

## **Study Shows EFAs Eliminate Carbohydrate Cravings, Reduce Appetite and Increase Energy and Alertness**

Dr. Stephen Cavallino performed an 8-week study with 10 patients following a low carbohydrate/higher protein diet comparing “without EFAs” and “with” EFA supplementation. Patients were also instructed in the value of a higher protein/lower carbohydrate diet.

**All patients were initially “carbohydrate addicts.”** All patients received dietary instruction for 4 weeks prior to starting EFA supplementation. All patients were on this higher protein/lower carbohydrate diet for a minimum of 4 weeks BEFORE EFA supplementation.

### **Study in Italy for overweight people with carbohydrate addiction**

Conducted by Stephen Cavallino, M.D.

- ❖ All patients were on a higher protein/low carbohydrate diet before and after EFA supplement
- ❖ Patients were given an EFA formulation with a properly balanced “parent” omega 6/3 ratio
- ❖ All patients suffered from carbohydrate addiction
- ❖ Total patients – 10, consisting of eight women and two men

“All patients agreed to collaborate knowing that many foods were not permitted for the whole 8 weeks (4 weeks without the EFA supplements and 4 weeks with them). They agreed not to consume fruit, pasta, pizza, rice, sweets, soda or soft drinks. They all orally took 2 capsules (725 mg ea) twice a day (3 gram total) using Professor Brian Peskin’s\* EFA recommendations. Patients were asked to rate each category, indicated by 1-4 asterisks:

One \* = poor/no response  
Two \*\* = fair response  
Three \*\*\* = good response; and  
Four \*\*\*\* = excellent response.

**Without the EFAs, all patients (100%) suffered from intense carbohydrate cravings and had little energy. Eighty percent (80%) of patients suffered from constant hunger.** This was in spite of the fact all patients consumed a higher protein/low carbohydrate diet for at least 30 days prior to EFA supplementation. After EFA supplementation began, the following results were observed:

- The average patient **felt well and more at ease facing the higher protein diet/ low carbohydrate.**
- **Overall appetite reduced** in all 10 patients; all had a **GOOD - EXCELLENT** response, with **50% rating an EXCELLENT** response.

- **Carbohydrate cravings were reduced** in all 10 patients; 9 people rated this reduction **EXCELLENT** \_ 100% huge success
- **Energy and alertness increased** in all 10 patients: this was an **EXCELLENT** response \_ 100% huge success.
- **Weight loss goal was reached in all 10 patients**

*“Real-life* results were achieved. I am positive about and thankful for Professor Peskin’s assistance in showing scientifically that most carbohydrates are bad in relation to promoting cancer and other diseases, and **that EFAs are essential for good health with the objective to help us all to lose weight without suffering. I was able to obtain excellent results adding the EFA supplementation program as specified in this book.”**

Stephen Cavallino, M.D.  
Ferrara, Italy

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*Life-Systems* Engineering Science Analysis: To compare the 10 patients’ ratings with EFA supplementation to their ratings without EFA supplementation, a Wilcoxon signed rank test was carried out comparing the differences. The Wilcoxon signed rank test **found that on all three measures (appetite reduction, carbohydrate craving, and energy and alertness)**, there was a **statistically higher (more positive) response when patients were taking the program’s EFAs** compared to when they were not taking EFAs. This statistical **difference was highly significant** ( $S=27.5$ ,  $p=0.002$ ). [1] All analyses were carried out using SAS software version 9.1 (SAS Institute, Cary, NC, USA).

**With EFAs, everyone’s weight-loss goal was accomplished!** L.S.E. science demands at least an 80% success rate for protocol effectiveness. This level of effectiveness was achieved by **decreasing carbohydrate cravings** along with **decreasing overall appetite**, utilizing the miraculous power of EFAs. **Energy increased in 100% of patients.** EFAs’ capability to increase energy and decrease carbohydrate cravings and help naturally fulfill the appetite is unleashed within a mere 30 days.

[1] Three separate analyses were run: one for each measure of interest. The reason the three statistics all come out the same is that we are running a "signed rank" test, and this test involves ranking the differences in the subjects’ ratings. With all three categories, the summed ranks work out to the same value since all subjects on all measures gave a higher rating with EFAs. We never had a case in which someone gave a lower rating or even the same rating for the time-point with EFA supplementation. Therefore, the signed ranks never were negative or 0 and the sum of the signed ranks ended up the same in each case. The bottom line: all analyses were highly significant.

\*Brian founded the field of Life-Systems Engineering Science in 1995. This field is defined as The New Science of Maximizing Desired Results by Working Cooperatively with the Natural Processes of Living Systems. Brian Peskin received an appointment as an Adjunct Professor at Texas Southern University in the Department of Pharmacy and Health Sciences (1998-1999). The former president of the University said of his discoveries: "...His nutritional discoveries and practical applications through Life-Systems Engineering are unprecedented." Brian earned his Bachelor of Science degree in Electrical Engineering from Massachusetts Institute of Technology in 1979. To many, Brian is the most trusted authority on health and nutrition in the world."