Rory Robertson (+61 414 703 471)
22 June 2021

Letter: Investigation request re several frauds overseen by Sydney Uni and Rosemary Stanton *et al* harming millions of Australians

Dear members of our Australian Parliament, and observers,

Good afternoon. My name is Rory Robertson. I am an economist trained at the Australian National University and the Reserve Bank of Australia. I hope you are well.

I am writing to request a Parliamentary investigation, please, into three serious scientific frauds that are harming millions of Australians by unethically suppressing medical science's effective cure for type 2 diabetes. Two of the three frauds are being dishonestly protected by the University of Sydney's senior management while the third is at the centre of our 2013 *Australian Dietary Guidelines* (ADG), overseen by ADG stalwart Dr Rosemary Stanton and 2013 Working Committee Chair Professor Amanda Lee, among others: p. 110 https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_australian_dietary_guidelines.pdf

To recap, in June 2020, a year ago, the NHMRC's Australian Research Integrity Committee (ARIC) agreed to address my specific observation that "**the University hid evidence, then fabricated evidence and dishonestly contrived a false finding in order to exonerate Professor Stephen Simpson of serious research misconduct**". On 19 April this year, NHMRC CEO Anne Kelso wrote to me about the outcome of her review, and in late May I wrote to CEO Kelso in response to her unacceptable decisions.

In my May letter to NHMRC CEO Kelso, I requested an independent investigation into what I have called the 30-Diet Lifespan fraud (funded by taxpayers via NHMRC) involving ~900 mice fed 30 diets, and into the associated suppression of medical science's cure for type 2 diabetes. (NB. The simple, effective fix involves removing excess carbohydrate including sugar from the patient's diet. More on that later.)

Nearly a month later, CEO Kelso has neither acknowledged my letter nor actioned my request. **For the record, my April/May exchange of letters with CEO Kelso is reproduced after this two-page letter, and after that is my 2020 *Submission* to CEO Kelso's formal review**.

On the **University of Sydney's 30-Diet Lifespan Fraud**, Professor Stephen Simpson (Academic Director of the Charles Perkins Centre - overseeing ~1000 taxpayer-funded researchers - and a Fellow of the University's Senate) and "Lifespan" superstar Professor David Sinclair (UNSW and Harvard) *et al* blatantly misrepresented the lifespan data from a NHMRC-funded experiment involving ~900 mice fed 30 diets. Notably, the authors hid five killer low-**P**rotein, high-**C**arbohydrate (low P:C) diets and 143 dead low P:C mice in order to falsely claim that low P:C diets extend lifespan in mice - as in insects - and thus humans (pp. 3-8 and 15-18 in my *Submission* reproduced below, after p. xiv).

Outrageously, Simpson (and Sinclair?) *et al* lied to the University of Sydney's formal research-fraud inquiry, claiming falsely that the 143 hidden mice "**were not sick when culled**" despite the definitive assessment - based on severe weight loss, "rectal prolapse" and "failure to thrive" - by the "independent veterinary office overseeing the study" that the 143 hidden mice fed those five killer low P:C diets "**would soon have died from malnutrition**" (pp. 5 and 8 in my *Submission*). Further, mice are **not** just little humans with tails: the workings of their bodies and ours are profoundly different. In particular, mice fed high-fat diets get fat and sick, whereas fat and sick humans fed low-carb, high-fat diets typically get well (pp. 23-24 in my *Submission*, below).

Also unacceptably, Vice-Chancellor Stephen Garton and Deputy Vice-Chancellor (Research) Duncan Ivison are directly and dishonestly protecting the 30-Diet Lifespan Fraud, probably in an effort to protect the University of Sydney's (undeserved) reputation for "research excellence" and/or to help Professor Simpson's research group continue to steal $13m from taxpayers via duped NHMRC officials over 2019-2023 (pp. 5, 8, 11 and 41 in my *Submission*, below).

Earlier in the NHMRC's formal processes, I documented the **Australian Paradox sugar-and-obesity fraud**, in which University of Sydney Low-GI superstar Professor Jennie Brand-Miller, Professor Stephen Simpson and Professor Stewart Truswell (the lead scientific author of our *Australian Dietary Guidelines* for most of the past four decades) dishonestly use fake and otherwise misrepresented data to pretend there was "a consistent and substantial decline" in the consumption of added sugar (per person) in Australia over the 30 years between 1980 and 2010: pp. 5-6 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf ; https://www.australianparadox.com/pdf/ABC-A-CA.pdf ; and https://www.abc.net.au/radionational/programs/backgroundbriefing/independent-review-finds-issues-with-controversial-sugar-paper/5618490

Over recent weeks, it has come more clearly to my attention that there is **a third serious fraud**, harming millions of Australians, **a dominating fraud at the centre of our 2013 *Australian Dietary Guidelines* (ADGs)**. This fraud revolves around false information invented in the United States in the 1950s by a bossy, opinionated American who decided on the basis of flimsy evidence that Americans needed to "Eat less fat meat, fewer eggs and dairy products" to fight heart disease and stroke (May letter to NHMRC CEO Kelso, pp. viii-xi, below).

Disastrously, a highly influential University of Sydney employee ensured that this US misinformation on saturated fat in meat, eggs and dairy became official dietary advice in Australia in the early 1980s. This profoundly mistaken fat-phobia is the basis for your NHMRC's advice to eat 45-65% of our diet as carbohydrate, rather than a lower proportion that is much healthier for millions of Australians. As you may know, the main (only?) cause of type 2 diabetes is the **excess consumption of carbohydrate including sugar** (pp. 42-43 in my *Submission*).

The mistaken 1960s' demonisation of saturated fat in meat, eggs and dairy dominated our ADGs for their first three decades. **By 2010, however, it was formally documented and widely known that there is "no significant evidence" that saturated fat in meat, eggs and dairy causes heart disease or stroke: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2824152/**

Thus the silly, harmful fat-phobia surrounding meat, eggs and dairy should have been fixed in NHMRC's 2013 version of our *Guidelines*. Outrageously, instead of acknowledging that critical formal finding of "**no significant evidence**" and fixing the ADGs, the NHMRC's experts - including ADG-stalwart Dr Rosemary Stanton and Professor Amanda Lee *et al* - **sneakily quarantined the saturated-fat-causes-heart-disease story from proper scrutiny**, by disingenuously pretending evidence on the matter "was unlikely to have changed substantially" so "additional review was not conducted" (p. ix, below).

It is hard to know the extent to which Dr Rosemary Stanton and Professor Amanda Lee *et al* were bullied into that sneaky dishonesty by NHMRC officials or by highly influential Professor Stewart Truswell, who "owned" our *Australian Dietary Guidelines* for their first several decades (p. ix again). **What we do know for sure, however, is that our *Australian Dietary Guidelines* are *not* Australian and**

are *not* scientifically sound. They are based on a made-up US story force-fed to Australians from the early 1980s without any proper "review of the scientific literature at the time". The faulty formal US diet advice was brought to Australia in a bag and foisted upon Australians by Professor Stewart Truswell, a South African who arrived at the University of Sydney (via London) in 1978. He foisted the silly US fat-phobia upon Australians because the British nutrition establishment rejected the shonky anti-fat US guidelines when he tried to get them to fly in the UK in 1977. This is all documented in the highly influential Truswell's own words, in a boastful presentation to Australia's nutrition community in 1995: https://www.australianparadox.com/pdf/Truswell-Origins-Diet-Guidelines.pdf

That incredible and troubling history of our NHMRC's dietary guidelines and the silly fat-phobic, pro-carbohydrate nonsense promoted for decades by ADG marketing dynamo Rosemary Stanton are detailed and discussed in my letter to NHMRC CEO Kelso (pp. viii-xxiii, below)

Crucially, the importance of these three frauds at the highest levels of nutrition science in Australia - all claiming via falsehoods that high-carbohydrate diets are especially healthful - is that they each work to suppress medical science's effective cure for type 2 diabetes ("carbohydrate restriction"), thus promoting misery and early death for the 1-2 million Australians suffering type 2 diabetes, especially those in our Indigenous and aged-care communities (pp. 23 and 42-60 in my *Submission*, below).

Again, I am writing today to request a Parliamentary inquiry into these matters. For starters, please have your staff and/or Department scrutinise my detailed evidence and assess my troubling claims. I think you will quickly confirm that the nutrition "science" space in Australia is a **toxic environment** in which harmful misinformation is readily invented but rarely corrected or retracted, because science careerists in the space prioritise their own careers and favourite false claims over the needs of the health of millions of taxpayers and their families - your constituents. There also is the urgent matter of the University of Sydney's senior management helping their dishonest researchers to continue to steal $13m from duped NHMRC officials and thus taxpayers over 2019-23 (p. 11 in my *Submission*, below).

Please consider the document featuring my May letter to NHMRC CEO Kelso and my *Submission* to the recent NHMRC/ARIC review as **my formal *Submission* to your Parliamentary investigation**: https://www.australianparadox.com/pdf/RR-letter-CEO-NHMRC-May-2021.pdf

If requested, I will be happy to travel to Canberra to explain in detail everything I have carefully documented during my decade researching unacceptable misconduct at the University of Sydney, and elsewhere at the highest levels of nutrition "science".

As discussed in my May letter to NHMRC CEO Kelso (on p. xiii, below), when you are confident that what I am telling you is correct, the appropriate initial Parliamentary response will be to oversee the formal retraction of three documents: https://www.mdpi.com/2072-6643/3/4/491; https://www.cell.com/cell-metabolism/pdf/S1550-4131%2814%2900065-5.pdf; and https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_australian_dietary_guidelines.pdf

Why are the retractions needed? Well, because right now nutrition "science" and our *Australian Dietary Guidelines* cannot be trusted. Many of our most-influential nutrition scientists are incompetent and/or dishonest, happily promoting misinformation and refusing to correct obvious falsehoods. The University of Sydney management's dishonest defending of false, influential and harmful diet "findings" is a national disgrace. The community is right to distrust the University of Sydney's "science" and NHMRC's health advice when proper quality control is elusive.

Most importantly, a return to competence and integrity in nutrition science would help to rescue the 1-2 million Australians with type 2 diabetes. Using honest and competent diabetes experts, NHMRC could quickly develop profoundly helpful low-carbohydrate advice for people with type 2 diabetes - https://www.sciencedirect.com/science/article/pii/S0899900714003323?via%3Dihub ; https://www.virtahealth.com/blog/reversing-diabetes-101-truth-about-carbs-and-blood-sugar **- and require the new advice to be distributed by Diabetes Australia, the Dietitians Association of Australia and Royal Australian College of General Practitioners (RACGP).**

In that happier world, helpful and highly effective advice would see most cases of type 2 diabetes quickly reversed, many fewer Indigenous Australians would die young, and many fewer older Australians would live in misery and die prematurely in our aged-care facilities. Notably, many of those who died in Australia via COVID-19 in 2020 did so because their bodies had been severely weakened by readily reversible type 2 diabetes: https://www1.racgp.org.au/newsgp/clinical/more-than-70-of-covid-19-deaths-had-pre-existing-c

Finally, I am aware that many of the observations in my *Submission* below are serious and disturbing, highlighting ongoing harm to public health. Please contact me immediately if you assess anything I have written here or anywhere else to be factually incorrect or otherwise unreasonable and, if I agree, I will correct the text as soon as possible. Importantly, I have not needed to make even one material correction in a decade of carefully documenting these troubling matters.

Best wishes,
Rory

rory robertson

economist and former-fattie

https://twitter.com/OzParadoxdotcom

Here's me, Emma Alberici and ABC TV's *Lateline* on the University of Sydney's Australian Paradox: http://www.abc.net.au/lateline/content/2015/s4442720.htm

Here's the diet advised by Dr Peter Brukner, recently the Australian cricket team's doctor: https://www.australianparadox.com/pdf/PeterBrukner.pdf ; https://www.youtube.com/watch?v=RNUh7P3TrAE

A life in our times: Vale Alexander "Sandy" Robertson (1933-2015): http://www.australianparadox.com/pdf/AlecRobertson-born2oct33.pdf

Comments, criticisms, questions, compliments, whatever welcome at strathburnstation@gmail.com

www.strathburn.com
Strathburn Cattle Station is a proud partner of YALARI, Australia's leading provider of quality boarding-school educations for Aboriginal and Torres Strait Islander teenagers. Check it out at http://www.strathburn.com/yalari.php

Rory Robertson (+61 414 703 471)
27 May 2021

CEO Kelso says NHMRC can't stop Sydney Uni's sci-fraud or $13m theft & won't stop early death via Type 2 diabetes

Dear Professor Anne Kelso AO, CEO of the National Health and Medical Research Council (NHMRC),

Thank you for your 19 April letter - reproduced **overleaf** - in response to my 3 March request that you stop the University of Sydney's 30-Diet Lifespan Fraud, a harmful NHMRC-funded fraud dishonestly overseen by Vice-Chancellor Stephen Garton. In particular, I requested that you publish your *Final Report* that was supposed to **address the "initial inquiry" evidence I provided in my *Submission* last June**. Further, I requested that you - by doing two basic things - start to **stop the harmful mistreatment of 1-2 million Australians with type 2 diabetes**, a national disgrace resulting largely from NHMRC being misled by eminent but highly unreliable University of Sydney science careerists.

Background
NHMRC's Australian Research Integrity Committee (ARIC) in June 2020 agreed to address my specific observation that "**the University hid evidence, then fabricated evidence and dishonestly contrived a false finding in order to exonerate Professor Stephen Simpson of serious research misconduct**": p. 2 in my ***Submission*** https://www.australianparadox.com/pdf/RR-Submission-NHMRC-review-2020.pdf

As you are aware, I want the harmful 30-Diet Lifespan Fraud stopped to start to end the harmful suppression of the effective cure for type 2 diabetes, and to stop the University stealing $13m from taxpayers over 2019-2023 (p. 11). Recall that NHMRC officials were duped out of the extra $13m by Simpson's **misrepresentation** of lifespan results of his NHMRC-funded ($1m) experiment involving **~900 mice fed 30 diets**.

What is clear is that Simpson - Academic Director of the Charles Perkins Centre and a **Senate Fellow** alongside journalist Kate McClymont - **hid five killer low-protein diets and 143 dead mice** while also suppressing the profound result that **five of the top seven diets** for median lifespan are diets *high not low* in **P**rotein relative to **C**arbohydrate (ie. *high* P:C diets). Alas, **the "wrong mice" died first**, falsifying Simpson's **career-defining story** in his pre-experiment book: **his hypothesis that low P:C diets extend lifespan** in insects and mice (and so humans) was **devastated** by the early deaths of 143 mice (pp. 3-18). **Simpson says those 143 hidden mice fed five insect-friendly low P:C diets "were removed from the experiment" but they *were* the experiment**! The five worst diets remain hidden from the scientific community, so too the outperformance of hundreds of long-lived mice fed *high* P:C diets that Simpson forecast would deliver early death. Extraordinarily, the **longest-lived median mouse** across the 30 diets enjoyed a ***really high*** P:C (42%:29% = 1.45) diet for a big 139 weeks, >10% or **a decade in human years longer** than any of the 15 median mice fed Simpson's preferred low P:C diets! (pp. 6-7). The fraud is highly influential, cited in **600+ journal articles and duping even the ABC's Dr Norman Swan**: https://cosmosmagazine.com/biology/carbs-earn-their-place-table/

CEO Kelso, I did not request that you revamp your ***Australian Dietary Guidelines*** **(ADGs)**, as you falsely suggested. I asked you to **start to fix the mistreatment** of 1-2 million people with type 2 diabetes, by **instructing** Diabetes Australia, the RACGP and Dietitians Association of Australia to **stop misusing your *ADGs*, explicit misuse bringing misery and early death to so many**. Why, in your 19 April response, did you misrepresent my final two requests? Was it to avoid addressing evidence of NHMRC's role in all that mistreatment and harm?

In Parts 1, 2 and 3, I discuss **three troubling aspects** of your 19 April response (overleaf) to my three requests. In **Part 4**, I make various **Recommendations**, to stop the harmful misconduct and to fix the **unscientific origins and failed "disease model"** dominating our ADGs.

1. You insist you can't stop the 30-Diet Fraud or the ongoing $13m theft from taxpayers directly assisted by Vice-Chancellor Garton

CEO Kelso, you did nothing to stop University of Sydney Vice-Chancellor Stephen Garton's dishonest protection of Simpson's 30-Diet Lifespan Fraud. Nor did you stop the University from continuing to steal $13m from taxpayers via NHMRC officials over 2019-23 (p. 11). Unconvincingly, you claim that the CEO of NHMRC – a job that includes ensuring that dishonest Group of Eight university careerists and management do not steal from taxpayers - cannot consider "**the merits**" of my evidence that "the University hid evidence, then fabricated evidence and dishonestly contrived a false finding in order to exonerate Professor Stephen Simpson of serious research misconduct".

Specifically, you observed: "**The evidence to which you refer goes to the merits of the case, which have been dealt with by the University through its initial inquiry and through the University's review".** You appear to be saying that the University of Sydney investigated itself and falsely exonerated its star researchers, so everything is fine. Or are you sayng that (now) Vice-Chancellor Garton's dishonest efforts to protect the 30-Diet Lifespan Fraud - via a sham "initial inquiry" **(2019)** and a sham formal "review" **(2020)** designed to pretend nothing is wrong - are consistent with **proper "process"** in the *Australian Code for the Responsible Conduct of Research*? **(p. 10)**
https://www.australianparadox.com/pdf/2014-2019-USyd-enquiry-report.pdf and https://www.australianparadox.com/pdf/RR-outcome-letter-7May20.pdf

CEO Kelso, this is nonsense. You are running NHMRC/ARIC as a **"toothless tiger"** despite Health Minister Greg Hunt in 2020 advising you that NHMRC is required by law to oversee "**the highest standards of ethics and integrity in health and medical research**", and to fund only "high-quality health and medical research": https://www.nhmrc.gov.au/about-us/who-we-are/statement-expectations **So, it is indeed your job to assess "the merits" of my strong evidence of outrageous misconduct, including that Charles Perkins Centre boss and Senate Fellow Stephen Simpson lied to the University of Sydney's research-fraud "initial inquiry"** (a formal inquiry prompted and overseen by NHMRC), introducing his desperate deception via "**additional submissions**" dishonestly claiming that his 143 hidden dead mice "**were not sick when culled**" on the advice of the independent veterinary office overseeing the experiment (pp. 5 and 8 in *Submission*).

We know that is a **straight-faced lie** because Simpson in early 2019 advised *Cell Metabolism*'s Editor-in-Chief, ~70 scientists on *Cell*'s Editorial Board and journalist Adam Creighton that the "**independent veterinary office overseeing the study**" had made the **definitive assessment** when it mattered (after observing severe weightloss, rectal prolapse and failure to thrive) that the 143 sick hidden mice "**would soon have died from malnutrition**" because five of Simpson's insect-friendly low P:C diets were **"not viable" for mice** (pp. 21 and 5-8).

I believe that Simpson contrived the "not sick when culled" lie, and Vice-Chancellor Garton - then directly in charge of the "initial inquiry" - knowingly embraced that obvious lie, in order to allow Garton to falsely exonerate Simpson of serious research fraud. Further, I believe Garton - then on the cusp of becoming Vice-Chancellor - did what he did to pretend there is no problem, to sneakily protect his University's undeserved reputation for "research excellence" (worth roughly $400m p.a. from taxpayers), and to help Simpson's group continue to steal that extra $13m from taxpayers - via NHMRC officials - over 2019-2023 (pp. 11 and 41).

This letter continues after NHMRC CEO Kelso's 19 April letter to me and ARIC's June 2020 letter, reproduced overleaf

Australian Government
National Health and Medical Research Council

NHMRC

Confidential

19 April 2021

Mr Rory Robertson
Via email: strathburnstation@gmail.com

Dear Mr Robertson

I am writing in response to your email to me of 3 March 2021 and to provide you with the outcome of my consideration of the Australian Research Integrity Committee's (ARIC's) review of the University of Sydney's response to allegations of research misconduct under the *Australian Code for the Responsible Conduct of Research, 2007*, to which you referred.

In your email of 3 March you asked me to publish the ARIC review of the University of Sydney's investigation, instruct a number of groups to stop promoting NHMRC's dietary advice and assemble a panel of experts to write new low-carbohydrate guidelines for NHMRC.

NHMRC's dietary guidelines

You would be aware that the 2013 Australian Dietary Guidelines are currently under review, as occurs periodically for a number of NHMRC's public health guidelines. The full stakeholder consultation plan is available on our website at: https://www.nhmrc.gov.au/health-advice/nutrition/australian-dietary-guidelines-review.

As part of the review, NHMRC will establish and appoint members to the Expert Committee to provide advice on the review of the Australian Dietary Guidelines. This committee will review and update the Guidelines to ensure they are supported by the most recent, relevant and high quality evidence. As NHMRC CEO, I will rely on the committee's expert advice and will not be instructing it to write low-carbohydrate guidelines.

We anticipate that targeted and public consultation on the revised Guidelines will occur in the second quarter of 2023. You are welcome to provide input into this review of the Guidelines.

ARIC Review

ARIC has finalised its review and provided me with its Final Report on the matter concerning Professors Stephen Simpson, David Le Couteur and David Raubenheimer, Associate Professor Victoria Cogger, Dr Samantha Solon-Biet and researchers from other institutions.

ARIC is an advisory committee that provides me with advice on how an institution has managed an allegation of potential breaches of the Code and, where relevant, provides recommendations to me on further actions to be taken. ARIC reviews the process followed by an institution in response to an allegation. ARIC does not conduct a merits review.

I have considered ARIC's Final Report on this matter, together with comments from the University and yourself. I note that you provided comments on ARIC's Draft Report on 10 December 2020 and that these comments were considered by ARIC during the preparation of its Final Report.

ARIC acknowledged that your views on its Draft Report included that the report failed to address a range of evidence you provided. ARIC advised that these matters are out of scope of the ARIC review. The evidence to which you referred goes to the merits of the case, which have been dealt with by the University through its initial inquiry and through the University's review.

As noted above, ARIC's remit is to examine whether the University dealt with the complaint in line with the requirements of the Code and with procedural fairness.

I have accepted ARIC's recommendations and have written to the University requesting that it confirm the actions that will be taken to implement the recommendations, in particular to:

- confirm authorship of the 2014 *Cell Metabolism* paper by ensuring the authors complete an Authorship Agreement Form, notify you of this action and its outcomes, and provide you with a detailed explanation of why this aspect of the complaint did not proceed to a preliminary assessment
- ensure that for future investigations, communications with complainants, including in relation to any requests for meetings or interviews, are thorough and timely, and reflect requirements for procedural fairness under the 2018 Code.

I expect the University to be in contact with you directly about how it will implement the recommendations outlined in the Final Report.

With respect to your request that I publish the ARIC review report, I will not be publishing this ARIC review. All ARIC reports are confidential and NHMRC does not publish any of these reports. Furthermore, as you have not agreed to sign a Confidentiality Deed Poll, I have decided not to provide you with a copy of the Final Report.

Thank you for your active interest and engagement with ARIC's review of this matter.

Yours sincerely

Anne Kelso.

Professor Anne Kelso AO
Chief Executive Officer

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Letter: NHMRC/ARIC accepts RR's request that it review the faulty process in University of Sydney's 30-diet fraud "initial inquiry"

Australian Government
National Health and Medical Research Council

Confidential

9 June 2020

Mr Rory Robertson
Via email: strathburnstation@gmail.com

Dear Mr Robertson

I refer to my correspondence of 28 April 2020 in which I advised that I would be in contact once I had a response from the University of Sydney (the University). I have since received an update from the University, advising that their review is complete and that you have been notified of the outcome.

In light of this development, I have decided to accept your request for an ARIC review and I am now seeking confirmation of a number of matters.

Decision to proceed
If you are satisfied with the outcome of the University's review and have decided that you no longer wish to proceed with your request for an ARIC review, please let us know. Otherwise we will proceed with your request as set out below.

Basis for review
The Australia Research Integrity Committee (ARIC) Framework allows ARIC to undertake reviews of institutional processes used to manage and investigate potential breaches of the *Australian Code for the Responsible Conduct of Research* (the Code). ARIC's focus is accordingly on the rigour and fairness of the process that has been implemented, rather than the merit of the allegations themselves.

To ensure that ARIC is clear on the grounds for your request, we have sought to summarise the procedural aspects of your complaint, as outlined in your emails to ARIC dated 10 and 31 March 2020. ARIC asks that you read the following summary and confirm whether this adequately describes your allegations:

- you have not been treated fairly by the University
- the investigator and decision makers involved in the initial inquiry (Professors Ivison and Garton) were not impartial in that they did not honestly assess the evidence provided
- the University hid evidence, then fabricated evidence and dishonestly contrived a false finding in order to exonerate Professor Stephen Simpson of serious research misconduct
- Professor David Sinclair's authorship was not genuine and these concerns were not addressed or recklessly dismissed by the University
- the University has not produced a robust preliminary assessment able to withstand scrutiny
- the preliminary assessment was not timely, effective and in accord with procedural fairness
- there has been institutional delay and/or inaction from the time that the University commenced action after receiving notification of the complaint to the completion of the review.

It would assist us if you could keep any additions or changes to this summary brief and confine them to describing how the institution has not observed procedural fairness in accordance with the Code, *Guide to Managing and Investigating Potential Breaches of the Code* and/or with institutional policy and procedures. In doing so, please refer to relevant sections the Code and other policies where applicable.

I would be grateful for your response to the above matters by **23 June 2020**. ARIC will then contact the University on the basis of your response, unless you have indicated that you do not wish to proceed with the request.

Please note that ARIC is an advisory committee to the NHMRC CEO and as such any advice you receive on the outcome of this review will be at NHMRC's discretion.

If you have any questions, please email aric@nhmrc.gov.au.

Yours sincerely

Patricia Kelly

Patricia Kelly PSM
Chair, Australian Research Integrity Committee

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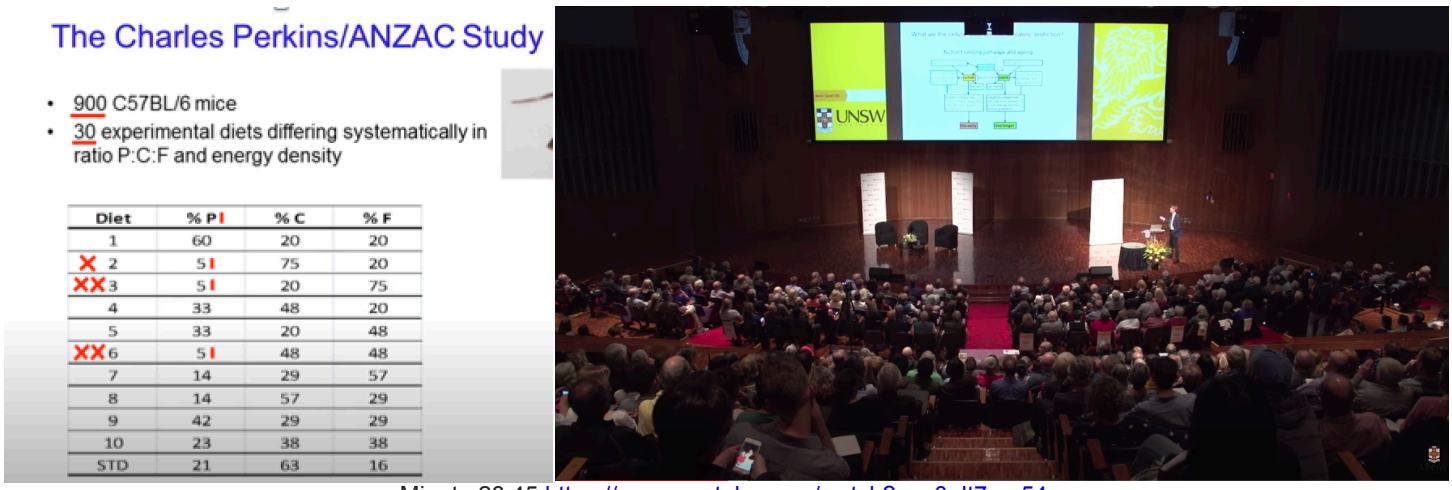
I believe the University's latest $13m of funding for mouse-diet research - **research that cannot credibly be extrapolated to humans** (p.24 *Submission*) - was gained in the first place by Simpson misrepresenting to NHMRC officials the lifespan results of his career-defining 30-diet experiment. **I say "steal" because I think this is a straightforward case of "misleading or deceptive conduct"** (pp. 3-7 and 11). Indeed, the University's dishonest conduct also is "**unconscionable**", given the profound harm to health to which it contributes (pp.15-16 and 42-50).

To recap, Simpson told a huge audience of over 1000 members of the scientific community at the University of NSW that his career-defining experiment involves **900 mice fed 30 diets**, and that the **median lifespan of the mice was extended by *low* P:C diets** (snippet and video):



Minute 28:45 https://www.youtube.com/watch?v=x0-Jt7az-54

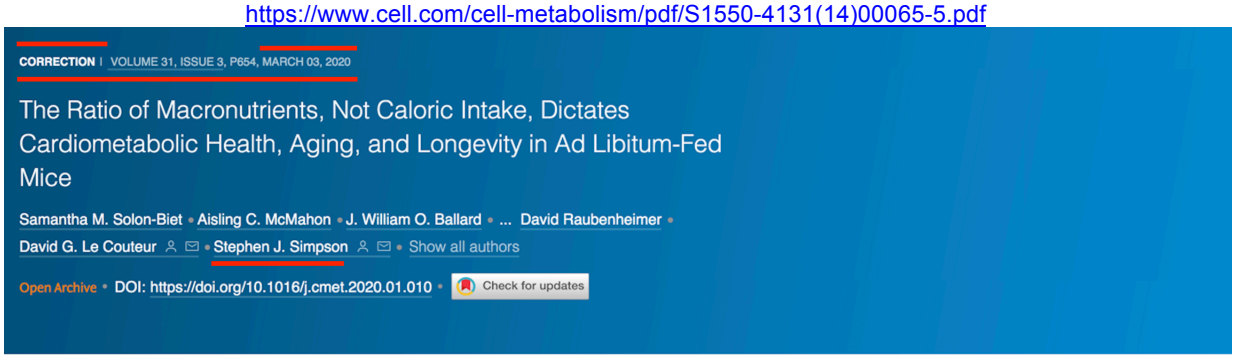
But Simpson's "peer-reviewed" ***Cell Metabolism* paper reports only "858 mice fed one of 25 diets"**? Again, Simpson hid **five killer 5%-protein diets** that falsified his pre-experiment hypothesis that **insect-friendly low P:C diets** (including 5% protein diets) extend lifespan in mice and thus humans (pp. 3-7 *Submission*). Recall Simpson in early 2019 dishonestly told *Cell Metabolism* and journalist Adam Creighton that "**Rory's concerns are in every respect unfounded**" (p. 21). Later, Simpson and his University disingenuously **published a sham "correction"** (below) pretending the 30-diet experiment involved **"715" (not "858") mice fed "25 diets"**. So the claim that lifespan data are blatantly misrepresented is correct: Simpson clearly hid the five killer diets. His Garton-driven "correction" is designed to *better* hide those 143 dead mice fed Simpson's five mouse-killing 5%-protein diets. **Again, we all know for sure that five of Simpson's top seven diets for median lifespan are *high* P:C diets!** (pp. 6-7). **Yes, Vice-Chancellor Stephen Garton is actively assisting a serious scientific fraud**.

RESULTS

The data we present derive from 858 mice fed one of 25 diets differing systematically in protein, carbohydrate, and fat content .....

takes on longevity. Median lifespan was greatest for animals whose intakes were low in protein and high in carbohydrate,

https://www.cell.com/cell-metabolism/pdf/S1550-4131(14)00065-5.pdf



Main Text

(Cell Metabolism *19*, 418–430; March 4, 2014)

In the originally published version of this article, the number of mice stated to be used for analysis was mistakenly given as 858 instead of 715. This error does not affect the data, analysis, or conclusions reported in the paper. The authors apologize for any confusion that this error may have caused.

https://www.cell.com/cell-metabolism/fulltext/S1550-4131(20)30011-5?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1550413120300115%3Fshowall%3Dtrue

In your letter, CEO Kelso, you say you will not allow me to scrutinise NHMRC/ARIC's final report because I refused to sign a confidentiality agreement: "**as you [RR] have not agreed to sign a Confidentiality Deed Poll, I have decided not to provide you with a copy of the Final Report**". Really? What use is your Final Report if it did not assess key evidence and cannot be subject to the scrutiny of taxpayers?

All up, your NHMRC appears keener to hide from the community the existence of serious NHMRC-funded research fraud at the University of Sydney - with University management in the process of stealing $13m from taxpayers via NHMRC officials - than it is about stopping harmful high-carb misinformation promoted by the 30-Diet Lifespan Fraud. NHMRC unethically is choosing to ignore that Simpson's influential **sugary low-protein, high-carbohydrate diets** – diets he falsely claims extend lifespan in mice and thus humans – are driving type 2 diabetes, misery and **early death in Indigenous and aged-care communities** across Australia (pp. 15-16, 23 and 42-49).

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Importantly, CEO Kelso, you and your NHMRC/ARIC colleagues **cannot now "unsee" the hard evidence above**, in my *Submission* and in my March letter. Accordingly, I believe that you have a **formal and ethical responsibility** to stop the University of Sydney's harmful fraud. Burying your head in the sand pretending there is no problem and hoping this outrageous misconduct magically disappears is **not a credible approach**: most of us know that hiding killer diets and dead mice - plus lying to a formal "initial inquiry" - is inconsistent with proper "process".

One opinion is that the 30-Diet Lifespan Fraud is the **best-documented case of important research fraud and management misconduct in the history of Group of Eight "science"**, going back to the founding of the University of Sydney - Australia's oldest university - in 1850.

Sunlight is the best disinfectant. I think you will find that suppressing NHMRC/ARIC's fluffy Final Report is a bad idea. I think the main way NHMRC and your fledgling "research fraud fighter" ARIC can begin to limit damage to credibility from this mess is to call for **an independent inquiry** - as I have done - to assess the University's shameful incompetence and dishonesty that are at the centre of this national disgrace.

CEO Kelso, I believe it is **within your NHMRC's power and responsibilities to initiate an independent inquiry** into the 30-Diet Lifespan Fraud and the theft of that extra $13m of taxpayer money via the duping of NHMRC officials. I think you should now initiate such an inquiry. If you're unconvinced on that course of action, **please invite me to Canberra to provide NHMRC/ARIC with a seminar on the critical facts**.

2. Why did you misrepresent my request that NHMRC stop preventable early death for 1-2m Australians with type 2 diabetes?

CEO Kelso, please tell me I am wrong: I suspect that you deliberately misrepresented the second and third requests in my 3 March letter (reproduced below) in order to sneakily **avoid addressing my evidence regarding NHMRC's major role in promoting preventable misery and early death** among the 1-2 million Australians suffering type 2 diabetes, especially in Indigenous and aged-care communities.

> **NHMRC CEO Kelso, I am urging you, please, to do three things:**
>
> 1. **Publish without delay your finalised review of my allegations about the University of Sydney's 30-diet Lifespan Fraud;**
> 2. **Urgently instruct Diabetes Australia, the RACGP and the Dietitians Association of Australia to stop promoting your NHMRC's clearly harmful 45-65%-carbohydrate advice to millions of Australians with and at risk of type 2 diabetes; and**
> 3. **Urgently assemble a panel of competent doctors and scientists - including Dr Peter Brukner who recently launched Defeat Diabetes - to write new low-carbohydrate NHMRC guidelines for the proper treatment of type 2 diabetes, in an effort to start rescuing the millions of vulnerable Australians being harmed by your current official dietary advice.**
>
> Regards
> Rory
>
> https://www.australianparadox.com/pdf/RR-NHMRC-letter-March-2021.pdf

Unreasonably, the second paragraph in your 19 April response **somehow "disappeared"** my multiple references to "type 2 diabetes" and the harm done to the millions of Australians with or at risk of type 2 diabetes being advised to eat 45-65% carbohydrate, summarising my two specific requests above as "**instruct a number of groups to stop promoting NHMRC dietary advice and assemble a panel of experts to write low-carbohydrate guidelines**". Where is my focus on type 2 diabetes, 45-65% carbohydrate and NHMRC advice causing harm?

CEO Kelso, you and your advisors must be aware that NHMRC's *Australian Dietary Guidelines* apply only to "healthy people": on page 2 of the ADGs, it is stated explicitly in unmissable bold text that **"The Guidelines do not apply to people with medical conditions requiring specialised dietary advice"** https://www.eatforhealth.gov.au/sites/default/files/content/n55_australian_dietary_guidelines.pdf

Critically, no sizeable section of our population is better described as having "medical conditions requiring specialised dietary advice" than those 1-2 million Australians suffering type 2 diabetes. (Type 2 diabetes is fuelled by carbohydrate including sugar).

CEO Kelso, misrepresenting my requests by **carelessly or disingenuously** suggesting I made two quite different requests – **thereby neatly sidestepping the undeniable evidence of mistreatment and harm I provided to you** - is unreasonable, unethical and dangerous. Millions of vulnerable Australians - including hundreds of thousands of Indigenous Australians and elderly people captive in aged-care homes - need urgent assistance to stop their disastrous mistreatment. **Notably, Indigenous Australians are dying from type 2 diabetes at a rate seven times that of the rest of us**. Your NHMRC should help to **"Close The Gap"**, not prevent its closing (pp. 23 and 44-48 *Submission*).

I think you understand why you should comply with those two profoundly important requests above. If not, breaking it down into the following facts may convince NHMRC that it's unethical to keep doing nothing when basic science confirms that **the diabetes crisis can be reversed**.

- The standard cause of type 2 diabetes is excessive consumption of refined sugar and other carbohydrates. This has been known at the highest levels of nutrition and medical science as well as by competent GPs for ~100 years (pp. 23 and 42-43 *Submission*).
- As I explained in my 3 March letter, competent GPs have been "curing", "reversing" or putting type 2 diabetes "into remission" since before 1923, simply by removing that excess sugar and carbohydrates from afflicted patients' diets, adding dietary fat as needed.
- **More recently, a 2018 study undertaken by Virta Health's highly competent scientists, doctors and dietitians formally confirmed that carbohydrate restriction allowed ~60% of patients with type 2 diabetes to achieve remission within one year, while reducing use of costly, ineffective drugs by roughly 90%**: https://link.springer.com/content/pdf/10.1007%2Fs13300-018-0373-9.pdf ; https://blog.virtahealth.com/dr-sarah-hallberg-type-2-diabetes-reversal/
- Given that restricting carbohydrate to (say) <10% of energy intake provides the best chance of reversing type 2 diabetes, **the false assumption** that dominates your *Australian Dietary Guidelines* (*ADGs*) – that is, **45-65% carbohydrate** is the healthy range for human diets: p. 16 https://www.eatforhealth.gov.au/sites/default/files/content/n55_australian_dietary_guidelines.pdf - means that your NHMRC's ADGs are profoundly unhelpful – that is, harmful - for the 1-2 million Australians suffering from type 2 diabetes.
- For people suffering type 2 diabetes, **the tragedy of "usual care"** - what NHMRC has allowed Diabetes Australia, the RACGP and the Dietitians Association of Australia to do using your ADGs for decades - is that following such advice almost never puts type 2 diabetes into remission. That's because usual care typically involves a diet in the range of 45-65% carbohydrate, the thing that caused the problem in the first place. One profound analysis (which fails to mention the word "carbohydrate") concluded that any sort of remission via usual care is "very rare". Indeed, **people with type 2 diabetes are more likely to die while treated with usual care than to have their diabetes reversed**: "…To provide context, 1.7% of the cohort died, while only 0.8% experienced any level of remission… the chances of dying were higher than the chances of any remission." http://care.diabetesjournals.org/content/early/2014/09/12/dc14- 0874.full-text.pdf

- While NHMRC trusts and promotes the advice of its influential "experts", many such "experts" happen to be incompetent or worse. For example, NHMRC's "experts" informed the **Australian Health Department's worse-than-useless *National Diabetes Strategy 2016-2020***. Unforgivably, despite type 2 diabetes being driven by excess carbohydrate including sugar (and with ~90% of diabetics being type 2 diabetics), our *National Diabetes Strategy* **somehow failed to mention - even once - the word "carbohydrate"!** Try "control F" in https://www.health.gov.au/sites/default/files/documents/2019/09/australian-national-diabetes-strategy-2016-2020_1.pdf This NHMRC document: https://www.nhmrc.gov.au/sites/default/files/documents/attachments/translation/cfa-diabetes.pdf provides the list of NHMRC's "experts" who contributed their expertise to our *National Diabetes Strategy*. But alas it's now "unavailable"? Not to worry, here they are: pp. 83-85 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf
- How's that for incompetence or worse? Shamefully, NHMRC's "experts" duped the Australian Department of Health into publishing a ***National Diabetes Strategy* that does not mention the word "carbohydrate"**. Why? I do not know but University of Sydney **Professor Stephen Colagiuri** - the main author of NHMRC's *translation* paper and a close colleague of scientific fraudsters Jennie Brand-Miller and Stephen Simpson - is a co-author of the clownish false claim that "**There is absolute consensus that sugar in food does not cause [type 2] diabetes**": p. 84 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf
- **Why would NHMRC's trusted but highly inept diabetes "expert" promote that sort of harmful nonsense?** I do not know but many big-time careerists in the diabetes space – typically full-time employees of Group of Eight universities – **get paid substantial sums working part-time for the pharmaceutical industry**. **Professor Stephen Colagiuri**, for example, appears to have been paid at a rate of tens of thousands of dollars a year by pharmaceutical companies during his multi-decade career as a distinguished-but-inept "expert" in the diabetes space (**pp. 53-57 *Submission***). If Colagiuri and NHMRC's other "experts" - including diabetes super-star **Paul Zimmet at Monash University** - were competent they would not for decades have suppressed the fact that the excess intake of carbohydrate including sugar is the standard cause of type 2 diabetes; and would not have suppressed the fact that for more than a century competent GPs have been curing, reversing and putting type 2 diabetes into remission simply by removing that excess carbohydrate from sufferers' diets, replacing with dietary fat to the extent needed for energy. **Decades of shonky diabetes advice from NHMRC's "experts" – bad for the health of millions of Australians but great for the bank accounts of eminent Go8 professors and their Big Phama employers - should be investigated given the diabetes crisis, including the news that those with type 2 diabetes are dozens of times more likely than others to die from COVID-19**.

