dr. Rowen's superb clinical additions, *PEO Solution* is a masterpiece of the highest order. It is required reading for all physicians regardless of specialty. Anti-aging physicians and physicians across all medical specialties can now have the medicine of the future, today. *PEO Solution* has direct application in the prevention and management of heart disease, cancer, diabetes, obesity, neurological problems, and all chronic diseases

and disorders. **All physicians need to incorporate this new, high-powered clinical tool immediately.**"

Jagadish G. Donki, M.D.

**Integrative Oncologist, Integrative Cancer Therapy Centre,
Director, Complementary Medicine Therapy and Research
Center: Specialist in IPT-IPTLD/Oncology/Chronic Degenerative
Diseases/Neurological Diseases (Bangalore, India)**

"PEO SOLUTION is a book that **MUST be read by all health professionals**. The information is very rich and very clear. Doctors and our family also have health problems and the information will help us to personally have a better quality of life along with our patients. Dr Robert Kagan's awesome report/testimony showing radiological image change for the benefit of patients with the use of PEOs is most impressive. **(There is no doubt of the immense benefit of the Parent Essential Oils – PEOs.)** Thank you for making surgeons aware that even with the continued use of PEOs, bleeding during and after surgery remains normal and the recovery is better. Professor Peskin and Dr. Rowen, thanks so much for sharing your experiences with all of us looking for new knowledge as 'Nutrients (like PEOs) are the natural vaccine.'"

With esteem and respect,

José Roberto López Olivares, M.D.

Anti-aging/Integrative Medicine (El Salvador)

"I had heard about Prof. Peskin's outstanding work and met him during his 2010 Las Vegas lecture at American Academy of Anti-Aging Medicine (A4M), titled "Fish Oil Fallacies: Physicians and Patients Beware." **He explained the significant dangers of prophylactic fish oil use, and brilliantly elaborated on why an organic, sustainable, vegan**

source of Essential Fatty Acids (PEOs), balanced in the proper ratios for maximum human benefit, was the solution.

“A recent 2013 article in the *New England Journal of Medicine* clearly showed fish oil’s failure for preventing CVD, and **the eminent cardiologist Eric Topol, MD (Editor-in Chief of Medscape and Medscape’s *Heartwire* for cardiologists)** issued a new directive to patients: **Stop taking fish oil!**

“Prof. Peskin consistently leads the field with science-based medicine. *PEO Solution* is a masterpiece of the highest order (amazingly, it is easy to comprehend) and clearly cements Peskin as the world’s leading physiologic EFA expert. Combined with the terrific insights of Dr. Rowen, no medical professional can afford to miss reading this monumental work. As far as I am concerned the top three supplements everyone should be taking are PEOs, PEOs, and PEOs.”

Steve Hellschien, D.C. (USA)

Founder: Level 1 Diagnostics (**Cardiovascular Disease Prevention**),
Level 1 Therapeutics

“*PEO Solution* is even bigger than vitamin C! I have been in the last several nights looking over your manuscript...IT IS FABULOUS! Written for physicians but patients will appreciate how easy it is to understand. **With this new discovery – all physicians regardless of their specialty – will experience significantly better patient benefits and outcomes.**”

Paul Tai, DPM – **Anti-Aging and Regenerative Medicine** (Brazil/USA)/ **Chairman** of the Brazil American Academy of Aging & Regenerative Medicine (BARM) /Chairman of the Department of the Post Graduate Medical Education and **Chairman** of the Department of Medical Research at University of Health Science Antigua (UHSA), School of Medicine & School of Nursing.

“Thank you Brian for your support and hard work. **The information you have shared with me has been extremely valuable to the practice of medicine. Understanding biochemistry and the real science of medicine is so critical for all of the physicians who practice medicine like myself. I know that my brothers and sisters who practice medicine long for this information.** They are weary of being distracted by pseudo-research hype. By understanding the biochemistry of medicine doors are opened, and true cost effective medical options can be given to our patients. True health care reform begins from the physician down with the sharing of knowledge not guided by the financial motives of a handful of wealthy drug companies. Through your work and sharing may we all grow together in the service of others. Thank you, brother!”

