

Australia's public debate on the need for a "sugar tax"

Key advocates:

1. **Grattan Institute:** <https://grattan.edu.au/wp-content/uploads/2016/11/880-A-sugary-drinks-tax.pdf>
2. **Australian Greens**, led by Senator Richard Di Natale (p. 13-15)
3. **Australian Medical Association**, led by Dr Michael Gannon (p. 10-12)
4. **Obesity Policy Coalition (OPC)**, led by Jane Martin (p. 11)

Key opponents:

1. **The "Australian Paradox"**, supported by sneaky University of Sydney management (p. 5)
2. **Australian Beverage Council**, featuring the **Australian Paradox** (p. 2)
3. **Menzies Research Centre**, featuring the **Australian Paradox** (pp. 3-4)
4. **High-profile commentator Piers Akerman**, featuring the **Australian Paradox** (pp. 6-8 and 16-19)
5. **Professor Judith Sloan**, citing fluffy, unreliable, self-reported sugar-consumption data (pp. 10-12)

Background on Australian Paradox: Academic disgrace, scientific fraud and menace to public health

The "Australian Paradox" (2011) was co-authored by the University of Sydney's Professor Jennie Brand-Miller (JBM) and Dr Alan Barclay (AWB). **Their main (false) "finding" is that there was "a consistent and substantial decline" in per-capita consumption of added sugar in Australia between 1980 and 2010.** Critically, the relevant Australian Bureau of Statistics (ABS) sugar-consumption series **ends at 1998-99, discontinued as unreliable.** Dishonestly or not, JBM and AWB still refuse to **properly address** the fact that their data for the 2000s (in chart below) are made-up/faked/invalid.

Nutrients 2011, 3

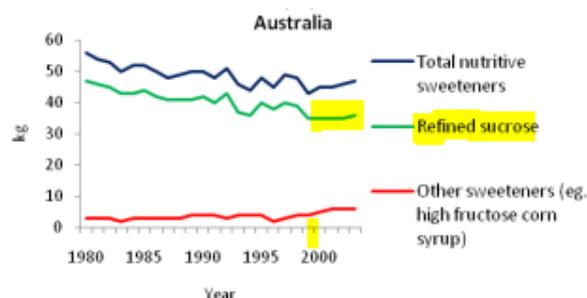
502

5. Conclusions

The present analysis indicates the existence of **an Australian Paradox**, i.e., an inverse relationship between secular trends in the prevalence of obesity prevalence (increasing by ~300%) and the consumption of refined sugar over the same time frame (declining by ~20%). The findings challenge the implicit assumption that **taxes** and other measures to reduce intake of **soft drinks** will be an effective strategy in global efforts to reduce obesity.

Acknowledgements

This study was a Masters of Nutrition and Dietetic project conducted by Laura Owens and co-supervised by AWB and JBM.



<http://www.mdpi.com/2072-6643/3/4/491>

Again, those 2000-2003 data are conspicuously flat, faked and dead-ending; further, JBM and AWB's other four sugar indicators trend **up not down**: pp. 18 and 28 in <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf> The 2011 "finding" thus relies on unreliable data that dead-end in 2003, four years **after** ABS counters stopped counting. **All up, more than one-third** of the 30-year 1980-2010 timeframe lacks valid data. The *Australian Paradox* clearly is a sham.

Special Issue Editor

Guest Editor

Prof. Dr. Jennie Brand-Miller

This ridiculously faulty paper was published mainly because the lead author - JBM - also was the "Guest Editor" of her publishing journal: http://www.mdpi.com/journal/nutrients/special_issues/carbohydrates As taxpayers, we gift the University of Sydney **~\$700m per annum** on the promise that the Group of Eight is devoted to "excellence" in research (see p. 21).

Australian Beverage Council campaign against sugar tax features *Australian Paradox* fraud



Why a soft drinks tax is not the answer

As the nation's collective waistline continues to expand, through the media there are various calls for a tax on certain products, including soft drinks, as a means to curb obesity. Whilst theoretical modelling might point to taxes as a solution, in reality these punitive measures are ineffective, inefficient and unfair for a range of reasons.

■ Added sugar consumption declining...