All up, CEO Kelso, you now know that your *ADGs* (explicitly advising 45-65% carbohydrate) **do not apply** to people with "medical conditions requiring specialised dietary advice", and you now know it's unethical to ignore my request that you "Urgently instruct Diabetes Australia, the RACGP and the Dietitians Association of Australia to stop promoting your NHMRC's clearly harmful 45-65%-carbohydrate advice to millions of Australians with and at risk of type 2 diabetes". **Clearly, NHMRC should introduce new low-carbohydrate diet advice to help the 1-2 million Australians with type 2 diabetes: *12 points of evidence*** https://www.sciencedirect.com/science/article/pii/S0899900714003323

3. Unscientific origins and fatal flaws of NHMRC's *Australian Dietary Guidelines* should be acknowledged before any next version

CEO Kelso, your 19 April letter outlined your plan to revamp the 2013 *Australian Dietary Guidelines* (ADGs): "As part of the review, NHMRC will establish and appoint members to an Expert Committee that will provide advice on the review of the Australian Dietary Guidelines. This review will review and **update the Guidelines to ensure they are supported by the most recent, relevant and high-quality evidence**".

Again, I did not ask for a review (or retraction) of your ADGs. But since your letter to me featured your plan, I will provide NHMRC with some basic matters of fact. Most obviously, the ADGs have always been fatally flawed, not ever "supported by the most recent, relevant and high-quality evidence". They remain dominated by harmful false information and other made-up nonsense promoted by your unreliable "experts".

Countdown to disaster: Sydney University's Professor Stewart Truswell imposes shonky US advice on NHMRC and the rest of us

January 1961: Ancel Keys, Federick Stare, Jerimiah Stamler and the American Heart Association began promoting a speculative anti-fat, pro-carb story: *Dietary Fat and Its Relation to Heart Attacks and Strokes* https://www.ahajournals.org/doi/pdf/10.1161/01.CIR.23.1.133

1967: Harvard science careerists Fred Stare (head of Harvard's nutrition department) and Mark Hegsted (later the head of nutrition at the United States Department of Agriculture, where in 1977 (see below) he helped draft US *Dietary Goals*) were paid by the sugar industry to formally downplay the role of sugar in causing heart disease, **falsely promoting saturated fat in meat, eggs and dairy as the main dietary villain**: https://www.nytimes.com/2016/09/13/well/eat/how-the-sugar-industry-shifted-blame-to-fat.html

January 1971: Ancel Keys delivered a false and unscientific smackdown of English scientist John Yudkin's (correct) claim that refined sugar (sucrose) - not total dietary fat or saturated fat - is the main dietary evil. The infamous journal article is called *SUCROSE IN THE DIET AND CORONARY HEART DISEASE*: https://www.australianparadox.com/pdf/keys_1971.pdf

February 1977: The first *Dietary Goals for the United States* were published by the US Government, prioritising a big reduction of total fat intake (saturated fat in particular) alongside a big increase in carbohydrate intake: https://naldc.nal.usda.gov/catalog/1759572

1977: **London University professor of nutrition Stewart Truswell** (formerly a South African) was given a copy of the new US *Dietary Goals*. He praised them in *Lancet*, providing "a rare positive independent review to balance against a host of critics in the USA". But when he sought to promote similar national nutrition goals as a great plan for Great Britain, "The British [nutrition] establishment was unmoved": https://www.australianparadox.com/pdf/Truswell-Origins-Diet-Guidelines.pdf

1978 and 1979: After hitting stiff resistance in the UK, Truswell abandoned the UK for Australia, arriving in May 1978 as the University of Sydney's first eminent Professor in Human Nutrition. Cultural cringe activated and doors opened. After hijacking our local Dietitians union, Truswell wrote his dietary guidelines for Australians. In April 1979, within a year of his arrival, the Commonwealth Department of Health helped Truswell launch Dietary Goals for Australia. Notably, "There was no background review of the scientific literature at the time…".

1980: The first US *Dietary Guidelines for the United States* were published, converting 1977's dietary goals into dietary advice some 200 million Americans: https://health.gov/sites/default/files/2019-10/1980thin.pdf

1982: NHMRC helped Truswell publish his first version of our *Australian Dietary Guidelines* (called Dietary Guidelines for Australians).

1982-present: The University of Sydney's Stewart Truswell has been the dominating scientific author of NHMRC's ADGs for four decades, with today's faulty 45-65% carbohydrate advice helping millions of Australians to get fat and sick: Unconscionably, Diabetes Australia, the RACGP and the Dietitians Association of Australia continue to promote NHMRC's clearly harmful 45-65%-carbohydrate advice to millions of Australians with and at risk of type 2 diabetes. **Indigenous Australians** die from type 2 diabetes at a rate seven times that of the rest of us.

Overleaf, influential Professor Stewart Truswell explains how back in 1978 he took over our fledgling diet "science" community.

How University of Sydney's Stewart Truswell and pretend diet science have "owned" *Australian Dietary Guidelines* for ~40 years

Here is how the ADGs came into being, as told by the University of Sydney's highly influential Professor Stewart Truswell, the person who made it happen and who has been the dominating scientific author of every version of the ADGs over the past four decades:

- *When I first became a professor of Nutrition in 1971 at London University, public health nutrition seemed to be drifting without a compass. ... Carbohydrates had a bad press and* ***low carbohydrate diets*** *were fashionable* [RR: highly effective] *for* ***treating obesity****…*
- *When the first edition of Dietary Goals for the USA was published in February 1977…the editor of the Lancet…asked me to write an (unsigned) editorial and I welcomed the new goals…without realising the US political* [RR: that is, unscientific] *background. …*
- *It was the first international commentary to appear and a rare positive independent review to balance against a host of critics in the USA. In the next year, I tried to pass on my enthusiasm ... to colleagues in Britain… The British establishment was unmoved. …*
- [So] *I came to Australia to start the Chair of Human Nutrition at Sydney University in May 1978 and one of the ideas I brought with me from the north was dietary goals. ...* [Soon after arriving I set myself up as the lead speaker at a seminar after which the Australian Association of Dietitians and I] *decided to draft ourselves a set of dietary guidelines for Australians. …*
- *'Dietary goals for Australia' were first presented on 27 April 1979…at the Australian Academy of Science in Canberra, with support from dietitians' organizations…[etc]". ... The setting was conducive to a positive reaction.* [RR: All "sciency" but without real science!]
- ***These dietary goals were put together in small rooms in the Commonwealth Department of Health. I was the only nutritionist from outside the Department involved in the drafting*****. [RR: ST got to include exactly the things he wanted!]**
- ***After they had been launched the goals were presented to the Nutrition Standing Committee of the National Health and Medical Research Council. They expressed disappointment that they not been earlier involved, but adopted the goals unmodified… There was no background review of the scientific literature at the time… [RR: "Look mum, no real science"!]**
- [Beyond "goals", we needed to] *advise individuals on food choices. This was done in 1981 by 'Dietary Guidelines for Australians'…*
- [RR: So, within three years of landing in Australia from the UK (where there was little interest), Truswell had transformed the unscientific *Dietary Goals for the USA* into the first version of our ADGs. One highly motivated and domineering science careerist got things done quickly, helped greatly by the fact that "There was no background review of the scientific literature at the time…". Excellent. What could go wrong, given that increasing one's carbohydrate intake while reducing dietary fat tends to promote obesity and type 2 diabetes?]
- *The first edition of the Australian dietary guidelines were widely accepted, adopted approved or quoted by nearly all Australian organizations concerned with nutrition, food or health. …The guidelines were supported by the Royal Australasian College of Physicians* [RR: now RACGP]*; adopted by the Australian Nutrition Foundation; used by the Australian Consumers Association for grading nutritiousness of foods; adopted for home economics curricula in high schools; written into the standard biology textbook for schools …*
- *The health departments of all the states adopted the federal Health Department's guidelines… There was therefore widespread acceptance of the Australian dietary guidelines. …We did not have anything like the spate of criticisms in [the US and the UK]…*

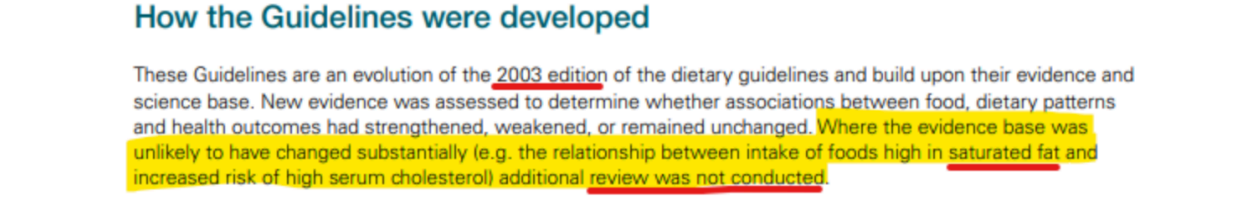
Truswell pondered: "Why were the Australian dietary guidelines accepted so well by all concerned with nutrition here?" His answer includes:

- *The scientific nutrition establishment was small and new.* [RR: Truswell quickly dominated the space and imposed his unscientific US nonsense - eat less fat and saturated fat, eat more carbohydrates - on NHMRC and the rest of us for the next four decades, to this day.]
- *Introduction of the Australian goals was well staged and tactically presented.* [RR: In 1979, a big two-day conference in Canberra would have been a fabulous taxpayer-funded head-nodding exercise, given Truswell had already done all "the science". Interstate attendees would have loved flying in an aeroplane; many would have stayed at the Hyatt and visited Parliament House, quite a treat back then.]
- *The [US] dietary guidelines for Americans … were published at about the same time…and gave international confirmation.* [RR: So the unscientific 1977 US dietary goals became Australian goals, then the 1980 US guidelines "gave international confirmation". Perfect.]
- *The goals and guidelines were reinforced by public support of senior members of the nutrition establishment.* [RR: Yep, Truswell and his new eminent Aussie sci-friends – dazzled locals suffering cultural cringe – all cluelessly embraced the unscientific US guidelines.]
- *Dietary guidelines answered a deep need for the emerging profession of community nutritionists/dietitians.* [Even back then, the (now) Dietitians Association of Australia had no capacity of critical thinking: it didn't know or care about valid science, it just needed something structured to parrot to its customers. And too bad high-carbohydrate, low-fat diets tend to fatten people vulnerable to being overweight.]
- This history is *directly* from Sydney University's Truswell: https://www.australianparadox.com/pdf/Truswell-Origins-Diet-Guidelines.pdf

After the **1982 ADGs** had been published by NHMRC, Truswell retained control of the main advice (reduce fat intake and eat much more carbohydrate) for decades. In the **1992 ADGs**, the advice on dietary fat changed to: "EAT A DIET LOW IN FAT AND, IN PARTICULAR, LOW IN SATURATED FAT", with saturated fat said to be the main driver of coronary heart disease (CHD). Truswell promoted the story that saturated fat causes heart disease by **dominating the story on sugar, ridiculing the idea that excess sugar causes CHD**: "As Truswell notes, the international scientific community thinks so little of this hypothesis that "no prevention trial of CHD and sugar has been completed, started, planned or even contemplated". Truswell was Australia's Ancel Keys in the pretend science of fat or saturated fat being the main diet evil driving chronic disease: https://webarchive.nla.gov.au/awa/20170819041659/https://www.nhmrc.gov.au/guidelines-publications/n4

In the **2003 ADGs**, Truswell (again) wrote the chapter on saturated fat. He observed: "The first Dietary Guidelines for Australians, published in 1982, recommended, 'Avoid eating too much fat' - that is, total fat. ... In the second edition of Dietary Guidelines for Australians, published in 1992, the guideline had evolved to 'Eat a diet low in fat and, in particular, low in saturated fat'": p. 120 of 283 https://webarchive.nla.gov.au/awa/20170816084823/https://www.nhmrc.gov.au/guidelines-publications/n29-n30-n31-n32-n33-n34

Even for the **2013 ADGs** - when Truswell wasn't formally part of the "updating" process – his influence looks to have ensured that version is as flawed as all previous versions. In particular, the dominant thing driving the harmful 45-65% advice for carbohydrate – the mistaken claim that total fat and particularly saturated fat are the main dietary cause of heart disease – was **quarantined from scrutiny**, allowing that false assumption to dominate again despite the story having been exposed - every step of the way for decades - as unscientific nonsense. The evolution of Keys's silly fat phobia is documented in Taubes' *Good Calories*, *Bad Calories* (2018) and *Teicholz's The Big Fat Surprise* (2015).



How the Guidelines were developed

These Guidelines are an evolution of the 2003 edition of the dietary guidelines and build upon their evidence and science base. New evidence was assessed to determine whether associations between food, dietary patterns and health outcomes had strengthened, weakened, or remained unchanged. Where the evidence base was unlikely to have changed substantially (e.g. the relationship between intake of foods high in saturated fat and increased risk of high serum cholesterol) additional review was not conducted.

p. 5 https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_australian_dietary_guidelines.pdf

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How over-confident "scientists" picked a false "disease model" and misled NHMRC into promoting faulty and harmful *Guidelines*

CEO Kelso, the previous page and a half and the following discussion are designed to help you and your team gain a greater understanding of the fact that the history of our *Australian Dietary Guidelines* is a history featuring an ambitious and highly influential science careerist – Stewart Truswell - wielding Ancel Keys's low-fat, high-carb "science" and imposing four decades of faulty and somewhat harmful dietary advice on the NHMRC and the rest of Australia. The end result is today's disastrous epidemic of obesity and type 2 diabetes ("diabesity"). Alas, NHMRC has been a sleepy official participant in the biggest error in the history of global public health.

So how did eminent nutrition "scientists" get it so wrong for so long? Well, it all started with Ancel Keys, the most-influential science careerist in the US nutrition space in the 1950s after having invented K-rations, the food packs for US combatants during World War II. On the back of his speculative hypothesis that dietary fat causes heart disease and stroke (CVD), Keys simply decided that Americans needed to be protected from killing themselves eating traditional meals featuring fatty meats, eggs and/or full-fat dairy (see p. vi, earlier).

In his famous 1961 cover story in *Time* magazine, **Keys advised Americans to "eat less fat meat, fewer eggs and dairy products" in order to "reduce fat calories in the average U.S. diet by more than one-third" (from 40% to 25% of total calories), via "an even sterner cut" in saturated fats (from 17% to 4%). With protein near 15% or so, Keys recommended carbohydrate intake near 60%**: http://content.time.com/time/subscriber/printout/0,8816,828721,00.html# **That's why those crazy "food pyramids" are dominated by truckloads of processed grains**: https://www.researchgate.net/figure/Original-1992-USDA-Food-Guide-Pyramid_fig1_6072962

Unfortunately, Ancel Keys was as influential as he was hopelessly wrong, so too his acolyte Stewart Truswell. Blindly in love with his own story about saturated fat, blood cholesterol and heart disease, **Keys embraced the wrong "disease model**", ignoring the hard scientific bits and pieces back then that now have been unified into what is called **Metabolic Syndrome or Insulin Resistance: "Metabolic Syndrome (MetS) represents a constellation of markers that indicates a predisposition to diabetes, cardiovascular disease and other pathologic states"** https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1323303/ ; https://journals.lww.com/co-endocrinology/toc/2020/10000

Initially called "Syndrome X" by Gerard Raven (https://diabetes.diabetesjournals.org/content/37/12/1595), **Metabolic Syndrome focuses on five or so specific disease markers – including excess girth, excess blood glucose/insulin, excess blood pressure, excess Triglycerides and inadequate HDL cholesterol – linking excess consumption of carbohydrates including sugar to type 2 diabetes, cardiovascular disease (CVD), obesity-related cancers, and probably Dementia**: https://pubmed.ncbi.nlm.nih.gov/19082851/

Tragically, after Keys's infamous unscientific 1971 smackdown of Yudkin and false exoneration of sugar (p. vi, earlier), his "saturated fat in meat, eggs and dairy will kill you" story was free to dominate nutrition "science" and official dietary advice for decades. Some scientists knew from the start that Ancel Keys's cartoonish story about "artery-clogging saturated fat" at the centre of US, Australian and many other nations' dietary guidelines is nonsense, but they yielded to the shonky science because they wanted to stay out of trouble. Many others simply were ignorant. Alas, that is why our ADGs still promote the silly made-up story (invented ~60 years ago in the US by the ridiculously over-confident Ancel Keys) that healthy diets require huge doses (45-65%) of carbohydrate. One calculation: **100% - 25% fat - 15% protein = 60%**.

By the 1980s, few had the scientific standing or confidence to criticise Keys's "artery-clogging saturated fat" fairy tale out loud or publish in major journals declaring it nonsense. By 2010, heavy-hitter Ronald Krauss became an exception: "**there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD**": https://pubmed.ncbi.nlm.nih.gov/20071648/ **These days, however, Keys's silly made-up story that saturated fat in meat, eggs and dairy is the main dietary cause of heart disease has all the credibility of the Easter Bunny**. Yes, true believers like Truswell and ADG veteran Rosemary Stanton still think it's the real deal but among competent and unconflicted people that speculative anti-fat story's credibility collapsed under basic scrutiny years ago.

Today, even the main dietitians' union in the US - the Academy of Nutrition and Dietetics - has publicly acknowledged that for decades its low-fat, high-carb dietary advice via Ancel Keys was hopelessly wrong and in fact harmful. On the risk of heart disease and stroke, it now (correctly) advises that the consumption of carbohydrate including sugar is significantly more harmful than saturated fat in meat, eggs and full-fat dairy: "Equation 3 demonstrates that carbohydrate intake conveys a greater amount of cardiovascular disease risk than does saturated fat": https://www.eatrightpro.org/news-center/on-the-pulse-of-public-policy/regulatory-comments/dgac-scientific-report

That *mea culpa* took decades but better late than never. Alas, the "**disease model**" on which our *Australian Dietary Guidelines* (ADGs) is built - limiting total dietary fat and saturated fat in particular while substituting "heart healthy" carbohydrates to avoid CVD - turns out to have been nonsense. That fluffy disease model has failed. Happily, competent scientists and doctors are starting to fix the mess by emphasising "Insulin Resistance" and the fact that **removing excess carbohydrates including sugar and replacing them with dietary fat including saturated fat reverses both type 2 diabetes and obesity:** https://www.sciencedirect.com/science/article/pii/S0899900714003323 ; https://link.springer.com/content/pdf/10.1007/s13300-018-0373-9.pdf

Australian "experts" have been rather slow to follow with their own *mea culpa*s, mainly for the obvious – if intellectually dishonest - reason that they prefer not to publicly acknowledge the embarrassing truth. That is, if a diet that is ~5% carbohydrate fixes type 2 diabetes and obesity – the biggest fast-growing dietary maladies on the planet - then the much-promoted 45-65% carbohydrate recommendation has been disastrous for many of the millions following the flawed advice. NHMRC "experts" acknowledging that saturated fat in meat, eggs and full-fat dairy is not an important cause of CVD - and agreeing that low-carbohydrate, high-fat diets put type 2 diabetes in remission (as they do) – would be the equivalent of insiders confirming that modern nutrition "science" and the multi-decade careers of thousands of eminent "scientists" have been worse than useless when it comes to public health. So *mea culpa*s remain thin on the ground.

More history on the ambitious and unscientific Ancel Keys, his shonky diet science and the trend to global "diabesity" since 1980

Given his concise assessment of obesity - **"disgusting"** - it's ironic that (beyond growing affluence) Ancel Keys has been the single-biggest driver of obesity across the modern world. Many hundreds of millions of hapless souls now are obese and diabetic, a common response of everyday humans to the low-fat, high-carb diets Keys invented and promoted to become official dietary advice across the western world.

Notably, Ancel Keys assessed **lack of "will power**" as the main driver of obesity: "A fairly common experience for us is the wife who finds her husband staying out more and more. He may be interested in another woman, or just like being with the boys. So she fishes around in the cupboard and hauls out a [sugary high-carbohydrate] chocolate cake. It's a matter of boredom, and the subconscious feeling that she is entitled to something, because she's being deprived of something else." Separately, the *Time* reporter observed that 'Puritan New England

regarded obesity as a flagrant symbol of intemperance, and thus a sin. Says Keys: "**Maybe if the idea got around again that obesity is immoral, the fat man would start to think.**"' http://content.time.com/time/subscriber/printout/0,8816,828721,00.html#

Perhaps if Ancel Keys had ever set out to fix an acquaintance's obesity or type 2 diabetes, he would have learned quickly that sugar and carbohydrate are much a bigger problem than saturated fat in meat, eggs and dairy, saving him from spending the prime of his life on a fool's errand, searching across more than seven countries to "prove" something that was never true. Reading through various histories, one gets the impression that Keys and his pretend science only got big because of the limited scrutiny of nutrition "science" in pre-internet days and the help of influential friends. Beyond being famous via K-rations, Keys was super-chummy with President Eisenhower's doctor (see below).

Only in the past decade or so has it become widely understood that Ancel Keys was opinionated, over-confident and prone to unscientific bullying. The 1971 smackdown of John Yudkin and the false exoneration of sugar is a classic but the writing was on the wall back in 1961 when his photo was on the cover of *Time* magazine: "Keys's chief weapon has been the sheer weight of solid statistics. Says one Philadelphia physician: 'Every time you question this man Keys, he says, "I've got 5,000 cases. How many do you have?" ' ".

But how many cases did Keys *really* have? In 2015, investigative journalist Nina Teicholtz published a best-selling history of modern nutrition "science" in which she highlighted serious problems with Keys's (infamous) Seven Countries Study. First, there's the well-known (amusing) "Lent problem": awkwardly, Keys's preferred long-lived population ate quite a bit of (fatty) meat and eggs, *just not when fasting for the religious festival of Lent*, when Keys turned up to do one of his surveys. More troubling, Teicholz reported, is that Keys's critical "findings" for Corfu and Crete (in Greece) were supposed to be based on dietary surveys from more than six ***hundred*** men but when carefully checked it turned out that they actually reflect data from only six ***dozen*** men: pp. 216-219 https://www.australianparadox.com/pdf/MedDiet.pdf

In a world where funding for diet research generally is pretty tight, how did Ancel Keys fund his epic multi-year quest to prove his fat phobia "correct"? Well, "One of his chief fund raisers is Dr. Paul Dudley White, President Eisenhower's heart specialist, who, together with Mrs. White and Mrs. Keys, has traveled widely with Keys on foreign research missions." Few things in life could be sweeter than going on "foreign research missions" to Europe with friends and funders http://content.time.com/time/subscriber/printout/0,8816,828721,00.html#

NHMRC needs to make better choices: over-confident diet "experts" behind our ADGs are impressively uninformed and biased

We already know quite a bit about Stewart Truswell (p. ix), who – with his anti-saturated fat, pro-carbohydrate, pro-sugar approach - has "owned" the ADGs since 1978. Our ADGs' other enthusiastic stalwart has been Rosemary Stanton. Equiped with an undergraduate science degree (1966) and a graduate certificate in nutrition and dietetics, Stanton quickly absorbed key learnings from both Keys and Yudkin, and then flip-flopped for decades on whether or not saturated fat - or total dietary fat - was worse than sugar as a cause of chronic diseases.

By the 1990s, Rosemary Stanton had embraced the silly unscientific fat phobia promoted by Ancel Keys and Stewart Truswell, *et al*. Accordingly, she chose to inform the world – and especially the women of Australia - that "**the only thing that adds to body fat is the fat we eat**"; moreover, "**It's not until you eat more than 500 grams of carbohydrate at one sitting – the amount in more than 30 slices of bread - that the body converts it to fat**": https://www.australianparadox.com/pdf/rosemarystanton.pdf

That would be great news if it were not complete nonsense. I don't want to be unkind but talk about hopelessly uninformed: the ridiculous falsehoods promoted in Stanton's books are extraordinary. In *The Diet Dilemma* (1991), Stanton clownishly highlighted the "**hazardous state known as ketosis**" – the state many of us routinely arrive at (or remain in) while we sleep between a 7pm dinner and a 6am breakfast - and cautioned about "**highly toxic ketones**". I am not making this up. For Stanton, Ketogenic diets that have been reversing type 2 diabetes and obesity for over a century are toxic. Nope: https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-5-36 (There's also the delicious irony of one with enthusiastic concern about "sustainability" telling people for decades to cut the fat off meat and throw it away.)

To be fair, Rosemary Stanton was not alone. Most diet careerists for the past 60 years have had little real understanding of the dietary needs for good human health or athletic performance. Notably, ketones and ketogenic diets have been as misunderstood and clownishly demonised as saturated fats. But that is changing. For example, here are Professor Stephen Phinney and Jeff Volek at Ohio State University speaking on the facts surrounding ketones and ketogenic diets in athletic performance and in fixing Metabolic Syndrome (aka Insulin Resistance), the common malady driving obesity, type 2 diabetes and CVD: https://www.youtube.com/watch?v=_YiBxvNORfc&t=102s

Rosemary Stanton also promoted concern about "the difficulty of exercising" on "minimal carbohydrate diets". Too bad for her that Professor Tim Noakes – the eminent scientist who popularised "carb loading" for runners in his best-selling book "Lore of Running" (first edition in 1987) – has done a complete back-flip on carb-loading after he belatedly realised why the men in his family kept dying via type 2 diabetes, caused by the long-term excess consumption of sugar and other carbohydrates: https://www.youtube.com/watch?v=QjQDFVE5exI

To add insult to injury for Rosemary Stanton and many other hopelessly biased high-carb careerists, Noakes's running improved dramatically after he embraced carbohydrate restriction. The same has been true for plenty of elite endurance athletes, including a world-record holder for 100-mile races: https://www.mensjournal.com/health-fitness/zach-bitter-100-mile-american-record-holder-he-also-eats-almost-no-carbs/

Tragically, Stanton's many books have misinformed millions of Australians in thousands of Australian towns and suburbs since I was a boy, in places where the Country Women's Association and other entities hold regular cake stalls, with mums and others swapping recipes while selling sugary baked treats to raise money for charities. Alas, Stanton's much-loved low-fat, high-carbohydrate books were hopelessly wrong on pretty much everything beyond the harmfulness of sugar. When I see people in the street so heavy they struggle to walk, I regret the significant role that Rosemary Stanton's widely read books have played in the disastrous mis-education of Australians about healthy diets: https://www.uow.edu.au/alumni/honorary-alumni/honorary-doctorates/rosemary-allison-stanton/

It is now clear to anyone who is competent and not hopelessly conflicted – say by having promoted harmful false information in the public-health space for decades – that *"the relationship between intake of foods high in saturated fat and increased risk of high serum cholesterol"* has little or nothing to do with the key endpoints of heart disease, stroke and early death, let alone obesity. The usual story is that one's LDL cholesterol is boosted by "artery-clogging saturated fat", too often leading to heart attack or stroke. That story became institutionalised and untouchable. Even today, after one gets a blood test done, many doctors reveal their ignorance by talking mainly about LDL cholesterol and the risk of heart disease. **But LDL-C has no reliable relationship with CVD**: 16:25 https://www.youtube.com/watch?v=9BFRi-nH1v8
Bizarrely, most doctors don't check **HbA1c** (a 3-month average of blood-glucose readings), the (almost) **definitive assessment for type 2 diabetes** and probably the best guide to Metabolic Syndrome **and CVD risks**: 14:30 https://www.youtube.com/watch?v=o9PHHMvTe1Q

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Again, anyone interested in the extent to which opinionated, inept diet "scientists" from the 1960s onwards wrecked the healthful diets many of us thrived on as youngsters – as simple as home-cooked fatty meats and three vegetables, offal and eggs, full-fat dairy and occasional sweets (including oranges, apples, bananas, etc) can get the facts from the books of investigative reporters Gary Taubes and Nina Teicholz.

NHMRC must acknowledge its mistaken focus on wrong "disease model" is behind epic failure of *Australian Dietary Guidelines*

CEO Kelso, it's clear the NHMRC's *Australian Dietary Guidelines* cannot be trusted. For the past forty years, Australians have been forced to swallow the unscientific nonsense served up by influential but incompetent Americans. What Truswell, Stanton and the ADGs have promoted since the early 1980s is the nonsense-based story that fat is bad, saturated fat is worse and that huge modern doses of carbohydrate are excellent for "heart health" and everything that matters. Alas, the "**disease model**" that dominates the 2013 and other ADGs (saturated fat causes heart disease) was always hopelessly wrong. **Dominated by that false anti-fat foundation – the thing that drove the unscientific advice to eat mountains of carbohydrate (45-65% of energy) - the ADGs are an epic failure and should be retracted immediately.**

CEO Kelso, if you do choose to retract the fatally flawed ADGs, you will need to acknowledge that NHMRC officials for decades have been misled by distinguished but incompetent nutrition careerists, people the NHMRC mistakenly embraced as "experts". These highly confident and influential science careerists - Keys, Stare, Truswell, Stanton and the like - promoted themselves as experts, and NHMRC was duped into thinking they had a fundamentally correct and unbiased understanding of key matters of scientific fact. They did not have any such thing.

In particular, the University of Sydney's eminent Professor Stuart Truswell became the main scientific author of our ADGs for four decades. Truswell simply moved in, dominated the space and ensured that all versions of our ADGs featured Ancel Keys's pretend science claiming saturated fat in meat, eggs and full-fat dairy is the main dietary cause of CVD and may kill you and your family. The influential Truswell ensured that public health was led disastrously astray for ~40 years by Keys's speculative story on "artery-clogging saturated fat" and CVD.

The good news is that competent scientists, doctors and dietitians in the public-health space increasingly are properly focused on "Insulin Resistance" – aka Metabolic Syndrome – as the main driver of type 2 diabetes, CVD, obesity-related cancers and even Dementia. Most clearly, we know for sure that diet interventions that substantially restrict the intake of carbohydrate including sugar while adding dietary fat including saturated fat tend to fix type 2 diabetes. That's really important because most people with type 2 diabetes ultimately die via CVD.

So CEO Kelso, before you establish any new "Expert Committee", please recognise that NHMRC's eminent "experts" since around 1980 have been effectively incompetent: their **core assumption** underpinning the ADGs is fundamentally false and that has worked to derail not improve public health. It is not an accident that Australia's obesity and type 2 diabetes epidemic began around 1980, as our ADGs started to be influential in homes, schools, hospitals, aged-care facilities, airliners, Country Women's Association (CWA) gatherings and everywhere else where food is eaten or discussed.

Now, who else is likely to provide information that is trustworthy? Not anyone from the University of Sydney. Both low-GI superstar Jennie Brand-Miller and her boss Stephen Simpson – also a Fellow of the University of Sydney Senate - are running their own sugary high-carbohydrate research frauds. And both Steve Simpson and Stewart Truswell are dishonestly protecting Brand Miller's *Australian Paradox* fraud (pp. 5-6 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf). **Meanwhile, both Deputy Vice-Chancellor (Research) Duncan Ivison and Vice-Chancellor Stephen Garton remain devoted to dishonestly protecting Simpson's 30-Diet Lifespan Fraud, stopping the needed retraction of shonky papers** (pp. 5-8 *Submission*).

What about contributions from the Australian Academy of Science's "National Committee for Nutrition" and its "A decadal plan for the science of nutrition: Realising health, environmental and economic opportunities to benefit all Australians"? Sorry, these efforts also are untrustworthy: scientific fraudster Professor Stephen Simpson is the "co-chair" of that group so it cannot be relied upon: https://www.science.org.au/files/userfiles/support/reports-and-plans/2019/2019-nutrition-decadal-plan.pdf

Who are the genuine scientists who have the correct "disease model" and who are fixing type 2 diabetes and obesity?

Again, it's clear that NHMRC's *Australian Dietary Guidelines* should be retracted immediately. And any new dietary guidelines that don't focus on Metabolic Syndrome – aka Insulin Resistance – as the main driver of obesity, type 2 diabetes, heart disease and stroke (CVD), obesity-related cancers and Dementia will be worse than useless as an aid to public health. Again, the ADGs are profoundly unhelpful for people with type 2 diabetes: fewer than 1% enjoy any sort of remission on usual-care treatments involving high-carbohydrate dietary advice.

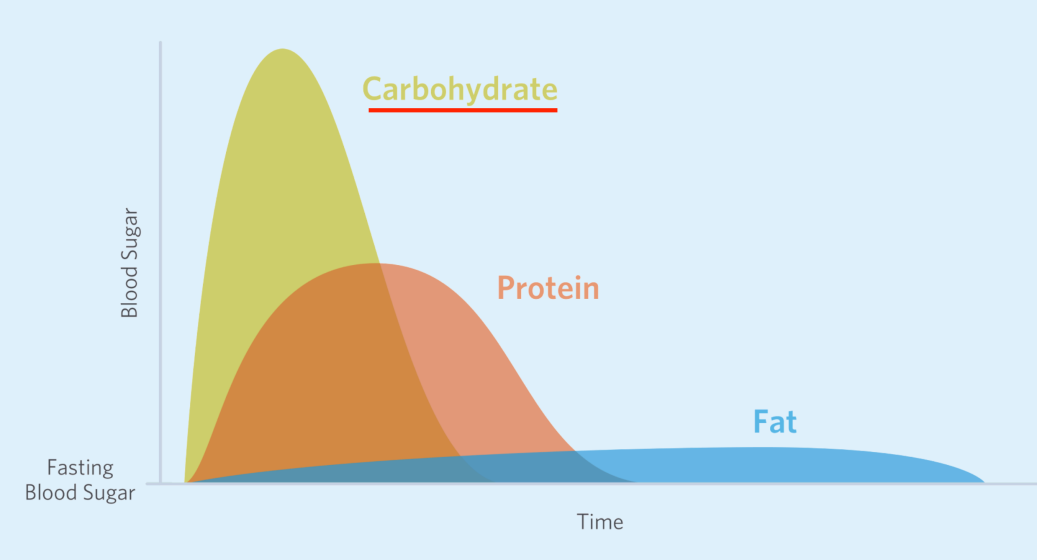
For hard science and/or clinical success reversing type 2 diabetes and obesity, NHMRC and others who care should consult the work of a fast-growing collection of highly competent scientists and doctors, including Richard Feinman, Eric Westman, Stephen Phinney, Jeff Volek, Zoe Harcombe, Tim Noakes, Richard Bernstein, Sarah Hallberg, Jason Fung, Mary Dan and Michael Eades, Jen and David Unwin, Jay Wortman, Caryn Zinn and Peter Brukner, amongst hundreds of others using carbohydrate restriction to fix type 2 diabetes and obesity.

Unlike the many thousands of high-carbohydrate diet careerists including Ancel Keys, Stewart Truswell, Rosemary Stanton, Stephen Colagiuri, Stephen Simpson and others without clinical success in reversing type 2 diabetes, the carb-restriction proponents above generally have overseen profound clinical success in reversing type 2 diabetes and obesity in real humans, boosting the quality of life and lifespans of many thousands of patients. So too, through their excellent books and online videos, the group's efforts are massively improving the health of millions of everyday people, after many had spent years or decades being harmed by uninformed (and thus unethical) doctors, dietitians and diabetes entities causing misery and early death by promoting harmful high-carbohydrate advice for the treatment of type 2 diabetes.

CEO Kelso, Dr Sarah Hallberg (listed above) is perhaps the best presenter anywhere on reversing type 2 diabetes. Sarah also is Virta Health's Medical Director overseeing carbohydrate restriction and health improvements across tens of thousands of patients. Here's her scathing analysis of official treatment guidelines for people with type 2 diabetes: https://www.virtahealth.com/blog/dr-sarah-hallberg-type-2-diabetes-reversal

As well, here's her earlier TED talk from 2015, so far watched by ~7 million people: https://www.youtube.com/watch?v=da1vviqy5tQ Notably, *BSMJ* published a transcript of Sarah's talk and her references: https://bjsm.bmj.com/content/52/13/869 Finally, here's Sarah Hallberg's formal demolition of the American Diabetes Association's credibility regarding the scientific rigour of its nutritional recommendations for adults with type 2 diabetes: https://dom-pubs.onlinelibrary.wiley.com/doi/full/10.1111/dom.13736

So, why does carbohydrate restriction work? Well, most obviously because carbohydrates are the thing driving elevated blood-glucose readings. Virta Health provides a simple but profoundly useful "blood sugar chart" showing stylised human responses to eating carbohydrate (blood glucose way up), protein (up moderately) and dietary fat (up minimally). Thus a diet restricted in carbohydrate and higher in dietary fat naturally tends to reduce blood-sugar readings and thus reduce HbA1c. (HbA1c readings >6.5% ***define*** type 2 diabetes.)



https://www.virtahealth.com/reversediabetes

Importantly, the emergence of **continuous blood-glucose monitors (CGM)** will end up being a **MASSIVE GAME-CHANGER** for public health. Everyday people now can see exactly what foods and drinks – try a healthy banana! - boost blood-sugar readings (HbA1c), and so boost the risk of type 2 diabetes, CVD and obesity. Doctors across the globe increasingly are advising carbohydrate-restricted, no-sugar diets, and patients are seeing success unfold minute-by-minute, hour-by-hour, week-by-week, indefinitely. While CGMs are an optional extra, they are a really useful resource for anyone starting out. (I now have a FreeStyle Libre kit.)

To be clear, Virta Health has commercialised low-carb Ketogenic diets to reverse type 2 diabetes and obesity, reduce CVD risks and restore patients' health. Virta sells its services in the US: CEO Sami Inkinen says Virta is working "with more than a hundred large clients, including the Department of Veterans Affairs, the state of Alabama, Blue Cross and Blue Shield of North Carolina, and employers like General Electric Co." **Virta's "pitch" to US employers providing healthcare to their millions of employees is "Pay for results, not promises. Virta only gets paid if we are successful in delivering real health improvement—the way all payment should work in healthcare**".

Already valued in excess of $2b in 2021, Virta's business is booming, using Keto diets to restore health to millions of Americans. Alas, I have no conflict of interest with Virta Health, beyond admiring the scientists and others involved, its profound health results and its rapid business success: https://www.forbes.com/sites/katiejennings/2021/04/19/this-2-billion-digital-health-startup-aims-to-reverse-type-2-diabetes/?sh=364ae6287044

4. Recommendations and requests: Please stop Sydney Uni's high-carb sci-frauds, fix type 2 diabetes and fix fatally flawed ADGs

NHMRC CEO Kelso, having provided you with hard evidence on the relevant matters, I urge you, please, to do several important things:

1. Force the formal retraction of Professor Simpson's faulty influential paper at the centre of the 30-Diet Lifespan Fraud (the study towards which NHMRC contributed $1m). Require the University of Sydney to return the $13m of new research funding it has been stealing from taxpayers via NHMRC since 2019 (*Submission*, p. 11). To do these things, NHMRC will need to initiate an independent investigation into the University's research and management misconduct. The findings of that investigation – including that the University promotes harmful high-carb dietary advice that suppresses the effective cure for type 2 diabetes - will help everyone understand why NHMRC's ADGs have failed;

2. (again) Urgently instruct Diabetes Australia, the RACGP and the Dietitians Association of Australia to stop promoting your NHMRC's clearly harmful 45-65%-carbohydrate advice to millions of Australians with and at risk of type 2 diabetes;

3. (again) Urgently assemble a panel of competent doctors and scientists - including Dr Peter Brukner who recently launched Defeat Diabetes: https://www.defeatdiabetes.com.au/our-experts - to write new low-carbohydrate NHMRC guidelines for the proper treatment of type 2 diabetes, in an effort to start rescuing the millions of vulnerable Australians being harmed by your current official dietary advice;

4. Retract the 2013 *Australian Dietary Guidelines*. As documented above, your ADGs were introduced without proper scientific oversight and have always featured a false "**disease model"**. Every version since 1980 was imposed on NHMRC and the rest of Australia by the mistaken enthusiasm of Stewart Truswell, Australia's leading promoter of Ancel Keys's pretend science of "saturated fat in meat, eggs and diary causes heart disease, while huge doses of carbohydrate are heart healthy". The end result from the ADGs after four decades of making false claims about what foods are healthful and which are not is the tragic four-decade uptrend in obesity and type 2 diabetes ("**diabesity"**); and

5. Start to write new *Australian Dietary Guidelines*. First, please disqualify from involvement every individual and entity previously involved in the failed ADGs. The community needs no further help from NHMRC's many "experts" who for decades have been in the business of causing not fixing type 2 diabetes and obesity. Only a fresh start will give the NHMRC any real chance of producing new guidelines that improve public health. NHMRC should not expect Truswell, Simpson, Stanton or the Dietitians Association of Australia, etc, to do anything other than pretend everything is fine. Obviously, the valid "disease model" that must feature in NHMRC's "new era" ADGs is **Metabolic Syndrome – aka Insulin Resistance –** focused on the cluster of indicators that highlight an elevated risk of type 2 diabetes, CVD, obesity-related cancers and probably Dementia. For the upcoming review of your fatally flawed ADGs, I suggest NHMRC organise seminars involving Sarah Hallberg, Richard Feinman, Eric Westman and/or other true experts in fixing chronic disease in fat and sick humans. Finally, the new ADGs should be a simple affair, advising Australians to eat "real food" including meat, eggs, dairy and not too many carbohydrates.

Dedication

Charlie Perkins was born in Alice Springs near the red centre of Australia in June 1936. I was born there 30 years later in March 1966. I dedicate my body of work exposing the Charles Perkins Centre's *Australian Paradox* sugar-and-obesity fraud and its low-protein, high-carbohydrate mouse-diet lifespan fraud to my wonderful (late) mother, **Elaine Lucas** (14 March 1937 to 14 March 2021), who nursed Aboriginal and other Australians in remote places - including Katherine, Alice Springs, Balcanoona, Woorabinda and Baralaba - from the early 1960s to the late 1980s. And to my (late) father, **Alexander "Sandy" Robertson**, who grew up in Scotland and in the Scots Guards, shifted briefly to Melbourne then Coogee in Sydney, before working with cattle, sheep and wheat across country Australia for half a century. He taught me (and my brother and sister) much about what is right and much about what is wrong, often by example. (A longer piece on Dad's life and times can be found in one of the links below.)