David J Foscue, M.D., **Family Practice (USA)**

“Prof. Peskin’s seminal discovery unequivocally elevates him as the world leader in the field. *PEO Solution* gives physicians the **“inside track” on the greatest medical breakthrough of the century – a “must-read” for every medical doctor who is serious about curing patients and keeping them well.** The brilliance of this discovery is only equaled by its simplicity of its patient/client use. **Dr. Rowen wonderfully distills the information for physicians.**

“For those of us demanding strong science, you are a unique ‘breath of fresh air.’ The beauty of your recommendations are that they are completely consistent with the biochemistry and physiology of the human body. Clients get better performance, faster recovery, and incredible, verifiable, health benefits, all at the same time. By adhering to the **PEO Solution** my numerous 50+ and older clients **actually live the dream** of strength and muscularity of youth as well as excellent health – **PEOs are the ‘Athlete’s Advantage!’”**

Christine Boss, R.Ph. (USA)

Medicinal Chemist and Master Trainer

“I take Parent Essential Oils (PEOs) because they keep my weight constant and **maximize both my mental and physical performance during training.** I combine PEOs with Prof. Peskin’s recommended truly chelated minerals because these help **improve my reflexes and speed up the response between brain and body.**”

Eugene Laverty

World Superbike Rider – 2013 Team, Aprilia, Italy

“Before reading the advance copy of *PEO Solution*, I wanted to say: **Thanks a million for sending me your 2013 journal article, ‘SELECT Trial Results Examined!’** Even with the striking detail of your arguments, *your article is as easy and thoroughly enjoyable to read as this book is!* It is a joy to see you develop your case (as with all your writings) under your own steam with *impeccable, meticulous engineer’s logic.* You made your case relentlessly and had me smiling at multiple spots! **You even got me: I just knew (assumed) that Eskimos eat mostly fish.** I knew they eat fermented seal and walrus flippers so I should have questioned that ‘fish fact.’ **I was also surprised that our physiology has a significant margin of safety in derivative manufacture from PEOs.** I had just imagined that it was pretty much barely enough even in healthy folks.

“The vast majority of health care researchers and providers have taken the ‘marine oil is healthful’ myth hook, line, and sinker several years ago and have never stopped to reassess! It is a wake-up call to everyone when you point out that fish oils are more hazardous than trans fats and why.

“By now every health care provider and even lay people have heard how bad trans fats are for us. You have created a compendium of info on this issue **with necessary biochemistry, physiology, analysis of relevant pro and con studies, and present irrefutable evidence of your claim. This is trail-blazing stuff!** As we’re already seeing, the folks that have deeply

vested interests in perpetuating that fish oil is healthy are not happy with this. It's going to take intellectual honesty and guts to publish this but that's how all new knowledge arrives. **You and Dr. Rowen are obviously up to the challenge.**

"However, *PEO Solution* goes much further than merely explaining the failure of fish oil and why. **This book uniquely fulfills fish oil's failed promise, giving the medical profession the solution: PEOs. Saying this is a 'must-read' for all health professionals is an understatement.**"

Brian Vonk, M.D. (USA)

Board certified: **Internist, Cardiologist, and Radiologist**

"Hello Brian. Thank you for your journal article, the "**Why Fish Oil Fails to Prevent or Improve CVD: A 21st Century Analysis.**" I have just been re-reading it. **I compliment you on your masterful treatment of the subject.** All the information as presented is understandable to both the layperson, scientist, and physician. **The same meticulous attention has gone into *PEO Solution*.** Great job !!!!!"

David Sim, M.D., **Interventional Cardiologist** (USA)

"We are **honored to have Professor Peskin as a member of the faculty** [1998-1999]. His nutritional discoveries and practical applications through *Life-Systems Engineering [Science]* are **unprecedented.**"

Dr. James Douglas, **President**

Texas Southern University

"**Einstein said:** "Intellectuals solve problems, geniuses prevent them," and "You have to learn the rules of the game. And then you have to play better than anyone else." **No one exemplifies this better than Dr. Rowen and Prof. Peskin.** This book **should be mandatory reading for all health-care professionals,** and is recommended to anyone interested

promoting good health. It is vitally important that we understand equally what is beneficial and what is toxic as it relates to what we ingest. This book certainly spells that out. The references are abundant and concise. Shame on those who don't take the time to read it. **Thanks for the enormous research.**"

Daniel C. Fry, D.C, F.I.A.C.A. (USA)

"As competitive bodybuilders we find the PEOs indispensable. They allow our muscles to **recover quickly during workouts to lift heavy** at high volume. Because of the PEOs we are also able to stay **aerobically conditioned without cardio** in the off-season allowing us to put on mass. (Vo2Max has been measured at 56ml/kg/min).