Australia's consumption of added sugar is declining. A recent study identified that the prevalence of obesity has increased 3 fold in Australians since 1980 while per capita consumption of refined sugar (sucrose) decreased by 23% from 1980 to 2003¹. The research also found that when all sources of nutritive sweeteners, including high fructose corn syrups, were considered, per capita consumption decreased in Australia by 16%. This was coupled with a reduction in sales of nutritively (sugar) sweetened beverages by 64 million litres from 2002 to 2006 and a reduction in percentage of children consuming sugar-sweetened beverages between 1995 and 2007. The findings confirm an "**Australian Paradox**"—a substantial decline in refined sugars intake over the same timeframe that obesity has increased. The implication is that efforts to reduce sugar intake *may* reduce consumption but *may not* reduce the prevalence of obesity.

<http://www.australianbeverages.org/for-consumers/soft-drink-tax-answer/>

Menzies Research Centre's *Fat Chance: Why sugar taxes won't work* - cited by influential commentators, including Piers Akerman – features the Australian Paradox fraud (overleaf)



MENZIES

RESEARCH CENTRE

Fat Chance:

Why sugar taxes won't work

—
A report by the Menzies Research Centre
with assistance from Cadence Economics



http://www.menziesrc.org/images/PDF/2018_MRC_Fat_Chance_Report_web.pdf

Executive summary

Obesity rates in Australia have been rising since the 1980s. Rightly, this trend has sparked increased research into potential causes and policy responses. Contemporary research into obesity in Australia has largely focused on the merits of proposals to tax sugar-sweetened beverages (SSB) or broader taxes aimed at other nutritional inputs that are believed to cause obesity. Since 2016, there have been a number of papers published in the Australian public health literature proposing an SSB tax. For instance, a recent report published by the **Grattan Institute (Duckett, Swerissen and Wiltshire, 2016)** recommends a tax of 40 cents per 100 grams of sugar in non-alcoholic, water-based beverages that contain added sugar.

This report, commissioned by the **Menzies Research Centre (MRC)**, reviews several recent papers proposing an SSB tax and assesses the evidence base underpinning the analysis and conclusions. It then outlines Australia's regulation assessment framework and assesses SSB taxes at a high level within this framework. The papers reviewed fail to provide a *comprehensive* assessment of the overall costs and benefits that such a tax would impose on Australians, nor of the effectiveness of alternative, less heavy-handed policy interventions.⁴

Below, we categorise the main issues with the papers.

The rationale for intervention is weak

The two rationales for government intervention, on the basis of SSB consumption having a causal impact on obesity and information asymmetry on the part of consumers, are weak.

The papers do not demonstrate a causal link between added sugars and obesity

At the outset, in each of the papers reviewed, the inherent inconsistency of the observed rising obesity levels but declining SSB consumption is never addressed (see section 1). As a result, the SSB tax proposals are not convincing. Further, the logic of the connection between SSB consumption and obesity is weak because SSBs are neither the sole source of sugar in foods nor even the main source. As a result, the necessary evidential links in the chain of argument from imposing an SSB tax to successfully reducing measured obesity rates is either assumed or modelled as opposed to definitive evidence being presented.

In fact, the most recent Australian data suggests a negative correlation between added sugars and obesity. In October 2015, the Australian Bureau of Statistics released its first Australian Health Survey: *Food and Nutrients 2011-12* (ABS 2015). The publication compared Australian nutrient intake in 2011-12 (the first year of the ABS survey) with nutrient intake in 1995 (where the data was sourced from the 1995 National Nutrition Survey). For example, in 1995, 43.2% of the population aged two-years and over consumed SSBs. By 2011-12, that rate of consumption had fallen to 34.1%. And the rate of young children and teenagers consuming SSBs had fallen from between 64-70% to 30-55%.

Further, **Brand-Miller and Barclay (2017)** investigated recent trends in the intake of sugars, including SSBs, and using multiple data sources reached the conclusion:

In Australia, four independent data sets confirmed shorter-and longer-term declines in the availability and intake of added sugars, including those contributed by SSBs. The findings challenge the widespread belief that energy from added sugars or sugars in solution are uniquely linked to the prevalence of obesity. (**Brand-Miller and Barclay, 2017**)

The papers fail to establish the existence of an information asymmetry around SSB consumption

Grattan (2016), for example, justifies intervention on the basis of a 'market failure', positing that consumers are fundamentally uninformed about the consequences of excess consumption of SSBs. They particularly highlight an information asymmetry issue for children and teenagers. However, obesity rates for children and teenagers, although higher than in the mid-1980s have in fact plateaued and remain stable.