I also have firmly in mind people like Bonita and Eddie Mabo, Faith Bandler, Charlie Perkins (who Dad often said he knew briefly - so too his brother Ernie - in The Territory over half a century ago), Waverley Stanley and Lou Mullins of Yalari, and especially Noel Pearson, all of whom worked or are working indefatigably for decades to improve the lot of their mobs, their peoples left behind. Finally, I wonder whatever happened to the many Aboriginal boys and girls I met across country Australia when I was a boy, especially the big Woorabinda mob with whom I shared classrooms and sports fields back in Baralaba, central Queensland, in the late 1970s. Much of the news over the years has been tragic and depressing.
https://www.australianparadox.com/baralaba.htm

Please note: In this and other documents, I have detailed influential incompetence and worse in nutrition and health "science", and by Group of Eight university senior management. Importantly, if you read anything here or elsewhere from me that is factually incorrect or otherwise unreasonable, please contact me immediately and, if I agree, I will correct the text as soon as possible. This all matters because 1-2 million Australians today have type 2 diabetes, the number growing rapidly. Many of these vulnerable Australians can expect mistreatment, misery and early death, harmed by high-carbohydrate diabetes advice promoted by a range of respected entities advised by highly influential Group of Eight science careerists. The unfolding diabetes tragedy can be seen most clearly in the quiet suffering of short-lived Indigenous Australians.

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rory robertson

economist and former-fattie

https://twitter.com/OzParadoxdotcom

Here's me, Emma Alberici and ABC TV's *Lateline* on the University of Sydney's Australian Paradox:
http://www.abc.net.au/lateline/content/2015/s4442720.htm

Here's the latest on that epic *Australian Paradox* sugar-and-obesity fraud: https://www.australianparadox.com/pdf/ABC-A-CA.pdf

Here's Vice-Chancellor Garton's threat to ban me from campus: p. 64 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf

During National Diabetes Week 2016, I wrote to the Department of Health about "The scandalous mistreatment of Australians with type 2 diabetes (T2D)": http://www.australianparadox.com/pdf/Expanded-Letter-HealthDept-type2diabetes.pdf

Want to stop trends in your family and friends towards obesity, type 2 diabetes, heart disease and various cancers? Stop eating and drinking sugar: http://www.youtube.com/watch?v=xDaYa0AB8TQ&feature=youtu.be

Here's the diet advised by Dr Peter Brukner, recently the Australian cricket team's doctor: https://www.australianparadox.com/pdf/PeterBrukner.pdf ; https://www.youtube.com/watch?v=RNUh7P3TrAE

A life in our times: Vale Alexander "Sandy" Robertson (1933-2015): http://www.australianparadox.com/pdf/AlecRobertson-born2oct33.pdf

Comments, criticisms, questions, compliments, whatever welcome at strathburnstation@gmail.com

Rory Robertson (+61 414 703 471)

May 2021

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June 2020
Submission to NHMRC/ARIC review of University of Sydney's deeply flawed inquiry into allegations regarding 30-diet misconduct

Dear Professor Anne Kelso AO, CEO of the National Health and Medical Research Council (NHMRC), and Ms Patricia Kelly PSM, Chair of the NHMRC's Australian Research Integrity Committee (ARIC),

Thank you for your letter to me on 9 June, communicating **your decision to accept my request** for a formal NHMRC/ARIC review of the problems with process and procedural fairness found in the University of Sydney's 2019 and 2020 assessments of my allegations of serious research misconduct over recent years. (Your letter to me is reproduced overleaf.)

I gratefully accept your offer, and I note your statement that NHMRC/ARIC's focus is on "the rigour and fairness of the process that has been implemented, rather than the merit of the allegations themselves". (But could any inquiry process have appropriate "rigour and fairness" if the investigation itself was not devoted to seeking the truth via a thorough and impartial examination of all the evidence available? Isn't the sole purpose of any rigorous investigation to carefully and fairly make findings of fact about "the merit of the allegations themselves"?)

After this introduction, my communication today - essentially my *Submission* to your formal review - is in three parts. **Part 1** provides a brief outline of the serious research misconduct I have documented, highlighting the general problem that influential Group of Eight misinformation is working to harm public health while defrauding taxpayers on a massive scale.

In **Part 2**, I have detailed **ten problems** with *process* and *procedural fairness* that shred the credibility of the University of Sydney's recent research-integrity assessments (17 December 2019 https://www.australianparadox.com/pdf/2014-2019-USyd-enquiry-report.pdf and 8 May 2020 https://www.australianparadox.com/pdf/RR-outcome-letter-7May20.pdf). **Part 3** - the rest – includes an endpiece urging an impartial and comprehensive NHMRC/ARIC investigation, as well as further detailed evidence supporting the observations I highlight in Parts 1 and 2.

Part 1: Key questions to consider when investigating the Charles Perkins Centre's 30-diet mouse-lifespan misrepresentations

In my opinion, any process with appropriate "rigour and fairness" would impartially seek to determine whether my allegations are true or false. If true, the faulty *Cell Metabolism* paper should be **formally retracted** without further undue delay. Please consider the following:

- Are the ***actual* lifespan results** of NHMRC Principal investigator Stephen Simpson's **career-defining 30-diet mouse experiment** misrepresented in a way seemingly designed to "confirm" the hypothesis promoted in his pre-experiment book: diets relatively low in protein **(P)** and high in carbohydrate **(C)** extend lifespan in mice and thus humans? (p.18) Beyond ignoring that *high* P:C diets had the greatest median lifespans, have five killer diets, 100+ mice and the malady that led to culling been hidden, as I allege? (pp. 3-8)
- If so, does the University of Sydney's false promotion of low-protein, high-carbohydrate (low P:C) **insect-friendly diets** as excellent for boosting lifespan in mice - and thus humans (15-18) - work to suppress medical science's century-old cure for type 2 diabetes? That is, is it true that the excessive intake of sugar and other carbohydrate is the main cause of type 2 diabetes in humans? (23-24)
- Are **sugar and processed grains** featured in the experiment's low P:C mouse diets? (p. 4) Is there evidence that mice and humans have *profoundly different* metabolic responses to such diets? Again, do such diets often cause type 2 diabetes in humans? (42-49)
- Is it true that Indigenous Australians disproportionately suffer misery and early death via type 2 diabetes and related maladies, including kidney failure, blindness and amputations? Would an effective cure for type 2 diabetes help? (42-49) **#BlackLivesMatter?**
- Is it appropriate for the Academic Director of Charles Perkins Centre to boost his career via a fake research "finding" that promotes misery and early death in the peoples that Charlie Perkins cared about most? (46-48) Should the faulty paper be retracted? (4-8)
- Were the fake results of NHMRC Principal investigator Simpson's career-defining 30-diet mouse experiment - funded by the NHMRC and taxpayers to the tune of $1m - cited in the research-funding proposal that prompted $13m of new NHMRC funding for his group at the University of Sydney over 2019-2023? If so, is the University effectively **stealing $13m** from taxpayers? (11, 40-41)
- Did Simpson gift a "guest authorship" of his high-profile 2014 *Cell Metabolism* paper to Harvard's world-famous Lifespan superstar Professor David Sinclair? (34-36) If so, was the gifting of a fake authorship part of a plan to "wow" potential research funders?
- How could **three of University of Sydney Vice-Chancellor Michael Spence's direct reports** - Deputy Vice-Chancellors Stephen Garton, Duncan Ivison and Barbara Messerle - oversee an inquiry process that failed to address even the obvious starting-point question on whether or not the 30-diet experiment's results are misrepresented: **how many mice began the experiment?** (pp. 3-8)
- Can you find words ***independent veterinary office*** in https://www.australianparadox.com/pdf/2014-2019-USyd-enquiry-report.pdf?
- "Rory's concerns are in every respect unfounded"? (5-8, 21) Is the Group of Eight's widely promoted claim of devotion to research "excellence" a sham? (41) **With no effective quality when it matters (15-40), why should taxpayers fund Go8 research at all?**

Given my hard evidence regarding the Charles Perkins Centre's 30-diet mouse-lifespan fraud, I consider that the University's inquiry process *wilfully avoided* making critical findings on knowable matters of fact. There was no sincere effort to assess the truth or not of my allegations.

Part 2: Specific problems with the University of Sydney's *process* and *procedural fairness* to be reviewed by NHMRC/ARIC

NHMRC CEO Kelso and ARIC Chair Kelly, thank you for taking the time to list **seven issues** of *process* and *procedural fairness* on which to focus (reproduced overleaf). On your fourth dot point, please replace "was not" to "may not be". Please assess your first six points alongside the **10 particular flaws that I detail below**. Please replace your seventh point with: "After advertising false and harmful claims relating to its research findings (p.15), ongoing University misconduct means the public record has not been corrected in a timely matter". All up, my main concern is that I have not been treated fairly by the University: its investigation lacked rigour because three Deputy Vice-Chancellors *wilfully avoided* critical evidence, with the result that the University has not produced a robust preliminary assessment able to withstand scrutiny.

On *procedural fairness*, the problem is that the University of Sydney did not actually *investigate* my allegations. It merely "cherry picked" *some* of my allegations, then falsely and thus unfairly dismissed each as simply mistaken. It sneakily *avoided* making various obvious findings of fact that support my claims. Please consider the following 10 flaws in the University's investigation.

One. I claimed in January 2019 that Simpson has blatantly misrepresented the *actual* lifespan data from his 30-diet experiment, by simply ignoring critical results, while also hiding five killer diets and over 100 dead mice. In the disputed *Cell Metabolism* paper, Simpson *et al* claim: "Median lifespan was greatest for animals whose intakes were low in protein [P] and high in carbohydrate [C]". Pages 6 and 7 show median lifespan was greatest for a diet ***high*** in protein (**42**%) and *low* in carbohydrate (29%): **139 weeks is 10% greater than the next-longest median**, also from a high P:C diet. In fact, **five of the top seven** (of 30) diets for median lifespan in Simpson's career-defining **(cont. p.12)**

Letter: NHMRC/ARIC accepts RR's request that it review the faulty process in University of Sydney's 30-diet fraud "initial inquiry"

Australian Government
National Health and Medical Research Council

Confidential

9 June 2020

Mr Rory Robertson
Via email: strathburnstation@gmail.com

Dear Mr Robertson

I refer to my correspondence of 28 April 2020 in which I advised that I would be in contact once I had a response from the University of Sydney (the University). I have since received an update from the University, advising that their review is complete and that you have been notified of the outcome.

In light of this development, I have decided to accept your request for an ARIC review and I am now seeking confirmation of a number of matters.

Decision to proceed
If you are satisfied with the outcome of the University's review and have decided that you no longer wish to proceed with your request for an ARIC review, please let us know. Otherwise we will proceed with your request as set out below.

Basis for review
The Australia Research Integrity Committee (ARIC) Framework allows ARIC to undertake reviews of institutional processes used to manage and investigate potential breaches of the *Australian Code for the Responsible Conduct of Research* (the Code). ARIC's focus is accordingly on the rigour and fairness of the process that has been implemented, rather than the merit of the allegations themselves.

To ensure that ARIC is clear on the grounds for your request, we have sought to summarise the procedural aspects of your complaint, as outlined in your emails to ARIC dated 10 and 31 March 2020. ARIC asks that you read the following summary and confirm whether this adequately describes your allegations:

- you have not been treated fairly by the University
- the investigator and decision makers involved in the initial inquiry (Professors Ivison and Garton) were not impartial in that they did not honestly assess the evidence provided
- the University hid evidence, then fabricated evidence and dishonestly contrived a false finding in order to exonerate Professor Stephen Simpson of serious research misconduct
- Professor David Sinclair's authorship was not genuine and these concerns were not addressed or recklessly dismissed by the University
- the University has not produced a robust preliminary assessment able to withstand scrutiny
- the preliminary assessment was not timely, effective and in accord with procedural fairness
- there has been institutional delay and/or inaction from the time that the University commenced action after receiving notification of the complaint to the completion of the review.

It would assist us if you could keep any additions or changes to this summary brief and confine them to describing how the institution has not observed procedural fairness in accordance with the Code, *Guide to Managing and Investigating Potential Breaches of the Code* and/or with institutional policy and procedures. In doing so, please refer to relevant sections the Code and other policies where applicable.

I would be grateful for your response to the above matters by **23 June 2020**. ARIC will then contact the University on the basis of your response, unless you have indicated that you do not wish to proceed with the request.

Please note that ARIC is an advisory committee to the NHMRC CEO and as such any advice you receive on the outcome of this review will be at NHMRC's discretion.

If you have any questions, please email aric@nhmrc.gov.au.

Yours sincerely

Patricia Kelly

Patricia Kelly PSM
Chair, Australian Research Integrity Committee

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Simpson's 2013 marketing reported ~1000 mice fed 30 diets but the *exact* number of mice used still kept from scientific community

news.com.au

AAP NOVEMBER 20, 2013 9:45PM

Prof uses 1000 mice to expose food folly

THE key to good health is a balance between protein, carbohydrates and fat, says an expert on obesity, diabetes and cardiovascular disease.

Clifford Fram, AAP National Medical Writer

BELIEF that single nutrients such as omega-3s, sugar or salt can cure or cause all ills is folly, says a leading health scientist.

The key, Professor Stephen Simpson says, is for people to think about food as food and to seek a healthy balance between protein, carbohydrates and fat.

Too much of one for too long can make you fat and unhealthy, or even thin and unhealthy, says Prof Simpson, academic director of the new $500 million Charles Perkins centre set up at the University of Sydney to fight obesity, diabetes and cardiovascular disease.

"The balance really matters," he told colleagues at an Australian Society for Medical Research conference in Victoria.

His team conducted a study in which 1000 mice were fed 30 different diets with different ratios of protein, carbohydrates and fat.

"If you want to lose weight as a mouse, you go onto a high-protein diet. But if you stay on that too long you will have poor circulating insulin and glucose tolerance.

"If you go too low on protein, you will drive over-consumption and be prone to obesity."

A good balance for a mouse is about 20 per cent protein, about 60 per cent carbohydrates and about 20 per cent fat.

"And mice are not that different from humans," he said.

An interesting finding was that a low-protein diet coupled with high carbohydrates led to obesity. But these mice lived longest and had a healthy balance in their gut.

Prof Simpson said he was concerned about the emphasis on micronutrients such as vitamins, sugar and salt.

"It is unhelpful when people argue everything is the fault of sugar or fat or salt or whatever when what we are dealing with is a balancing problem."

The best type of carbohydrates and fat is limited amounts of sugar and complex, low GI, hard-to-digest foods.

Prof Simpson said healthy fats such as omega-3 were also important.

Originally published as Prof uses 1000 mice to expose food folly

https://www.news.com.au/national/breaking-news/prof-uses-1000-mice-to-expose-food-folly/news-story/403238e7cccc57b86b689aaa18fa4b95

The faulty *Cell Metabolism* paper (2014) and how its 18 "co-authors" misrepresent *actual* lifespan results of 30-diet experiment

Cell Metabolism
Article

The Ratio of Macronutrients, Not Caloric Intake, Dictates Cardiometabolic Health, Aging, and Longevity in Ad Libitum-Fed Mice

Samantha M. Solon-Biet,[1,2,3,4,13] Aisling C. McMahon,[1,2,3,13] J. William O. Ballard,[5] Kari Ruohonen,[6] Lindsay E. Wu,[7] Victoria C. Cogger,[1,2,3] Alessandra Warren,[1,2,3] Xin Huang,[1,2,3] Nicolas Pichaud,[5] Richard G. Melvin,[8] Rahul Gokarn,[2,3] Mamdouh Khalil,[3] Nigel Turner,[9] Gregory J. Cooney,[9] David A. Sinclair,[7,10] David Raubenheimer,[1,4,11,12] David G. Le Couteur,[1,2,3,*] and Stephen J. Simpson[1,4,*]

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[9]Garvan Institute of Medical Research, University of New South Wales, Darlinghurst NSW 2010, Australia
[10]The Paul F. Glenn Laboratories for the Biological Mechanisms of Aging, Department of Genetics, Harvard Medical School, Boston, MA 02115, USA
[11]Institute of Natural Sciences, Massey University, Auckland 0632, New Zealand
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http://dx.doi.org/10.1016/j.cmet.2014.02.009

https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5

This faulty paper is one of the highest-profile papers ever written in Australia. The 18 - count them! - authors' false mouse-lifespan claims became harmful dietary advice for Australians, promoted in 2018 by the University of Sydney in weekend newspapers (pp. 15-16). The blatantly misrepresented results were used to help justify a further $13m of NHMRC funding for mouse-diet research (p. 11).

It's thus worth understanding exactly what has been done. Reportedly, ~1,000 (900?) standard laboratory (C57BL/6) mice were put on 30 particular diets: 10 combinations of protein, fat and carbohydrate, each with three energy levels. Along the way, five killer 5%-protein diets and ~150 dead mice were quietly buried, hidden away in "Supplemental information". The independent veterinary office euthanised 143 mice "immediately" after observing severe malnutrition and unacceptable misery. The University now pretends only 25 of the 30 diets are relevant.

SUPPLEMENTAL TABLES

Table S1, related to experimental procedures. The macronutrient composition of the diets.

The % of protein (P), carbohydrate (C) and fat (F) (as a % of total energy). Each diet was replicated at 8 kJ g^{-1} (low energy), 13 kJ g^{-1} (medium energy) and 17kJ g^{-1} (high energy). Diets varied in content of P (casein and methionine), C (sucrose, wheatstarch and dextrinized cornstarch) and F (soya bean oil). All other ingredients were kept similar. Other ingredients include cellulose, a mineral mix (Ca, P, Mg, Na, C, K, S, Fe, Cu, I, Mn, Co, Zn, Mo, Se, Cd, Cr, Li, B, Ni and V) and a vitamin mix (vitamin A, D3, E, K, C, B1, B2, Niacin, B6, pantothenic acid, biotin, folic acid, inositol, B12 and choline) supplemented to the same levels as AIN-93G. [a]Diets 2 low energy and 6 medium energy were discontinued within 23 weeks. [b]Diets 3 low energy, 3 medium energy and 6 low energy were discontinued within 10 weeks of treatment. These diets were discontinued due to weight loss (≥ 20%), rectal prolapse or failure to thrive.

Diet		1	2[a]	3[b]	4	5	6[a]	7	8	9	10
%P		60	5	5	33	33	5	14	14	42	23
%C		20	75	20	47	20	48	29	57	29	38
%F		20	20	75	20	47	48	57	29	29	38
Low 8 kJ g^{-1}	P	5.03	0.42	0.42	2.77	2.77	0.42	1.17	1.17	3.52	1.93
	C	1.67	6.28	1.67	4.02	1.67	4.02	2.43	4.77	2.43	3.18
	F	1.67	1.67	6.28	1.67	4.02	4.02	4.77	2.43	2.43	3.18
Medium 13 kJ g^{-1}	P	7.54	0.63	0.63	4.15	4.15	0.63	1.76	1.76	5.28	2.89
	C	2.51	9.41	2.51	6.02	2.51	6.02	3.64	7.15	3.64	4.77
	F	2.51	2.51	9.41	2.51	6.02	6.02	7.15	3.64	3.64	4.77
High 17 kJ g^{-1}	P	10.06	0.84	0.84	5.53	5.53	0.84	2.35	2.35	7.04	3.86
	C	3.35	12.55	3.35	8.03	3.35	8.03	4.85	9.54	4.85	6.36
	F	3.35	3.35	12.55	3.35	8.03	8.03	9.54	4.85	4.85	6.36

pp 7-8 https://www.cell.com/cms/10.1016/j.cmet.2014.02.009/attachment/e2d00ae0-845a-4f9e-99a4-a831d55dd569/mmc1.pdf

EXHIBITS

Research-integrity investigator Professor Peter Koopman confirmed my important allegation that 100+ mice have been hidden

Through the course of assessing this issue, Professor Koopman also identified a discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715). However, he found no evidence to suggest that

3/7

THE UNIVERSITY OF SYDNEY

p. 3 https://www.australianparadox.com/pdf/2014-2019-USyd-enquiry-report.pdf

NHMRC Principal investigator Simpson, Professor Koopman and three of Simpson's bosses - Deputy Vice-Chancellors Garton, Ivison and Messerle – have been paid while clownishly insisting independent veterinary office mistakenly culled 143 healthy mice

(a) In the 2014 Cell Metabolism paper the authors referred to 'weight loss (≥ 20%), rectal prolapse or failure to thrive' as reasons why the mice were euthanised;

(b) The authors provided additional submissions to Professor Koopman regarding this issue to the effect that the mice on discontinued diets were not sick when culled, and those that were not losing weight may well have lived long and healthy lives, albeit as smaller mice;

p. 7 https://www.australianparadox.com/pdf/RR-outcome-letter-7May20.pdf

Simpson told *Cell Metabolism* in January 2019: "malnutrition" prompted independent veterinary office to cull mice on 5 killer diets

Comment 3:
Table 3 (on p.6, below) confirms that the authors have skilfully misrepresented their 30-diet longevity results, including by obscuring 100+ dead mice on five low-protein diets.

Response 3:
As we pointed out at the time of publication in an online response to Mr Robertson, these diets were discontinued within the first 10-23 weeks of the study because the young mice assigned to them from weaning were not growing, and according to the independent veterinary office overseeing the study, would soon have died from malnutrition. Under the terms of the ethics protocol this mandated their immediate removal from the experiment.

Consideration of the composition of the excluded diets reveals the reason. As can be seen in Table S1 (and visualized in Figure S1), the 5 diets excluded from the 30 all combined a low or very low protein macronutrient ratio with high cellulose content (hence low energy content):

- Diet 2 Low energy density 5:75:20 (P:C:F, i.e. very low protein, high carb, low fat)
- Diet 3 Low energy 5:20:75 (very low protein, low carb, high fat)
- Diet 6 Low energy: 5:48:48 (very low protein, medium carb, medium fat)
- Diet 3 Medium energy: 5:20:75 (very low protein, low carb, high fat)
- Diet 6 Medium energy: 5:48:48 (very low protein, medium carb, medium fat).

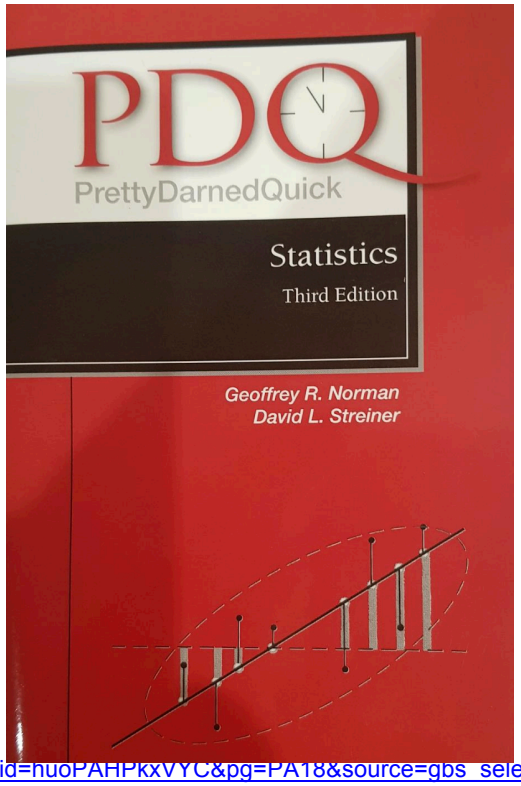
To have attained sufficient nutrient intakes for growth would have required the mice on these low-energy, low-protein diets consuming more food than they were able to achieve. In short, these diets were not viable for a young, growing mouse.

See Simpson's email to a journalist, *Cell Metabolism* & me on p.21 & https://www.australianparadox.com/pdf/USyd-mouse-diet-response.pdf

Textbook says Simpson shouldn't have hidden those 143 dead mice or Table S2 before launching statistical shenanigans

chapter. The important point, which we raised in Chapter 1, is that the onus is on the author to convey to the reader an accurate impression of what the data look like, using graphs or standard measures, before beginning the statistical shenanigans. Any paper that doesn't do this should be viewed from the outset with considerable suspicion.

[1]Huff D. *How to lie with statistics.* New York: WW Norton; 1954.



p. 12 in https://books.google.com.au/books?id=huoPAHPkxVYC&pg=PA18&source=gbs_selected_pages&cad=2#v=onepage&q&f=false

Hidden Table S2 falsifies Simpson *et al*'s claim that greatest *median* lifespan produced by low-protein, high-carb (low P:C) diets

Table S2, related to Figure 2. Survival analysis by dietary composition.

Median and maximum lifespan in weeks (w). Maximum lifespan was determined as the average of the longest lived 10% (n=2-3) of each cohort.

Energy Density	Protein (%)	Carb (%)	Fat (%)	Protein: Carb ratio	Median lifespan (w)	Maximum lifespan (w)
MEDIUM	5	75	20	0.07	121.86	157.43
HIGH	5	20	75	0.25	106.43	154.21
HIGH	5	75	20	0.07	119.43	151.79
MEDIUM	14	57	29	0.25	123.00	151.57
HIGH	42	29	29	1.45	138.86	151.14
MEDIUM	42	29	29	1.45	122.57	148.00
MEDIUM	14	29	57	0.48	113.86	147.36
HIGH	5	48	48	0.10	124.43	146.21
MEDIUM	33	48	20	0.69	122.57	145.71
MEDIUM	23	38	38	0.61	123.86	143.07
HIGH	33	48	20	0.69	98.29	141.00
HIGH	14	57	29	0.25	117.43	140.07
HIGH	33	20	48	1.65	107.14	136.86
LOW	33	48	20	0.69	126.57	134.14
MEDIUM	33	20	48	1.65	106.57	133.79
HIGH	14	29	57	0.48	108.00	133.71
MEDIUM	60	20	20	3.00	108.00	129.50
HIGH	60	20	20	3.00	99.57	127.57
HIGH	23	38	38	0.61	100.00	124.57
LOW	14	57	29	0.25	98.57	119.43
LOW	33	20	48	1.65	78.57	116.36
LOW	14	29	57	0.48	88.71	115.07
LOW	42	29	29	1.45	85.85	104.00
LOW	60	20	20	3.00	84.29	102.86
LOW	23	38	38	0.61	89.29	100.36

https://ars.els-cdn.com/content/image/1-s2.0-S1550413114000655-mmc1.pdf

Table 3: The *actual* lifespan results from the 30-diet experiment, including Simpson's five killer *low* P:C diets

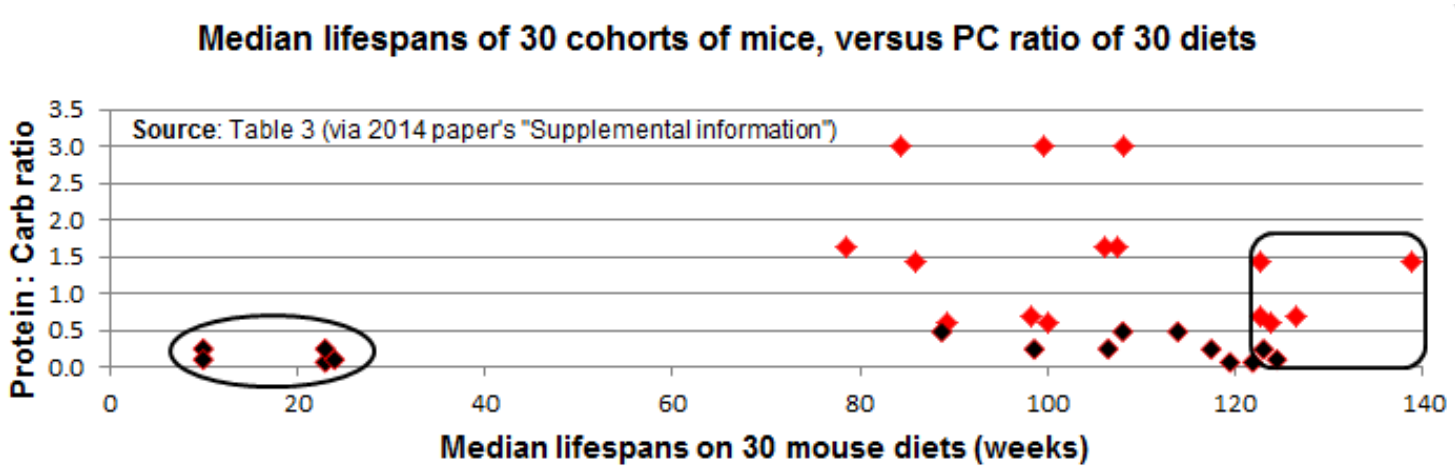
30 mouse diets spanning ~1000 mice, ranked by median lifespan (weeks) per cohort * #							
				HPLC	P:C > 0.5 (high-protein diet)		
				LPHC	P:C < 0.5 (low-protein diet)		
Diet ranking	Protein: Carb (P:C) ratio	Median lifespan of cohort (weeks)	Protein (%)	Carb (%)	Fat (%)	Energy density	2-3 oldest mice (weeks)
1 winner	1.45	139	42	29	29	high	151
2	0.69	127	33	48	20	low	134
3 #	0.10	124	5	48	48	high	146
4	0.61	124	23	38	38	medium	143
5	0.25	123	14	57	29	medium	152
6	1.45	123	42	29	29	medium	148
7	0.69	123	33	48	20	medium	146
8 #	0.07	122	5	75	20	medium	157
9 #	0.07	119	5	75	20	high	152
10	0.25	117	14	57	29	high	140
11	0.48	114	14	29	57	medium	147
12	0.48	108	14	29	57	high	134
13	3.00	108	60	20	20	medium	130
14	1.65	107	33	20	48	high	137
15	1.65	107	33	20	48	medium	134
16	0.25	106	5	20	75	high	154
17	0.61	100	23	38	38	high	125
18	3.00	100	60	20	20	high	128
19	0.25	99	14	57	29	low	119
20	0.69	98	33	48	20	high	141
21	0.61	89	23	38	38	low	100
22	0.48	89	14	29	57	low	115
23	1.45	86	42	29	29	low	104
24	3.00	84	60	20	20	low	103
25	1.65	79	33	20	48	low	116
26 * #	0.07	23	5	75	20	low	23
27 * #	0.10	23	5	48	48	medium	23
28 *	0.25	10	5	20	75	low	10
29 *	0.25	10	5	20	75	medium	10
30 * #	0.10	10	5	48	48	low	10
		START (week 1)					

* ~30 mice dead after diet discontinued; cohort died or "failed to thrive" ("would soon have died from malnutrition")

Diet claimed by authors in 2018 mouse-dementia paper to maximise lifespan (P:C ratio of ~0.1)

Source: pp. 7-8 https://ars.els-cdn.com/content/image/1-s2.0-S1550413114000655-mmc1.pdf

Simpson *et al* claim: "Median lifespan was greatest" on low P:C diets. The *actual* data above clearly falsify that claim. In fact, five of the top seven diets for median lifespan are *high* P:C diets; as discussed, the five worst diets are low P:C (0.07, 0.10, 0.25) diets!



Rory Robertson: Unassailable evidence that 143 mice on Simpson's five killer low P:C diets suffered severe malnutrition:

> according to the independent veterinary office overseeing the study, would soon have died from malnutrition. Under the terms of the ethics protocol this mandated their immediate removal from the experiment.
>
> In short, these diets were not viable

pp. 21-24 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf

See p. 21 below to review the emails from Simpson to a local journalist, *Cell Metabolism* officials and me on 18 and 30 January 2019

University of Sydney fabricated new, false, fake "evidence" that the 143 hidden dead mice were doing just fine, healthy as horses:

> Professor Garton noted that as euthanasia of the mice in the 2014 study was mandated by the responsible ethics committee, it could not be known whether mice fed these diets would have died, or whether they would have lived long and healthy lives had they not been euthanased.

p. 7 https://www.australianparadox.com/pdf/2014-2019-USyd-enquiry-report.pdf

Three of Vice-Chancellor Michael Spence's direct reports – DVCs Garton, Ivison and Messerle – all accept Simpson's desperate and plainly ridiculous new story that 143 mice perishing of malnutrition on his five killer low P:C diets "were not sick when culled"

> The authors provided additional submissions to Professor Koopman regarding this issue to the effect that the mice on discontinued diets were not sick when culled, and those that were not losing weight may well have lived long and healthy lives, albeit as smaller mice;

p. 7 https://www.australianparadox.com/pdf/RR-outcome-letter-7May20.pdf

University of Sydney management insists mice suffering rectal prolapse, severe weight-loss and/or failure to thrive "were not sick"

> (e) Professor Garton's report largely relied on that of Professor Koopman. In turn, Professor Ivison's decision largely relied on Professor Garton's report. As such, it can be said that the substantiative assessment was made by Professor Koopman.
>
> Assessment
>
> 39. It is understandable that you have queried how Professors Koopman, Garton and Ivison have made or supported the conclusion that the lifespan of the relevant mice was unknown. This issue arises in part because, while in the Cell Metabolism paper itself the authors mentioned multiple reasons for the exclusion of the mice, in their initial written response they only referred to malnutrition and also stated that the mice would soon have died. As discussed above, it appears that this was a cursory response that did not address the full reasons for the exclusion.
>
> 8 May 2020 Page 7

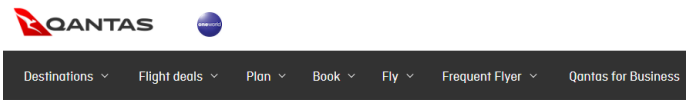
https://www.australianparadox.com/pdf/RR-outcome-letter-7May20.pdf

After hiding five insect-friendly killer diets and 143 dead mice that falsified key hypothesis, Simpson began duping the rest of us

> **Guests**
>
> Professor Steve Simpson
> Academic Director
> Charles Perkins Centre
>
> Transcript
>
> **Norman Swan**: Hello and welcome to the *Health Report* with me, Norman Swan.
>
> Today, could the bugs inside you and me be making us fat and giving us diabetes? And if that's true, you might want to go out and find some thin people to do something unspeakable with their poo.
>
> More wasted money in healthcare that could be spent more wisely.
>
> And, speaking of fat, a story on diet and nutrition that ran prominently last week which could have left you confused or misled, so I thought I'd give you a chance to hear about it in detail. It was a large study in mice basically looking at whether living longer is about what you eat or how much you eat.
>
> One of the study's leaders was Professor Steve Simpson, who's director of the Charles Perkins Centre at the University of Sydney.
>
> **Steve Simpson**: It was the most complicated study and indeed the most ambitious study ever to look at macronutrition in any animal, particularly any mammal. What we set out to do was to look at the interactive and individual effects of protein, carbohydrate and fat in the diet of mice, and that requires a very large number of dietary treatments. Rather than a typical study which would look at a control diet of standard mouse food and compare it to a high fat diet, what we did was design 25 diets that spanned 10 different ratios of protein to fat to carbohydrate at one of three total energy densities and allowed our mice to feed ad libitum throughout their lives.

https://www.abc.net.au/radionational/programs/healthreport/high-protein2c-low-carbohydrate-diet/5309616

Main author of high-carbohydrate mouse-diet fraud is Qantas's main scientific advisor on passenger diet/menu and "well-being"



THE EXPERIENCE

Qantas and Charles Perkins Centre announce partnership

Qantas passengers are set to benefit from a world first collaboration between the airline and one of Australia's leading academic institutions to reshape the travel experience.

The University of Sydney's ***Charles Perkins Centre*** *will work with Qantas to help develop the airline's new approach to long haul travel ahead of the first Boeing 787 Dreamliner flights this year. The centre brings together researchers across a variety of fields from nutrition to physical activity, sleep and complex systems modelling. Research projects include strategies to counteract jetlag, onboard exercise and movement, menu design and service timing, pre and post-flight preparation, transit lounge wellness concepts and cabin environment including lighting and temperature.*

Qantas Group CEO Alan Joyce *said the partnership has the potential to transform the journey for passengers, particularly on the long haul routes that the Dreamliner is scheduled to operate. "While the Dreamliner aircraft itself is already a step change for passengers with its larger windows, increased cabin humidity and lower cabin altitude, the findings that will come from Charles Perkins Centre researchers will allow Qantas to design and develop a range of new innovations and strategies to complement the Dreamliner experience". …*

*"****The centre's research has already influenced what meals and beverages we'll be serving onboard*** *... **Neil Perry** is working with the centre on new menus for the 787 flights so we are excited that one of Australia's best culinary minds is **teaming up with the best scientific minds to design the best possible menu to look after both health and hunger**."*

Qantas and the Charles Perkins Centre are looking at opportunities to involve some Qantas frequent flyers in trials that involve wearable technology in the measurement of existing biorhythms during travel, enabling future products to be developed and designed with the insight of robust data. ***Professor Steve Simpson, Academic Director of the Charles Perkins Centre****, said the partnership is hugely exciting as it's the first time there has been an integrated multidisciplinary* ***collaboration between an airline and a university around in-flight health and well-being*** *beyond medical emergency. "There is the potential for extraordinary health, science and engineering discoveries and innovations to come out of this research partnership, which will also provide the evidence-base needed for Qantas to implement strategies to further improve how people feel after a long haul flight," he said.*

The University of Sydney's Vice-Chancellor and Principal, Dr Michael Spence*, said the collaboration between the Australian airline and university reflected the vision of both institutions. "The Dreamliner is a transformative project for Qantas, as the Charles Perkins Centre was for the University of Sydney when we brought together multidisciplinary teams of scholars to find solutions to some of the world's most pressing health problems.*
"Adapting and innovating is in both our DNA. The real-world outcomes from this new partnership have the potential to significantly alter the future experience of long haul flying."

https://dreamliner.qantas.com/accessibility/article/qantas-and-charles-perkins-centre-announce-partnership/

NHMRC investigator Simpson had 30 diets, but hid five killer diets: "The data we present derive from 858 mice fed one of 25 diets"

University of Sydney recommends better hiding the 143 dead mice: "The data we present derive from 715 mice fed one of 25 diets"

Box B.1 Examples of research misconduct

There are many ways in which researchers may deviate from the standards and provisions of this Code, including but not limited to:

- fabrication of results
- falsification or misrepresentation of results
- plagiarism
- misleading ascription of authorship
- failure to declare and manage serious conflicts of interest
- falsification or misrepresentation to obtain funding
- conducting research without ethics approval as required by *the National Statement on Ethical Conduct in Research Involving Humans and the Australian Code of Practice for the Care and Use of Animals for Scientific Purposes*
- risking the safety of human participants, or the wellbeing of animals or the environment
- deviations from this Code that occur through gross or persistent negligence
- wilful concealment or facilitation of research misconduct by others.

p. 31 of 41 https://www.nhmrc.gov.au/sites/default/files/documents/reports/australian-code-responsible-conduct-research.pdf

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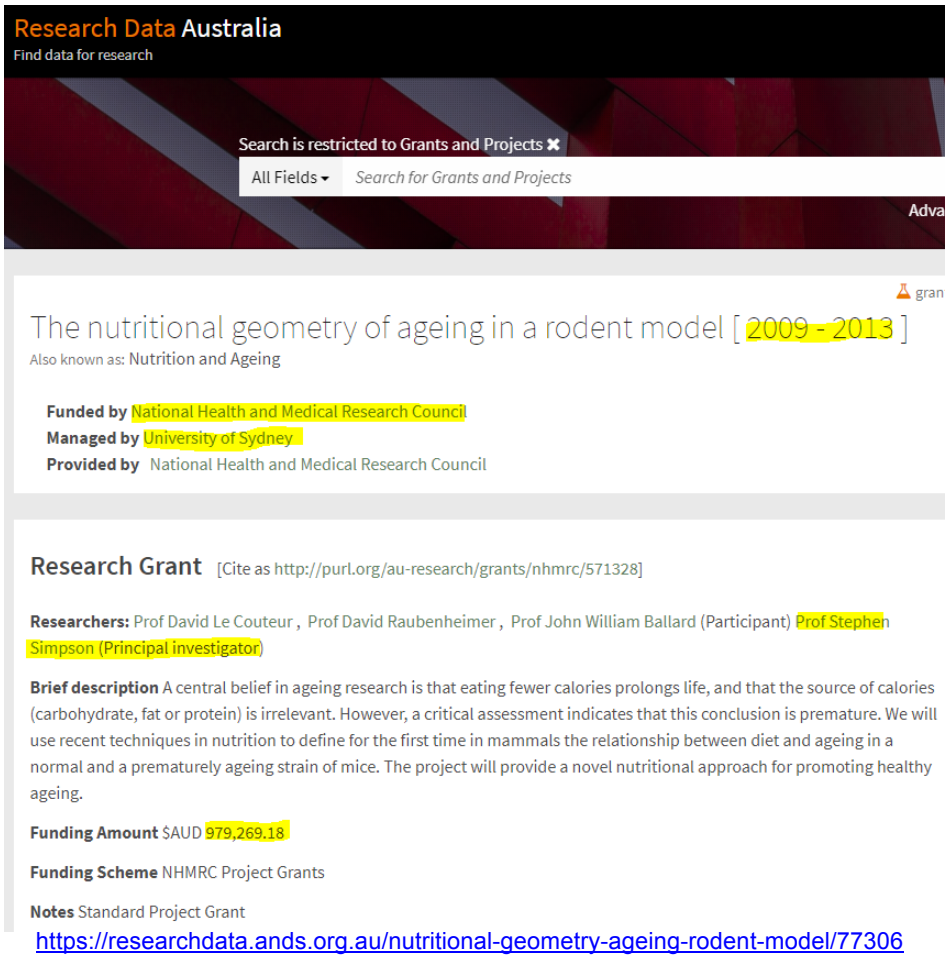
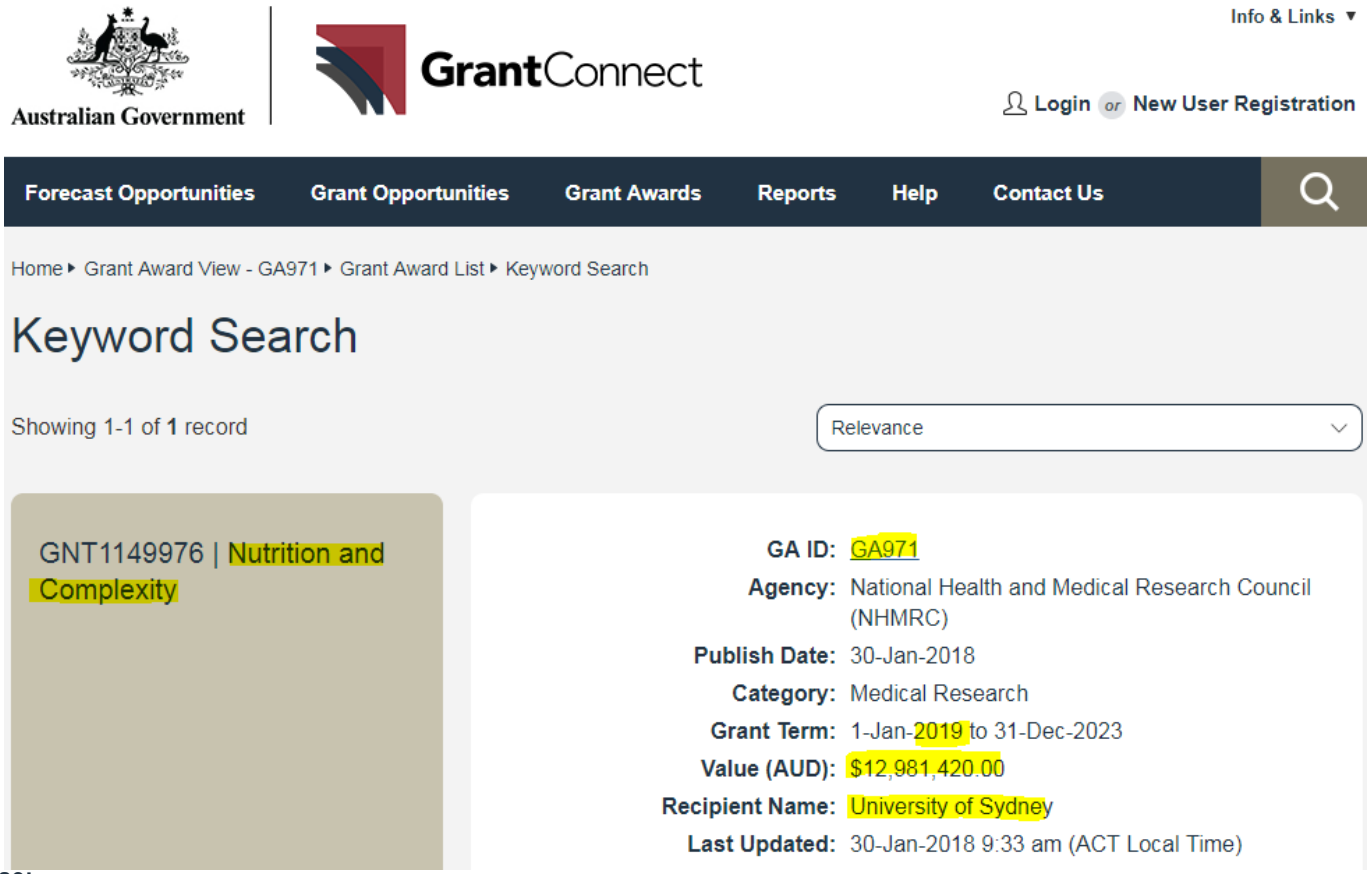
NHMRC's focus on false, misleading and deceptive claims re 30-diet experiment puts University's $13m of research funding at risk



https://researchdata.ands.org.au/nutritional-geometry-ageing-rodent-model/77306



Purpose:
Nutrition shapes the relationship between genes and health, and failure to attain dietary balance has profound biological consequences leading to disease. This Application proposes an integrated program that harnesses advances in nutritional theory, systems metabolism, and data modelling that evaluates the effects of macro- and micro-nutrients on mice, cells and humans. This will provide the scientific foundations necessary for the development of evidence-based precision nutrition.

https://www.grants.gov.au/?event=public.GA.show&GAUUID=A88D3135-0238-7750-40C0D7DCFCCCF9B9
https://pdfs.semanticscholar.org/8d58/7c7cb42378e6e263223edd4abc8e5bc9d801.pdf

(continued from first page) experiment are *high* P:C diets not low P:C diets. NHMRC Principal Investigator Simpson in his pre-experiment book had marketed the idea that mice fed high P:C diets would die first, *not last* (pp. 17-18). In fact, when we account for 100+ hidden mice, it turns out that Simpson's preferred low P:C insect-friendly diets maximised misery and early death for mice, making a mockery of his story that such diets extend lifespan in mice and thus humans! Procedural fairness required that the University assess whether or not my basic claims on these critical matters are true or false. Three Deputy Vice-Chancellors simply *avoided* key facts, knowing that my correct claim that median lifespan is greatest on *high* P:C diets (p.7) **makes a mockery of their assessment** that *actual* lifespan data are not misrepresented.