"The PEO benefits are especially noticeable during the lean-down process before competition. This is a time when we must do frequent bouts of cardio (the improved Vo2Max level really pays off here) and reduce carbohydrates drastically to **accomplish extreme fat loss without a loss of energy or muscle mass.** Carbs are reduced to *absolute ZERO* in the last weeks of training to remove excess water under the skin and deplete muscle glycogen stores for the weigh in. During this time, in addition to the cardio and weight training, we spend up to two hours a day in posing practice, which amounts to massive amounts of prolonged isometric muscle contraction. The best conditioned bodybuilders are the most successful on stage during compulsory posing rounds. During the final days before contest, low body fat levels and the problem of overtraining *interferes with essential sleep.* **Thanks to PEOs sleep is deeper and much appreciated!"**

Ray Bessette & Christine Boss

Pro Natural Bodybuilders

Foreword

I want to start off with a confession! I've been practicing integrative medicine and I've written four textbooks for physicians. During the course of the first 30 years of practice I used fish oils aggressively in my patients and I have to admit that I felt I was doing a good job and it seemed as if my patients were benefitting from what I was doing clinically. More than a dozen times I've lectured to hundreds of physicians about the use of fish oils, teaching doctors to encourage their patients to take one or two capsules a day of 1000 mgs of fish oil, and for those patients with neurologic issues, between 10 and 15 capsules per day. I made the same recommendations for those patients who had elevated triglycerides and other cardiovascular disorders.

About four years ago I had the pleasure of meeting Professor Brian Peskin. I was lecturing at a major conference which attracts thousands of physicians. When I finished I walked outside and was engaged by this intriguing gentlemen. I really don't recall how the conversation started but it lasted for nearly two hours. What Brian had taught me from his research made more sense than anybody else I've ever heard speak about fish oils.

For me, the most important thing was that efficacy claims needed to be backed up by good physiology (functionality) and good research. He also opened my eyes to the fact that there were safety issues involved. What made the most sense and rang the bell in my head was the fact that the cell membrane that encases all of our trillions of human cells is made up of partially fat—**but not fish**—oil. I was quite aware of the fact

that the cell membrane is the brain of the cell and responsible for not only unimpeded movement of oxygen into the cell but, simultaneously, the movement of nutrients into the cell and waste products produced by the cellular work moving out of the cell. It made further sense that if the cell membrane was fractured for any reason, deleterious effects could occur to the cells, which would eventually translate to the tissues these cells made up and then ultimately to us as the total organism.

Brian sent me his first book called *The Hidden Story of Cancer*, a monumental undertaking about the use of Parent Essential Oils (PEOs), as opposed to the use of fish oils. This large text was replete with strong science and hundreds of well-documented studies proving that the use of fish oils should have been re-thought a long time ago and that our understanding of cancer propagation probably hasn't been understood until recently.

Brian's newest undertaking, *PEO Solution*, is co-authored with another maverick, Dr. Robert Rowen. This time around, the task seems much easier. New articles are appearing regularly in the generally accepted scientific literature which underscore their theories. Fish oil's involvement in aggressive prostate cancer, and a Harvard-trained cardiologist saying that "Fish oils not only are ineffective for treating cardio-vascular disease but also may be harmful," are but a few of the citations. You would think by now that most physicians, including integrative medical physicians, would have abandoned their use of fish oil but unfortunately that isn't yet the case.

Once one buys into a specific belief it is almost impossible to change a course of action even in the face of overwhelming evidence. Can we as healthcare providers admit that some of our clinical actions may have been based on inappropriate and

misleading studies? Can we admit that we have made a mistake, and allow ourselves to replace antiquated clinical approaches with new concepts in the use of parent essential oils?

PEO Solution starts out by basically asking some very simple questions: Would you like less cravings for sweets and a greater appetite fulfillment? Would you like decreased stress levels? How about healthier/smoothier skin and decreased cellulite? Would you like stronger/smoothier nails and more luxurious faster growing hair? Would you prefer to have fewer/less severe headaches? Would you like increased hormonal efficiency/production? How about increased athletic endurance/faster recovery? Would you prefer your patients have less pain, and maximum natural anti-inflammation ability (from painful procedures)? Duh, of course! Who wouldn't?

The next 10 chapters go on to teach us, both as professionals in the healthcare field and lay people alike, how this can be accomplished by learning how to use the correct combination of essential fatty acids. The authors painstakingly make sure that we are inundated with study after study to clearly support their position and they made sure by the book's conclusion that there is no stone unturned in the minds of academicians that PEOs are the only way to replenish the cell membrane and simultaneously effect positive, healthy, long-term changes in our patients.

I feel both Brian and Robert had an obligation to write this book so many individuals will benefit, especially if the healthcare providers reading this book read it again and embrace the science it is espousing. It's really difficult to swim against the tide of medically accepted and ingrained procedures, but it's my contention that the book's excellent execution and scientific support will convince even the most diehard fish oil supplement

prescribers to change their thought processes, especially when so many of their patients' lives are on the line.