Adult obesity, however has increased over this period. No evidence or theoretical argument is cited to support the assertion that, in an age where consumer information is readily available, adults are consuming SSBs without the knowledge of their impacts on potential weight gain and the associated health impacts.

⁴ In general, the health policy literature applies a narrow cost effectiveness analysis (CEA) framework, rather than the standard cost benefit appraisal (CBA) framework required in Australian public policy proposals. The CEA framework of cost is a very poor substitute because CEA does not measure the costs and benefits borne by the whole population affected by the policy, including those not specifically targeted.

Origins of *Initial Inquiry Report* (2014) and Charles Perkins Centre's Australian Paradox (2017)

money would go towards contradicting their study. Jennie Brand-Miller and Alan Barclay were given to believe the ongoing research misconduct inquiry might have been a result of their primary detractor giving a substantial donation to the Vice Chancellor of the University of Sydney.

What I was told was that [critic] made a donation to the university, for research that would question the Australian Paradox... And apparently [he] scored a meeting with the Vice Chancellor when he handed over his cheque. And the Vice

pp. 1-5 <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf>

Latest misconduct issues flowing from University of Sydney's 2014 research-integrity Inquiry

- (i) Readers, recall the conspicuously flat, dead-ending, faked data in the chart on page 1. Why did Professor Brand-Miller and Dr Barclay in 2014 recklessly misinform research-integrity Investigator **Professor Robert Clark AO**, insisting the clearly unreliable series is, in fact, "robust and meaningful"?
- (ii) The first snippet below shows **the main recommendation** from the University of Sydney's 2014 research-integrity Inquiry: a new Paradox paper should be written to "specifically address" the "key factual issues". (One key factual issue is the flat, dead-ending, faked data at the centre of this fraud.)
- (iii) Given that clear recommendation, why did Professor Brand-Miller suggest to Ms Hoepner (pp. 56-57) that she was required to produce "an update", rather than just properly clarify key factual matters?
- (iv) So too, is it reasonable for Brand-Miller (pp. 56-57) to be critical of ABC journalists Wendy Carlisle (*Background Briefing*) and Emma Alberici (*Lateline*) for inquiring about the status of the long overdue clarification paper? They were just doing their jobs. It was Brand-Miller who chose to pretend for years that some new far-off ABS data were required for her to proceed: again, Brand-Miller and Barclay were advised to discuss the flat faked dead-ending data at the centre of their story, not to invent a new story.
- (v) In March 2017, **the Charles Perkins Centre's Faculty** published its new paper in the *American Journal of Clinical Nutrition* (AJCN). This new paper dishonestly swept the profound problem of fake data under the carpet. It was able to do that because the University of Sydney in November 2016 used a security guard to shut down legitimate public scrutiny of a draft of the dishonest AJCN paper. Many in our community will be shocked to learn that eminent Professors **Stephen Simpson** (the Academic Head of the Charles Perkins Centre) and **Stewart Truswell** (the main scientific author of our *Australian Dietary Guidelines*) have been so stupid as to allow their names on the epic *Australian Paradox* fraud (below).

In July 2014, research-integrity investigator Professor Robert Clark AO advised:

I have, however, identified a number of 'lessons learnt' from this case and I recommend that these be considered by the University and discussed with Professor Brand-Miller and Dr Barclay at Faculty level. In particular, I recommend that the University consider requiring Professor Brand-Miller and Dr Barclay to prepare a paper for publication, in consultation with the Faculty, that specifically addresses and clarifies the key factual issues examined in this inquiry. This new paper should be written in a constructive manner that respects issues relating to the data in the Australian Paradox paper raised by the Complainant.

p. 4 <http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf>

In March 2017, the authors published a different paper, again featuring fake data:

AJCN. First published ahead of print March 8, 2017 as doi: 10.3945/ajcn.116.145318.