Two. I allege that more than 100 dead mice have been hidden, part of Simpson's blatant misrepresentation of the *actual* lifespan results. **Yet the University of Sydney made no attempt to investigate or establish the exact number of mice at the start of the experiment: was it ~1000, 900, 858 or 715? We still do not know. Without knowing the exact number of mice that began the experiment, we cannot know the exact number hidden: is it 185, 143, or more, or fewer? We still do not know.** I suspect that 900 mice started the experiment and along the way 42 suffering *non-life-threatening* maladies (think dermatitis, etc) were euthanised under ethical protocols to stop unnecessary suffering. Separately, I'm close to 100% confident that 143 mice perishing from malnutrition via five of Simpson's insect-friendly low P:C diets were culled by the independent veterinary office, again to stop unneeded suffering. That five killer diets were **"not viable"** for the long-term survival of the 143 culled-then-hidden mice is a key result of Simpson's career-defining experiment (pp. 5-8 and 21). Yet the five killer low P:C diets and 143 dead mice were excluded from the main paper, and remain unethically hidden from the scientific community. **Procedural fairness requires that simple, fundamental, knowable matters of fact – like how many mice started the experiment, how many are hidden, and exactly why the independent vet euthanised 143 low P:C mice - be investigated and established.** If I am wrong – I'm not – then NHMRC Principal investigator Simpson needs a competent, comprehensive investigation to rebut my convincing claims.

Three. We now know via Deputy Vice-Chancellors Stephen Garton and Duncan Ivison that University of Queensland research-integrity investigator Professor Peter Koopman "**identified a discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)".** So we have formal confirmation that at least 143 dead mice fed five of Simpson's preferred low P:C diets remain hidden from the scientific community (p. 5). I suspect that 900 mice began the experiment, so I suspect the total number of dead mice that were hidden is perhaps 143 + 42 = 185. But we cannot know for sure until the needed NHMRC/ARIC inquiry reliably assembles the all-important lifespan data: something like my Table 3 should have been published in the paper's main text (pp. 6-7).

Four. I note that the critical 143-dead-mouse "discrepancy" - strong evidence in support of my allegation that over 100 dead mice fed five killer low P:C diets were hidden - was immediately and unreasonably dismissed as a tiny error of no consequence. Any reasonable investigation process would have considered my evidence that Simpson has "form" when it comes to scientific fraud. To ensure procedural fairness, Deputy Vice-Chancellors Garton, Ivison and Messerle should have properly assessed the evidence presented in my *Submission* to their inquiry, that Simpson had dishonestly protected Professor Jennie Brand-Miller's notorious *Australian Paradox* sugar-and-obesity fraud in 2017. Recapping, Simpson as Academic Director of the Charles Perkins Centre **dishonestly thwarted Professor Robert Clark AO's *Initial Inquiry Report* recommendation** that scientific integrity be rescued: that Brand-Miller should under "Faculty" supervision write a new paper that "specifically addresses and clarifies the key factual issues" in the *Australian Paradox* fraud. The paper was supposed to "be written in a constructive manner that respects issues relating to the data in the *Australian Paradox* paper [including key indicators trending up, not down as claimed, and faked FAO data] raised by the Complainant [me]". Alas, the new paper is a sneaky sham. Again, I had advised the University of Simpson's history with dishonesty: pp. 5-6 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf

Knowing for sure that NHMRC Principal investigator Simpson had embraced scientific fraud in 2017 makes it easy to think that he deliberately hid those 143 dead mice in 2014. What is funny is that it appears Simpson is ham-fisted as well as dishonest. Notably, a critical sentence published in his faulty *Cell Metabolism* paper reads: "The data we present derive from 858 mice fed one of 25 [not 30] diets". **All those getting paid by the University of Sydney - Simpson, Koopman, Garton, Ivison and Messerle – now advise that *that* falsehood should become *this* falsehood**: "The data we present derive from 715 mice fed one of 25 diets". The NHMRC/ARIC review - if it is devoted to understanding the truth of these matters – may discover that Simpson was so dopey that, while hiding his five insect-friendly mouse-killing diets, reporting only 25 of 30 diets, he forgot to *properly* hide the 143 dead mice that had been perishing on those five killer low P:C diets!

Today, the main recommendation of the University of Sydney's sham 30-diet "initial inquiry" is that NHMRC Principal investigator Simpson's 143 poorly hidden mice (that within 23 weeks were perishing on five killer diets) should now be better hidden for all time: ***Recommendations - On the basis of the above, Professor Garton recommended the following: • That the 2014 Cell Metabolism paper is amended to correctly state the total number of mice fed one of 25 diets***: https://www.australianparadox.com/pdf/2014-2019-USyd-enquiry-report.pdf

So, to protect the Academic Director of the Charles Perkins Centre from being censured for serious research misconduct, ***Cell Metabolism*'s Editor-in-Chief Allyson Evans** is herself now under pressure to become deeply entangled in the University of Sydney's 30-diet mouse-lifespan fraud, **pressed to alter that critical sentence** to: "The data we present derive from **715** mice fed one of 25 diets". The bottom line is that the 143 dead mice that had been perishing on five of Simpson's nine 5%-protein diets have been - and may remain – hidden from the scientific community, keeping alive the harmful false claim that insect-friendly low P:C diets extend lifespan in mice and thus humans (see pp. 15-24). If we choose to accept the false and misleading story that mice on low P:C diets enjoying "rectal prolapse", severe weight loss and/or "failure to thrive" are set to live long and healthy lives (pp. 4-8), the University's influence is such that many local humans - including Indigenous children, adults and elders - can look forward to further harm, misery and early death (pp. 42-58). **Don't #BlackLivesMatter?**

Five. Outrageously, the University of Sydney made no attempt to establish whether my simple, critical and readily knowable claim that "**the independent veterinary office overseeing the study" assessed that the 143 hidden mice perishing on five of NHMRC Principal investigator Simpson's preferred low P:C diets "would soon have died from malnutrition" is true or not**. That's precisely what Simpson told the Editor-in-Chief of *Cell Metabolism* and its Editorial Board in January 2019, in his initial response to my *Expression of Concern* (p. 5). I remember, because at the same time Simpson dishonestly advised an Australian journalist that **"...Rory's concerns are in every respect unfounded"** (p. 21). So let's have an investigation into whether the independent veterinary office felt it needed to cull those 143 mice on five killer diets because they were suffering "malnutrition", the reported symptoms including "rectal prolapse", severe weight loss and "failure to thrive". It was a pity for Simpson that the **five worst diets for lifespan** turned out to be in the class of insect-friendly low P:C diets predicted to *extend* lifespan: awkwardly, that profoundly important result devastated Simpson's career-defining hypothesis that "protein restriction" extends lifespan. Again, Simpson's pre-experiment book predicted that mice on *high* P:C diets would die first (p. 18). Simpson's clownishly dishonest new story is that 143 mice perishing on five carefully chosen low P:C diets **"were not sick when culled"** (pp. 5-8). Procedural fairness requires that the official files held by the independent veterinary office be **obtained and assessed**, to establish the truth of what Simpson told *Cell Metabolism* in January 2019 (pp. 5, 21). Does anyone believe those 143 mice on five killer diets were euthanised because they "were not sick", as Simpson, Koopman and three University of Sydney Deputy Vice-Chancellors now are clownishly claiming?

Six. Again, NHMRC Principal investigator Simpson recently invented the desperate, dishonest and self-evidently ridiculous story that the 143 hidden mice perishing of malnutrition - showing symptoms of "rectal prolapse", severe weight loss" and/or "failure to thrive" - on his five killer low P:C diets "were not sick when culled" (pp. 5-8). Instead of obtaining and **investigating the records** of "the independent veterinary office overseeing the study" as I had encouraged, research-integrity "investigator" Peter Koopman and now three University of Sydney Deputy Vice-Chancellors - Stephen Garton, Duncan Ivison and Barbara Messerle - **all recklessly accepted that false and misleading claim**. Yep, everyone who was paid by the University of Sydney to "investigate" now is promoting with a straight face Simpson's silly new fiction that the 143 hidden dead mice "were not sick when culled", despite the awkward matter of "rectal prolapse", severe weight loss and "failure to thrive". Meanwhile, I understand that University of Sydney ethics committees now are **banning experiments** proposing Simpson's insect-friendly low P:C diets, because **rectal prolapse** is common. What are the ethics of the Charles Perkins Centre promoting for humans - especially Indigenous Australians - low-protein, high-carbohydrate mouse diets that cause "rectal prolapse", severe weight loss and "failure to thrive"?

Seven. Again, procedural fairness requires that the official files held by the independent veterinary office be obtained and assessed, to establish whether my simple, critical and readily verifiable claim - the independent veterinary office overseeing the study assessed that the hidden mice perishing on five of Simpson's preferred low P:C diets "would soon have died from malnutrition" - is true or false. My claim is correct (see p. 21). The University of Sydney's senior management - including Vice-Chancellor Michael Spence and three of his direct reports above - appears increasingly desperate in seeking to avoid an examination of why those 143 hidden mice were culled, increasingly aware that Simpson's 30-diet mouse-lifespan fraud is a matter of serious scientific misconduct that now threatens not only the University's reputation and future public funding, but also the propensity of the **University College of London** to allow Michael Spence to become its next President in January 2021: https://www.ucl.ac.uk/news/2020/feb/dr-michael-spence-ac-appointed-new-ucl-president-provost#:~:text=Dr%20Spence%20said%3A%20%E2%80%9CI%20am,history%20and%20an%20exciting%20future

Eight. The University of Sydney did not investigate whether or not **Harvard's Lifespan superstar Professor David Sinclair** was gifted a fake authorship by NHMRC Principal investigator Simpson. In particular, there was no investigation of my evidence on **Simpson and Sinclair's profoundly different 2014 approaches to excluding euthanised mice from their survival datasets** in their competing 2014 mouse-lifespan studies. Sinclair's 2014 approach centred on whether or not the "*condition of the animal was considered incompatible with continued survival*". Sinclair's straightforward, honest approach was to "censure" (exclude) mice from published survival curves if they were "*euthanized due to reasons **not** related to incompatible survival*" (eg. dermatitis), but to count them - all of them! - if they were perishing as a result of sustained harm from the experiment's dietary intervention: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4172519/pdf/acel0013-0787.pdf Again, Simpson took a completely different approach, excluding perhaps 185 mice in total, perhaps 42 with minor problems (eg. dermatitis) and another 143 because his five insect-friendly killer diets caused severe malnutrition and were not viable for long-term survival, according to what Simpson advised his Editor and Editorial Board at *Cell Metabolism* when pressed by me in January 2019 (pp. 5, 8. 21).

NHMRC CEO Kelso and ARIC Chair Kelly, as you know NHMRC *Authorship* rules require Harvard's Sinclair to have made a "**significant intellectual or scholarly contribution**" to Simpson *et al*'s 2014 paper. What you now know for sure is that Simpson *et al*'s 2014 paper includes Simpson's name 25 times, while his claimed co-author Sinclair's name appears *once*, as one of 18 claimed co-authors. Sinclair's name appears not even once in the bibliography: Any "significant intellectual or scholarly contribution" there? So, the prolific, world-famous Sinclair had published many highly cited papers, yet not one is cited in the bibliography of the faulty 2014 *Cell Metabolism* paper he is said to have co-authored? Unusual? Further, Simpson and Sinclair appeared on stage at the **2014 UNSW Medicine Dean's lecture** in front of ~1000 people for ~90 minutes, each discussing their main 2014 paper in great detail: https://www.youtube.com/watch?v=x0-Jt7az-54. At no point did Simpson or Sinclair or anyone else on stage hint even slightly that Sinclair is an author of *both* featured papers. Strange?

If Harvard Lifespan superstar Sinclair had made a "significant intellectual or scholarly contribution" to Simpson *et al*'s 2014 paper: **(i)** someone might have mentioned it during that 90+minute presentation; **(ii)** some of Sinclair's earlier papers might have been cited in the bibliography; and **(iii)** most importantly, Sinclair might have stopped Simpson's mouse-lifespan fraud, by stopping Simpson from hiding mice that had been perishing of malnutrition on his five insect-friendly, mouse-killing low P:C diets. While Sinclair's basic approach of recording the dates mice were culled as the dates of death for survival-analysis purposes was disputed by Professor Koopman, a range of reasonable assumptions would produce effectively the same results. **For example, if Harvard "co-author" Sinclair had assumed - in Simpson *et al*'s disputed paper - that the mice perishing via malnutrition had lived *as much two or three times as long as they actually lived*** (20 and 46 weeks, or 30 and 69 weeks, rather than 10 and 23 weeks), the results of diet-and-survival analysis would remain *essentially the same* as presented in my Table 3. That is, Simpson's five killer 5%-protein diets that he hid from readers **would still be *the five worst diets* for median lifespan and *five of the top seven diets* for median lifespan would still be *high* (not low) P:C diets (p. 7). Simple stuff.**

Nine. Any credible University of Sydney investigation properly addressing procedural fairness and the need to produce a robust preliminary assessment able to withstand scrutiny would not simply have brushed aside my compelling evidence that Sinclair *may* be a fake author. Deputy Vice-Chancellor Messerle should have **picked up the phone and asked Sinclair** to outline his "significant" contribution. Further, she should have sought hard information on the mice culled in the experiment, then split those culled mice into the *two categories* used by Sinclair in 2014. Would DVC Messerle have found that 185 mice (~20%) were culled (the figure remains hidden)? What about the split: (i) the "condition of the animal was considered incompatible with continued survival" (perhaps 143 mice); and (ii) those "euthanized due to reasons not related to incompatible survival" (perhaps 42 mice)? She didn't bother. Rather than accessing the official records from the independent veterinary office overseeing the experiment to gain important insights about whether or not the two famous "co-authors" had clashed on the recording of culled mice in the published survival curves, DVC Messerle played dead:"You [RR] did not provide sufficient evidence during the Initial Inquiry process to support any view that authorship was awarded inappropriately." (What I wrote to the University to prompt her faulty review is reproduced on pp. 34-36, below). Rather than interviewing Sinclair about his claimed contribution to Simpson *et al*'s paper, DVC Messerle deemed research misconduct to be absent in part because Sinclair didn't jump up and confess before she had asked him even one question: "despite Professor Sinclair receiving multiple communications from you regarding the 2014 *Cell Metabolism* paper, it does not appear that Professor Sinclair has ever disclaimed his involvement in the work or expressed surprise by his inclusion on the author list": p. 5 https://www.australianparadox.com/pdf/RR-outcome-letter-7May20.pdf **So, did Sinclair help Simpson hide the 143 dead mice or not?**

Ten. On Simpson's **reckless extrapolation from mice to humans**, the University of Sydney sneakily *avoided* the issue, again without assessing the hard evidence I had provided (pp. 23-24). DVCs Garton, Ivison and Messerle simply embraced Professor Koopman's happy story that it is good to use mice in scientific experiments: "In Professor Koopman's view, mice represent a reasonable compromise [between insects and humans], and he found that despite some potential limitations, the use of the C57BL/6 mouse strain for the study was justifiable. He noted that there was a need for a mouse model and use of the C57BL/6 strain aligns with current academic practices". There was no mention let alone assessment of my evidence that, even if Simpson's sugary low-protein, high-carbohydrate diets were good for lifespan in mice, there has been hard scientific evidence for ~100 years that such diets tend to **cause type 2 diabetes in humans**. Further, he did not

mention let alone properly assess – for the good of public health - my claim that it is simply unconscionable for the Academic Director of the Charles Perkins Centre to promote false scientific results that work to suppress medical science's cure for type 2 diabetes, thus promoting misery (blindness, amputations, etc) and early death for millions of Australians, including especially Indigenous Australians (pp. 42-60).

Part 3: Endpiece, including further material documenting the Charles Perkins Centre's 30-diet mouse-lifespan fraud

NHMRC CEO Kelso and ARIC Chair Kelly, I understand that it is rather unusual for NHMRC/ARIC to accept an outsider's request for a formal review of a Group of Eight university's research-integrity "initial inquiry". Accordingly, I have gone to great effort to provide an evidence base that is factual and comprehensive. I am available for interview on request, as I think your formal review is important for both public health and taxpayers' confidence in quality control at "research intensive universities".

Notably, I was surprised to be cautioned in your letter that your review may ultimately be just quietly filed away: "Please note that ARIC is an advisory committee to the NHMRC CEO and as such any advice you receive on the outcome of this review will be at NHMRC's discretion."

My attitude is that sunlight is the best disinfectant. I think it is important for taxpayers to know whether or not the NHMRC's funding quality-control system actually works. If it doesn't work, the community needs to know that Group of Eight universities are able to dishonestly fleece taxpayers without sanction. As you know, the Go8 receives the lion's share of billions of dollars gifted to Australian universities each year.

Accordingly, I apologise if you would have preferred me not to reproduce online your letter and my *Submission* in response to it. Alas, my experience over the past nine or so years is that there is no competent, honest quality control in research at Group of Eight universities when it matters. Despite Go8 universities publicly claiming a unique devotion to "excellence", and taxpayers on that basis providing Go8 universities with billions of dollars of research funding each year, there is no devotion to excellence. At least in the case of the University of Sydney, the happy story that its highly influential science careerists and highly paid senior management are devoted to "excellence" is a sham. We can see in this current episode that serious research fraud is protected, not stopped, by dishonest University of Sydney senior management, despite blatantly false research claims promoted by big-name science careerists working to harm public health. My evidence suggests that Go8 universities have been defrauding taxpayers on a massive scale (pp. 40-1).

NHMRC CEO Kelso and ARIC Chair Kelly, I think your formal review of the University of Sydney's recent faulty "investigation" into my allegations about highly influential research misconduct on campus should be impartial and comprehensive. Please consider appointing a panel of eminent, competent and honest investigators. Please prove me wrong, by showing that someone in a position of authority is protecting public health from harmful scientific frauds, and taxpayers from unethical science careerists and their university managements determined to protect reputations and build empires without regard to critical facts.

To be clear, my key objective in this matter is the formal retraction of the faulty yet influential 2014 *Cell Metabolism* paper (cited over 500 times in the literature) at the centre of the Charles Perkins Centre's 30-diet mouse lifespan fraud, as well as the retraction of the extraordinarily faulty 2011 *Nutrients* paper at the centre of the University of Sydney's notorious *Australian Paradox* fraud.

Recent material documenting the 30-diet mouse-lifespan fraud and its associated harm to public health and taxpayers

Below I set out recent material relevant to my assessment that the University of Sydney is protecting serious research misconduct. Beyond trying to stop taxpayers being defrauded on a massive scale by the Group of Eight (p. 41), I'm concerned about harm to public health. The University of Sydney is dishonestly promoting its sugary low-protein, high-carbohydrate mouse diets as lifespan-extending, when it is clear that such diets promote type 2 diabetes, misery and early death in humans, especially in Indigenous communities and aged-care facilities (pp. 15-16, 23-24, 42-58).

- RR's letter to ABC management explaining that four reporters were duped by the Charles Perkins Centre's 30-diet fraud (p. 28)
- Report by hard-hitting journalist Adam Creighton in *The Australian* in August 2019 outlining key aspects of the 30-diet fraud (p. 19)
- On 17 December 2019, University of Sydney Deputy Vice-Chancellor (Research) Duncan Ivison wrote to RR with notification on the "Outcome of initial inquiry into concerns raised regarding 2014 *Cell Metabolism* paper" (p. 30)
- RR's letter the next day to *Cell Metabolism*'s Editor-in-Chief and Editorial Board to request faulty paper's retraction (p. 25)
- On 31 December 2019, RR wrote to DVC(R) Ivison to request a review of Senior DVC Garton's dishonest 17 December "initial inquiry" findings on research misconduct by Simpson *et al*, including perhaps a fake authorship gifted to Harvard's Sinclair (p. 32)
- The Big Picture: Incompetence, scientific fraud, careerism and a lust for taxpayer funding dominating "science" (p. 40)

Other material I've distributed over the past 18 months documenting the 30-diet mouse-lifespan fraud includes the following:

- **December 2018** - *Submission to ACCC's Scamwatch: False, misleading and harmful claims about sugary products, type 2 diabetes treatments and academic "excellence"* : https://www.australianparadox.com/pdf/Letter-to-ACCC.pdf
- **January 2019** - *Expression of Concern* to *Cell Metabolism* Editorial Board : https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf
- **January 2019** - NHMRC Principal investigator Simpson's response to *Cell Metabolism* regarding my *Expression of Concern*: https://www.australianparadox.com/pdf/USyd-mouse-diet-response.pdf
- **February 2019** - *Scientific fraud "red alert" after Sydney University's false denial of longevity misrepresentation in faulty Cell Metabolism paper* : https://www.australianparadox.com/pdf/Letters-USyd-Cell-Metabolism.pdf
- **June 2019** - *Submission* to University of Sydney's 30-diet fraud initial inquiry : https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf
- **July 2019** - *Supplementary Submission* : https://www.australianparadox.com/pdf/SupplementarySubmissionUSydInquiry2019.pdf
- **November 2019** - *Letter to ABC* management and journalists : https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf
- **March 2020** - *Response to University of Sydney Senior DVC Stephen Garton's dishonest "initial inquiry" report* : https://www.australianparadox.com/pdf/RR-response-initial-inquiry-2020.pdf

Rory Robertson
June 2020

Epic fail in University of Sydney's quality control: False and harmful mouse-diet claims promoted as research excellence

Source: *The Sydney Morning Herald*, 15 December 2018

Unethically hidden from scientific community: 143 mice perishing malnourished on Simpson's five killer *low* P:C diets

RESULTS

The data we present derive from 858 mice fed one of 25 diets differing systematically in protein, carbohydrate, and fat content and energy density. By their nature, these data are complex, and

https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5

Steve Simpson: It was the most complicated study and indeed the most ambitious study ever to look at macronutrition in any animal, particularly any mammal. What we set out to do was to look at the interactive and individual effects of protein, carbohydrate and fat in the diet of mice, and that requires a very large number of dietary treatments. Rather than a typical study which would look at a control diet of standard mouse food and compare it to a high fat diet, what we did was design 25 diets that spanned 10 different ratios of protein to fat to carbohydrate at one of three total energy densities and allowed our mice to feed ad libitum throughout their lives.

https://www.abc.net.au/radionational/programs/healthreport/high-protein2c-low-carbohydrate-diet/5309616#transcript

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Low-carb diet may make you unhealthy, shorten your life: study

AM By Sarah Dingle

Updated 5 Mar 2014, 4:54pm

Eating a high-protein, low-carb diet could actually make you unhealthy and more likely to die younger, a landmark Australian study has found.

The three-year study by the University of Sydney's Charles Perkins Centre found that while high-protein diets might make you slimmer and feel more attractive, the best diet for longevity is one low in protein and high in carbohydrates.

Professor of geriatric medicine David Le Couteur from Sydney's Anzac Research Institute was part of the team which modified the diets of 900 mice with dramatic results.

"If you're interested in a longer life span and late-life health, then a diet that is low in protein, high in carbohydrate and low in fat is preferable," he said.

"You can eat as much of that as you like.

"You don't have to be hungry, you don't have to reduce your calorie intake, you can just let your body decide what the right amount of food is."

The team put mice on 25 different diets, altering the proportions of protein, carbohydrates and fat.

The mice were allowed to eat as much food as they wanted to more closely replicate the food choices humans make.

"The healthiest diets were the ones that had the lowest protein, 5 to 10 to 15 per cent protein, the highest amount of carbohydrate, so 60, 70, 75 per cent carbohydrate, and a reasonably low fat content, so less than 20 per cent," Professor Le Couteur said.

PHOTO: The paleolithic or modern day Stone Age diet is one of the latest crazes. (Flickr: Megan Myers)

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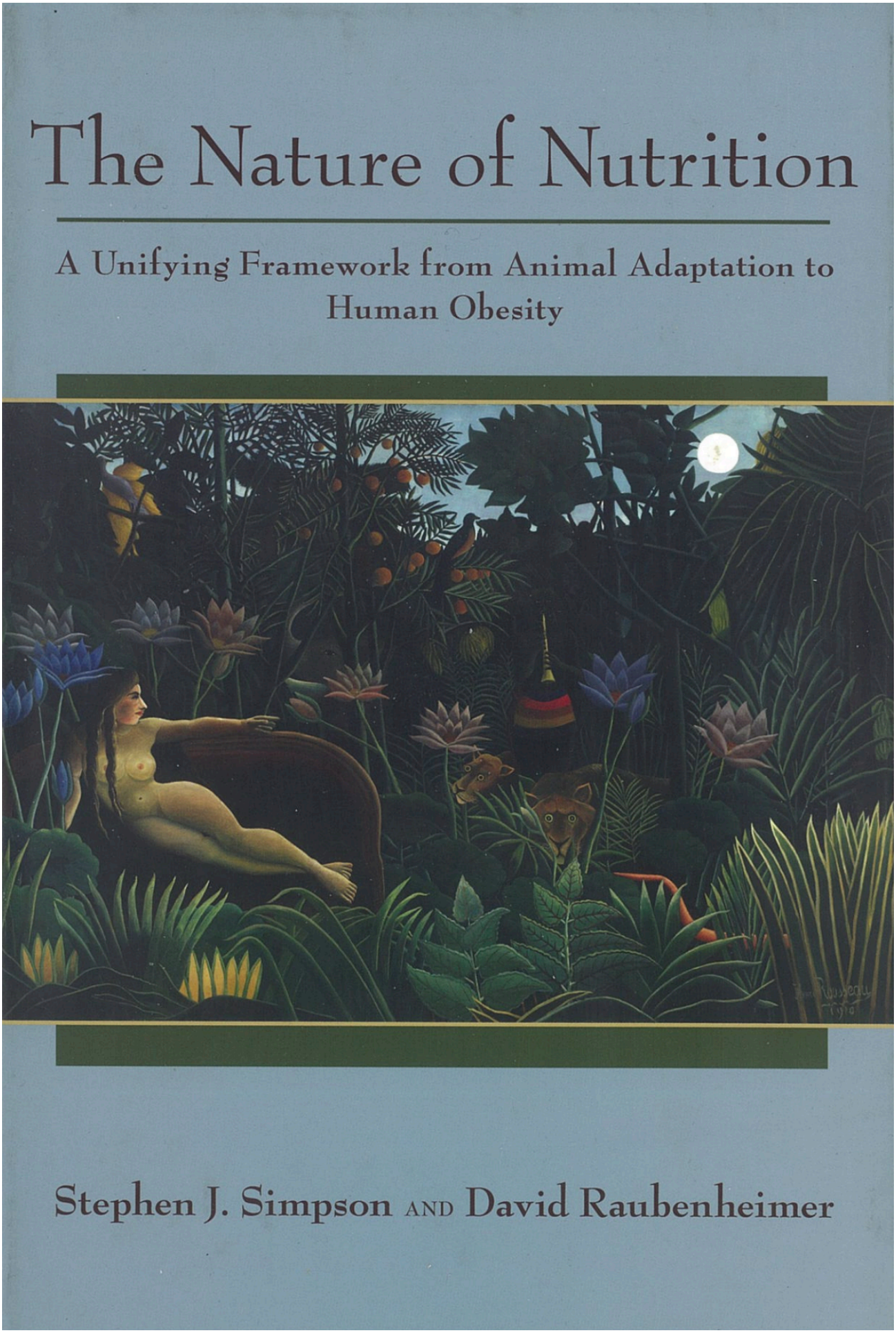
AUDIO: Listen to Professor David Le Couteur (AM)

https://www.abc.net.au/news/2014-03-05/low-carb-diet-may-shorten-your-life-study-finds/5299284

NHMRC Principal investigator Simpson outlined his preferred 30-diet results in a 2009 paper and later in his widely cited pre-experiment book (2012): In mice as in insects (and so humans), "the ratio of protein to carbohydrate [P:C] is crucial". Indeed, "protein restriction ... extends life span" while "increasing the ratio of protein to non-protein energy ... decreases life span...".



NHMRC Principal investigator Simpson outlined his preferred 30-diet results in a 2009 paper and later in his widely cited pre-experiment book (2012): In mice as in insects (and so humans), "the ratio of protein to carbohydrate [P:C] is crucial". Indeed, "protein restriction ... extends life span" while "increasing the ratio of protein to non-protein energy ... decreases life span...".

eight for locusts. Omission of only one of these eight amino acids from an otherwise complete supplementary mix rendered a diet "low protein" so far as the animal was concerned. Signaling elevated protein status, whether to induce protein satiety in locusts or to trigger pathways involved in shortening life span in flies, therefore requires a specific mixture of amino acids.

Taken together, the results from insects provide overwhelming evidence that caloric restriction is not responsible for life span extension. Instead, the ratio of protein to carbohydrate in the diet is crucial, with the protein component of the response mediated by a mixture of key amino acids, which includes, but is not exclusively, methionine. An important message from the insect results is that experiments in which single amino acids are manipulated in the diet without taking account of interactions with other amino acids (or with other macronutrients, notably carbohydrate) are at risk of being misinterpreted—a message that applies to studies on other animals too.

What about mammals? Although it is widely held that caloric restriction, not specific nutrient effects, is responsible for life span extension in mammals (Weindruch and Walford 1988; Masoro 2005; Everitt et al. 2010), no experiment to date has contained sufficient dietary treatments to disentangle calories from specific nutrients (Simpson and Raubenheimer 2007). There have been numerous reports, stemming back to early work by Ross (1961), that protein restriction, and restriction of methionine in particular, extends life span in rodents (Orentreich et al. 1993; Zimmerman et al. 2003; Miller et al. 2005; Ayala et al. 2007; Sun et al. 2009), so it is at least plausible that the response of mammals—including humans—is similar to that of insects.

Spurred on by the need for a geometric analysis of aging in mammals, we have embarked upon just such a study in mice with David Le Couteur at the ANZAC Research Institute in the University of Sydney. A full design for rodents has required expanding from two to three macronutrient dimensions with the inclusion of dietary lipid in addition to protein and carbohydrate. At the time of writing, the 30-diet experiment is still underway, but the data are already proving to be instructive.

4.1 How Does Macronutrient Balance Affect Life Span?

We have seen that eating excess protein relative to nonprotein energy shortens life span, at least in insects and perhaps also in mammals. The mechanisms causing this effect are not yet understood, but there are some tantalizing candidates. These include altered production of radical oxygen species ("free radicals") with associated damage to DNA and cellular pro-

THE AUSTRALIAN
Friday, August 23, 2019 | Today's Paper | Mind Games

Uni challenged on high-carb research claims

EXCLUSIVE
By **ADAM CREIGHTON**
ECONOMICS EDITOR
Follow @Adam_Creighton

12:00AM AUGUST 8, 2019
126 COMMENTS

Former Reserve Bank and Macquarie economist Rory Robertson, whose complaints triggered the NHMRC request in May. Picture: Britta Campion/The Australian

It was a breakthrough diet tested on 1000 mice, promoted by the University of Sydney with full-page ads and used to guide selection of Qantas in-flight meals.

Now an economist, backed by a former deputy governor of the Reserve Bank, has queried the diet study paid for with $1 million of taxpayers' money, prompting the university to investigate.

The National Health and Medical Research Council has requested the university investigate allegations the authors of the highly cited 2014 study into the impact of various diets on 30 groups of mice ignored the mice that died first and last — to conclude high-carbohydrate diets were best.

"It's a misrepresentation of the 30 diets' median-lifespan results," said former - Reserve Bank and Macquarie economist Rory Robertson, whose complaints triggered the NHMRC request in May.

Stephen Grenville, former deputy governor of the Reserve Bank, said: "The issues Mr Robertson has recently raised on university nutritional studies seem to me to be of importance both for diet advice and university governance, and deserve to be examined objectively by the university authorities at the highest level."

Based on the mouse study's conclusions, the university ran full-page advertisements in *The Sydney Morning Herald* last year claiming its researchers had "discovered that a low-protein, high-carb diet can delay chronic disease and help us live longer".

Qantas signed a "partnership" with the university, which oversaw the research, in 2017. "The research has already influenced what meals and beverages we'll be serving on board," chief executive Alan Joyce said at the time.

The authors, including professors David Sinclair and Stephen Simpson of Harvard and Sydney universities, defended removal of the five groups of mice that died first from the final analysis of the four-year study. The mice had been fed high-carb, low-fat diets.

"According to the independent veterinary office overseeing the study, (they) would soon have died from malnutrition," Professor Simpson said in statement.

"These diets were not viable for a young, growing mouse."

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The results revealed the two groups of mice that ended up having the longest median lifespans, 139 and 127 weeks, were fed high-protein diets.

"Median lifespan was greatest for animals whose intakes were low in protein and high in carbohydrate," the authors concluded in the study published in the journal *Cell Metabolism*, arguing that it was "wrong to pick out one of two diets for special attention".

The journal said it stood by the publication and peer-review process.

"The paper has been cited hundreds of times by scientists who have been through the data and analyses without any mention of the type of concerns raised by Mr Robertson," said a spokeswoman for the University of Sydney.

The university's research integrity and ethics director, Rebecca Halligan, in May said Mr Robertson's claims would be assessed against the university's and government's codes for responsible research conduct.

In 2012, Mr Robertson slammed a nutritionist's 2011 findings that sugar consumption was falling in Australia while obesity rates were rising. "The scandalous mistreatment of millions of people with type 2 diabetes ... is why I remain determined to fix faulty and harmful science at the University of Sydney," he told *The Australian*.

Statement by research authors

After the publication of this story, the Charles Perkins Centre at the University of Sydney provided a further comment.

The authors of the paper strenuously denied any problem with the study. In a written statement to *The Australian* they said the NHMRC letter was "an automatic response followed for any complaint, irrespective of merit".

The statement also said Qantas' nutrition policy was guided by a broad review of the scientific literature into nutrition and jetlag rather than any single piece of research.

On the substance of Mr Robertson's criticisms, the authors said:

1. The last individual mice to die were low protein high carb-fed, but nothing can be concluded from that observation, nor from the median lifespans for any one diet. The conclusions derive, as they must, from analysis of the entire dataset.

2. The conclusion was not that high-carbohydrate diets were best – rather, diets with a combination of low protein and high carbohydrate supported longest lifespans and best late-middle age health. The same has been observed among human populations, most famously the traditional Okinawa diet which is low in protein and high in healthy carbohydrates. Optimal outcomes at different lifestages in the study (e.g. reproduction) were supported by other nutrient mixtures.

Specifically in relation to the five groups of mice which died first, the authors said:

1. They were very low energy diets – low in concentration of all nutrients including carbs but especially protein, due to high content of indigestible fibre.

2. Additionally, inclusion of these diets in the analysis would have supported our conclusions not weakened them.

They noted that the study is "... tightly integrated with a large and growing body of evidence from humans. Also, the fundamental biological processes (nutrient signalling pathways) that serve to mediate the effects of nutrients on health and ageing are universal - shared by mice, humans, flies, worms and yeast cells."

ADAM CREIGHTON, ECONOMICS EDITOR
Adam Creighton is an award-winning journalist with a special interest in tax and financial policy. He was a Journalist in Residence at the University of Chicago's Booth School of Business in 2019. He's written ... Read more

https://www.theaustralian.com.au/higher-education/uni-challenged-on-highcarb-research-claims/news-story/dc3afcd39b4fc4b0ce7d67d8372148d8

Simpson and three DVCs pretending "mice were not sick", after telling *Cell Metabolism* "would soon have died from malnutrition"

In January 2019 in the weeks after my *Expression of Concern* - https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf - was distributed to the Editorial Board of *Cell Metabolism*, NHMRC Principal investigator Stephen Simpson dishonestly tried to pretend that "...**Rory's concerns are in every respect unfounded**". Alas, he provided me with **definitive evidence from the "independent veterinary office overseeing the study**" that the ~150 hidden, dead mice that I had highlighted had indeed suffered misery and severe malnutrition before the vet assessed that "immediate" euthanasia was required. Mice perishing via severe malnutrition are critical scientific evidence in any diet-and-survival experiment, especially a career-defining 30-diet experiment funded to the tune of ~$1m from Australian taxpayers.

I provided unassailable scientific evidence that ~150 (143) dead mice had suffered severe malnutrition directly to Senior DVC Garton and the rest of the ~100 person University of Sydney Academic Board via my June *Submission* to the research-integrity inquiry (see link in the footer of this page). Alas, to pretend that Simpson's 143 hidden, malnourished-then-dead low P:C mice had not been perishing from severe malnutrition, Senior DVC Garton dishonestly "disappeared" my definitive scientific evidence and then set out to fabricate new false, fake evidence. With the help of uncomprehending Professor Peter Koopman, Simpson and DVC Garton now are dishonestly pretending that Simpson's 143 hidden, severely malnourished mice were in fact well-fed and rather healthy, right before the vet was forced to put them out of their misery: **"it could not be known whether mice fed these [low P:C, insect-friendly, mouse-killing] diets would have died, or whether they would have lived long and healthy lives had they not been euthanised"**. That quote is from p.6 of the "initial inquiry" report by DVCs Garton and Ivison: https://www.australianparadox.com/pdf/2014-2019-USyd-enquiry-report.pdf

The University of Sydney's dishonest "disappearing" of my definitive scientific evidence (try a "Control F" search for the words "independent veterinary office" or just "vet" in the "initial inquiry" report above) preceded its impressively clownish fabrication of new, false, fake evidence, with Simpson, Koopman, and DVCs Garton, Ivison and Messerle all involved (pp. 5, 8), all to falsely insist 143 malnourished, culled, now-hidden mice should not be shown in survival curves in Simpson's *Cell Metabolism* paper (overleaf).

From: **Stephen Simpson (CPC)** <stephen.simpson@sydney.edu.au>
Date: Fri, 18 Jan 2019 at 14:30
Subject: RE: Inquiry concerning 2014 mouse-diet study
To: ..... ; .....

Dear .....,

As is appropriate, we have responded [https://www.australianparadox.com/pdf/USyd-mouse-diet-response.pdf] to the Editor in Chief and Board of Cell Metabolism explaining why Rory's concerns are in every respect unfounded. The conclusions of the paper remain unchanged, and indeed have been confirmed independently by other international laboratories.

We are very happy to discuss further in person should you wish.