So here's what I want you to do! Open up the book. Look at the table of contents. Get a feel for what's coming. Read the book slowly. Take a couple weeks even though you're going to want to finish it in one night. Take lots of notes just like you're in school again and then reread the book and your notes one more time. Once you've accomplished this you'll be ready to start changing the lives of the people that you take care of.

Brian and Robert, great job! You have helped me make a huge healthy difference for me, my family, and my patients.

- Mitchell J. Ghen, D.O., Ph.D., author of four integrative medicine textbooks, *The Advanced Guide to Longevity Medicine*, *The Ghen and Raine's Guide to Compounding Pharmaceuticals*, *The AntiAging Physicians' Handbook for Compounding Pharmaceuticals*, and his newest, *The Essentials and Science of IV Parenteral Medicine*.

Dedication

This book is written for and dedicated to you—the American physician. You work tirelessly to improve your patient's lives. We want you to have the world's best, state-of-the-art medical science, previously unavailable.

Because the focus of physicians is treatment, not research, they often have little time to **keep abreast of the new, 21st century medical information**. As a prime example, quantitative analysis has advanced to the point that scientists can now measure the exact amounts of DHA and EPA (the “active components” of fish oil) needed by the body. Scientists working at the USDA and NIH have accomplished this analysis brilliantly, but too few physicians are aware of it. The findings are pivotal and bring fish oil supplements into question.

The food industry has tragically misled physicians and their patients, from their misguided recommendation to make grains and starches a dominant, essential part of their diet, to the current promotion of fish oil as an essential health food. This misinformation is resulting in rampant obesity and unrelenting illness, as you will see from the scientific evidence presented in this book.

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PEO Solution

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Dr. Rowen went beyond the same old tired health advice. He brought you big breakthroughs that really work, often years before they're covered anywhere else. His advice didn't rely on second-hand information or health-food-industry hype. Everything you discovered therein has been tested in the real world and often on real patients.

"Congratulations Dr. Robert Rowen! Your last two newsletter issues have been spectacular. As a physician broadcaster and one very interested in the TRUTH, I appreciate the clarity and depth you have brought. I look forward to many more issues. "

—Howard H., M.D.

While he continues to treat patients for conditions like heart disease, cancer, fatigue, arthritis and back pain, diabetes, autism, and more, Dr. Rowen's greatest desire is to help people avoid these diseases in the first place. Through his journalism, readers received the tools required to take charge of their health to stay well and lead healthier lives.

To subscribe visit SecondOpinionNewsletter.com

PEO Solution: Conquering Cancer, Diabetes and Heart Disease with Parent Essential Oils is the collaborative effort of **Prof. Brian S. Peskin, BSEE-MIT** and **Robert Jay Rowen, M.D.** Their combined insights will give you state-of-the-art science with new tools to easily become and remain lean-for-life, energized, and disease-free. Written for physicians and their patients, this book is for you—regardless of your diet.

Prof. Brian S. Peskin, BSEE-MIT, Founder of Life-Systems Engineering Science, is the world's foremost authority and international lecturer on physiologic plant-based oils and the highly acclaimed author of the landmark book, **The Hidden Story of Cancer**. A graduate of the prestigious Massachusetts Institute of Technology, Peskin received an appointment as adjunct professor at Texas Southern University in the Department of Pharmacy and Health Sciences (1998-1999). Physicians around the world rely on his insights and conclusions. **Prof. Peskin is the "Physician's Resource for PEO-based Solutions."**



Robert Jay Rowen, M.D., is considered today's foremost pioneer of bold, innovative healing methods using natural medicine that are putting an end to our most common diseases. He is a renowned international authority in oxidative medicine, has trained over 700 doctors and has been instrumental in helping thousands of patients recover their health. He is a Phi Beta Kappa graduate of Johns Hopkins University and the University of California at San Francisco. Rowen is revered as "The Father of Medical Freedom" and Leader of Integrative Medicine for pioneering the nation's first statutory protection for alternative medicine in 1990. **Dr. Rowen is the "Doctor's Doctor."**



Prof. Peskin and Dr. Rowen have very different views on diet (meat-eater vs. vegetarian), but are in complete agreement on an essential supplement that everyone must use. The Parent Essential Oil (PEO) protocol is the "missing link" to your success in your diet and your life.

Get ready to discover why physicians around the world are calling PEO Solution the most important medical breakthrough of the 21st century.



Physicians and Healthcare Professionals

Discover PEO-based solutions and tools to help you and your practice with new, state-of-the-art, 21st century medical science at PEO-Solution.com.

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