

FOREWORD

BY STEVEN PETERSON, MD, FACS

“The awareness that health is dependent upon habits that we control makes us the first generation in history that to a large extent determines its own destiny.”

~Jimmy Carter~

As a physician and surgeon, I realize the benefit of preventive care and would like to see people leading healthier, more productive lives. I was therefore happy to volunteer to write a foreword for *The ANTI-Diet*. I have worked alongside Phil in the cardiovascular intensive care unit taking care of patients after they have had heart surgery. The risk profile for most of these folks is amazingly similar. After doing significant research, Phil has gained an excellent understanding of the relationship between insulin resistance, carbohydrate metabolism, and the **cellular processes** leading to heart disease. Unfortunately, there are some primary care physicians who don't grasp this concept as firmly as Phil.

We routinely check an HbA1c level (a blood test showing how well controlled a patient's blood sugar has been over the prior several weeks) in order to stratify a patient's risk for complications after surgery. Commonly the results are between 5 and 7 (not far from normal). Just as commonly, however, these patients require significant amounts of insulin (in addition to whatever their bodies are producing) to control elevated blood sugar during the first few days after surgery. Even though the patient's usual response is “I didn't know I was diabetic,” this need for additional insulin again confirms they are not processing glucose properly. The intertwining of these metabolic processes at a cellular level isn't always apparent with simple blood tests. Its contribution to the patients' development of heart disease in the first place is often undetected.

The ANTI-Diet presents an easy-to-understand and easy-to-follow program that can prevent or slow this disease process. In addition to his research and understanding of these processes, Phil has lived this program and completely transformed his life and his cardiac risk profile. Similarly, several of his coworkers are changing their lives in this revolutionary way. It works.

If you suffer from chronic obesity, fatigue, are at risk for or have a family history of heart disease and/or diabetes, I strongly urge you to buy this book and follow Phil's advice. Prevention is the cure to bypass the bypass.

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