Yours ever,
Steve

PROFESSOR STEPHEN J. SIMPSON AC FAA FRS
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W http://sydney.edu.au/perkins

From: **Stephen Simpson (CPC)** <stephen.simpson@sydney.edu.au>
Date: Wed, Jan 30, 2019 at 9:01 AM
Subject:
To: **strathburnstation@gmail.com** <strathburnstation@gmail.com>
Cc: Creighton, Adam <creightona@theaustralian.com.au>, Emambokus, Nikla (ELS-CMA) <NEmambokus@cell.com>, Samantha Solon-Biet <samantha.biet@sydney.edu.au>, David Le Couteur <david.lecouteur@sydney.edu.au>

Dear Rory,

After seeking approval from the Editor in Chief at Cell Metabolism, please find attached the response to your concerns [https://www.australianparadox.com/pdf/USyd-mouse-diet-response.pdf]. This was sent to the editorial board, who were allowed the courtesy of two weeks to review and respond. No further questions having been raised by the members of the editorial board, it is now appropriate that you be copied.

Steve

Source: pp. 21-25 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf

Simpson and Senior DVC Garton's dishonest responses to my *Expression of Concern* are designed to pretend that the 143 dead, hidden mice on Simpson's five hidden mouse-killing low P:C diets were not improperly excluded from published survival curves

NHMRC Principal investigator Simpson's "big idea" in his 2012 book – ***The Nature of Nutrition: A Unifying Framework from Animal Adaptation to Human Obesity* - is that "protein restriction" extends lifespan in insects, mice and humans** (see pp. 17-18). Australian taxpayers paid ~$1m to facilitate Professor Simpson's career-defining 30-diet experiment. In the event, the 30-diet experiment devastated Simpson's long-planned "preferred outcome": ~150 mice on five of his carefully designed, protein-restricting, insect-friendly diets suffered severe malnutrition and had to be euthanised "immediately". Fully one-third of Simpson's 15 low P:C diets lost all their trapped mice.

His pet hypothesis falsified, NHMRC Principal investigator Simpson simply hid the five killer low P:C diets and their 143 dead mice, quietly excluding them from the main text of the paper (pp. 3-6). An honest, factual report of the 30-diet experiment would properly report the 143 dead mice that perished on Simpson's five insect-friendly killer low P:C diets in the **published survival curves** in the main text (see below).

As discussed on pp. 13, and 34-36, a separate, competing 2014 mouse-lifespan analysis by **Harvard "Lifespan" superstar Professor David Sinclair** - Simpson's "co-author" of the *Cell Metabolism* paper – confirms that the 143 dead mice dying young via severe malnutrition while fed five of Simpson's low P:C, insect-friendly, mouse-killing diets should indeed be represented in the survival curves below, not hidden from the scientific community to lessen the pain of his career-defining experiment wrecking Simpson's long-planned **"preferred outcome"**.

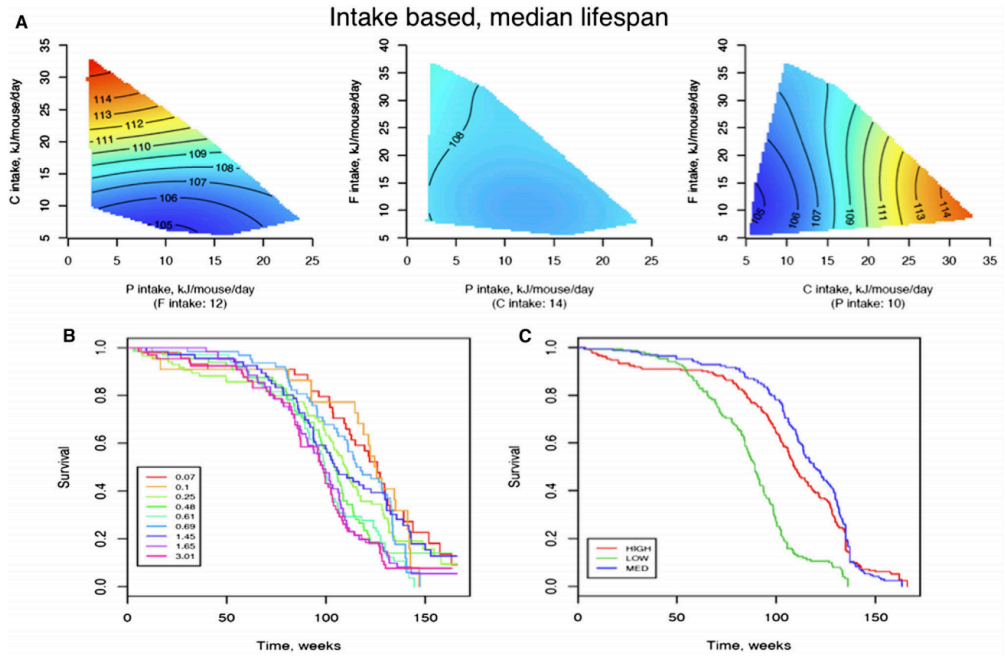
Professor Sinclair's straightforward, honest approach of recording the exact days the ~150 mice were euthanised as the dates of death for survival-analysis purposes has been disputed by Senior DVC Garton's paid advisor Professor Peter Koopman, but **any number of reasonable assumptions would produce effectively the same result**. In particular, if Harvard "co-author" Sinclair had assumed - in the disputed *Cell Metabolism* paper - that the mice dying of malnutrition had lived as much **two or three times as long** as they actually lived (20 and 46 weeks, or 30 and 69 weeks, rather than 10 and 23 weeks), the results of the diet-and-survival analysis would remain essentially the same as presented in my Table 3. That is, the five killer 5%-protein diets that Simpson hid from the scientific community would still be *the five worst diets* for median lifespan, and *five for the top seven diets* for median lifespan would still be *high* (not low) P:C diets.

Again, Table S2 and Table 3 (pp. 6-7) confirm that Simpson has blatantly misrepresented the survival results. **Did Sinclair help him or not?**

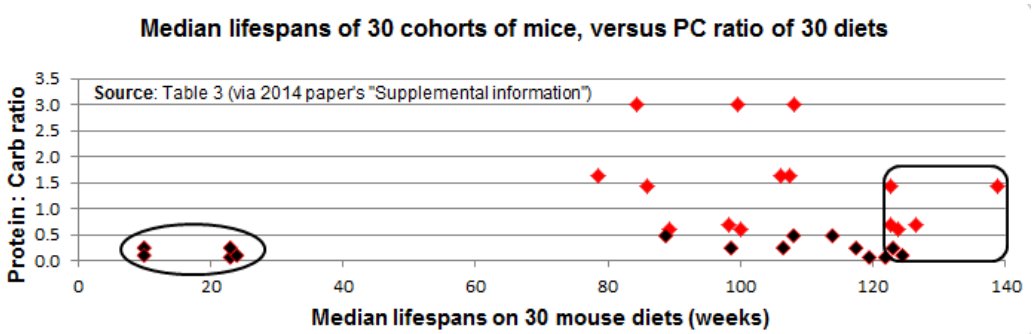
Cell PRESS

Cell Metabolism

Geometric Framework and Aging



Simpson *et al* claim: "Median lifespan was greatest" on low P:C diets. The *actual* data falsify that claim. Five of the best seven diets for median lifespan are *high* P:C diets; the five worst diets are low P:C (.07, 0.1, 0.25) diets!



Source: *Cell Metabolism* via my Table 3 on p. 7.

World's GPs knew as early as 1923 that excess consumption of carbohydrate including sugar is main cause of type 2 diabetes

The following are the conditions which influence the appearance of sugar in the urine:

(a) EXCESS OF CARBOHYDRATE INTAKE.—In a normal state the sugar in the blood is about 0.1 per cent. In diabetes the percentage is usually from 0.2 to 0.4 per cent. The hyperglycæmia is immediately manifested by the appearance of sugar in the urine. The healthy person has a definite limit of carbohydrate assimilation; the total storage capacity for glycogen is estimated at about 300 gms. Following the ingestion of enormous amounts of carbohydrates the liver and the muscles may not be equal to the task of storing it; the blood content of sugar passes beyond the normal limit and the renal cells immediately begin to get rid of the surplus. Like the balance at the Mint, which is sensitive to the correct weight of the gold coins passing over it, they only react at a certain point of saturation. Fortunately excessive quantities of pure sugar itself are not taken. The carbohydrates are chiefly in the form of starch, the digestion and absorption of which take place slowly, so that this so-called alimentary glycosuria very rarely occurs, though enormous quantities may be taken. The assimilation limit of a normal fasting individual for sugar itself is about 250 gms. of grape sugar, and considerably less of cane and milk sugar. Clinically one meets with many cases in which glycosuria is present as a result of excessive ingestion of carbohydrates, particularly in stout persons and heavy feeders—so-called lipogenic diabetes—a form very readily controlled.

https://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf

Disaster: 10-15%+ of over-55s suffer type 2 diabetes, caused by decades on (sugary) high-carbohydrate diets

28 | LIVING IN AUSTRALIA

Table 5: Prevalence of selected serious illness conditions, by gender and age group in 2017 (%)

	Males			Females		
	15–34	35–54	> 55	15–34	35–54	> 55
Arthritis or osteoporosis	1.1	9.2	27.6	1.6	11.2	45.9
Asthma	10	8	9	11.5	11.7	12.9
Any type of cancer	0.2	2	9.1	0.4	2.5	5.6
Chronic bronchitis or emphysema	0.4	0.7	4.4	0.2	1.5	4.6
Type 1 diabetes	0.5	0.8	2	0.4	0.9	1.2
Type 2 diabetes	0.5	3.3	15.2	0.5	3.1	10.3

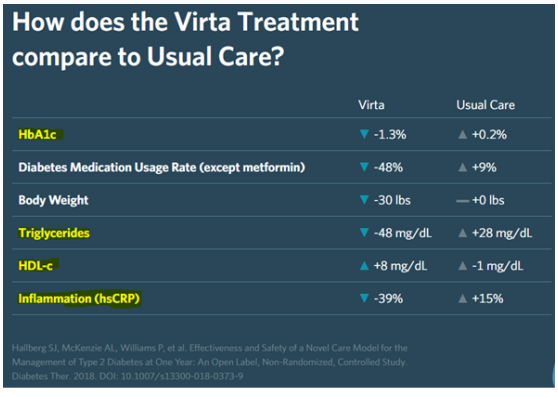
https://melbourneinstitute.unimelb.edu.au/__data/assets/pdf_file/0005/3126038/LivingInAus-2019.pdf

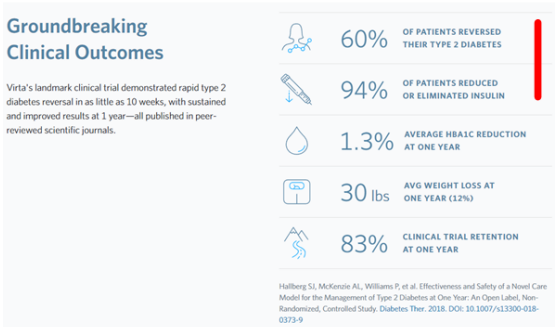
Today, competent US scientists, doctors and dietitians use Low-Carb, High-Fat (LCHF) diet (via 1923 med. text) to fix type 2 diabetes in ~60% patients (versus <1% usual care), overseeing large reductions in weight and use of costly ineffective drugs

Diabetes Therapy

April 2018, Volume 9, Issue 2, pp 583–612 | Cite as

Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study





https://www.virtahealth.com/research ; https://link.springer.com/content/pdf/10.1007%2Fs13300-018-0373-9.pdf

Bad animal model: C57BL/6 mice are profoundly unlike humans with respect to metabolism of carbohydrate and dietary fat

The Charles Perkins Centre's mouse-diet studies use C57BL/6 mice. That's fine, as their use is pretty standard in mouse studies in laboratories across the western world: https://en.wikipedia.org/wiki/C57BL/6

Importantly, when you buy these C57BL/6 mice for laboratory use, **you are told** that "fed a high-fat [low-carbohydrate] diet", they "develop obesity, mild to moderate hyperglycemia, and hyperinsulinemia": https://www.jax.org/strain/000664

While it's widely known that standard lab mice get fat and sick on low-carbohydrate diets, Professor Stephen Simpson – Academic Director of the Charles Perkins Centre at the University of Sydney – saw mere confirmation of that as important:

> **Steve Simpson**: This was quite interesting. The cause of death in the high protein, low carb fed animals, so far as you can tell...the thing is, when a mouse dies, unless you are there to collect it right at the moment of death, you can't do any particularly useful physiological analysis. But the markers of health—cardio-metabolic health—showed that they were insulin resistant, they had high levels of circulating blood sugars, and they had poor cardiac function. So these mice on the high protein, low carb diet were in bad shape.

https://www.abc.net.au/radionational/programs/healthreport/high-protein2c-low-carbohydrate-diet/5309616#transcript

But that was not an important finding, unless all 18 researchers failed to read the instructions on their new box of lab mice. More important is the readily available 2012 paper (below) that explains to **insect specialists** unfamiliar with mice that the C57BL/6 mouse is a **bad animal model** for humans **when the critical issues for discussion include obesity, type 2 diabetes, cardiovascular disease (CVD) and longevity**. Again, these lab mice are problematic when the issues for investigation include diet and health, insulin resistance (aka Metabolic Syndrome) and longevity in humans. That's because the metabolic responses of standard lab mice and humans are **profoundly different**; in particular, C57BL/6 mice put on low-carb, high-fat diets typically become fat and sick - via insulin resistance - whereas humans tend to thrive.

Nutrition & Metabolism BMC

Nutr Metab (Lond). 2012; 9: 69.
Published online 2012 Jul 28. doi: 10.1186/1743-7075-9-69

PMCID: PMC3488544
PMID: 22838969

Response of C57Bl/6 mice to a carbohydrate-free diet

Saihan Borghjid[1,2] and Richard David Feinman[2]

Author information ▸ Article notes ▸ Copyright and License information Disclaimer

Abstract Go to:

High fat feeding in rodents generally leads to obesity and insulin resistance whereas in humans this is only seen if dietary carbohydrate is also high, the result of the anabolic effect of poor regulation of glucose and insulin. A previous study of C57Bl/6 mice (Kennedy AR, et al.: *Am J Physiol Endocrinol Metab* (2007) **262** E1724-1739) appeared to show the kind of beneficial effects of calorie restriction that is seen in humans but that diet was unusually low in protein (5%). In the current study, we tested a zero-carbohydrate diet that had a higher protein content (20%). Mice on the zero-carbohydrate diet, despite similar caloric intake, consistently gained more weight than animals consuming standard chow, attaining a dramatic difference by week 16 (46.1 ± 1.38 g vs. 30.4 ± 1.00 g for the chow group). Consistent with the obese phenotype, experimental mice had fatty livers and hearts as well as large fat deposits in the abdomino-pelvic cavity, and showed impaired glucose clearance after intraperitoneal injection. In sum, the response of mice to a carbohydrate-free diet was greater weight gain and metabolic disruptions in distinction to the response in humans where low carbohydrate diets cause greater weight loss than isocaloric controls. The results suggest that rodent models of obesity may be most valuable in the understanding of how metabolic mechanisms can work in ways different from the effect in humans.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3488544/ ; https://www.ncbi.nlm.nih.gov/pubmed/16288655

NHMRC Principal investigator Simpson and his 17 co-authors should have known that mouse and human responses to low-carbohydrate (high-fat) diets tend to be profoundly different; they should be aware that sugary low-protein, high-carb mouse diets tend to harm humans. Tragically, many Australians are dying prematurely via type 2 diabetes and CVD as a result of eating the kind of sugary low-protein, high-carb mouse diets promoted by the Charles Perkins Centre as excellent for human longevity. Compare and contrast the sugary mouse diets on p. 5 (dominated by sugar and processed grains) with the sugary diets harming humans on pp. 44-49.

The rest of this document tells the tragic story of worse-than-useless Group of Eight university "science" hurting vulnerable Australians by suppressing the simple, effective cure for type 2 diabetes, a cure that was used widely by GPs a century ago.

Rory Robertson +61 414703471
Wednesday, 18 December, 2019

Letter: Sydney Uni confirms serious 30-diet falsehood; Request to *Cell Metabolism* for faulty paper's retraction

Dear **Editor-in-Chief Allyson Evans**, *Cell Metabolism* journal officials, members of the *Cell Metabolism* Editorial Board and independent observers,

I wrote to many of you earlier in the year expressing my concern that the *actual* results of a high-profile 30-diet experiment (involving ~1000 mice for up to three years or more) had been blatantly misrepresented in a widely cited 2014 report in your journal: https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5

Yesterday, two managers at the University of Sydney published a formal document that, as expected, falsely and unconvincingly exonerated several high-profile researchers - including Professor Stephen Simpson (University of Sydney) and Professor David Sinclair (Harvard and University of New South Wales; UNSW) - of research misconduct.

During the sham University of Sydney investigation, it accidentally emerged that the results of the experiment have indeed been misrepresented. **Professor Peter Koopman unearthed "a discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)"**: p. 3 https://www.australianparadox.com/pdf/2014-2019-USyd-enquiry-report.pdf

I am writing today to request that you, please, formally retract your faulty *Cell Metabolism* paper, to limit further harm to public health in Australia and elsewhere.

Make no mistake, I have documented that your faulty *Cell Metabolism* paper is **helping to sustain two Charles Perkins Centre scientific frauds that are menace to public health**: pp. 7-17 and pp. 22-26 in https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

Beyond the ambitious researchers' self-promotion (pp. 27-31 in the previous link) and the dishonest obtaining of research funding from taxpayers (p. 12), the main effect of these two high-profile scientific frauds is the **unconscionable suppression of medical science's simple, effective cure for type 2 diabetes**, thus promoting misery and early death, especially for Indigenous peoples in Australia and elsewhere (pp. 33-56).

Importantly, one of several key issues not honestly addressed in the University of Sydney's sham investigation is **the serious matter of authorship**.

In late 2014, after your faulty *Cell Metabolism* paper was published in March 2014, **Harvard's "ageing science" superstar David Sinclair** appeared to be unaware that he is a co-author of Simpson's paper. That is, how did Simpson and Sinclair appear together on stage for over an hour at a **grand scientific lecture at UNSW** - https://www.youtube.com/watch?v=x0-Jt7az-54 - without either noting that they both are co-authors of their high-profile 30-diet mouse paper that Simpson presented on the day? Did neither Simpson nor Sinclair remember that Sinclair is a co-author? What exactly did Sinclair do to earn that joint authorship, beyond lend his prestige and research-dollar-pulling power?

Harvard superstar David Sinclair's lack of genuine involvement in the paper appears to be confirmed by his name appearing only once in the paper (when listed as a co-author) while Simpson's name appears a notable 25 times (try *command F* "Simpson" and "Sinclair" in https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5)

Indeed, **Sinclair's lack of genuine involvement** in your faulty *Cell Metabolism* paper appears to have been a critical factor that allowed Simpson to misrepresent the *actual* results of the 30-diet experiment. Recall that Simpson "disappeared" ~150 mice on five low-protein diets from the survival results, despite the fact - acknowledged by Simpson - that they "**would soon have died from malnutrition**": p. 2 https://www.australianparadox.com/pdf/USyd-mouse-diet-response.pdf

Harvard superstar **Sinclair's *profoundly different* approach to "censoring" dead mice** suggests strongly that Simpson's "disappearing" of mice dying of malnutrition (in a diet-and-survival experiment!) is part of a serious scientific fraud. Sinclair's usual approach is both ethical and honest: "For the longevity study, ... **cases where the condition of the animal was considered incompatible with continued survival *are* represented as deaths in the curves**. Animals removed at sacrifice or euthanized due to reasons *not* related to incompatible survival were considered as censored deaths. In the standard diet group, 18 mice were censored due to dermatitis...": p. 792 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4172519/pdf/acel0013-0787.pdf

As recently as August, Simpson was still disingenuously pretending - in *The Australian* newspaper - that "**The conclusions derive, as they must, from analysis of the entire dataset**": p. 5 of 7 https://www.australianparadox.com/pdf/Letter-USyd-AcBd-Sep19.pdf

Again, **Editor-in-Chief Allyson Evans**, *Cell Metabolism* journal officials and members of the *Cell Metabolism* Editorial Board, **I respectfully request that you formally retract Simpson *et al*'s faulty paper**. *Cell Metabolism* could then encourage Stephen Simpson, Harvard superstar David Sinclair and the 16 other "co-authors" to submit a new paper that honestly and correctly presents the results of their taxpayer-funded experiment.

We should not have the University of Sydney variously claiming that ~1000 mice were involved, as first reported by Simpson, "900" mice, "858" mice, and now just "715" mice, on 30 diets, or was it 25 diets? Seriously! This is high-level "science", Australian-style.

University of Sydney Deputy Vice-Chancellor Professor Stephen Garton as recently as yesterday was disingenuously pretending that it really doesn't matter whether there were "858" mice or "715" mice in the experiment reported in *Cell Metabolism* - **both figures are incorrect** - because "the paper was evaluated through the journal's peer review process prior to publication and in an extra independent review conducted by the journal in June in response to Mr Robertson's complaint". **The peer review process was hopeless, so everything is fine!**

Further, Garton clownishly insists that Simpson telling ABC reporters and listeners "what we did was design 25 diets" is not misrepresenting the facts. Because Simpson had already deleted ~150 dead young mice on five low-protein diets in order to claim that such diets maximised "median lifespan"? Yes, everything is awesome.

To be clear, I'm saying on Twitter, via **@OzParadoxdotcom**:

4 of 4

I think #SydneyUni is dishonestly protecting serious sci-fraud, to steal $13m from taxpayers:

p.12 https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

I seek an independent investigation

Please help

The faulty paper must be retracted, to limit early death in Indigenous Oz (p.33 onwards)

#auspol

Readers, this matter is too important to be ignored. I will get an independent investigation into the influential and harmful scientific misconduct in the Charles Perkins Centre at the University of Sydney. Or I will die [in coming decades while] trying.

Best wishes for 2020.

Regards,
Rory

--

rory robertson

economist and former-fattie

https://twitter.com/OzParadoxdotcom

Comments, criticisms, questions, compliments, whatever welcome at strathburnstation@gmail.com

Subject: Letter: Sydney Uni confirms serious 30-diet falsehood; Request to Cell Metabolism for faulty paper's retraction

To: Aevans@cell.com; s.fabbiano@cell.com; rlevinson@cell.com; rmott@cell.com; lshipp@cell.com; estebbins@cell.com; sbryer@cell.com; acdclark@cell.com; ccomeau@cell.com; khelgeson@cell.com; blatham@cell.com; a.kitson@elsevier.com; Keith Wollman; Edita Cellstemcell; jatkinson@cell.com; lgoyal@cell.com; plee@cell.com; eporro@cell.com; madinolfi@cell.com; jchristison@cell.com; gharp@cell.com; jcaputo@cell.com; jgraves@cell.com; press@cell.com; da230@columbia.edu; altshul@broadinstitute.org; nancy.andrews@duke.edu; Bo.Angelin@ki.se; johan.auwerx@epfl.ch; fredrik.backhed@gu.se; j-bass@northwestern.edu; Per-Olof.Berggren@ki.se; Morris Birnbaum; mbrand@buckinstitute.org; bruening@sf.mpg.de; thomas.coffman@duke-nus.edu.sg; coffm002@duke.edu; rcone@umich.edu; ana-maria.cuervo@einstein.yu; joel.elmquist@utsouthwestern.edu; sven.enerback@medgen.gu.se; evans@salk.edu; jorge.ferrer@crg.eu; p.froguel@imperial.ac.uk; Jeffrey Gordon; leonard guarente; Jan-Ake Gustafsson; Jan-ake.Gustafsson@ki.se; d.g.hardie@dundee.ac.uk; steven.heymsfield@pbrc.edu; helen.hobbs@utsouthwestern.edu; ghotamis@hsph.harvard.edu; david.james@sydney.edu.au; kadowaki-3im@h.u-tokyo.ac.jp; bkahn@bidmc.harvard.edu; TheAbagaba; gk2172@columbia.edu; Cynthia.Kenyon@ucsf.edu; Nils-Goran.Larsson@ki.se; lazar@pennmedicine.upenn.edu; David Mangelsdorf; dm@hms.harvard.edu; matsuzawa-yuji@sumitoma-np.or.jp; Mark McCarthy; d.melton@harvard.edu; mollerda@lilly.com; kathryn.moore@nyulangone.org; vamsi@hms.harvard.edu; mpm@mrc-mbu.cam.ac.uk; mike.murphy@ndcls.ox.ac.uk; mpmurp3@email.uky.edu; mgmyers@umich.edu; newga002@mc.duke.edu; Jerrold Olefsky; laoneill@tcd.ie; pearce@ie-freiburg.mpg.de;

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Letter: Four ABC reporters duped by 30-diet fraud; NHMRC requests sci-fraud investigation at University of Sydney

From: **rory robertson** <strathburnstation@gmail.com>
Date: Tue, Nov 19, 2019 at 7:01 AM
Subject: Letter: Four ABC reporters duped by 30-diet fraud; NHMRC requests sci-fraud investigation at University of Sydney
To: <email list below>

Rory Robertson +61 414 703 471

Dear journalists and management at Our ABC,

My name is Rory Robertson. I'm an economist with a strong interest in scientific integrity and improved public health. I was the main source for the ABC's 2014 and 2016 reporting on the University of Sydney's *Australian Paradox* sugar-and-obesity fraud: https://www.abc.net.au/radionational/programs/backgroundbriefing/5239418; https://www.abc.net.au/lateline/health-experts-continue-to-dispute-sydney-uni/7324520

Those reports merely scratched the surface of research misconduct in Group of Eight universities. Mostly, we don't hear anything about serious misconduct in our universities, because university managements work hard to "manage" their reputations. Impressively, the ABC last month reported chronic problems with research-quality control at the University of NSW: https://www.abc.net.au/news/2019-10-17/unsw-skin-cancer-levon-khachigian-allegations-andretractions/11585768

I am writing today to advise the ABC about a profoundly important scientific fraud that is based at the University of Sydney's Charles Perkins Centre and involves distinguished professors of science at the University of Sydney, UNSW and Harvard (p. 7): https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

This largely still-unreported research misconduct promotes misery and early death across Australia, especially in Indigenous communities and aged-care homes. The problem is ongoing because the misconduct is protected: the University of Sydney management's approach is simply to pretend there is no problem (p. 11), thus unethically avoiding being forced to retract the false information that is working to harm the millions of Australians with or at risk of type 2 diabetes. The same dishonest approach has been used by management to protect the University's infamous *Australian Paradox* fraud.

In May, the National Health and Medical Research Council (NHMRC) requested that the University of Sydney investigate my concerns about the blatant misrepresentation of the lifespan data from its own high-profile 30-diet mouse experiment (see Table 3 on p. 9). A formal research-misconduct investigation remains underway. It's now five months since Dr Rebecca Halligan advised me of the investigation (her letter is reproduced on p. 3). I have asked the authors and the journal *Cell Metabolism* to retract the faulty paper and requested a new paper be written under proper supervision, with the *actual* lifespan data presented to readers. Alas, they refuse to do anything of the sort.

There's an extraordinary story to be told, including incompetent and dishonest science and things almost too outrageous to be true (but they are true).

I think the public has a **#righttoknow** what is going on. And I think the ABC should tell it.

The blue pdf document above is quite large and may take a few moments to open.

Regards,
Rory

To: <investigations@abc.net.au>, <science.editor@your.abc.net.au>, <thelab@your.abc.net.au>, <catalyst@your.abc.net.au>, <lifematters@abc.net.au>, <mediawatch@abc.net.au>, <scott.sophie@abc.net.au>, <worthington.elise@abc.net.au>, <taylor.kyle@abc.net.au>, <morris.gaven@abc.net.au>, <McMurtrie.Craig@abc.net.au>, Connie Carnabuci <Carnabuci.Connie@abc.net.au>, <david.anderson@abc.net.au>, <board@your.abc.net.au>, <Welch.Dylan@abc.net.au>, <McGrath.Pat@abc.net.au>, <Oakes.Dan@abc.net.au>, <Trigger.Rebecca@abc.net.au>, Mark Maley <Maley.Mark@abc.net.au>, Kirstin McLiesh <McLiesh.Kirstin@abc.net.au>, <dingle.sarah@abc.net.au>, <Brissenden.Michael@abc.net.au>, <March.Stephanie@abc.net.au>, <McNeill.Sophie@abc.net.au>, <Neighbour.Sally@abc.net.au>, <sallyneighbour@hotmail.com>, <Ramsay.Morag@abc.net.au>, <Nicholls.Sean@abc.net.au>, <ferguson.sarah@abc.net.au>, <Connolly.Anne@abc.net.au>, <Fallon.Mary@abc.net.au>, Patricia Drum <Drum.Patricia@abc.net.au>, <Milligan.Louise@abc.net.au>, <Meldrum-Hanna.Caro@abc.net.au>, <Oaten.James@abc.net.au>, <Morgan.Danny@abc.net.au>, <Cowan.Jane@abc.net.au>, <Willacy.Mark@abc.net.au>, <Cronau.Peter@abc.net.au>, <Eroglu.Louie@abc.net.au>, <Selvaratnam.Naomi@abc.net.au>, <Harvey.Adam@abc.net.au>, <Hancock.Tom@abc.net.au>, <Farrell.Paul@abc.net.au>, <McDonald.Alex@abc.net.au>, <Sales.Leigh@abc.net.au>, <phillip.lasker@abc.net.au>, Stephen Long <long.stephen@abc.net.au>, <peter.ryan@abc.net.au>, <Robertson.Andrew@abc.net.au>, Sheryle Bagwell <bagwell.sheryle@abc.net.au>, <lannin.susan@abc.net.au>, <clugston.anne@abc.net.au>, Lexi Metherell <Metherell.Lexi@abc.net.au>, samantha hawley <hawley.samantha@abc.net.au>, Michael Janda <janda.michael@abc.net.au>, Alan Kohler <mail@alankohler.com>, Emma Alberici <ealberici@gmail.com>, <cowan.jane@abc.net.au>, <taylor.david@abc.net.au>, <wordsworth.matt@abc.net.au>,

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Duncan Ivison
Deputy Vice-Chancellor (Research)

17 December 2019

Mr Rory Robertson

By email: strathburnstation@gmail.com

PRIVATE & CONFIDENTIAL

Dear Mr Robertson,

Outcome of initial inquiry into concerns raised regarding 2014 Cell Metabolism paper

I am writing to you in relation to the concerns you have raised in respect of a paper by University of Sydney researchers, titled '*The ratio of macronutrients, not caloric intake, dictates cardiometabolic health, aging and longevity in ad libitum fed mice,'* which was published in 2014 in *Cell Metabolism* (the **2014 Cell Metabolism paper**).

As Dr Rebecca Halligan indicated in her letter to you of 9 May 2019, your concerns were referred to the University by the National Health and Medical Research Council (**NHMRC**). In accordance with the University's *Research Code of Conduct 2013* and the *Australian Code for the Responsible Conduct of Research 2007* (being the relevant Codes in place at the time the matter was referred to the University), an initial inquiry has now been completed. A summary of the initial inquiry process and the findings and recommendations is publically available here: https://sydney.edu.au/news-opinion/news/2019/12/17/outcome-of-initial-inquiry-into-concerns-raised-about-2014-paper.html

I have accepted the findings and recommendations of the initial inquiry, and do not consider that the matters you have raised warrant any further investigation.
In the normal course of events, the University would not issue a public statement about the outcome of an initial inquiry, as complaints are generally received and dealt with on a confidential basis. However, given that you have put your views in the public domain, it is appropriate that the outcome of this matter is also publicly available.

You will note that the initial inquiry has examined only the issues you raised in relation to the 2014 Cell Metabolism paper. The University has examined your submissions of December 2018 (to the ACCC), January 2019, February 2019, June 2019, July 2019 and September 2019, and to the extent that those submissions address issues other than the 2014 Cell Metabolism paper, the issues raised have either previously been examined and addressed by the University or do not involve allegations that warrant examination in accordance with the University's *Research Code of Conduct*.

Should you wish to seek a review of my decision to accept the findings and recommendations of the initial inquiry, you may do so by making application to:

- the University's Research Integrity Office at research.integrity@sydney.edu.au within 14 days of receiving this letter; or
- the Australian Research Integrity Committee (**ARIC**) at aric@nhmrc.gov.au within 12 weeks of receiving this letter.

Applications for review, whether to the University or to ARIC, may be made only on grounds relating to the processes adopted by the University in dealing with your concerns.

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Should you wish to raise any new matters in relation to the conduct of research by University staff and affiliates, I would ask that you do so on a confidential basis through the University's Research Integrity Office at research.integrity@sydney.edu.au or +61 2 8627 0200. Complaints received by the Research Integrity Office will be managed in accordance with the *Research Code of Conduct 2019* and the *Australian Code for the Responsible Conduct of Research 2018*, copies of which are attached. These Codes came into operation at the University with effect from 1 July 2019. I should emphasise that the University will only consider new matters, or significant new information, from you, and except for any procedural review you may request, we will not revisit the matters you have raised in the submissions you have already provided to the University.

Should you have any questions about the initial inquiry, the review options available to you or any new matters, please do not hesitate to contact the University's Research Integrity Office at research.integrity@sydney.edu.au or +61 2 8627 0200. We would also be willing to meet with you to discuss the outcome of the inquiry, if you prefer.

Yours sincerely,

Professor Duncan Ivison

Deputy Vice-Chancellor (Research)

CC: Dr Rebecca Halligan, Director, Research Integrity and Ethics Administration
Research Integrity Office

Attachments: Research Code of Conduct 2019
Australian Code for the Responsible Conduct of Research 2018

Rory Robertson +61 414703471
Tuesday, 31 December, 2019

Letter: Request for review of DVC Garton's "initial inquiry" into 30-diet mouse-lifespan misconduct

Dear Deputy Vice-Chancellor (Research) Duncan Ivison, Senior Deputy Vice-Chancellor Stephen Garton, Professor Stephen Simpson, Professor David Sinclair (Harvard and UNSW), Vice-Chancellor Michael Spence, Pro-Chancellor Kate McClymont, other journalists, and interested observers,

Happy New Year everyone, and best wishes for 2020!

Thank you, DVC(R) Duncan Ivison for providing me with your **seven-page "initial inquiry" report** that involved Senior DVC Stephen Garton taking nine months to falsely and dishonestly exonerate Professor Stephen Simpson - the Academic Director of your Charles Perkins Centre - and Harvard "ageing science" superstar Professor David Sinclair, *et al*, of research misconduct: https://sydney.edu.au/dam/corporate/documents/news-opinions/outcome_of_initial_inquiry_2014_paper.pdf

I enjoyed reading your "initial inquiry" report, as it provides further clear evidence that the University of Sydney is dishonestly supporting scientific fraud and promoting harm to public health. Further, I think your faulty, dishonest report provides fresh support for my longstanding assessment that University of Sydney management is defrauding taxpayers on a massive scale: p. 79 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf

Alas, the University of Sydney's senior management - by dishonestly supporting your misbehaving Charles Perkins Centre science careerists - is bringing science into disrepute and helping to make Australian "science" a laughing stock across the globe: first, the infamous *Australian Paradox* fraud and now the 30-diet mouse-lifespan fraud. What's next?

Duncan, I note your claim that "The [initial] inquiry was conducted in accordance with ... the requirements of the [NHMRC's] *Australian Code for the Responsible Conduct of Research*, and holds the University's researchers to the highest standards of integrity and research practice". As I document below, your claim is grotesquely false: in fact, your "initial inquiry" report is in breach of pretty much everything the NHMRC requires you to do to stop research misconduct that is harmful to public health.

It is hard to overstate the extent to which the "findings" of your "initial inquiry" report are false and dishonest, bringing science into disrepute. To say your "initial inquiry" report has fallen short of community standards is a major understatement. In my opinion, **when senior university officials are caught red-handed hiding hard scientific evidence to protect obviously faulty, harmful research (see section A., below)**, everyday people are right to doubt whether Group of Eight "science" can be trusted when it matters for important public-policy issues.

Duncan, it is a pity that you made yourself unavailable before Christmas to discuss my pending request for a review of these matters, as proposed in your letter of 17 December. In any case, I note the following from your letter to me:

[i] *Should you you wish to seek a review of my decision to accept the findings and recommendations of the initial inquiry, you may do so by making application to:*

• the University's Research Integrity Office at research.integrity@sydney.edu.au ***within 14 days*** *of receiving this letter; or*
• the Australian Research Integrity Committee (ARIC) at aric@nhmrc.gov.au within 12 weeks of receiving this letter.

Applications for review, whether to the University or to ARIC, may be made ***only on grounds relating to the processes adopted by the University in dealing with your concerns.***

[ii] *Should you wish to raise any new matters in relation to the conduct of research by University staff and affiliates, I would ask that you do so on a confidential basis through the University's Research Integrity Office at research.integrity@sydney.edu.au or +61 2 8627 0200.*

I should emphasise that the University will ***only consider new matters, or significant new information****, from you, and except for any procedural review you may request, we will not revisit the matters you have raised in the submissions you have already provided to the University.*

A. MY APPLICATION FOR A REVIEW

Duncan, I have chosen to seek a review of your decision to accept the findings and recommendations of Senior DVC Garton's "initial inquiry". I seek a formal review of your decision "on grounds relating to the processes adopted by the University in dealing with your [my] concerns". Please consider this my "application".

As noted above, you have claimed that "The inquiry was conducted in accordance with the University's *Research Code of Conduct*, which incorporates the requirements of the [NHMRC's] *Australian Code for the Responsible Conduct of Research*, and holds the University's researchers to the highest standards of integrity and research practice".

My request for a review is based on the fact that the basic processes involved in the University of Sydney's "initial inquiry" clearly have breached the NHMRC's explicit instructions to universities. At the very least, the processes dictated by the NHMRC require that the complainant's (my) evidence must be "secured" and my concerns honestly addressed, not dishonestly hidden, unethically misrepresented or simply ignored.

As you would know, the NHMRC's *Australian Code for the Responsible Conduct of Research* explicitly requires that University of Sydney's "initial inquiry" processes are in accord with various basic requirements, including:

- *"**All allegations** must be addressed appropriately" and "A person who makes an allegation must...be **treated fairly**".*

- *University managements must "Facilitate the prevention and **detection** of potential breaches of the Code" and "Ensure that the process for managing and investigating concerns or complaints about potential breaches of the Code is timely, **effective** and in accord with procedural **fairness**".*

- *"The preliminary assessment is critical and should be handled with **due care and attention**" because "...careful collection and recording of facts and information are **essential** to conducting **a robust preliminary assessment able to withstand subsequent scrutiny**".*

- *Importantly, "Investigators and decision-makers are to be **impartial**..."* (my emphasis).

My assessment is that the University of Sydney is in breach of all of those basic NHMRC requirements. Several of my core concerns - **including the likelihood that Harvard superstar Professor David Sinclair's "authorship" was unethically "gifted" by Professor Simpson** (please consider my key facts **(1)**, **(2)** and **(3)** on that issue, below) - were not addressed or were recklessly dismissed as non-issues. On the latter, despite my valid concerns being recklessly dismissed, it remains true that the University of Sydney's dishonest promotion of sugary low-protein, high-carbohydrate mouse diets as lifespan maximising is **working to cause type 2 diabetes, misery and early death in Indigenous communities and aged-care homes across Australia:** p. 13 and 32-47 https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

Duncan, the University of Sydney has not, as required by the NHMRC, produced "a robust preliminary assessment able to withstand subsequent scrutiny". It is clear that "Investigators and decision-makers" - in this case, you and Senior DVC Garton - were not impartial. Your 2019 initial inquiry - like the University's hopelessly faulty 2014 initial inquiry into the *Australian Paradox* fraud (pp. 5-6 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf) - is profoundly biased, unethically devoted as it is to falsely "disproving" my observations of research misconduct rather than competently and honestly assessing the evidence provided.

Clearly, Senior DVC Stephen Garton began his (your) "initial inquiry" already knowing exactly what he was going to "find" despite my hard evidence - including in my Table 3 - that Professor Simpson has blatantly misrepresented the actual mouse-lifespan results, in his faulty 2014 *Cell Metabolism* report on the 30-diet experiment. Unsurprisingly, Garton now insists that **"there was [is] no evidence of any manipulation of the data or any other improper conduct to support a [the] preferred outcome"**.

Recall that the "preferred outcome" involved NHMRC Principal investigator Simpson's high-profile but mistaken forecast that low P:C diets would boost lifespan in mice, just as in insects. Simpson had promoted that story for years, including in his widely cited 2012 book: *The Nature of Nutrition.* Since the 2009-2013 NHMRC-funded experiment has been completed, Simpson has used the misrepresented results from the high-profile experiment to squeeze a further $13m of research funding from the NHMRC over 2019-2023: pp. 2-7 https://www.australianparadox.com/pdf/SupplementarySubmissionUSydInquiry2019.pdf.

Duncan, I draw your attention to the **corrupt "process" in the 2019 "initial inquiry"** that allowed the University of Sydney - in this case, you, your research-integrity investigator Senior DVC Stephen Garton and probably Professor Stephen Simpson - to **dishonestly hide critical and convincing evidence** that I provided directly to you and your Academic Board in my various *Submissions*. Below I provide two gobsmacking examples of flawed process.

(i) Hiding the fact that ~150 mice on five low-protein diets "would soon have died of malnutrition" if they were not euthanised

EXHIBIT A: My initial *Submission* in June 2019 documented that **NHMRC Principal investigator Stephen Simpson advised his journal *Cell Metabolism*'s Editor-in-Chief and its ~70-person Editorial Board** (https://www.cell.com/cell-metabolism/editorial-board) - and then me - that ~150 young mice on five 5%-protein (insect-like) diets "**would soon have died from malnutrition**. Under the terms of the ethics protocol this mandated their immediate removal from the experiment". As you know, Simpson then went into great detail on the specific inadequacy of his chosen insect-like diets for mice, concluding: "**In short, these diets were not viable for a young, growing mouse**": pp. 23-24 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf

My allegation today, Duncan, is that you and research-integrity investigator Senior DVC Stephen Garton colluded to simply "disappear" that critical evidence. The University of Sydney followed an unethical and unacceptable process that dishonestly "disappeared" my hard evidence, and then introduced fluffy, fake evidence into its "initial inquiry" in order to falsely claim that "there is no basis for any of the matters raised by Mr Robertson to be investigated further".

