

World Health Organization - Headquarters

Avenue Appia 20
1211 Geneva 27
Switzerland

Telephone:	(+)	41	22)	791	21	11
Facsimile	(fax):	(+)	41	22)	791	3111
Telex:			415			416
Telegraph:	UNISANTE GENEVA					

To Whom It May Concern:

Re: Re-evaluation of existing dietary recommendations

Evidences suggest that existing nutritional recommendations, which restrict the consumption of dietary cholesterol and fatty acids from animal origin, and promote the consumption of carbohydrates, impairs people's health. Additionally, this trend of nutritional changes has resulted in great financial and social distress for consumers, healthcare providers and governmental institutions worldwide.

This conclusion, on the detrimental effect of restriction diets, was attained following observations on several cases studied, and exhaustive analysis of world statistics, portraying an increase in the number of cases with immune and neural degenerative conditions as well as Coronary Heart Diseases, as a consequence of some dietary recommendations. Already in 1968, the National Heart Institute in the USA concluded, "the vast majority of subjects who were shown to have had a Heart Attack or an associated condition were on some form of dietary restriction. This included... diets to reduce blood pressure or cholesterol levels. It was not surprising, therefore, to find that the group with dietary restriction had a significantly higher prevalence of Heart Diseases than those not on diet."

Recent works published in the United States, United Kingdom, Japan and Israel have demonstrated the harmful effect of some restriction diets. These include reports by Prof. Alberto Mamán M.D., a researcher in this area with foundations in the study of arteriosclerosis, thrombosis and ischemia. Prof. Mamán has been researching the effect of several nutrients and some of their main components, on various metabolic pathways in the human body, and clarified some of their actions at the cellular level. He concentrated his observations mainly on the properties and consumption of hen's eggs and red meat, specifically Phosphatidyl choline (Lecithin) and Carnitine. Over the years he has compiled evidence from his scientific and medical experience as well as from worldwide scientific publications sustaining that the present dietary recommendations trigger the development of degenerative diseases of the Central Nervous System and the Immune system by preventing the consumption of metabolites, found in specific foods, necessary for cell maintenance. Moreover, he has been researching the implication of the consumption of dietary cholesterol and fatty acids on the occurrence of coronary events and diseases of the circulatory system concluding that free cholesterol from exogenous origin (foods): a. inhibits the hepatic elaboration of cholesterol, b. blocks intestinal receptors, consequently avoiding the excessive cholesterol absorption, c. promotes the intestinal elaboration of the High density Lipoproteins and d. participates in the Bile acids elaboration, which allows the release of cholesterol from the body as Coprosterol.

In recent years, Prof. Mamán has been devoted to the arduous task of contacting health and scientific representatives at the governmental level including the Ministry of Health in Israel and the US Department of Health requesting a review of existing dietary recommendations.

However, aside from tacit assistance, and an official's suggestion, from the Israel Ministry of Health, to persuade senior researchers, he has failed to attain any conclusion from these institutions supporting or revoking the usefulness of the recommendations, or any categorical support for the release of his conclusions. These attempts to contact prospective authorities have resulted in great financial and social distress for Prof. Mamán due to the known controversial nature of this matter.

Therefore, I am writing to you in name of Prof. Mamán, to call for a review on present recommendations. We are most willing to provide any kind of evidencing information to support our conclusions. These include literature published by Prof. Mamán on his scientific experience and compiled data, works from the Weizmann Institute of Science, the British Egg Information Service, the British Nutrition Foundation and others.

Thanking you for your kind attention and your prompt response, I remain

Sincerely,

Ezequiel Mamán