Readers, the "disappearing" of ~150 mice that were dying of malnutrition on five low-protein diets is a key aspect of the scientific fraud I have documented, along with Simpson's unreasonable ignoring of the profound fact that five of the top seven (of 30) diets for median lifespan are high (not low) P:C diets: Table 3, on p. 9 at https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

Again, the important background here is that Professors Stephen Simpson and David Raubenheimer in a 2009 paper and in their ambitious 2012 book - ***The Nature of Nutrition: A unifying framework from animal adaptation to human obesity*** **(Princeton University Press)** - presented themselves as keen for their **decades of work on "protein leverage" and lifespan in insects** to be viewed as highly relevant to human health and lifespan. The book - key extracts of which are reproduced in my *Supplementary Submission* - shows them planning to extend their findings on insects to mammals, starting with mice, then humans: **pp. 2-7 https://www.australianparadox.com/pdf/SupplementarySubmissionUSydInquiry2019.pdf**

Simpson and Raubenheimer **outlined the purpose of the high-profile 30-diet, ~1000-mouse, multi-year experiment "still underway"**, detailing exactly what they expected and *needed* to find. For longevity in insects, they observed: "the ratio of protein to carbohydrate [P:C] is crucial". **But "What about in mammals?**" Well, "There have been numerous reports...that protein restriction...extends life span in rodents", so "...it is at least plausible that the response of mammals – including humans – is similar to that of insects" (pp. 2-7, in the link above). Critically, key diet influences on mammals' lifespan remained to be seen. Accordingly, "...we have embarked on just such a study in mice with David Le Couteur ...University of Sydney". We're really keen to publish our results, but "At the time of writing [~2012], the 30-diet experiment is still underway..." (p. 4 in the link above).

For Simpson and Raubenheimer's career-boosting ambitions, the 30-diet mouse experiment's basic hypothesis was as follows: In mice as in insects, "protein restriction ... extends life span" while "increasing the ratio of protein to non-protein energy ... decreases life span...". As far

back as 2009, that's what they planned and *needed* to find.

Of course, accurately recording numbers of dead or dying mice on particular diets - including not hiding dead mice - is the "bread and butter" of diet-and-survival studies: dead animals are the main evidence in such experiments! **Alas, my Table 3 - documenting the 30-diet experiment's *actual* results - shows that the experiment was a disaster for Simpson's forecasts. We can mimic an "action replay" by working our way up from the bottom of Table 3. Simpson's nightmare began straight away, when cages of low P:C mice "failed to thrive" and started dying: five 5%-protein diets had to be discontinued** (pp. 11-12, in the link above).

Duncan, as you know, the ~150 young mice about to die from malnutrition on five of Professor Simpson's preferred low P:C diets devastated his published forecast that mice would do really well on low P:C diets, just like the insects. It turns out that mice are ***not*** just like insects when it comes to low-protein diets, even though post-experiment Simpson dishonestly maintains exactly that: **"Now, what we found [via "900 mice" on "30 experimental diets"]...was that longevity in the mice was also, just like the fly, greatest on low-protein, high-carbohydrate diets": minute 28:20** https://www.youtube.com/watch?v=x0-Jt7az-54

Again, Duncan, Senior DVC Stephen Garton's "initial inquiry" report dishonestly hid my important evidence that NHMRC Principal investigator Simpson advised *Cell Metabolism*'s Editor-in-Chief and its ~70-scientist Editorial Board that ~150 young mice on five 5% protein diets "would soon have died from malnutrition" and so were euthanised immediately, under the terms of the ethics protocol of the 30-diet experiment. **[Please consider Simpson's emails reproduced on p. 21, earlier]**

Outrageously, after hiding the profound fact that Simpson's first ~150 dead low P:C mice had been dying of malnutrition (essentially falsifying Simpson's published hypothesis), Senior DVC Stephen Garton introduced fluffy, fake evidence pretending that "it could not be known whether mice fed these diets would have died, or whether they would have lived long and healthy lives had they not been euthanised" (p.3 of "initial inquiry" report). [Please try a "Control F" search for "independent veterinary office"]

In my opinion, that disgraceful hiding of my key evidence is itself convincing evidence that the University of Sydney is dishonestly supporting a serious scientific fraud. Further, I think the purpose of DVC Garton's dishonest action was/is to falsely protect the University's reputation for "excellence", in order to defraud taxpayers of up to ~$700m per annum: pp. 3-4 https://www.australianparadox.com/pdf/Letter-USyd-AcBd-Sep19.pdf

(ii) "Initial inquiry" failed to investigate whether Harvard superstar David Sinclair's authorship is genuine

Duncan, while some journalists will find it very interesting, the blatant dishonesty hiding in plain sight in your "initial inquiry" report obviously is unacceptable to the NHMRC, not to mention taxpayers like me. So too, Senior DVC Stephen Garton **failing to investigate** my strong suspicion that Harvard superstar Professor David Sinclair's "authorship" of the disputed *Cell Metabolism* paper is not genuine is obvious cause for a review of your decision to "accept the findings and recommendations of the initial inquiry" .

As explained in my Submissions, I suspect that Sinclair's authorship is non-genuine and was unethically gifted by NHMRC Principal investigator Simpson, part of Simpson's **false and deceptive conduct** that has resulted in an initial $1m of taxpayer funding for the 30-diet experiment being leveraged into a further $13m of NHMRC funding over 2019-2013, for Simpson and his sci-careerist friends to waste on career-boosting but ultimately unhelpful mouse "science".

As noted above, the NHMRC's code of conduct requires that "All allegations must be addressed appropriately" and "A person who makes an allegation must...be treated fairly". By not addressing my main concerns and key parts of my carefully assembled evidence, Duncan, the University of Sydney not only has not treated me fairly, but in the (flawed) process it has **wilfully refused to investigate matters that go to the heart of the scientific fraud I believe I have documented**.

So, Duncan, let us consider the the serious matter of authorship. **The NHMRC's code of conduct advises that "The minimum requirement for authorship is a substantial intellectual contribution to the published work** in at least one of the following: (a) conception and design of the project; (b) analysis and interpretation of research data or of the eligibility or suitability of potential subjects of research; or (c) drafting significant parts of the work or critically revising it so as to contribute to the interpretation".

Further, the NHMRC states:

Authorship should not be attributed solely on the basis of:
- *the provision of funding, data, materials, infrastructure or access to equipment*
- *the provision of routine technical support, technical advice or technical assistance*
- *the position or profession of an individual, such as their role as the author's supervisor or head of department ('gift authorship')*
- *whether the contribution was paid for or voluntary*
- ***the status of an individual who has not made a significant intellectual or scholarly contribution being such that it would elevate the esteem of the research ('guest authorship')."***

My initial concerns about whether or not Harvard's "ageing science" superstar David Sinclair's authorship is genuine arose from the first of the following three facts. **Facts (2) and (3) have emerged only in recent weeks, as I dug deeper, something the University of Sydney's sham "initial inquiry" failed to do.** (Duncan, your "initial inquiry" process has been biased, dishonest and highly ineffective in unearthing (as well as hiding!) key facts, a trio of problems that make a properly independent investigation a matter of urgency.)

(1) In late 2014, after the faulty *Cell Metabolism* paper was published in March 2014, **Professor Sinclair appeared to be blissfully unaware that he is a co-author of Professor Simpson's now-disputed paper**. That is, how did Simpson and Sinclair appear together on stage for over an hour at a grand scientific lecture at UNSW - https://www.youtube.com/watch?v=x0-Jt7az-54 - without either noting that they both are co-authors of their high-profile 30-diet mouse paper that Simpson presented on the day? Did neither Simpson nor Sinclair remember that Sinclair is a co-author? Did Simpson not actually tell Sinclair that he had been gifted the "guest authorship"? What exactly did Sinclair do to earn that joint authorship, beyond lend his prestige and research-dollar-pulling power? What exactly was going on?

(2) Later, Harvard superstar David Sinclair's lack of genuine involvement in the faulty paper appeared to be confirmed by his name appearing only once - via his listing as a co-author - while Simpson's name appears a notable 25 times. Looking at the paper's extensive bibliography, exactly none of superstar Sinclair's prolific published intellectual property appears to have guided the 30-diet

experiment or the formal report on the high-profile experiment (try command F "Simpson" and "Sinclair" in https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5)

(3) Importantly, Sinclair's lack of genuine involvement in the faulty Cell Metabolism paper appears to have been a critical factor that allowed Simpson to misrepresent the actual results of the 30-diet experiment. Recall again that Simpson "disappeared" ~150 mice on five low-protein diets from the diet-and-survival results, despite the fact - explained in great detail by Simpson - that they "would soon have died from malnutrition".

The plot becomes clearer: the ~150 malnourished mice were *appropriately* euthanised, then NHMRC Principal investigator Simpson *inappropriately* hid them from readers of the main text of the paper that was supposed to provide a **complete report on the *actual* results** from the taxpayer-funded 30-diet experiment. **Again, Simpson hid those ~150 dead mice on five of his preferred low P:C diets in a separate file called "Supplemental information", and now Senior DVC Garton has been caught, red-handed, hiding my evidence that the mice were dying of malnutrition**; he now dishonestly pretends that "it could not be known whether mice fed these diets would have died, or whether they would have lived long and healthy lives had they not been euthanised" (p.3 of "initial inquiry" report).

My strong suspicion remains that Simpson unethically "censored" ("disappeared") those ~150 dead low P:C mice so he could pretend that his mistaken forecasts in his much-cited 2012 book had been proven "correct":

- In mice as in insects, “protein restriction ... extends life span” while “increasing the ratio of protein to non-protein energy ... decreases life span...”
- "Now, what we found [via “900 mice” on “30 experimental diets”]...was that longevity in the mice was also, just like the fly, greatest on low-protein, high-carbohydrate diets”: minute 28:20 https://www.youtube.com/watch?v=x0-Jt7az-54
- "Median lifespan was greatest for animals fed on diets that were low in protein [P] and high in carbohydrate [C]".

After all, Simpson's career move from insects to human and public health depended on his career-expanding 30-diet experiment producing his predicted results. Otherwise it was back to fruit flies and locusts for Steve (and who cares about them?).

Now, Harvard superstar Sinclair's completely different approach to "censoring" dead mice appears profoundly important. Sinclair's usual approach is both ethical and honest: "For the longevity study, only **cases where the condition of the animal was considered incompatible with continued survival are represented as deaths in the curves**. Animals removed at sacrifice or euthanized due to reasons not related to incompatible survival were considered as censored deaths. In the standard diet group, 18 mice were **censored [disappeared] due to dermatitis**...": p. 792 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4172519/pdf/acel0013-0787.pdf

To me, this fresh information suggests strongly that Simpson's "disappearing" of mice dying of malnutrition from his formal survival analysis is part of a serious scientific fraud. Further, it appears to me that if Sinclair had been genuinely involved in producing the disputed *Cell Metabolism* paper, his main contribution would have been nipping Simpson's scientific fraud in the bud, by refusing to allow Simpson to "censor"/"disappear" those ~150 mice dying of malnutrition on low P:C diets from the diet-and-survival analysis.

Professor Sinclair's approach of recording the exact days the ~150 mice were euthanised as the dates of death for survival-analysis purposes has been disputed by Senior DVC Garton's paid advisor Professor Peter Koopman, but any number of reasonable assumptions would produce effectively the same result.

For example, if Harvard "co-author" Sinclair had assumed - in the disputed *Cell Metabolism* paper - that the mice dying of malnutrition had lived **as much two or three times as long** as they actually lived (20 and 46 weeks, or 30 and 69 weeks, rather than 10 and 23 weeks), the results of the diet-and-survival analysis would remain essentially the same as presented in my Table 3. That is, Simpson's five killer 5%-protein diets that he hid from readers would still be the five worst diets for median lifespan, and five for the top-seven diets for median lifespan would still be high (not low) P:C diets.

Summarising some key facts regarding the University of Sydney's 30-diet lifespan fraud

All these matters - including the role of "authorship" and "censorship" discussed above - should be **independently investigated** to see if the extent of my concerns about how the 30-diet experiment's results have been misrepresented - and the extent to which taxpayers are being defrauded - are completely justified.

What we know for sure is that median lifespan was **not** greatest for animals fed on diets that were low in protein and high in carbohydrate, as claimed in the faulty Cell Metabolism paper. Similarly, longevity in the mice was **not**, just like the fly, greatest on low-protein, high-carbohydrate diets, as claimed by the NHMRC's "Principal investigator" Simpson at a grand scientific lecture at the University of NSW alongside Harvard superstar and "co-author" David Sinclair: minute 28:20 https://www.youtube.com/watch?v=x0-Jt7az-54

Readers, please recall that the publication of the "initial inquiry" report (p. 3) on 17 December provided belated notification from DVC(R) Duncan Ivison - via investigator DVC Stephen Garton and his offsider Professor Peter Koopman - that **"Through the course of assessing this issue [we have] ... identified a discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)**".

And now we have the Senior Deputy Vice Chancellor of the University of Sydney - its research-integrity investigator, Stephen Garton - caught red-handed hiding my evidence that Simpson's ~150 missing mice "would soon have died from malnutrition" because, Simpson explained: "In short, these diets were not viable for a young, growing mouse".

What a disgrace. These latest developments involving the University of Sydney's 30-diet lifespan fraud are a new low in Group of Eight "science": senior management caught red-handed dishonestly seeking to protect a serious scientific fraud. I assume, Duncan, that you and Senior DVC Garton were seeking to dishonestly hide the fact that Simpson is overseeing a serious scientific fraud, in order to protect the University of Sydney's undeserved reputation for "research excellence".

The bottom line remains that "Principal investigator" Simpson has misrepresented the results of his 30-diet experiment in exactly the way one would expect if he were dishonestly seeking to "prove" the mistaken forecasts in his 2012 book "correct". The

dishonestly has flowed thick and fast since January 2019, when he falsely claimed that "Rory's concerns are in every respect unfounded" [p. 21].

As recently as August, Simpson was still dishonestly pretending - in *The Australian* newspaper - that "The conclusions derive, as they must, from analysis of the entire dataset", knowing full well that he had hidden ~150 dead young mice on five of his preferred low P:C diets: p. 5 of 7 https://www.australianparadox.com/pdf/Letter-USyd-AcBd-Sep19.pdf

Duncan, that concludes my application for a review. Thank your for your time.

B. APPLICATION FOR AN INDEPENDENT RESEARCH-MISCONDUCT INVESTIGATION

It turns out that the National Health and Medical Research Council (NHMRC) asking University of Sydney to conduct an inquiry into concerns about misconduct by its scientists on campus is like asking the Catholic Church to investigate claims of misconduct by its priests.

In both cases, management simply declares that everything is fine, dishonestly hiding the evidence that it is not, thus allowing ongoing harm to community to flow from the misconduct that in fact is fully understood and protected by church and university management.

Given that the University of Sydney has promised taxpayers that it is uniquely devoted to research "excellence", in order to obtain ~$700m per year of public funding, its dishonest behaviour amounts to financial fraud on a massive scale. As I write, Principal investigator Simpson, Senior DVC Garton and DVC Ivison are attempting to retain for the University - via false and deceptive conduct - a tasty $13m from the NHMRC over the 2019-2013 timeframe: p.12 https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

Duncan, in your 17 December letter to me, you explained that for the University of Sydney to consider any new investigation, you would require me to report "new matters, or significant new information". **Following your instructions, I now highlight two such matters**.

- **First**, as discussed above, your research-integrity investigator - the University of Sydney's Senior DVC, Stephen Garton - has been caught red-handed hiding my evidence that Simpson's ~150 missing mice "would soon have died from malnutrition" because, as Simpson explains: "In short, these diets were not viable for a young, growing mouse". Garton then introduced fluffy, false, fake evidence pretending that "it could not be known whether mice fed these diets would have died, or whether they would have lived long and healthy lives had they not been euthanised". What a disgrace. A new low point in Australian Group of Eight "science"?

- **Second**, we now know - and this too is "significant new information", not reported in my Submissions - that Harvard superstar David Sinclair - reported to be a co-author of Simpson's disputed paper - would not have allowed Simpson simply to delete ~150 mice on low P:C diets from their published survival analysis in *Cell Metabolism*.

Please consider - carefully - Professor Sinclair's profoundly different approach to "censoring" ("disappearing") dead mice: "For the longevity study, only **cases where the condition of the animal was considered incompatible with continued survival are represented as deaths in the curves**. Animals removed at sacrifice or euthanized due to reasons not related to incompatible survival were considered as censored deaths. In the standard diet group, 18 **mice were censored [excluded] due to dermatitis**...": p. 792 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4172519/pdf/acel0013-0787.pdf

Importantly, Simpson's first ~150 dead young mice were not struggling with dermatitis. That is, those ~150 mice on five of NHMRC Principal investigator Simpson's insect-like diets - mice that were euthanised because they were dying of malnutrition - **should have been included in the survival analysis reported in the paper, not hidden** (in a separate file called "Supplemental information") from almost everyone who has taken an interest in the 30-diet experiment.

Again, Harvard's standard approach to dead and dying mice is both ethical and honest. Harvard superstar Sinclair's uncontroversial approach of explicitly counting - not sneakily deleting - animals whose condition was "considered incompatible with continued survival" suggests strongly that Simpson's "disappearing" of mice dying of malnutrition from his formal survival analysis is part of a serious scientific fraud.

Duncan, your investigator - Senior DVC Stephen Garton - getting caught red-handed dishonestly disappearing my evidence that ~150 mice were dying of malnutrition - combined with the fact that his "co-author" and Harvard superstar David Sinclair's standard approach is to record such animals in published survival curves - appears to meet any credible threshold for a fresh, wide-ranging investigation. Do you agree?

Again, the University of Sydney was required by the NHMRC to produce an "initial inquiry" based on the careful collection and recording of key facts required to produce "**a robust preliminary assessment able to withstand subsequent scrutiny**".

Duncan, the information I have set out on the pages above has shredded the credibility of your "initial inquiry" report. It is clear that two serious scientific frauds - the Charles Perkins Centre's *Australian Paradox* fraud and now the 30-diet lifespan fraud - are running wild under University of Sydney senior management's noses. In my opinion, this serious research misconduct that can now be properly addressed only through an **independent investigation conducted by a panel of respected, competent and honest individuals**.

Beyond the catastrophic problems already highlighted above, **all six of the "findings" published in your "initial inquiry" report are highly flawed**, due to faulty processes allowing Senior DVC Stephen Garton to contrive false conclusions and unethically downplay or dismiss my concerns.

Duncan, two of my favourite parts of your "initial inquiry" report are found on the first and third pages.

You wrote: "...the [disputed Cell Metabolism] paper was evaluated **[i]** through the journal's peer review process prior to publication and **[ii]** in an extra independent review conducted by the journal in June in response to Mr Robertson's complaint. **The University is satisfied that there is no basis for any of the matters raised by Mr Robertson to be investigated further**".

Then, after falsely and sneakily insisting to readers that initial quality control via "peer review" was excellent and, further, everything was double-checked as recently as June, you slipped in the thing that torched your story about highly trustworthy quality control: alas, **we found "a discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)**"! Nice one!

Duncan, you have treated that discrepancy **as if the actual numbers of pesky dead young mice are unimportant in a formal survival analyses**, pretending that this belated admission of a major discrepancy dead-mouse numbers in the disputed paper has no bearing at all on my claim that "Principal investigator" Simpson has profoundly - and probably dishonestly - misrepresented the actual results of the high-profile 30-diet experiment that Australian taxpayers paid $1m to have undertaken.

Australian taxpayers should to be able to see the *actual* results of the 30-diet survival analysis explicitly documented as I have tried to do in my Table 3. This is supposed to be high-level Group of Eight research characterised by "excellence": interested parties shouldn't have to scrounge around for information that Simpson and co. have sneakily obscured via their **cosy arrangements with *Cell Metabolism* editors**.

Interested parties should be able to know with confidence exactly how many mice were alive on each of the 30 diets at the start of the experiment, what day each mouse on each diet died, and the median lifespan of each cohort. We should not be forced to make do with NHMRC Principal investigator Stephen Simpson **presenting us with dodgy, misleading pretty pictures** - https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5 - while assuring everyone that **"Rory's concerns are in every respect unfounded"**. Readers of the report on the NHMRC-funded experiment should be able to know with confidence that it is indeed true that **the single-best diet for median lifespan** - 42% protein and 29% carbohydrate - has a median lifespan of **139 weeks, some 10% longer than any of the other 29 diets. Further, it is absolutely true that five of the top-seven diets for median lifespan are *high* (not low) P:C diets**: see my Table 3 on p. 9 https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

The NHMRC's "Principal investigator" Simpson has claimed that results of the 30-diet experiment support the stories he likes to tell:

- In mice as in insects, “protein restriction ... extends life span” while “increasing the ratio of protein to non-protein energy ... decreases life span...”
- "Now, what we found [via “900 mice” on “30 experimental diets”]...was that longevity in the mice was also, just like the fly, greatest on low-protein, high-carbohydrate diets”: minute 28:20 https://www.youtube.com/watch?v=x0-Jt7az-54
- "Median lifespan was greatest for animals whose intakes were low in protein and high in carbohydrate".

Yet under the scrutiny of a research-misconduct inquiry, Simpson advised a credulous Professor Koopman that "the study was about *late-life health* rather than health and longevity in general...". That to me is contrived ex-post nonsense designed to protect his blatant scientific fraud. Recall that Principal investigator Simpson explicitly advised the ABC's Health Report: "…what we did was design 25 diets": p. 18 https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

Amusingly, we now have Senior DVC Stephen Garton tying himself in knots pretending that Simpson and his science-careerist colleagues didn't recklessly misinform the media - including **four ABC reporters and the national audience of three ABC programs** - about the NHMRC-funded experiment, by falsely stating that there were 25 diets (not 30) diets:

"Professor Garton found that Mr Robertson’s concerns about the reporting of the outcomes of the study [30-diet experiment] were based on his view that the conclusions reported by the researchers did not reflect the actual [30-diet experiment's] study outcomes ... Professor Garton found that the research outcomes were not misrepresented in media reports and an ABC radio interview to which Mr Robertson has referred and that there is no breach of the Research Code". So 25 now means 30? And 858 means 715? Not a problem. Yes, we have no bananas.

Why do I think NHMRC Principal investigator Simpson was being dishonest - "…what we did was design 25 diets" - with ABC health reporter Norman Swan? Well, dishonestly has been oozing from Simpson since he told me on 28 November 2013 that he would fix the *Australian Paradox* fraud: http://www.australianparadox.com/pdf/LettersCPCProfSimpson.pdf

Instead, in 2017, he helped Professor Jennie Brand-Miller, Alan Barclay, Bill Shrapnel and Stewart Truswell to dishonestly expand his Charles Perkins Centre's sugar-and-obesity fraud into the *American Journal of Clinical Nutrition*: pp. 5-6 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf and pp. 22-26 https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

With the University of Sydney sugary low-protein, high-carbohydrate research misconduct working to promote type 2 diabetes, misery and early death across Australia, especially in Indigenous communities and aged-care homes, I will continue to campaign for an independent investigation by a panel of widely respected, competent and honest individuals.

Further, I will continue my campaign for the **formal retraction** of the extraordinarily faulty *Australian Paradox* paper (2011) and the faulty 30-diet mouse study (2014) that continues to hide five of the 30 diets and ~150 dead mice that "would soon have died from malnutrition".

C. SOME FINAL BITS AND PIECES ON THE SHAM "INITIAL INQUIRY" REPORT

Some observers will be interested to discover that NHMRC Principal investigator Simpson - also Academic Director of the palatial Charles Perkins Centre, responsible for overseeing "close to 1000" taxpayer-funded researchers: https://www.smh.com.au/national/university-sets-up-500m-centre-for-obesity-research-20130724-2qjq8.html - and *Sydney Morning Herald* investigative journalist Kate McClymont - also a "Pro-Chancellor" at the University of Sydney - these days regularly sit alongside each other as **"Fellows" of the University of Sydney's Senate**. In coming meetings, they may have quite a lot to talk about: https://sydney.edu.au/about-us/governance-and-structure/governance/senate/our-senate-fellows.html

On University of Queensland Professor Peter Koopman's role in various matters above, he appears to have been paid by the University of Sydney for the use of his name, to add undeserved credibility to DVC Garton and DVC(R) Ivison's sham "initial inquiry" report. I rang Professor Koopman and spoke to him for 25 minutes on Wednesday 18 December, the afternoon after the report was published. Having seen my letter to *Cell Metabolism* earlier in the day - requesting the formal retraction of Simpson's faulty paper - Professor Koopman quickly

objected to my use in my letter of the word "sham" to describe the University of Sydney's "investigation" into my concerns about the 30-diet mouse-lifespan fraud.

Notably, when I asked him directly if he had been aware of my evidence that NHMRC Principal investigator Simpson had - way back in January 2019 - formally advised his journal *Cell Metabolism* that the ~150 mice on his five 5%-protein diets were euthanised (only) because they "**would soon have died from malnutrition**" - concluding **"In short, these [insect-like] diets were not viable for a young, growing mouse" [see p. 21, earlier]** - Professor Koopman complained that I had "ambushed" him.

It is a pity that Professor Koopman somehow managed to end up falsely claiming in the University of Sydney's sham "initial inquiry" report that "it could not be known whether [those ~150 dead young] mice fed these [insect-like] diets would have died, or whether they would have lived long and healthy lives had they not been euthanised". My sense is that Professor Koopman was largely oblivious to the fact that the University of Sydney was simply paying him as an advisor to answer largely irrelevant questions *designed to avoid the truth*, in order to feed his name and (earlier) credibility into its shonky report. Alas, Professor Koopman appears to be hapless participant who was unaware that he would to used by the University of Sydney to shamelessly do what it was always going to do: dishonestly pretend that there is no problem, in an unethical attempt to protect NHMRC Principal investigator Simpson's serious scientific fraud.

I try to be fair, and in our 25-minute phone call, I heartily congratulated Professor Koopman for confirming that Simpson's disputed paper is indeed misrepresenting the *actual* results from his 30-diet experiment: **"Professor Koopman ... identified a discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)"**. Beyond that excellent observation, however, Koopman's name and the answers he provided to largely irrelevant questions *designed to avoid getting at the truth* are featured by the University of Sydney in its "initial inquiry" report merely to give that faulty, dishonest report undeserved credibility.

Further on the detail of the faulty "initial inquiry" report, observers should understand the following critical point, the University of Sydney's claim that I expressed concern "that certain groups of mice were **excluded from the experiment**" (p. 3) is incorrect. Professors Simpson, Garton, Ivison and Koopman (University of Queensland) have carelessly, perhaps dishonestly, muddied the waters. **In fact, those ~150 dead young mice on five of Simpson's chosen 5%-protein, insect-like diets were <u>not</u> "excluded from the experiment"; they dutifully completed their scientific roles in the 30-diet experiment: they lived and then they died, telling us all we needed to know about Simpson's dishonest false claim that low P:C insect-like diets maximise lifespan in mice, as in insects and humans.**

Again, my concern is **not** that those ~150 dead mice were "excluded from the experiment". They were not excluded from the experiment. Their living and dying was a profoundly important **part** of the experiment. **Those five cohorts of mice on killer, low-protein, insect-like diets completed their scientific duty of living and dying and falsifying Simpson's widely promoted hypotheses**: In mice as in insects, “protein restriction ... extends life span” while “increasing the ratio of protein to non-protein energy ... decreases life span...”. As far back as 2009, that’s what Simpson planned and *needed* to find. **Alas, it turns out that NHMRC Principal investigator Simpson was wrong; accordingly, my concern always has been that "that certain groups of mice were excluded from [Simpson's formal report describing] the experiment".**

My claim is that NHMRC Principal investigator Simpson, in his formal report on 30-diet experiment, unethically hid profoundly important scientific results after his taxpayer-funded experiment did not turn out the way he planned and *needed*. He unethically hid those ~150 dead young mice from readers - in a separate file called "Supplemental information" - and went about pretending that the results from his five killer low P:C diets said nothing about his preferred but clearly dodgy stories: In mice as in insects, “protein restriction ... extends life span” while “increasing the ratio of protein to non-protein energy ... decreases life span...”.

Again, as recently as August, Simpson was still dishonestly pretending - in *The Australian* newspaper - that "**The conclusions derive, as they must, from analysis of the entire dataset**", knowing full well that he had hidden ~150 dead young mice on five of his preferred low P:C diets: p. 5 of 7 https://www.australianparadox.com/pdf/Letter-USyd-AcBd-Sep19.pdf

Given that Simpson is still hiding those ~150 dead young mice from readers, **it now is doubly concerning that Senior DVC Garton has been caught red-handed contriving science fiction to explain their deaths**. In his sham "initial inquiry" report, Senior DVC Garton has dishonestly hidden Simpson's formal explanation to *Cell Metabolism*, that the ~150 young mice on those five killer, insect-like diets "would soon have died from malnutrition", concluding: "In short, these [insect-type] diets were not viable for a young, growing mouse". Exactly: pp. 23-24 https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf

On 17 December, DVC(R) Ivison and Senior DVC Garton launched their new, invented, fake evidence - "it could not be known whether [those ~150 dead young] mice fed these [insect-like] diets would have died, or whether they would have lived long and healthy lives had they not been euthanised" - in order to claim that "there is no basis for any of the matters raised by Mr Robertson to be investigated further". This clearly is dishonest self-serving nonsense.

Please hit "reply" and write to me as soon as possible if you think I am misrepresenting/overstating what just happened. **[No-one ever did.]**

Finally, DVC(R) Ivison and Senior DVC Garton's decision to "hold back" publication of their "initial inquiry" report until Tuesday 17 December was probably designed to ensure the **"review deadline"** - that I am currently seeking to meet, as I write late into Monday night - would be Tuesday 31 December, New Year's Eve. Nice one, Duncan and Stephen. Not to worry: I will meet the deadline. And later, when I have more time up my sleeve, I will add this current letter to my 18 December letter to *Cell Metabolism* seeking the formal retraction of Simpson's faulty paper. To those two letters, I will add my Table 3, several charts and various other documents that make clearer **my valid concerns about the University of Sydney's dishonest "science" working to promote type 2 diabetes, misery and early death across Australia, including via the unconscionable suppression of medical science's simple, effective cure for type 2 diabetes**: p. 13 and pp. 32-47 https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf.

In the meantime, best wishes to all readers for 2020!

Regards,
Rory

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Comments, criticisms, questions, compliments, whatever welcome at strathburnstation@gmail.com

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Strathburn Cattle Station is a proud partner of YALARI, Australia's leading provider of quality boarding-school educations for Aboriginal and Torres Strait Islander teenagers. Check it out at http://www.strathburn.com/yalari.php

From: rory robertson [mailto:strathburnstation@gmail.com]
Sent: Tuesday, 31 December 2019 1:19 PM
Subject: Letter: Request for review of DVC Garton's "initial inquiry" into 30-diet mouse-lifespan misconduct
To: Duncan Ivison; Stephen Garton; Stephen Simpson (CPC); David_Sinclair@hms.harvard.edu; david.sinclair@unsw.edu.au; Michael Spence; kmcclymont@smh.com.au
Cc: Research Integrity; aric@nhmrc.gov.au; David Raubenheimer; David Le Couteur; David Vaux; Peter.Brooks@nh.org.au; s.gandevia@neura.edu.au; cglennbegley@gmail.com; b.graham@victorchang.edu.au; aholmes@unimelb.edu.au; jenkins.m@wehi.edu.au; bob.williamson@mcri.edu.au; Alanjoyce@qantas.com.au; AndrewDavid@qantas.com.au; GarethEvans@qantas.com.au; AndrewFinch@qantas.com.au; JohnGissing@qantas.com.au; LesleyGrant@qantas.com.au; VanessaHudson@qantas.com.au; TinoLaSpina@qantas.com.au; RobMarcolina@qantas.com.au; StephanieTully@qantas.com.au; AndrewParker@qantas.com.au; oliviawirth@qantas.com.au; Richard Fisher; Anthony Masters; Chair Academic-Board; Rebecca Halligan; Honi Soit; Anne.Kelso@nhmrc.gov.au; Alan.Singh@nhmrc.gov.au; Prue.Torrance@nhmrc.gov.au; Julie.Glover@nhmrc.gov.au; Clare.McLaughlin@nhmrc.gov.au; Tony.Kingdon@nhmrc.gov.au; Tony.Willis@nhmrc.gov.au; Samantha.Robertson@nhmrc.gov.au; Tony.Krizan@nhmrc.gov.au; Sarah.Byrne@nhmrc.gov.au; nhmrc@nhmrc.gov.au; ceo@arc.gov.au; era@arc.gov.au; 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The Big Picture: Incompetence, scientific fraud, careerism and a lust for taxpayer funding dominating "science"

One US critic - Dr Edward Archer - recently observed that "**American universities often produce corrupt, incompetent, or scientifically meaningless research that endangers the public, confounds public policy, and diminishes our nation's preparedness to meet future challenges. Nowhere is the intellectual and moral decline more evident than in public health research**".

He argues that the problems with competence and integrity in US university science are in part a function of "**the relentless pursuits of Taxpayer funding**". He claims "training in 'science' is now tantamount to grant-writing and learning how to obtain funding. Organized skepticism, critical thinking, and methodological rigor, if present at all, are afterthoughts": https://www.jamesgmartin.center/2020/01/the-intellectual-and-moral-decline-in-academic-research/

In Australia, false and harmful dietary advice is driving type 2 diabetes, misery and early death in more than a million Australians, especially in Indigenous communities and aged-care homes. The false and harmful nutrition advice has its origins in the widespread incompetence and scientific fraud at the highest levels of nutrition science in our Group of Eight universities.

As I have shown since 2012 - via the ongoing case of the infamous *Australian Paradox* sugar-and-obesity fraud - there is no competent, honest Group of Eight quality control when it matters. Australians cannot trust Go8 research on even the simplest of matters, let alone complex matters including climate change. Taxpayers waste billions of dollars each year by funding research they cannot implicitly trust.

In the *Australian Paradox* sugar-and-obesity fraud, the University of Sydney continues to dishonestly defend as factual the false and harmful claim that there is "an inverse relationship" in Australia between sugar consumption and obesity: http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf

This silly false claim would be dismissed as clownish, if it were not marketed and dishonestly defended as factual by the University of Sydney's highly distinguished Professor Jennie Brand-Miller, the misbehaving careerist bizarrely elected to The Australian Academy of Science in 2018 despite the infamous, well-documented scientific fraud she continues to champion, with the help of her boss, Professor Stephen Simpson, the Academic Director of the Charles Perkins Centre: https://www.science.org.au/profile/jennie-brand-miller ; https://www.science.org.au/profile/steve-simpson ; see especially pp. 22-26 https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf

When push came to shove, influential University of Sydney professors Stephen Simpson and Stewart Truswell (since 1979, Truswell has been the main scientific author of *Australian Dietary Guidelines*) agreed to pretend that Brand-Miller's extraordinarily faulty *Australian Paradox* paper (2011) is fine, in the process of dishonestly thwarting Professor Robert Clark AO's 2014 research-integrity "initial inquiry" recommendation that a new paper be written that "**specifically addresses and clarifies the key factual matters" including fake and misinterpreted data**: p. 6 http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf

As noted earlier, NHMRC Principal investigator Simpson also is the Academic Director of the palatial Charles Perkins Centre, **overseeing ~1000 taxpayer-funded researchers**. Simpson's faulty, famous *Cell Metabolism* paper at the heart of the University of Sydney's 30-diet lifespan fraud already has been cited a massive ~500 times in the scientific literature.

Again, Simpson **improperly concealed *fully one-third* of his 15 low P:C diets** and tried to hide the 143 mice that suffered severe malnutrition on those **five killer low P:C diets**, before they were culled. Simpson then **falsely concluded that low P:C diets extend lifespan in mice as in insects and so humans**, as forecast in his highly cited 2012 book (pp. 17-18). Simply ignored is the fact that mice and humans have *profoundly different* metabolisms when it comes to low-carbohydrate (high-fat) diets (p.24). And too bad that the sugary low-protein, high-carbohydrate diets that the Charles Perkins Centre falsely promotes as lifespan-extending for mice actually cause type 2 diabetes, misery and early death in humans, including especially those living and dying in Indigenous communities and aged-care facilities.

Apart from ongoing harm to public health, the misbehaviour of distinguished science careerists in our universities involves a massive waste of public resources. The Go8 is gifted two-thirds of all public funding provided to Australian universities; each year, taxpayers have been gifting ~$700m to the University of Sydney, most of it to fund research that nobody can really trust. That issue has become even clearer, as the University's management has defended the 30-diet lifespan fraud as solid, factual, useful "science". To keep the research-funding gravy train running, the University of Sydney and its the Group of Eight partners promise taxpayers a unique devotion to "excellence" in research. Yet when false "findings" harming public health are brought to management's attention, the claims are dishonestly defended as factual rather than formally retracted, in line with standard scientific process: https://www.the-scientist.com/news-opinion/top-retractions-of-2018-65254

In my opinion, the University of Sydney is choosing to defraud taxpayers on a massive scale (see overleaf). Again, the current 30-diet mouse-lifespan fraud is an **"action replay"** of the fundamental dishonesty of Charles Perkins Centre and University of Sydney management in the 2012-2017 period, when it chose not to stop Professor Jennie Brand-Miller's **ongoing *Australian Paradox* sugar-and-obesity fraud**.

Having considered my *Submission* so far, are "Rory's concerns in every respect unfounded", as claimed by NHMRC Principal investigator Simpson in January 2019 to keep dishonestly squeezing $13m from NHMRC? (p.11) My assessment is that these two troubling case studies make it hard to avoid the conclusion that **Group of Eight "science" is untrustworthy so cannot be relied upon in public-policy debates.** There is no competent, honest quality control when it matters: **Senior Deputy Vice-Chancellor Garton's dishonest "initial inquiry" report** – a report that was "held back" for months so it could be published during the summer lull, on 17 December 2019 - is an absolute disgrace.

In my opinion, the ongoing research misconduct by influential science careerists at the University of Sydney is **a national scandal that should be brought to public's attention and stopped**. Authorities should rescue the million-plus Australians who - shamefully and for no good reason - are left without proper treatment, to suffer type 2 diabetes, misery (eg blindness and amputations) and early death (pp. 42-60).

The good news is that there is a simple, effective cure for type 2 diabetes that was known at the highest levels of medical science a century ago, and used back then by thousands of GPs across the western world (pp. 23, 42-43, 50-58). Alas, what should be the widespread life-giving use of this effective cure today is suppressed by the fraudulent sugary high-carbohydrate "science" promoted by the dishonest University of Sydney. **Please consider the information set out over the rest of this document.**

Rory Robertson
1March 2020

The University of Sydney and its Group of Eight partners promise "excellence" in order to squeeze billions of dollars of research funding each year from Australian taxpayers. Unfortunately, there is no competent, honest quality control when it matters. Indeed, University of Sydney DVC Garton's "initial inquiry" report is dishonestly supportive of Professor Simpson's 30-diet lifespan fraud

GROUP OF EIGHT AUSTRALIA

commitment to excellence

Excellence & results

It is an exciting time to lead this premier group of research intensive universities. With world rankings consistently placing our Go8 universities as the highest ranked Australian universities, and with seven of our members in the world's top 100, the Go8 has been perfectly positioned to take a lead position in the Australian Government's priority policy direction to drive innovation for economic growth.

It is at Go8 universities that the quality students we enrol have the opportunity to learn and grow into quality graduates, while experiencing the benefits of a research-rich environment that receives two thirds of Australia's University research funding.

Dr Michael Spence
Chair

2016

Go8 members have the long tradition of being Australia's first, and still premier, group of universities. … Australia's leading research intensive universities. …Importantly we ensure that we lead. In research we account for two-thirds of all research funding to Australian Universities. …The Go8 receives more than 60% of Australia's National Health and Medical Research Council (NHMRC) funding. In 2015 the Go8 received research funding to the value of $2.5 billion.

https://go8.edu.au/files/docs/page/commitment-to-excellence_web_0.pdf ;
https://www.go8.edu.au/oldcontent/sites/default/files/docs/page/go8_in_profile_brochure.pdf

THE UNIVERSITY OF SYDNEY

Annual Report 2018

1.2 Federal government funding

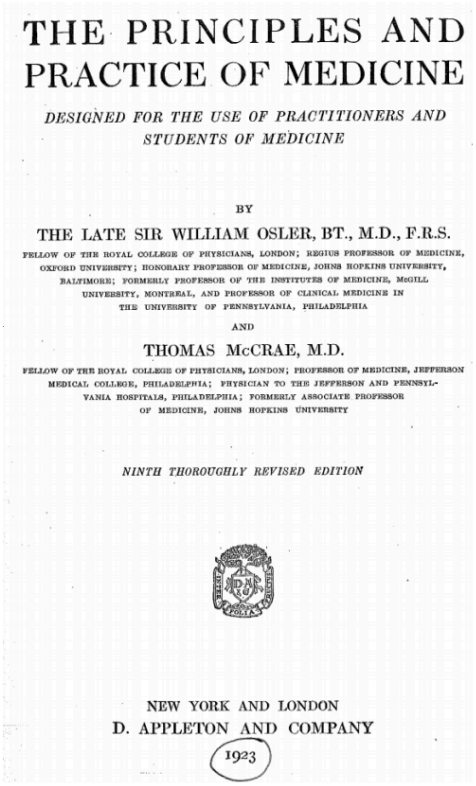
Declining federal financial support in real terms has continued to intensify pressure on the University and has increased the University's reliance on fee-paying students. Federal operating and capital support decreased by $4.2 million, although research funding increased by $11.1 million. The decrease in operating grants is mainly attributable to a $5.8 million decrease in Partnership and Participation Program funding.

	2018 $M	2017 $M	Change $M	Change %
Teaching and learning operating grants	304.9	309.1	(4.2)	(1.4)
Capital funding	0.0	0.0	0.0	0.0
Federal government operating and capital grants	**304.9**	**309.1**	**(4.2)**	**(1.4)**
Research program funding	185.8	184.5	1.3	0.7
Australian Research Council	45.8	55.1	(9.3)	(16.9)
National Health and Medical Research Council	85.5	92.2	(6.7)	(7.3)
Other federal agencies - research	50.0	24.9	25.1	100.8
Other federal agencies - non-research	38.3	37.6	0.7	1.9
Federal research funding	**405.4**	**394.3**	**11.1**	**2.8**
Total federal funding	**710.3**	**703.4**	**6.9**	**1.0**

While soliciting billions of dollars from hapless taxpayers and politicians, the University of Sydney and its Group of Eight partners promised to pursue "excellence" in research; yet post-funding, they actively support blatantly false, harmful research "findings"!

The Group of Eight: *Research intensive universities promote **excellence in research**...**integrity is the requirement, excellence the standard**...the application of **rigorous standards of academic excellence**...**placing a higher reliance on evidence than on authority**...the **excellence**, breadth and volume of their research...help position the standards and **benchmarks for research quality**...research intensive universities are **crucial national assets**...*[they have] *the right and responsibility to publish their results and participate in national debates...provide information that supports community well-being...they are **citadels of ability and excellence**... **Excellence attracts excellence**...The reputation of these universities **reflects substance, not public relations**...the research intensive universities are **critical**. The way in which they operate ensures the **highest possible standards of performance** across a broad range of disciplines and helps set **national standards of excellence**.* https://go8.edu.au/sites/default/files/docs/role-importanceofresearchunis.pdf

The tragedy of modern nutrition "science" and advice is that incompetence and scientific fraud have resulted in "scientists", GPs and dietitians knowing less today about fixing type 2 diabetes than was widely known in 1923



THE PRINCIPLES AND PRACTICE OF MEDICINE

DESIGNED FOR THE USE OF PRACTITIONERS AND STUDENTS OF MEDICINE

BY

THE LATE SIR WILLIAM OSLER, BT., M.D., F.R.S.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS, LONDON; REGIUS PROFESSOR OF MEDICINE, OXFORD UNIVERSITY; HONORARY PROFESSOR OF MEDICINE, JOHNS HOPKINS UNIVERSITY, BALTIMORE; FORMERLY PROFESSOR OF THE INSTITUTES OF MEDICINE, McGILL UNIVERSITY, MONTREAL, AND PROFESSOR OF CLINICAL MEDICINE IN THE UNIVERSITY OF PENNSYLVANIA, PHILADELPHIA

AND

THOMAS McCRAE, M.D.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS, LONDON; PROFESSOR OF MEDICINE, JEFFERSON MEDICAL COLLEGE, PHILADELPHIA; PHYSICIAN TO THE JEFFERSON AND PENNSYLVANIA HOSPITALS, PHILADELPHIA; FORMERLY ASSOCIATE PROFESSOR OF MEDICINE, JOHNS HOPKINS UNIVERSITY

NINTH THOROUGHLY REVISED EDITION

NEW YORK AND LONDON
D. APPLETON AND COMPANY
1923

The following are the conditions which influence the appearance of sugar in the urine:

(*a*) EXCESS OF CARBOHYDRATE INTAKE.—In a normal state the sugar in the blood is about 0.1 per cent. In diabetes the percentage is usually from 0.2 to 0.4 per cent. The hyperglycæmia is immediately manifested by the appearance of sugar in the urine. The healthy person has a definite limit of carbohydrate assimilation; the total storage capacity for glycogen is estimated at about 300 gms. Following the ingestion of enormous amounts of carbohydrates the liver and the muscles may not be equal to the task of storing it; the blood content of sugar passes beyond the normal limit and the renal cells immediately begin to get rid of the surplus. Like the balance at the Mint, which is sensitive to the correct weight of the gold coins passing over it, they only react at a certain point of saturation. Fortunately excessive quantities of pure sugar itself are not taken. The carbohydrates are chiefly in the form of starch, the digestion and absorption of which take place slowly, so that this so-called alimentary glycosuria very rarely occurs, though enormous quantities may be taken. The assimilation limit of a normal fasting individual for sugar itself is about 250 gms. of grape sugar, and considerably less of cane and milk sugar. Clinically one meets with many cases in which glycosuria is present as a result of excessive ingestion of carbohydrates, particularly in stout persons and heavy feeders—so-called lipogenic diabetes—a form very readily controlled.

https://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf

Added sugar is 100% carbohydrate. In 1923, it was widely known by competent GPs across the western world that excessive consumption of added sugar and other carbohydrate is the main driver of (Type 2) diabetes. **Accordingly, a low-carbohydrate, high-fat (LCHF) cure was advised (overleaf).** Today, that LCHF diet cure is almost universally suppressed by "scientists", GPs, dietitians and other public-health careerists. Sadly, the fledgling post-WW2 nutrition "science" space in the 1950s and 1960s was hijacked by mistaken-but-highly influential anti-fat, pro-carbohydrate careerists. For type 2 diabetics today, official advice is worse than useless: "usual care" typically features a diet of 45-65% carbohydrate and a lifetime on ineffective diabetes drugs. With usual care, typically less than 1% of HCPs' customers have their type 2 diabetes "reversed", "cured" or "put into remission" before their untimely, premature deaths.

http://care.diabetesjournals.org/content/early/2014/09/12/dc14-0874.full-text.pdf

https://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf

All sorted a century ago!
Pre-eminent medical text in 1923 advised no-sugar, low-carb treatment to cure "lipogenic" (type 2) diabetes

QUANTITY OF FOOD Required by a Severe Diabetic Patient Weighing 60 kilograms. (Joslin.)

Food	Quantity Grams	Calories per Gram	Total Calories
Carbohydrate	10	4	40
Protein	75	4	300
Fat	150	9	1,350
Alcohol	15	7	105
			1,795

STRICT DIET. (Foods without sugar.) Meats, Poultry, Game, Fish, Clear Soups, Gelatine, Eggs, Butter, Olive Oil, Coffee, Tea and Cracked Cocoa.

FOODS ARRANGED APPROXIMATELY ACCORDING TO CONTENT OF CARBOHYDRATES

	5% +	10% +	15% +	20% +
VEGETABLES	Lettuce, Spinach, Sauerkraut, String Beans, Celery, Asparagus, Cucumbers, Brussels Sprouts, Sorrel, Endive, Dandelion Greens, Swiss Chard, Vegetable Marrow, Cauliflower, Tomatoes, Rhubarb, Egg Plant, Leeks, Beet Greens, Water Cress, Cabbage, Radishes, Pumpkin, Kohl-Rabi, Sea Kale	Onions, Squash, Turnip, Carrots, Okra, Mushrooms, Beets	Green Peas, Artichokes, Parsnips, Canned Lima Beans	Potatoes, Shell Beans, Baked Beans, Green Corn, Boiled Rice, Boiled Macaroni
FRUITS	Ripe Olives (20 per cent. fat), Grape Fruit	Lemons, Oranges, Cranberries, Strawberries, Blackberries, Gooseberries, Peaches, Pineapples, Watermelon	Apples, Pears, Apricots, Blueberries, Cherries, Currants, Raspberries, Huckleberries	Plums, Bananas
NUTS	Butternuts, Pignolias	Brazil Nuts, Black Walnuts, Hickory, Pecans, Filberts	Almonds, Walnuts (Eng.), Beechnuts, Pistachios, Pine Nuts	Peanuts (40%), Chestnuts
Miscellaneous	Unsweetened and Unspiced Pickle, Clams, Scallops, Fish Roe, Oysters, Liver			

30 grams (1 oz.) CONTAIN APPROXIMATELY	Protein	Fat	Carbohydrates GRAMS	Calories
Oatmeal	5	2	20	110
Meat (uncooked)	6	2	0	40
" (cooked)	8	3	0	60
Potato	1	0	6	25
Bacon	5	15	0	155
Cream, 40%	1	12	1	120
" 20%	1	6	1	60
Milk	1	1	2	20
Bread	3	0	18	90
Rice	3	0	24	110
Butter	0	25	0	240
Egg (one)	6	5	0	75
Brazil Nuts	5	20	2	210
Orange (one)	0	0	10	40
Grape Fruit (one)	0	0	10	40
Vegetables from 5–6% groups	0.5	0	1	6

1 gram protein contains 4 calories.
1 " carbohydrate contains 4 calories.
1 " fat contains 9 calories.
1 " alcohol contains 7 calories.

1 kilogram—2.2 pounds.
6.25 grams protein contain 1 gram nitrogen.
A patient "at rest" requires 30 calories per kilogram body weight.

CHART XIV.—DIABETIC FOOD TABLES. (JOSLIN.)

https://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf
http://care.diabetesjournals.org/content/early/2014/09/12/dc14-0874.full-text.pdf

Source: RR's *Submission to ACCC's Scamwatch*

Society increasingly aware that modern doses of added sugar cause obesity, type 2 diabetes and heart disease

Indigenous Affairs Minister Nigel Scullion says sugary soft drinks 'killing the population' in remote communities

By political reporter Anna Henderson
Posted 12 Feb 2016, 2:07pm

In the wake of this week's progress report on Closing the Gap, the Indigenous Affairs Minister Nigel Scullion has declared sugary soft drinks are "killing the population" in remote Indigenous communities.

According to evidence provided to Senate estimates today, at least 1.1 million litres of so-called "full sugar" soft drink was sold in remote community stores last financial year.

"I think particularly in remote communities and very remote communities sugar is just killing the population," Senator Scullion said.

"[It's] putting them into that very high risk area before they get to an age where those chronic diseases are evident."

Today's figures were provided by Outback Stores, which runs 36 small supermarkets in remote Aboriginal communities.

The company's chief executive Steven Moore told the committee the figures for soft drink sales are "astounding".

"I think we can all agree that poor diet in communities with consumption of fat, salt and sugar has a large impact on life expectancy in communities," he said.

"Full sugar soft drinks are a major contributor."

PHOTO: The Closing the Gap report said the worst health outcomes, in terms of diabetes, heart disease and other chronic illnesses were found in remote communities. (News Video)

RELATED STORY: Indigenous leaders respond to Closing the Gap

RELATED STORY: Indigenous life expectancy has not improved, Closing the Gap report shows

Key points:

- Closing the Gap report found worst health outcomes found in remote communities
- One remote community store drawing half of total profits from soft drink sales, Senator Scullion says
- Senator Scullion says he thinks attitudes to soft drink are changing

The Closing the Gap report from the Federal Government earlier this week found little progress towards bridging the life expectancy gap between Indigenous and non-Indigenous Australians.

It said the worst health outcomes, in terms of diabetes, heart disease and other chronic illnesses were found in remote communities.

http://www.abc.net.au/news/2016-02-12/scullion-says-sugar-is-killing-remote-communities/7162974

HEART & STROKE™ FOUNDATION

POSITION STATEMENT

SUGAR, HEART DISEASE AND STROKE

FACTS

- Heart disease and stroke are leading causes of death in Canada, responsible for 27.3% of all deaths.[1] Over 1.3 million Canadians are living with heart disease[2] and 315,000 Canadians are living with the effects of stroke.[3]
- More than 60% of Canadian adults[4] and 31% of children and youth aged 5 to 17 years are overweight or obese.[5] Children who are obese are at increased risk of remaining overweight or obese as adults.[6]
- Up to 80% of early heart disease and stroke can be prevented through adopting healthy behaviours including eating a healthy diet.
- Sugar is a carbohydrate that provides energy to the body. Other than providing energy, sugar has no other nutritional benefits.
- Sugar can occur naturally in milk, fruit, vegetables, starches, grains and most plant based foods. Sugars can also be added to foods and drinks for flavour, as a sweetener, as a

- Excess sugar consumption is associated with adverse health effects including heart disease,[10-12] stroke,[10] obesity,[13-17] diabetes,[18-22] high blood cholesterol,[23-24] cancer[25] and dental caries (cavities).[26]
- Individuals who consume greater than or equal to 10% but less than 25% of total energy (calories) from added sugar have a 30% higher risk of death from heart disease or stroke when compared to those who consume less than 10%. For those who consume 25% or more of calories from added sugar, the risk is nearly tripled.[10]

https://www.heartandstroke.ca/-/media/pdf-files/canada/2017-position-statements/sugar-ps-eng.ashx

https://www.australianparadox.com/pdf/Letter-to-ACCC.pdf

Indigenous Australians are perhaps hardest hit by the Charles Perkins Centre's pro-sugar incompetence and fraud. It's tragic that the sorts of outsiders Charlie worked so hard to help often live in misery and die prematurely via type 2 diabetes and CVD, driven by excess consumption of sugar and other carbohydrate

Characteristics of the community-level diet of Aboriginal people in remote northern Australia

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4 Menzies School of Health Research,

Abstract

Objective: To describe the nutritional quality of community-level diets in remote northern Australian communities.

Design, setting and participants: A multisite 12-month assessment (July 2010 to June 2011) of community-level diet in three remote Aboriginal communities in the Northern Territory, linking data from food outlets and food services to the Australian Food and Nutrient Database.

Main outcome measures: Contribution of food groups to total food expenditure; macronutrient contribution to energy and nutrient density relative to requirements; and food sources of key nutrients.

Results: One-quarter (24.8%; SD, 1.4%) of total food expenditure was on non-alcoholic beverages; 15.6% (SD, 1.2%) was on sugar-sweetened drinks. 2.2% (SD, 0.2%) was spent on fruit and 5.4% (SD, 0.4%) on vegetables. Sugars contributed 25.7%–34.3% of dietary energy, 71% of which was table sugar and sugar-sweetened beverages. Dietary protein contributed 12.5%–14.1% of energy, lower than the recommended 15%–25% optimum. Furthermore, white bread was a major source of energy and most nutrients in all three communities.

Conclusion: Very poor dietary quality continues to be a characteristic of remote Aboriginal community nutrition profiles since the earliest studies almost three decades ago. Significant proportions of key nutrients are provided from poor-quality nutrient-fortified processed foods. Further evidence regarding the impact of the cost of food on food purchasing in this context is urgently needed and should include cost–benefit analysis of improved dietary intake on health outcomes.

Dietary improvement for Indigenous Australians is a priority strategy for reducing the health gap between Indigenous and non-Indigenous Australians.[1] Poor-quality diet among the Indigenous population is a significant risk factor for three of the major causes of premature death — cardiovascular disease, cancer and type 2 diabetes.[2] The 26% of Indigenous Australians living in remote areas experience 40% of the health gap of Indigenous Australians overall.[3] Much of this burden of disease is due to extremely poor nutrition throughout life.[4]

Comprehensive dietary data for Indigenous Australians are not available from national nutrition surveys or any other source. Previous reports on purchased food in remote Aboriginal communities are either dated,[5] limited to the primary store[5,6] and/or short-term or cross-sectional in design.[7,8] These studies have consistently reported low intake of fruit and vegetables, high intake of refined cereals and sugars, excessive

was prohibited in the three study communities at the time of our study.

Monthly electronic food (and non-alcoholic beverage) transaction data

egorised into food groups derived from the Australian Food and Nutrient Database AUSNUT 07 food grouping system[10] and beverages were further

https://www.mja.com.au/journal/2013/198/7/characteristics-community-level-diet-aboriginal-people-remote-northern-australia

4727.0.55.003 - Australian Aboriginal and Torres Strait Islander Health Survey: Biomedical Results, 2012-13

LATEST ISSUE Released at 11:30 AM (CANBERRA TIME) 10/09/2014 **First Issue**

Summary | Downloads | Explanatory Notes | Related Information | Past & Future Releases

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- + Key Findings
- + Diabetes
- + Cardiovascular disease
- Chronic Kidney Disease
- Liver Function
- Exposure to tobacco smoke
- Anaemia
- Iodine
- Vitamin D
- Feature article: Chronic disease results for Aboriginal and Torres Strait Islander and non-Indigenous Australians
- **Aboriginal and Torres Strait Islander adults experience diabetes 20 years earlier than non-Indigenous adults (Media Release)**
- About this Release
- History of Changes

MEDIA RELEASE

10 September 2014 — Embargo: 11:30 am (Canberra Time) — 132/2014

Aboriginal and Torres Strait Islander adults experience diabetes 20 years earlier than non-Indigenous adults

Aboriginal and Torres Strait Islander adults are more than three times as likely as non-Indigenous adults to have diabetes, and they experience it at much younger ages, according to new figures released by the Australian Bureau of Statistics today.

"Results from the largest ever biomedical collection for Aboriginal and Torres Strait Islander adults, which collected information on a wide range of chronic diseases and nutrition, reveal that diabetes is a major concern," said Dr Paul Jelfs from the ABS.

"The voluntary blood test results showed that in 2012–13, one in ten Aboriginal and Torres Strait Islander adults had diabetes. This means that, when age differences are taken into account, Aboriginal and Torres Strait Islander adults were more than three times as likely as non-Indigenous adults to have diabetes."

"What was even more striking was how much earlier in life Aboriginal and Torres Strait Islander adults experience diabetes. In fact, the equivalent rates of diabetes in the Aboriginal and Torres Strait Islander population were often not reached until 20 years later in the non-Indigenous population." said Dr Jelfs.

The survey revealed that diabetes was twice as common among Aboriginal and Torres Strait Islander adults living in remote areas. Around one in five in remote areas had diabetes compared with around one in ten in non-remote areas.

Also of interest was the fact that many Aboriginal and Torres Strait Islander adults with diabetes also had signs of other chronic conditions.

"More than half of all Aboriginal and Torres Strait Islander adults with diabetes also had signs of kidney disease. This compared with a third of non-Indigenous adults with diabetes", said Dr Jelfs.

"Given these findings, it is not surprising that the death rate for diabetes among Aboriginal and Torres Strait Islander people is seven times higher than for non-Indigenous people."

http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4727.0.55.003~2012-13~Media%20Release~Aboriginal%20and%20Torres%20Strait%20Islander%20adults%20experience%20diabetes%20200%20years%20earlier%20than%20non-Indigenous%20adults%20(Media%20Release)~130

https://www.australianparadox.com/pdf/Letter-to-ACCC.pdf

Simpson's 2013 marketing reported 60%-carbohydrate diets excellent for mice & humans (via extrapolation "are not that different")

news.com.au

AAP NOVEMBER 20, 2013 9:45PM

Prof uses 1000 mice to expose food folly

THE key to good health is a balance between protein, carbohydrates and fat, says an expert on obesity, diabetes and cardiovascular disease.

Clifford Fram, AAP National Medical Writer

BELIEF that single nutrients such as omega-3s, sugar or salt can cure or cause all ills is folly, says a leading health scientist.

The key, Professor Stephen Simpson says, is for people to think about food as food and to seek a healthy balance between protein, carbohydrates and fat.

Too much of one for too long can make you fat and unhealthy, or even thin and unhealthy, says Prof Simpson, academic director of the new $500 million Charles Perkins centre set up at the University of Sydney to fight obesity, diabetes and cardiovascular disease.

"The balance really matters," he told colleagues at an Australian Society for Medical Research conference in Victoria.

His team conducted a study in which 1000 mice were fed 30 different diets with different ratios of protein, carbohydrates and fat.

"If you want to lose weight as a mouse, you go onto a high-protein diet. But if you stay on that too long you will have poor circulating insulin and glucose tolerance.

"If you go too low on protein, you will drive over-consumption and be prone to obesity."

A good balance for a mouse is about 20 per cent protein, about 60 per cent carbohydrates and about 20 per cent fat.

"And mice are not that different from humans," he said.

An interesting finding was that a low-protein diet coupled with high carbohydrates led to obesity. But these mice lived longest and had a healthy balance in their gut.

Prof Simpson said he was concerned about the emphasis on micronutrients such as vitamins, sugar and salt.

"It is unhelpful when people argue everything is the fault of sugar or fat or salt or whatever when what we are dealing with is a balancing problem."

The best type of carbohydrates and fat is limited amounts of sugar and complex, low GI, hard-to-digest foods.

Prof Simpson said healthy fats such as omega-3 were also important.

Originally published as Prof uses 1000 mice to expose food folly
https://www.news.com.au/national/breaking-news/prof-uses-1000-mice-to-expose-food-folly/news-story/403238e7cccc57b86b689aaa18fa4b95

Meanwhile, the mobs Charlie Perkins cared about struggle & die early in droves on sugary 60%-carb mouse diet

MJA 100 YEARS The Medical Journal of Australia ·1914-2014

Advanced Search

Research 13.

Characteristics of the community-level diet of Aboriginal people in remote northern Australia

Julie K Brimblecombe, Megan M Ferguson, Selma C Liberato and Kerin O'Dea

Med J Aust 2013; 198 (7): 380-384. doi: 10.5694/mja12.11407

Abstract

Objective: To describe the nutritional quality of community-level diets in remote northern Australian communities.

Design, setting and participants: A multisite 12-month assessment (July 2010 to June 2011) of community-level diet in three remote Aboriginal communities in the Northern Territory, linking data from food outlets and food services to the Australian Food and Nutrient Database. ~2600 people

Main outcome measures: Contribution of food groups to total food expenditure; macronutrient contribution to energy and nutrient density relative to requirements; and food sources of key nutrients.

Results: One-quarter (24.8%; SD, 1.4%) of total food expenditure was on non-alcoholic beverages; 15.6% (SD, 1.2%) was on sugar-sweetened drinks. 2.2% (SD, 0.2%) was spent on fruit and 5.4% (SD, 0.4%) on vegetables. Sugars contributed 25.7%–34.3% of dietary energy, 71% of which was table sugar and sugar-sweetened beverages. Dietary protein contributed 12.5%–14.1% of energy, lower than the recommended 15%–25% optimum. Furthermore, white bread was a major source of energy and most nutrients in all three communities. Mean: 61% carbs, including ~24% refined sugar!

Conclusion: Very poor dietary quality continues to be a characteristic of remote Aboriginal community nutrition profiles since the earliest studies almost three decades ago. Significant proportions of key nutrients are provided from poor-quality nutrient-fortified processed foods. Further evidence regarding the impact of the cost of food on food purchasing in this context is urgently needed and should include cost–benefit analysis of improved dietary intake on health outcomes.

Dietary improvement for Indigenous Australians is a priority strategy for reducing the health gap between Indigenous and non-Indigenous Australians.[1] Poor-quality diet among the Indigenous population is a significant risk factor for three of the major causes of premature death — cardiovascular disease, cancer and type 2 diabetes.[2] The 26% of Indigenous Australians living in remote areas experience 40% of the health gap of Indigenous Australians overall.[3] Much of this burden of disease is due to extremely poor nutrition throughout life.[4]

2 Estimated energy availability and macronutrient profile, overall and by community

Energy intake	Community A	Community B	Community C	All communities
Macronutrient distribution as a proportion of dietary energy (% [SD])				
Protein	12.5% (0.3)	14.1% (0.8)	13.4% (0.6)	12.7% (0.3)
Fat	24.5% (0.6)	31.6% (1.5)	33.5% (1.1)	25.7% (0.6)
Saturated fat	9.4% (0.3)	11.6% (0.6)	12.1% (0.3)	9.7% (0.3)
Carbohydrate	62.1% (0.8)	53.3% (1.8)	52.1% (1.1)	60.7% (0.8)
Sugars	34.3% (0.8)	28.9% (2.2)	25.7% (1.8)	33.4% (0.7)

https://www.mja.com.au/journal/2013/198/7/characteristics-community-level-diet-aboriginal-people-remote-northern-australia

Real-world evidence: Humans on low-protein, 60%-carb mouse diets dying early via Type 2 diabetes & heart disease

Australian Bureau of Statistics

4727.0.55.003 - Australian Aboriginal and Torres Strait Islander Health Survey: Biomedical Results, 2012-13

Latest ISSUE Released at 11:30 AM (CANBERRA TIME) 10/09/2014 First Issue

MEDIA RELEASE

10 September 2014 Embargo: 11:30 am (Canberra Time) 132/2014

Aboriginal and Torres Strait Islander adults experience diabetes 20 years earlier than non-Indigenous adults

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"Results from the largest ever biomedical collection for Aboriginal and Torres Strait Islander adults, which collected information on a wide range of chronic diseases and nutrition, reveal that diabetes is a major concern," said Dr Paul Jelfs from the ABS.

"The voluntary blood test results showed that in 2012–13, one in ten Aboriginal and Torres Strait Islander adults had diabetes. This means that, when age differences are taken into account, Aboriginal and Torres Strait Islander adults were more than three times as likely as non-Indigenous adults to have diabetes."

"What was even more striking was how much earlier in life Aboriginal and Torres Strait Islander adults experience diabetes. In fact, the equivalent rates of diabetes in the Aboriginal and Torres Strait Islander population were often not reached until 20 years later in the non-Indigenous population." said Dr Jelfs.

The survey revealed that diabetes was twice as common among Aboriginal and Torres Strait Islander adults living in remote areas. Around one in five in remote areas had diabetes compared with around one in ten in non-remote areas.

Also of interest was the fact that many Aboriginal and Torres Strait Islander adults with diabetes also had signs of other chronic conditions.

"More than half of all Aboriginal and Torres Strait Islander adults with diabetes also had signs of kidney disease. This compared with a third of non-Indigenous adults with diabetes", said Dr Jelfs.

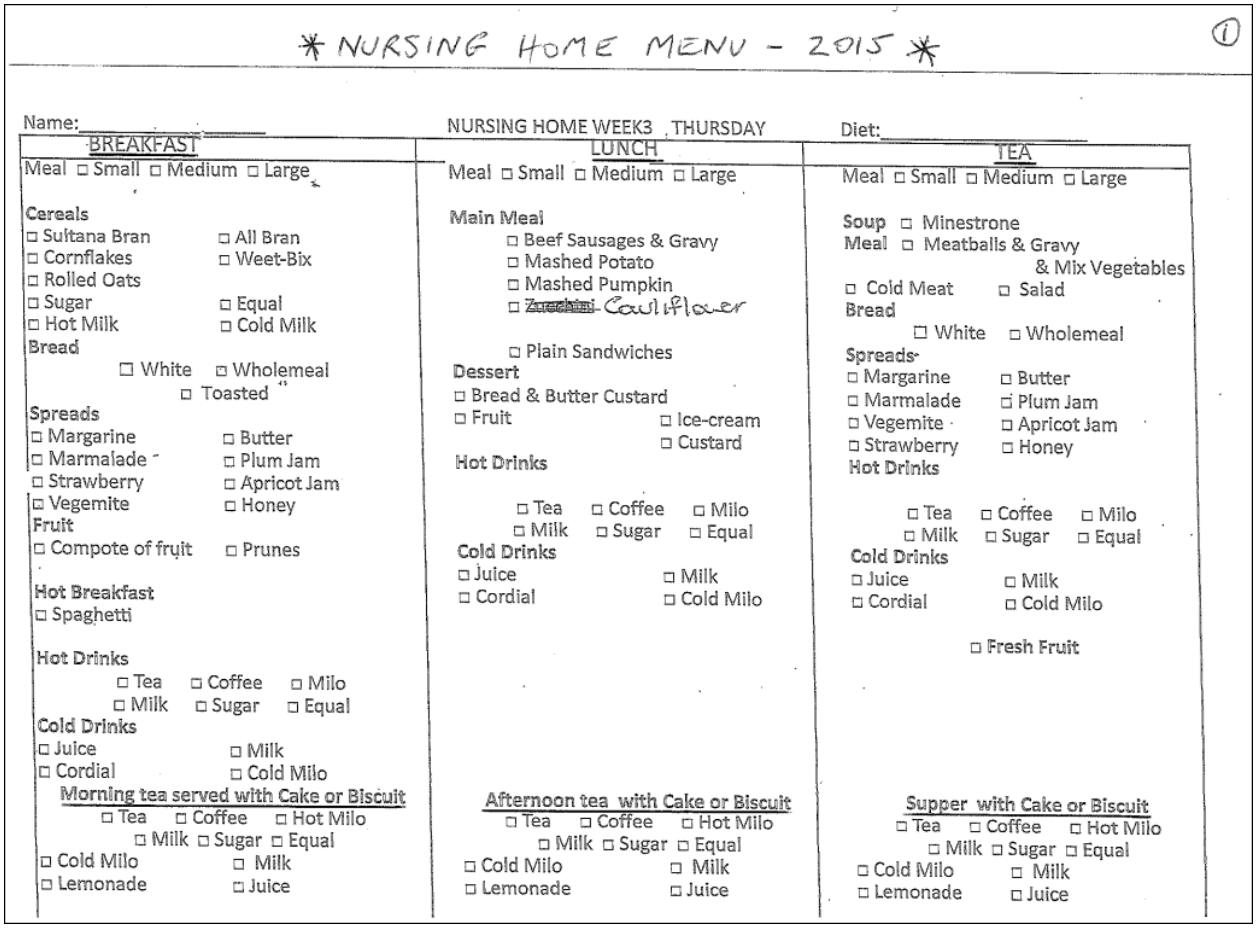
"Given these findings, it is not surprising that the death rate for diabetes among Aboriginal and Torres Strait Islander people is seven times higher than for non-Indigenous people."

Other results released today suggest that many Aboriginal and Torres Strait Islander adults may not be aware they have high cholesterol, with one in four having high cholesterol levels, yet only one in ten being aware they had it.

Further information is available in Australian Aboriginal and Torres Strait Islander Health

http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4727.0.55.003~2012-13~Media%20Release~Aboriginal%20and%20Torres%20Strait%20Islander%20adults%20experience%20diabetes%2020%20years%20earlier%20than%20non-Indigenous%20adults%20(Media%20Release)~130

After a lifetime eating heaps of meat (beef, mutton, pork, chicken and offal) and eggs, my Dad was not a fan of low-meat, low-protein, low-fat, high-carbohydrate (low P:C) aged-care food that turned out was fuelling his type 2 diabetes



✳ NURSING HOME MENU - 2015 ✳ ①

Name:_____ NURSING HOME WEEK3 , THURSDAY Diet:_____

BREAKFAST

Meal ☐ Small ☐ Medium ☐ Large

Cereals
☐ Sultana Bran ☐ All Bran
☐ Cornflakes ☐ Weet-Bix
☐ Rolled Oats
☐ Sugar ☐ Equal
☐ Hot Milk ☐ Cold Milk

Bread
☐ White ☐ Wholemeal
☐ Toasted

Spreads
☐ Margarine ☐ Butter
☐ Marmalade ☐ Plum Jam
☐ Strawberry ☐ Apricot Jam
☐ Vegemite ☐ Honey

Fruit
☐ Compote of fruit ☐ Prunes

Hot Breakfast
☐ Spaghetti

Hot Drinks
☐ Tea ☐ Coffee ☐ Milo
☐ Milk ☐ Sugar ☐ Equal

Cold Drinks
☐ Juice ☐ Milk
☐ Cordial ☐ Cold Milo

Morning tea served with Cake or Biscuit
☐ Tea ☐ Coffee ☐ Hot Milo
☐ Milk ☐ Sugar ☐ Equal
☐ Cold Milo ☐ Milk
☐ Lemonade ☐ Juice

LUNCH

Meal ☐ Small ☐ Medium ☐ Large

Main Meal
☐ Beef Sausages & Gravy
☐ Mashed Potato
☐ Mashed Pumpkin
☐ ~~Zucchini~~ Cauliflower

☐ Plain Sandwiches

Dessert
☐ Bread & Butter Custard
☐ Fruit ☐ Ice-cream
☐ Custard

Hot Drinks
☐ Tea ☐ Coffee ☐ Milo
☐ Milk ☐ Sugar ☐ Equal

Cold Drinks
☐ Juice ☐ Milk
☐ Cordial ☐ Cold Milo

Afternoon tea with Cake or Biscuit
☐ Tea ☐ Coffee ☐ Hot Milo
☐ Milk ☐ Sugar ☐ Equal
☐ Cold Milo ☐ Milk
☐ Lemonade ☐ Juice

TEA

Meal ☐ Small ☐ Medium ☐ Large

Soup ☐ Minestrone
Meal ☐ Meatballs & Gravy & Mix Vegetables
☐ Cold Meat ☐ Salad

Bread
☐ White ☐ Wholemeal

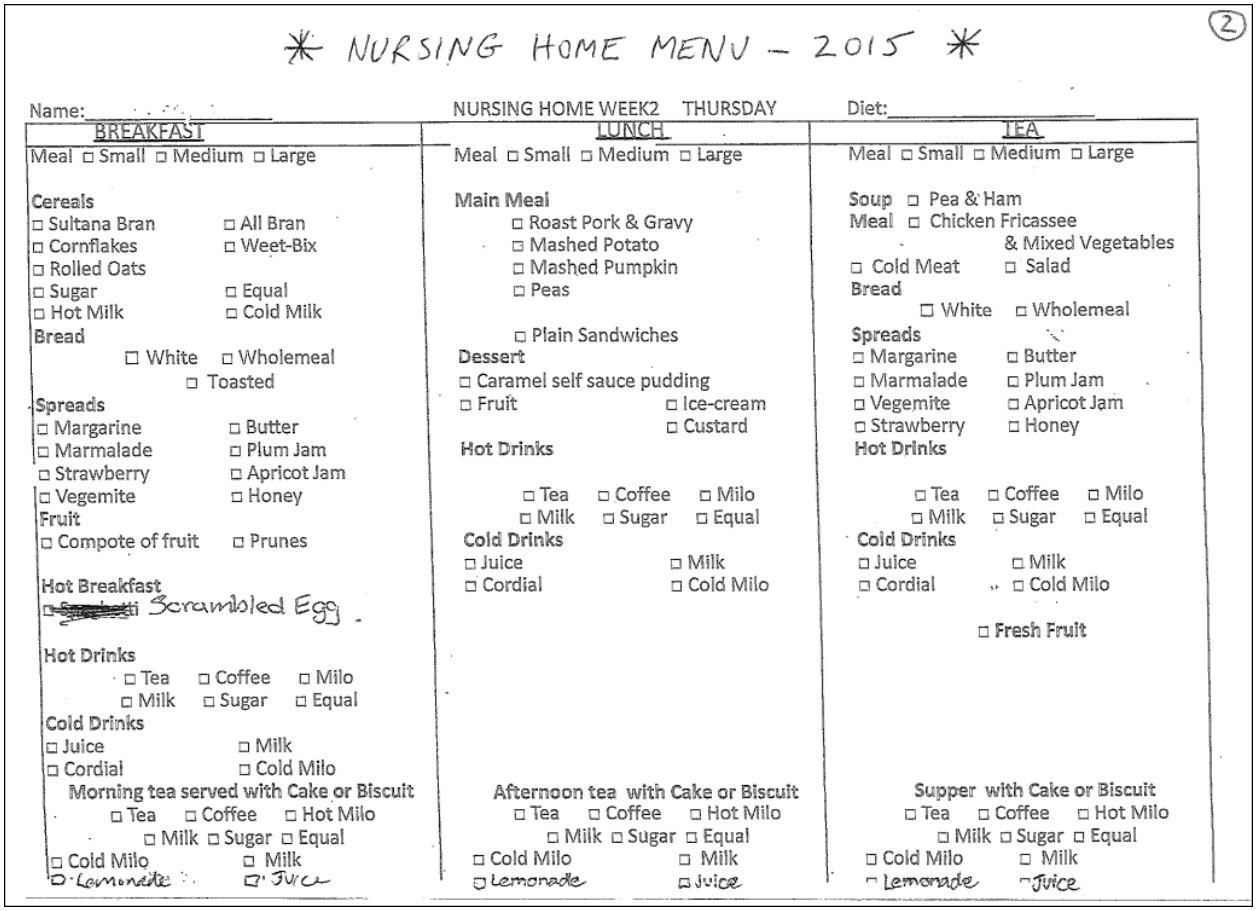
Spreads
☐ Margarine ☐ Butter
☐ Marmalade ☐ Plum Jam
☐ Vegemite ☐ Apricot Jam
☐ Strawberry ☐ Honey

Hot Drinks
☐ Tea ☐ Coffee ☐ Milo
☐ Milk ☐ Sugar ☐ Equal

Cold Drinks
☐ Juice ☐ Milk
☐ Cordial ☐ Cold Milo

☐ Fresh Fruit

Supper with Cake or Biscuit
☐ Tea ☐ Coffee ☐ Hot Milo
☐ Milk ☐ Sugar ☐ Equal
☐ Cold Milo ☐ Milk
☐ Lemonade ☐ Juice



✳ NURSING HOME MENU - 2015 ✳ ②

Name:_____ NURSING HOME WEEK2 THURSDAY Diet:_____

BREAKFAST

Meal ☐ Small ☐ Medium ☐ Large

Cereals
☐ Sultana Bran ☐ All Bran
☐ Cornflakes ☐ Weet-Bix
☐ Rolled Oats
☐ Sugar ☐ Equal
☐ Hot Milk ☐ Cold Milk

Bread
☐ White ☐ Wholemeal
☐ Toasted

Spreads
☐ Margarine ☐ Butter
☐ Marmalade ☐ Plum Jam
☐ Strawberry ☐ Apricot Jam
☐ Vegemite ☐ Honey

Fruit
☐ Compote of fruit ☐ Prunes

Hot Breakfast
☐ ~~Spaghetti~~ Scrambled Egg

Hot Drinks
☐ Tea ☐ Coffee ☐ Milo
☐ Milk ☐ Sugar ☐ Equal

Cold Drinks
☐ Juice ☐ Milk
☐ Cordial ☐ Cold Milo

Morning tea served with Cake or Biscuit
☐ Tea ☐ Coffee ☐ Hot Milo
☐ Milk ☐ Sugar ☐ Equal
☐ Cold Milo ☐ Milk
☐ Lemonade ☐ Juice

LUNCH

Meal ☐ Small ☐ Medium ☐ Large

Main Meal
☐ Roast Pork & Gravy
☐ Mashed Potato
☐ Mashed Pumpkin
☐ Peas

☐ Plain Sandwiches

Dessert
☐ Caramel self sauce pudding
☐ Fruit ☐ Ice-cream
☐ Custard

Hot Drinks
☐ Tea ☐ Coffee ☐ Milo
☐ Milk ☐ Sugar ☐ Equal

Cold Drinks
☐ Juice ☐ Milk
☐ Cordial ☐ Cold Milo

Afternoon tea with Cake or Biscuit
☐ Tea ☐ Coffee ☐ Hot Milo
☐ Milk ☐ Sugar ☐ Equal
☐ Cold Milo ☐ Milk
☐ Lemonade ☐ Juice

TEA

Meal ☐ Small ☐ Medium ☐ Large

Soup ☐ Pea & Ham
Meal ☐ Chicken Fricassee & Mixed Vegetables
☐ Cold Meat ☐ Salad

Bread
☐ White ☐ Wholemeal

Spreads
☐ Margarine ☐ Butter
☐ Marmalade ☐ Plum Jam
☐ Vegemite ☐ Apricot Jam
☐ Strawberry ☐ Honey

Hot Drinks
☐ Tea ☐ Coffee ☐ Milo
☐ Milk ☐ Sugar ☐ Equal

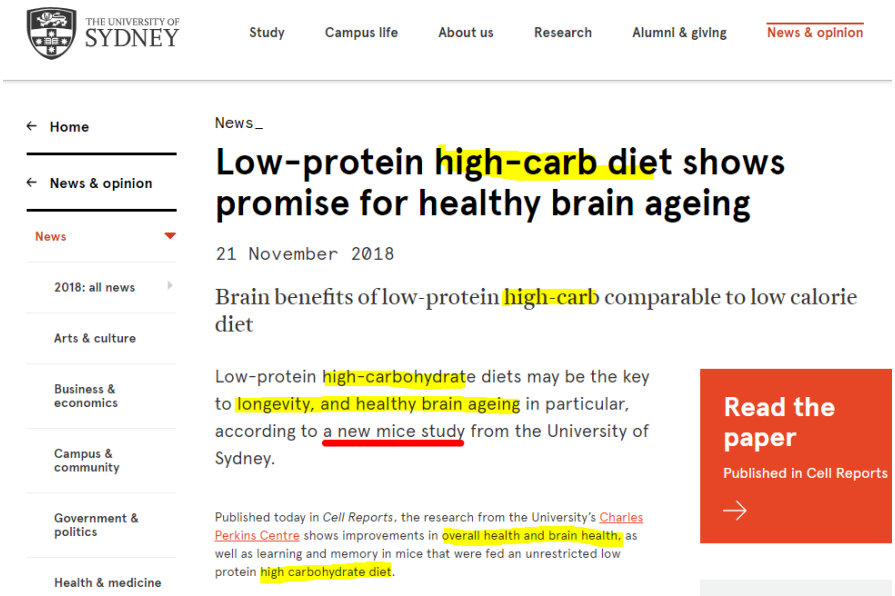
Cold Drinks
☐ Juice ☐ Milk
☐ Cordial ☐ Cold Milo

☐ Fresh Fruit

Supper with Cake or Biscuit
☐ Tea ☐ Coffee ☐ Hot Milo
☐ Milk ☐ Sugar ☐ Equal
☐ Cold Milo ☐ Milk
☐ Lemonade ☐ Juice

p. 26 http://www.australianparadox.com/pdf/AlecRobertson-born2oct33.pdf

Charles Perkins Centre's mouse-diet "science" expanded into Dementia studies in 2018, with 2014 longevity results still blatantly misrepresented and the fact that human and C57BL/6 mouse metabolisms are profoundly different still hopelessly ignored



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News

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Low-protein high-carb diet shows promise for healthy brain ageing

21 November 2018

Brain benefits of low-protein high-carb comparable to low calorie diet

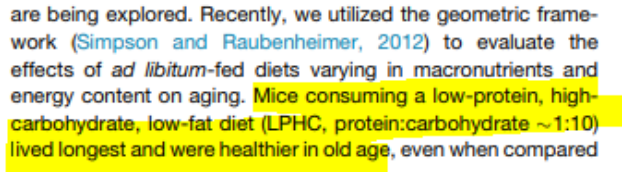
Low-protein high-carbohydrate diets may be the key to longevity, and healthy brain ageing in particular, according to a new mice study from the University of Sydney.

Published today in *Cell Reports*, the research from the University's Charles Perkins Centre shows improvements in overall health and brain health, as well as learning and memory in mice that were fed an unrestricted low protein high carbohydrate diet.

Read the paper

Published in Cell Reports

https://sydney.edu.au/news-opinion/news/2018/11/21/low-protein-high-carb-diet-shows-promise-for-healthy-brain-agein.html



are being explored. Recently, we utilized the geometric framework (Simpson and Raubenheimer, 2012) to evaluate the effects of *ad libitum*-fed diets varying in macronutrients and energy content on aging. Mice consuming a low-protein, high-carbohydrate, low-fat diet (LPHC, protein:carbohydrate ~1:10) lived longest and were healthier in old age, even when compared

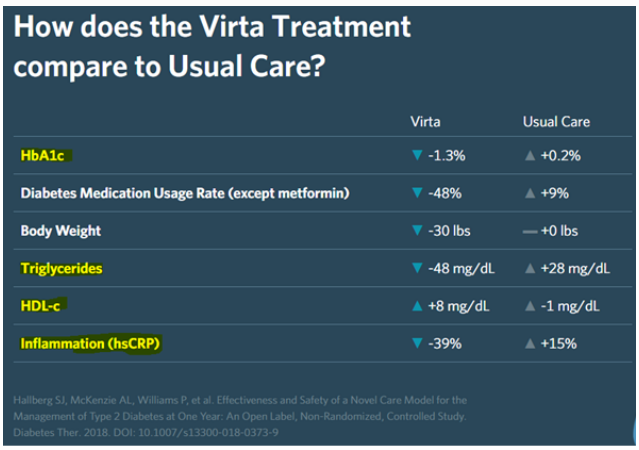
p. 2 https://www.cell.com/cell-reports/pdf/S2211-1247(18)31674-7.pdf

Making **utter nonsense** of the Charles Perkins Centre's bogus high-carbohydrate mouse-diet advice for human longevity, competent scientists, doctors and dietitians in the US are using a well-known low-carbohydrate, high-fat diet to reverse (cure) type 2 diabetes in ~60% of human patients, while overseeing dramatic reductions in both weight and the use of costly ineffective drugs.

Diabetes Therapy

April 2018, Volume 9, Issue 2, pp 583–612 | Cite as

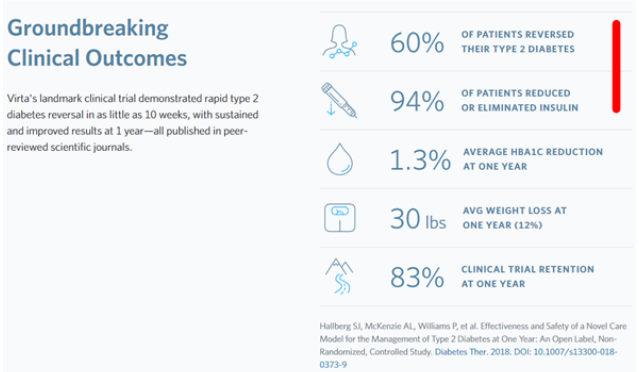
Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study



How does the Virta Treatment compare to Usual Care?

	Virta	Usual Care
HbA1c	▼ -1.3%	▲ +0.2%
Diabetes Medication Usage Rate (except metformin)	▼ -48%	▲ +9%
Body Weight	▼ -30 lbs	— +0 lbs
Triglycerides	▼ -48 mg/dL	▲ +28 mg/dL
HDL-c	▲ +8 mg/dL	▲ -1 mg/dL
Inflammation (hsCRP)	▼ -39%	▲ +15%

Hallberg SJ, McKenzie AL, Williams P, et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at One Year: An Open Label, Non-Randomized, Controlled Study. Diabetes Ther. 2018. DOI: 10.1007/s13300-018-0373-9



Groundbreaking Clinical Outcomes

Virta's landmark clinical trial demonstrated rapid type 2 diabetes reversal in as little as 10 weeks, with sustained and improved results at 1 year—all published in peer-reviewed scientific journals.

60% OF PATIENTS REVERSED THEIR TYPE 2 DIABETES

94% OF PATIENTS REDUCED OR ELIMINATED INSULIN

1.3% AVERAGE HBA1C REDUCTION AT ONE YEAR

30 lbs AVG WEIGHT LOSS AT ONE YEAR (12%)

83% CLINICAL TRIAL RETENTION AT ONE YEAR

Hallberg SJ, McKenzie AL, Williams P, et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at One Year: An Open Label, Non-Randomized, Controlled Study. Diabetes Ther. 2018. DOI: 10.1007/s13300-018-0373-9

https://www.virtahealth.com/research ; https://link.springer.com/content/pdf/10.1007%2Fs13300-018-0373-9.pdf

Nutrition
Volume 31, Issue 1, January 2015, Pages 1-13

Critical review

Dietary carbohydrate restriction as the first approach in diabetes management: Critical review and evidence base

Richard D. Feinman Ph.D. [a] ✉, Wendy K. Pogozelski Ph.D. [b], Arne Astrup M.D. [c], Richard K. Bernstein M.D. [d], Eugene J. Fine M.S., M.D. [e], Eric C. Westman M.D., M.H.S. [f], Anthony Accurso M.D. [g], Lynda Frassetto M.D. [h], Barbara A. Gower Ph.D. [i], Samy I. McFarlane M.D. [j], Jörgen Vesti Nielsen M.D. [k], Thure Krarup M.D. [l], Laura Saslow Ph.D. [m], Karl S. Roth M.D. [n], Mary C. Vernon M.D. [o], Jeff S. Volek R.D., Ph.D. [p], Gilbert B. Wilshire M.D. [q], Annika Dahlqvist M.D. [r] ... Nicolai Worm Ph.D. [z]

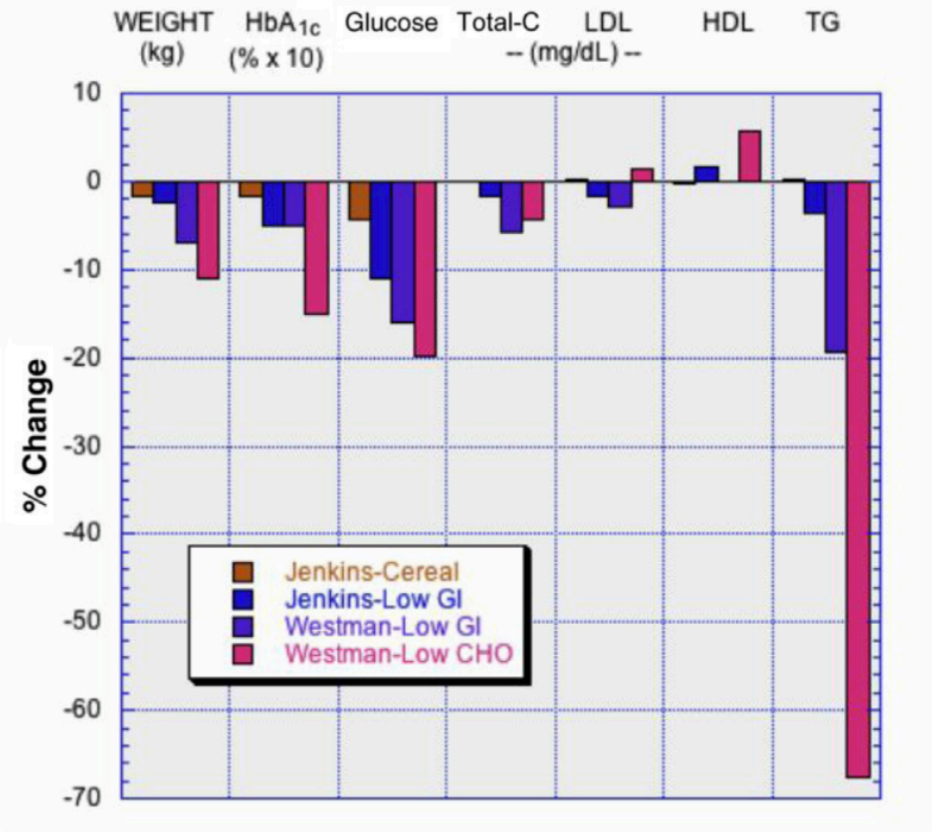


Fig. 9. Comparison of low-glycemic index diet with high-cereal diet, and of low-glycemic index diet with low-carbohydrate diet. Data from [6,70]. Redrawn from [75]. CHO, carbohydrate; GI, glycemic index; HDL, high-density lipoprotein; LDL, low-density lipoprotein; TG, triglyceride; Total-C, total cholesterol.

RORY ROBERTSON

Submission to ACCC's Scamwatch

False, misleading and harmful claims about sugary products, type 2 diabetes treatments and academic "excellence"

Please note: In this document I detail influential incompetence and worse in nutrition and health "science", and by Group of Eight university senior management. Importantly, if you see anything in the following pages that is factually incorrect or otherwise unreasonable, please contact me immediately and, if I agree, I will correct the text as soon as possible.

This all matters because more than one million Australians today have Type 2 diabetes, the number growing rapidly. Many of these vulnerable consumers can expect mistreatment, misery and early death, assisted by high-carbohydrate diabetes advice promoted by a range of respected entities advised by highly influential Group of Eight science careerists. The unfolding diabetes tragedy can be seen most clearly in the quiet suffering of short-lived Indigenous Australians.

Rory Robertson
December 2018
strathburnstation@gmail.com

https://www.australianparadox.com/pdf/Letter-to-ACCC.pdf

Four-page extract from my *Submission to ACCC's Scamwatch* (pp. 4-7)

Mistreatment of consumers with type 2 diabetes and unethical over-servicing via bogus Group of Eight "science"

As you may know, type 2 diabetes is defined in terms of consumers' excessive blood-glucose levels, deemed to be Hemoglobin A1c readings of 6.5% and above. Any competent treatment of type 2 diabetes thus actively targets the needed reduction of consumers' average blood-glucose readings, seeking to reduce HbA1c towards a healthy ~5%.

Importantly, it was known a century ago at the highest levels of medical science that the main cause of (type 2) diabetes is the excessive consumption of refined sugar and other carbohydrate. Accordingly, the pre-eminent medical text in the western world way back in 1923 - the 9th Edition of *The Principals and Practice of Medicine*, by Professor Sir William Osler and Thomas McCrae MD – sensibly advised that the best way to fix (type 2) diabetes is to minimise patients' consumption of carbohydrate (including sugar), replacing carbohydrate as needed with dietary fat (pp. 30-35).

Today, this simple, still-effective cure is denied to Australian consumers with type 2 diabetes. Instead, they are misled about what works and what doesn't. The Low-GI approach to nutrition has been an important part of this deception. For example, to clear the way for her misguided high-carbohydrate "Low-GI" approach, Professor Brand-Miller and her American Diabetes Association (ADA) co-authors in 2004 distributed a reckless formal public ***Statement*** (see snippets) that featured the profoundly harmful false claim that (highly effective) carbohydrate restriction simply does not work:

Diabetes has long been viewed as a disorder of carbohydrate metabolism due to its hallmark feature of hyperglycemia. Indeed, hyperglycemia is the cause of the acute symptoms associated with diabetes such as polydypsia, polyuria, and polyphagia (1). The long-term complications (retinopathy, nephropathy, and neuropathy) associated with diabetes are also believed to result from chronically elevated blood glucose levels (2–6). In addition, hyperglycemia may contribute to the development of macrovascular disease, which is associated with the development of coronary artery disease, the leading cause of death in individuals with diabetes (7–9). Thus, a primary goal in the management of diabetes is the regulation of blood glucose to achieve near-normal blood glucose.

If carbohydrates increase blood glucose, why not restrict total carbohydrate intake in individuals with diabetes?

Blood glucose is increased in individuals with diabetes in both the fed and fasted state. This abnormal metabolic response is due to insufficient insulin secretion, insulin resistance, or a combination of both. Although dietary carbohydrate increases postprandial glucose levels, avoiding carbohydrate entirely will not return blood glucose levels to the normal range. Addi-

Recently, the National Academy of Sciences–Food and Nutrition Board recommended that diets provide 45–65% of calories from carbohydrate, with a minimum intake of 130 g carbohydrate/day for adults (31).

http://care.diabetesjournals.org/content/diacare/27/9/2266.full.pdf

As you can see, Professor Brand-Miller and her ADA co-authors correctly explained that carbohydrate consumption is the main driver of elevated blood sugar (and type 2 diabetes is defined by elevated blood sugar). But then, out of the blue, they declared with great certainty that carbohydrate restriction cannot fix the problem. But it does! The ADA's claim that "**avoiding carbohydrate entirely will *not* return blood glucose levels to the normal range" is false**, based on nothing but the ignorance and arrogance of "experts" making declarations without real evidence or knowledge. It is not a lie if the various authors back then actually believed it to be true, but it's always been a reckless, unforgivable falsehood.

In fact, what worked for doctors to fix type 2 diabetes a century ago still works today. Critically, back in 2008, two carefully conducted randomised-controlled trials (RCTs) overseen by widely respected North American scientists confirmed that carbohydrate restriction dramatically outperforms high-carbohydrate diets, including Brand-Miller's widely promoted low-GI high-carb diets (pp. 34-35). The Low-GI crew to this day recklessly ignores this hard RCT evidence.

Further, as noted earlier, a 2018 study overseen by Virta Health's scientists, doctors and dietitians formally documents that carbohydrate restriction **allows 60% of customers with type 2 diabetes to be cured within a year**, and ~90% reduce their use of costly, ineffective drugs: https://link.springer.com/content/pdf/10.1007%2Fs13300-018-0373-9.pdf ; https://blog.virtahealth.com/dr-sarah-hallberg-type-2-diabetes-reversal/

Other doctors in North America claim up to a 90% success rate in curing type 2 diabetes: "It is not a matter of funding. It is a matter of knowledge". Dr Jason Fung's world-best-practice carbohydrate restriction delivers massive increases in consumers' quality of life, while collapsing future expenses for customers and taxpayers, by minimising the need for future medical advice, hospitalisations and drugs: (33:00) https://www.youtube.com/watch?v=FcLoaVNQ3rc

Tragically, the ADA's faulty high-carbohydrate dietary advice for type 2 diabetes colonised the western world, including Australia, boosting misery and harm among the multitudes who have lived and died with type 2 diabetes. The tragedy is that barely anyone has ever been cured using ADA/Diabetes Australia's usual care. One profoundly important analysis (which also fails to mention the word "carbohydrate") concludes that any sort of remission via usual care is "very rare":

…To provide context, 1.7% of the cohort died, while only 0.8% experienced any level of remission… the chances of dying were higher than the chances of any remission. http://care.diabetesjournals.org/content/early/2014/09/12/dc14-0874.full-text.pdf

This brings us to the **fundamental mistake** dominating the Charles Perkins Centre's Low-GI approach to nutrition. That is, Brand-Miller and her influential Low-GI crew recklessly ignore, suppress and/or dismiss as unimportant the relevance of their

one profoundly important glycemic-research result: **dietary protein and especially dietary fat** boost consumers' blood-glucose and blood-insulin levels by much less on average than do their "low GI" carbohydrate staples (pp. 33-39).

Professor Jennie Brand-Miller's LowGI Diet Shopper's Guide (2016) features this highly misleading statement:

Be aware! Only carbohydrate-containing foods have GI values. The diet we eat contains three main nutrients: protein, carbohydrate and fat. Some foods, such as meat, are high in protein, while bread is high in carbohydrate and butter is high in fat. We need to consume a variety of foods (in varying proportions) to provide all three nutrients, but the GI applies only to carbohydrate-rich foods. It is impossible for us to measure a GI value for foods like meat which contain negligible carbohydrate. The same applies to cheese, egg, avocado, butter…. It is incorrect to refer to these foods as high or low GI (p. 9).

In fact, the GI of those foods is effectively zero. Critically, traditional Australian wholefoods such as fatty meats, eggs, cheese and butter contain negligible carbohydrate (ditto avocados and olives) and so promote only minor increases in blood-glucose levels. When the problem is fixing type 2 diabetes, nutritious low-carbohydrate foods – those listed above and others - are the answer. In the jargon, those excellent low-carbohydrate foods have a negligible glycemic load (GL).

Again, for type 2 diabetics, what matters is that their blood-sugar/insulin responses to old-style low-GL meals featuring fatty meats, eggs or full-fat dairy and green vegetables are lower than their responses to the supposedly healthy meals involving high-carbohydrate "low-GI" staples including pasta, noodles, rice, breakfast cereals, bread, UP&GO and/or fruits such as bananas, grapes, oranges and apples (p.39). (*Continuous glucose monitoring* can confirm that claim.)

Another profoundly important fact suppressed by mainstream nutrition "scientists" is that low-carbohydrate diets greatly **reduce the risk of cardiovascular disease (CVD)**: https://cardiab.biomedcentral.com/track/pdf/10.1186/s12933-018-0698-8 ; https://blog.virtahealth.com/improving-cardiovascular-disease-risk-factors-virta-treatment/

Consumers are being recklessly misled. Professor Brand-Miller and her Charles Perkins Centre colleagues continue to promote the deception that their high-carbohydrate, low-GI diets outperform carbohydrate restriction as a fix for type 2 diabetes (while minimising CVD risks). Of course, that's utter nonsense - false, misleading and harmful nonsense. Further, I think it's outrageous - a national scandal - that Diabetes Australia (heavily funded by taxpayers and the pharmaceutical industry) advises those who come to it seeking help that "**Meals that are recommended for people with diabetes are the same as for those without diabetes**": https://www.diabetesaustralia.com.au/eating-well ; https://www.diabetesaustralia.com.au/corporate-partners

Instead of our one million-plus type 2 diabetics being properly advised on how to cure their type 2 diabetes - by simply restricting their consumption of sugar and other carbohydrate - these vulnerable consumers are told to eat diets of up to 65% carbohydrate and to take diabetes drugs. Again, this "usual care" means that barely 1% of patients have their type 2 diabetes "reversed", "put into remission" or "cured" before their untimely, early deaths. To mask this medical misconduct, doctors and dietitians get comfortable parroting the deceptive false claim that type 2 diabetes is a "progressive chronic disease". This scandalous mistreatment involves decades of patient "management" and overservicing - great for HCPs, drug companies and hospitals, but a disaster for our million-plus hapless consumers kept captive with type 2 diabetes.

Clearly, what needs to change is the "standard of care" for type 2 diabetes advised by HCPs, especially the dietitians overseen by the Dietitians Association of Australia (DAA), and the GPs and specialists overseen by the Royal Australian Collage of General Practitioners (RACGP), the Australian Medical Association and the Australian Health Practitioners Regulatory Authority. They all need re-education: https://blog.virtahealth.com/dr-sarah-hallberg-type-2-diabetes-reversal/

In its 187-page type 2 diabetes treatment guidelines, the RACGP fails to mention the word "carbohydrate" (p. 37, below). The RACGP, AMA and AHPRA (falsely) promote their doctors as highly qualified and with sufficient skill to properly treat our million-plus consumers with type 2 diabetes, yet in their six or more years at university, Australian doctors typically receive/d almost no training in nutrition matters: https://twitter.com/DikemanDave/status/1036727669054816256

That is, very few Australian doctors have any awareness of - let alone practical expertise in - curing consumers' type 2 diabetes by overseeing basic carbohydrate restriction. The same is true of the vast majority of taxpayer-funded dietitians overseen by the Dietitians Association of Australia. Instead, doctors and dietitians blunder along, failing to fix easily fixed type 2 diabetes, typically ensuring decades of repeat business and thus misspent billions of dollars per annum flowing from consumers and taxpayers, to armies of inept HCPs, to hospitals and to companies selling costly, ineffective drugs.

Beyond that unreasonable financial gouge, the ACCC should be concerned that consumers with easily fixed type 2 diabetes are being robbed of what otherwise would be the strong prospect of a return to full or near-full health, and so easier, happier and longer lives. We are talking about unnecessary misery and harm spoiling the lives of more than a million Australian families, each typically for decades, as ageing consumers struggle along and then die prematurely.

How did today's harmful high-carbohydrate treatment of type 2 diabetes become standard in Australia?

It is a national scandal that Australian scientists, doctors and dietitians today know less about curing type 2 diabetes than was widely known by GPs across the world a century ago. It's as if the hard scientific facts behind the effective diet cure widely used a century ago have been deliberately erased from our knowledge base, hidden when we need them most.

How did this happen and why is it allowed to continue? I do not know exactly. But I have some observations. Scientific incompetence and fraud - alongside financial conflicts of interest, often funded by the food and pharmaceutical industries - appear to be key forces sustaining today's harmful high-carbohydrate diabetes advice (pp. 16, 19, 24-25 and 40-42).

Again, the University of Sydney's misguided focus on the Glycemic Index (GI) - rather than on total dietary carbohydrate or even the Glycemic Load (GL) - is one of a series of profound errors that led us down the wrong path, to harm. As noted above, Professor Brand-Miller - the lead author of the *Australian Paradox* fraud and the world's most-enthusiastic promoter of the Glycemic Index - in 2004 was one of the authors of the American Diabetes Association's reckless false-but-influential declaration that carbohydrate restriction does not - and so cannot - fix type 2 diabetes (pp. 32-33).

So too, her *Australian Paradox* fraud co-author, Dr Barclay, consistently rubbished the idea that low-carbohydrate diets are beneficial during the decade or so he was employed as the consumer-focused Head of Research at the Australian Diabetes Council, and as a prominent conduit between the DAA's misinformation and ordinary people in the street:

Have you met Alan Barclay, one of our incredible DAA Spokespeople? Alan is the Chief Scientific Officer at the Glycemic Index Foundation, which licenses its Certified Low GI logo for use on healthy, low GI foods. Alan also works for Australian Diabetes Council as the Head of Research and sits on the Editorial Board of their [sic] and Diabetes Australia's consumer magazines Diabetes Connect and Conquest and their health professional magazine Diabetes Management Journal. https://www.facebook.com/dietitiansassociation/posts/have-you-met-alan-barclay/916302678400135/

Typical of the profound ineptitude of the DAA and Diabetes Australia has been the demonisation over the past 40 years of low-carb diets (simple carbohydrate restriction) as a "fad diet". The ignorance of many taxpayer-funded HCPs is breathtaking, and would be funny if consumers were not living in misery then dying young: the cheap, effective approach widely used to cure type 2 diabetes a century ago – featured in the pre-eminent medical text of the day – is a "fad diet"?

Recall also that Low-GI Professor Stephen Colagiuri appears to be the main scientific author of the *Australian National Diabetes Strategy 2016-2020*. Again, that document fails, unforgivably, to mention the word "carbohydrate": https://www.nhmrc.gov.au/_files_nhmrc/file/research/research_translation_faculty/rtf_cfa_diabetes_nhmrc_150320.pdf ; http://www.health.gov.au/internet/main/publishing.nsf/content/3AF935DA210DA043CA257EFB000D0C03/$File/Australian%20National%20Diabetes%20Strategy%202016-2020.pdf

As noted above, diabetes careerist Professor Colagiuri insists there's "absolute consensus" that added sugar (100% carbohydrate) does not cause type 2 diabetes (p. 16). Further, in 2016, he insisted to me in a face-to-face conversation that there is no good evidence that carbohydrate restriction is beneficial for consumers with type 2 diabetes. These statements are nonsense, misleading all in his path about the main cause of type 2 diabetes and the effective cure.

I do not know whether Professor Colagiuri for decades has remained unaware of the key facts with respect to type 2 diabetes, was simply "captured" early on by the diabetes-drug industry, or both. What is well documented is that he is a paid agent of several pharmaceutical companies (p. 42) that benefit enormously from influential misinformation about the dietary cause of type 2 diabetes (excessive consumption of sugar and other carbohydrate), and from the multi-decade suppression of the best-available treatment (eliminating that excess consumption).

Disturbingly, it appears to be common for diabetes careerists and organisations to be captured by the pharmaceutical industry. For example, Melbourne's Baker Heart and Diabetes Institute has searched for a cure for type 2 diabetes for nearly a century, but failed to discover it hiding in plain sight in what was once the pre-eminent medical text in the western world (pp. 30-31). In 2002, with funding from drug company Novo Nordisk, Baker & Co. produced "*Diabetes: the silent pandemic and its impact on Australia*". That document not only conspicuously failed to mention the words "carbohydrate" and "sugar" (the foodstuff), but it also promoted the false and misleading claim: "**As there is currently no cure for [type 2] diabetes, the condition requires lifelong management**": p. 3 https://www.baker.edu.au/-/media/Documents/impact/diabetes-the-silent-pandemic.ashx?la=en

Even more disturbingly, Baker & Co. in 2000 - funded by a range of drug companies that benefit from the suppression of the effective diet cure for type 2 diabetes - produced our only widely used risk-assessment tool: "The Australian Type 2 Diabetes Risk Assessment Tool was developed by the Baker IDI Heart and Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG initiative to reduce the risk of type 2 diabetes" (pp. 40-41). Again, unforgivably, neither "carbohydrate" nor "sugar" (the foodstuff) rated a mention. Suppressing as it does any mention of the dominant factor driving type 2 diabetes (modern doses of sugar and other carbohydrate), ***The Australian Type 2 Diabetes Risk Assessment Tool*** is worse than useless, in that it steers diligent consumers *away* from the obvious, effective diet cure. In fact, the *AUSDRISK* quiz might as well have been written by its drug-company sponsors - https://www.baker.edu.au/impact/ausdiab/sponsors - to try to maximise, not minimise, our national diabetes crisis, thus promoting the extensive and expensive use of diabetes and other drugs.

Notably, Professor Paul Zimmet - now Professor of Diabetes at Monash University - was a co-author of *AUSDRISK*, alongside Stephen Colagiuri *et al*. As a hard-working diabetes careerist at Baker & Co for decades and an "international leader in diabetes for 40 years", he has published "over 900 papers" and impressively is "listed in both the 2015 and 2016 Thomson Reuter's *Worlds-Most-Influential-Scientific-Minds*". Unfortunately, he too failed to discover the main cause of type 2 diabetes and the effective diet cure, despite both sitting quietly in that once pre-eminent medical text. In recent times, Professor Zimmet

co-Chaired the Australian Government's National Diabetes Strategy Advisory Committee for the development of the (hopeless) 2016–2020 Strategy: https://www.baker.edu.au/health-hub/clinics/staff/paul-zimmet

To be fair, these individuals and entities are not unique in their unhelpfulness, incompetence and/or conflicts of interest. The problem of harmful diet misinformation began over half a century ago, in the 1950s and 1960s, when the fledgling post-WW2 nutrition space was hijacked by influential US "experts" including Ancel Keys and Fred Stare, who built careers on false claims demonising dietary fat while promoting modern doses of refined carbohydrates as healthful. By the 1970s, such misinformation had come to dominate modern diet "science", wrecking official dietary advice when it was first launched late that decade in the US, Australia and elsewhere: https://www.australianparadox.com/pdf/keys_1971.pdf ; pp. 81-106 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf

In Australia, the principal conduit between faulty US dietary advice in the late 1970s and today's faulty high-carbohydrate (45-65%) *Australian Dietary Guidelines* has been **eminent Professor Stewart Truswell**, the University of Sydney's first "Chair of Human Nutrition". Originally from South Africa, Truswell arrived in Australia via the UK in 1978, with an early edition of the faulty *Dietary Goals for the USA* (1977) in his luggage, ready to go. He used that faulty high-carbohydrate (55+%) diet advice as a template, and tells of writing the first edition of our *Dietary goals for Australia* in 1979, based in "small rooms in the Commonwealth Department of Health". Truswell notes: "There was no background [independent] review of the scientific literature at the time…". Moreover, the National Health and Medical Research Council (NHMRC) "adopted the goals unmodified": http://apjcn.nhri.org.tw/server/apjcn/ProcNutSoc/1990-1999/1995/1995%20p1-10.pdf

That was just for starters. For more than three decades, Professor Truswell has remained the main scientific author of our deeply flawed high-carbohydrate *Australian Dietary Guidelines*, the key features of which are taught in our schools and are force-fed to consumers largely captive in our aged-care homes, boarding schools, hospitals and prisons: pp. 94-101 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf

Shamefully, Professor Truswell helped his friend Jennie Brand-Miller to **expand her *Australian Paradox* fraud** into *American Journal of Clinical Nutrition*, after I'd personally explained to him that her key 2000-2003 data (after the ABS had stopped counting from 1999 and discontinued its data as unreliable) are conspicuously flat, dead-ending and fake, and thus unreliable: pp. 54-55 and p. 6 http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf

That was a four-page extract from my *Submission to ACCCs Scamwatch*
pp. 4-7 https://www.australianparadox.com/pdf/Letter-to-ACCC.pdf

Pharmaceutical industry pays healthcare professionals, seeking to suppress medical science's diet cure for type 2 diabetes?

Pharmaceutical industry payments to healthcare professionals (May 2016-Apr 2017) (4)

	A	C	D	E	I	O
1	Company	Period	Name	HealthCarePractiti	Service	Total
2588	AstraZeneca	May 2016-Oct 2016	Colagiuri, Stephen	Medical Practitioner	Consultant	431.81
2589	AstraZeneca	May 2016-Oct 2016	Colagiuri, Stephen	Medical Practitioner	Consultant	863.64
2590	AstraZeneca	Nov 2016-Apr 2017	Colagiuri, Stephen	Medical Practitioner	Advisory Board or Co	5454.55
2591	iNova	Nov 2016-Apr 2017	Colagiuri, Stephen	Medical Practitioner	Advisory Board	5440.95
2592	MSD	May 2016-Oct 2016	Colagiuri, Stephen	Medical Practitioner	Educational meeting	1273.00
2593	NovoNordisk	Nov 2016-Apr 2017	Colagiuri, Stephen	Medical Practitioner	Advisory Board or Co	2500.00
2594	NovoNordisk	May 2016-Oct 2016	Colagiuri, Stephen	Medical Practitioner	Advisory Board or Co	3000.00
2595						
2596						18963.95

https://researchdata.ands.org.au/pharmaceutical-industry-payments-apr-2017/968458
http://www.abc.net.au/news/2017-10-24/big-pharma-paying-nurses-allied-health-professionals-millions/9077746

Troubling that University professors moonlighting as paid agents of pharmaceutical companies – including the main scientific author (Prof. Colagiuri) - appear to have been influential in suppressing the known diet cure for T2D from the Department of Health's *National Diabetes Strategy 2016-2020*

Appendix 2

Diabetes Mellitus Case for Action - Declarations of Interests

The declarations of interests of Steering Group members, authors and contributors to this Case for Action are listed below.

Name and Role(s)	Interest(s) declared
Prof Stephen Colagiuri • Steering Group member • Author	**Board membership** • Astra Zenica/BMS National Advisory Board; MSD National Advisory Board; Novo Nordisk International and National Advisory Board; Sanofi National Advisory Board; Servier International Advisory Board; Takeda National Advisory Board. **Consultancy fees/honorarium; support for travel/accommodation; meals/beverages** • Speaker engagements - honoraria, travel expenses, accommodation and meals received from: Astra Zenica/BMS; MSD; Novo Nordisk; Sanofi; Servier; Takeda. **Grants** • Chief Investigator, NHMRC Program Grant 2013-2017 • Chief Investigator, NHMRC Project grant • Chief Investigator, NHMRC EU FP7 Health project.
Prof Stephen Twigg • Steering Group member • Contributor	**Consultancy fees/honorarium** I am on/have been on the following Advisory Boards: • 2014-present Sanofi-Aventis International Advisory Board (Insulin glargine U300) • 2014-present Abbott Scientific Advisory Board (flash glucose monitoring) • 2014 Boehringer Ingelheim/Eli Lilly Alliance Advisory Board (Empagliflozin) • 2014 Janssen-Cilag Advisory Board (Canagliflozin) • 2013-Boehringer Ingelheim/Eli Lilly Alliance Advisory Board (Linagliptin) • 2011-2013 AstraZeneca Advisory Board (Onglyza/Dapagliflozin) • 2011-2012 Elixir Advisory Board (BMS and Astra Zeneca) • 2010-2013 Novo Nordisk Advisory Board (Victoza) • 2008-2013 Merck Sharpe & Dohme: Januvia (Sitagliptin) • 2009-2013 Novartis: Galvus (Vildagliptin) • 2010 SanofiAventis (Lixisenatide).
Prof Sophia Zoungas • Steering Group member	**Board Membership** • AstraZeneca Pty Ltd; Boehringer Ingelheim Pty Ltd; Bristol-Myers Squibb Australia Pty Ltd; Merck Sharp & Dohme (Australia) Pty Ltd; Novo Nordisk Pharmaceuticals Pty Ltd; Sanofi-aventis Group; AbbVie. **Consultancy fees/honorarium** • AstraZeneca Pty Ltd; Boehringer Ingelheim Pty Ltd; Bristol-Myers Squibb Australia Pty Ltd; GlaxoSmithKline Australia Pty Ltd; Merck Sharp & Dohme (Australia) Pty Ltd; Novartis Pharmaceuticals Australia Pty Ltd; Novo Nordisk Pharmaceuticals Pty Ltd; Sanofi-aventis Group; Servier Laboratories (Australia) Pty Ltd; MediMark Australia Education; Elixir Healthcare Education.
Prof Timothy Davis • Steering Group member	**Consultancy fees/honorarium** *Speaker fees* • Abbott; Eli Lilly *Speaker fees and advisory board membership* • Astra Zeneca; Boehringer Ingelheim; Bristol Meyer Squibb; GlaxoSmithKline; Merck Sharp and Dohme; Novartis; NovoNordisk; Sanofi Aventis *Advisory board membership* • Janssen **Grants** • Research funding: Eli Lilly; Merck Sharp and Dohme; NovoNordisk; Sanofi-aventis Holds NHMRC grants and intends applying for others during the period of steering group membership. **Support for travel/accommodation; meals/beverages** • Provided as part of attendance at Advisory Board/Scientific meetings from: Abbott; Astra Zeneca; Boehringer Ingelheim; Bristol Meyer Squibb; GlaxoSmithKline; Janssen; Merck Sharp and Dohme; Novartis; NovoNordisk; Sanofi aventis

p. 83 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf

Rory Robertson
12 July 2017

Letter: The scandalous mistreatment of Australians with type 2 diabetes (T2D)

[RR: Highlighting and reproductions of key documents cited have been added to the original letter]

Dear Secretary Martin Bowles, Chief Medical Official Professor Brendan Murphy, other leaders in the Australian Department of Health and independent observers including journalists,

Good morning and happy National Diabetes Week. My name is Rory Robertson. I am concerned about misguided official advice for Australians with or at risk of type 2 diabetes (T2D).

As you know, the growing global pandemic of T2D is causing misery and early death on a massive scale, in Australia as elsewhere. Indigenous families are suffering a disproportionate share of that misery - including via amputations, blindness, stroke, kidney and/or heart failures - and early death [see pp. 5-6, below].

The good news is that T2D is not a "chronic disease". In most cases, it can be fixed by simple changes in diet. The bad news is that the standard T2D advice overseen by the Department of Health is faulty, harmful and expensive. For most people, the advice reinforces rather than fixes T2D, with few ever returning to being non-diabetic and drug free.

My guess is that, unless fixed quickly, the harmful mistreatment of millions of diabetics will ultimately be viewed as the biggest public-health scandal in Australian history. The scandal is that misery and early death are unfolding on a massive scale while a cheap and effective fix for T2D is left sitting on the shelf (see 4., below).

In my opinion, the Department's faulty T2D advice should be retracted immediately, and replaced with an approach proven to reverse T2D and reduce expensive drug use. This alternative approach - based on strong, century-old science - has the potential to produce the biggest improvement in Australian public health since the end of World War 2, while saving taxpayers many billions of dollars each year.

That may seem fanciful, but the claimed benefits of this alternative treatment are testable, and the scientific evidence is strong. Please subject my following 18 claims to intense scrutiny.

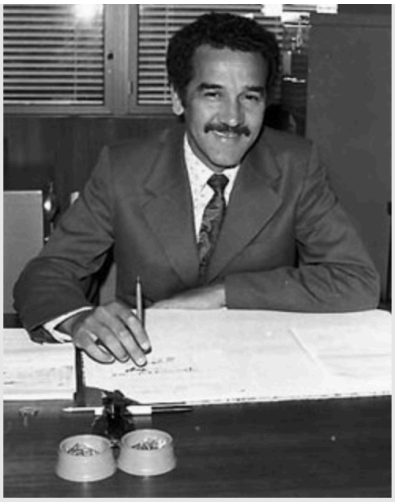
1. In Australia, the standard T2D advice provided via Diabetes Australia, the Dietitians Association of Australia and the Royal Australian College of General Practitioners (GPs) - with the Australian Health Practitioner Regulatory Authority requiring GPs to provide that advice, not the superior alternative - **features a reduced fat, high-carbohydrate diet plus glucose-lowering medications** (both of which tend to promote weight gain). Specifically, Diabetes Australia advises that "People with diabetes should follow the *Australian Dietary Guidelines* [ie. 45-65% carbohydrates]" and "Meals that are recommended for people with diabetes are the same as for those without diabetes".

2. This official advice is highly ineffective, with T2D progressing in most cases. Indeed, Diabetes Australia insists there is "no cure" because "Type 2 diabetes is a progressive condition. As time progresses...people with type 2 diabetes are often prescribed tablets to control their blood glucose levels. Eventually it may be necessary to start taking [exogenous] insulin to control blood glucose levels. ...Sometimes tablets may be continued in addition to insulin. ...it is important to note that this is part of the natural progression of the condition": https://www.diabetesaustralia.com.au/managing-type-2

3. Outside Australia, competent and highly credentialed medical doctors are reversing T2D [see overleaf] and obesity (Figure 5b) in a significant proportion of their patients, within a few months and without exercise: http://diabetes.jmir.org/article/viewFile/diabetes_v2i1e5/2 ; http://www.australianparadox.com/pdf/diabetes-type2.pdf

4. The effective cure for many, used in 3. [see overleaf] was standard medical advice across the western world in 1923, via the most authoritative medical text at that time: *The Principles and Practice of Medicine*, by Sir (Professor) William Osler, MD and Professor Thomas McCrae, MD (9th Edition [see pages 3 and 4, overleaf]; p. 82 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf).

What would Charlie think of what's being done under his name, if he hadn't died young, via kidney disease?



Charles Perkins, 1974
National Archives of Australia,

Life Summary [details]

Birth
16 June 1936
Alice Springs, Northern Territory, Australia

Death
18 October 2000
Sydney, New South Wales, Australia

Cause of Death
kidney disease

Cultural Heritage
- Indigenous Australian

Education
- Le Fevre High School (Adelaide)
- University of Sydney

Occupation
- Indigenous rights activist/supporter
- public servant
- public service head
- soccer player

Awards
- Officer of the Order of Australia

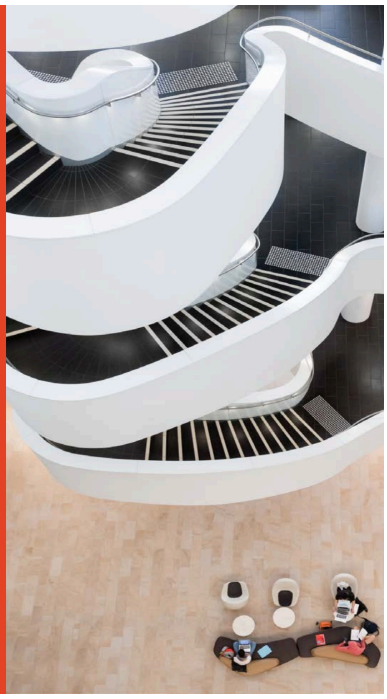
Key Events
- Freedom Ride, 1965

Key Organisations
- Foundation for Aboriginal Affairs
- Student Action for Aborigines
- National Aborigines Consultative Committee
- Aboriginal and Torres Strait Island Commission

The Charles Perkins Centre: a new model for tackling chronic disease

Stephen J. Simpson

THE UNIVERSITY OF SYDNEY



https://royalsoc.org.au/images/pdf/Forum2016/Simpson.29Nov2016.pdf
http://ia.anu.edu.au/biography/perkins-charles-nelson-charlie-810

Dedication

Charlie Perkins was born in Alice Springs near the red centre of Australia in June 1936. I was born there 30 years later in March 1966. I dedicate my body of work exposing the Charles Perkins Centre's *Australian Paradox* sugar-and-obesity fraud and its low-protein, high-carbohydrate mouse-diet lifespan fraud to my mother, **Elaine Lucas**, who nursed Aboriginal and other Australians in remote places - including Katherine, Alice Springs, Balcanoona, Woorabinda and Baralaba - from the early 1960s to the late 1980s. And to my (late) father, **Alexander "Sandy" Robertson**, who grew up in Scotland and in the Scots Guards, shifted briefly to Melbourne then Coogee in Sydney, before working with cattle, sheep and wheat across country Australia for half a century. He taught me (and my brother and sister) much about what is right and much about what is wrong, often by example. (A longer piece on Dad's life and times can be found in one of the links below.)

I also have firmly in mind people like Bonita and Eddie Mabo, Faith Bandler, Charlie Perkins (who Dad often said he knew briefly - so too his brother Ernie - in The Territory over half a century ago), Waverley Stanley and Lou Mullins of Yalari, and especially Noel Pearson, all of whom worked or are working indefatigably for decades to improve the lot of their mobs, their peoples left behind. Finally, I wonder whatever happened to the many Aboriginal boys and girls I met across country Australia when I was a boy, especially the big Woorabinda mob with whom I shared classrooms and sports fields back in Baralaba, central Queensland, in the late 1970s. Much of the news over the years has been tragic and depressing.
https://www.australianparadox.com/baralaba.htm

Please note: In this and other documents, I have detailed influential incompetence and worse in nutrition and health "science", and by Group of Eight university senior management. Importantly, if you read anything here or elsewhere from me that is factually incorrect or otherwise unreasonable, please contact me immediately and, if I agree, I will correct the text as soon as possible. This all matters because more than one million Australians today have type 2 diabetes, the number growing rapidly. Many of these vulnerable Australians can expect mistreatment, misery and early death, harmed by high-carbohydrate diabetes advice promoted by a range of respected entities advised by highly influential Group of Eight science careerists. The unfolding diabetes tragedy can be seen most clearly in the quiet suffering of short-lived Indigenous Australians.

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rory robertson

economist and former-fattie

https://twitter.com/OzParadoxdotcom

Here's me, Emma Alberici and ABC TV's Lateline on the University of Sydney's Australian Paradox:
http://www.abc.net.au/lateline/content/2015/s4442720.htm
Here's the latest on that epic Australian Paradox sugar-and-obesity fraud: http://www.australianparadox.com/pdf/ABC-investigation-AustralianParadox.pdf
Here's Vice-Chancellor Spence's threat to ban me from campus: p. 64 http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf
During National Diabetes Week 2016, I wrote to the Department of Health about "The scandalous mistreatment of Australians with type 2 diabetes (T2D)": http://www.australianparadox.com/pdf/Expanded-Letter-HealthDept-type2diabetes.pdf
Want to stop trends in your family and friends towards obesity, type 2 diabetes, heart disease and various cancers? Stop eating and drinking sugar: http://www.youtube.com/watch?v=xDaYa0AB8TQ&feature=youtu.be
Here's the diet advised by Dr Peter Brukner, recently the Australian cricket team's doctor: http://www.peterbrukner.com/wp-content/uploads/2014/08/All-you-need-to-know-about-LCHF1.pdf ; http://www.abc.net.au/catalyst/lowcarb/

A life in our times: Vale Alexander "Sandy" Robertson (1933-2015): http://www.australianparadox.com/pdf/AlecRobertson-born2oct33.pdf

Comments, criticisms, questions, compliments, whatever welcome at strathburnstation@gmail.com