Declining consumption of added sugars and sugar-sweetened beverages in Australia: a challenge for obesity prevention^{1,2}

Jennie C Brand-Miller^{1*} and Alan W Barclay¹

¹Charles Perkins Centre and School of Life and Environmental Sciences, University of Sydney, Sydney, Australia, and ²Accredited Practising Dietitian, Sydney, Australia

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We thank Gina Levy and Bill Shrapnel for making the raw data from their earlier study available (27). We thank Alistair Senior, who gave statistical advice, and Anna Rangan, Jimmy Louie, Stephen Simpson, and Stewart Truswell, who gave constructive comments on the draft manuscript.

The authors' responsibilities were as follows—JCB-M: had primary responsibility for the final content of the manuscript; and both authors: designed and conducted the research, analyzed the data, performed the statistical analysis, wrote the manuscript, and read and approved the final manuscript. JCB-M is President of the Glycemic Index Foundation and manages a food-testing service at the University of Sydney. JCB-M and AWB are co-authors of books about the glycemic index of foods. AWB is a consultant to the Glycemic Index Foundation and Merisant (Australasia) and is a member of the Scientific Advisory Boards of Roche and Nestle (Australasia). AWB received an honorarium from Coca-Cola Ltd. for a presentation in 2011. JCB-M reported no conflicts of interest related to the study.

<http://www.australianparadox.com/pdf/USyd-March-2017.pdf>

<http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf> &
pp. 18, 28 and 64 at <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

Piers Akerman in *Sunday Telegraph* features University of Sydney's *Australian Paradox* fraud

[There's not enough evidence to prove a sugar tax reduces obesity](#)

Opinion piece, *The Sunday Telegraph*; 28 January, 2018

FRESH from their name-calling foot-stamping denigrate Australia tantrum the social justice warriors are weighing in for a long fight for a new tax.

Yes, a tax on sugar, and, wait for it, that taxpayer-funded virtue-signalling monolithic broadcaster, their ABC, is right behind the idea even though there is a distinct lack of scientific evidence to support the idea taxing sugar in soft drinks will lower Australia's truly horrific level of obesity.

Last week ABC Chief Economics Correspondent, **the redoubtable Emma Alberici**, posted a 2000-word article on its news website titled 'Sugar tax and the power of big business: How influence trumps evidence in politics'.

Ms Alberici was subsequently interviewed by the ABC's James Valentine on Thursday with, surprise, surprise, both agreeing violently that this country needed a sugar tax. The ABC duo discussed at length a peer-reviewed report by **eminent Sydney University nutritional researcher Jennie Brand-Miller** headed *The Australian Paradox*.

The paper, which was republished with even more supportive data late last year, presents this paradox: the rate of obesity among Australians is increasing alarmingly but the amount of sugar they are taking in what are called SSBs (sugar sweetened beverages) has been decreasing.

Despite there being no scientific challenges to Professor Brand-Miller's paper when it appeared in the authoritative American Journal of Clinical Nutrition, Ms Alberici felt free to baldly state: "The figures don't stack up." [It is false to claim that AJCN was not alerted to JBM's serious scientific fraud. Please see my letter to its Editorial Board, on p. 16.]

What's worse, when the **respected Menzies Research Centre**, which recently commissioned independent firm Cadence Economics to conduct a review of the evidence to see if a case could be made for a sugar tax, sought a right of reply, its request was rejected out of hand.

The strong probability is ABC hierarchy knew the **tough executive director of the Menzies centre, Nick Cater**, would destroy the claims. [I have also informed Nick Cater - via Twitter; see #MenziesResearchCentre - about the detail of JBM's serious scientific fraud: pp. 34-35 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>]

In this argument the heavy guns are with Prof Brand-Miller and her explosive research. [In fact, there's a **secret 15-page ABC Report** confirming *Paradox* is a sham (p. 23)] What's more, Cater's crew has Cadence's recent research into the five most frequently cited reports by the tax-'em-till-they bleed brigade and not one withstood expert scrutiny.

Whilst the ABC's hipster audience might sneer at those who drink SSBs and think they should be dosed with wheatgrass juice, they are on shaky ground linking SSBs to obesity.

Cater's team concluded not one of the five studies arguing for a sugar tax including the report by the influential Left-leaning **Grattan Institute** in 2016, stood up to empirical cross-examination.

None had established a causal link between a tax on sugary drinks and a reduction in obesity. None had measured the cost of the inefficiency, inequity and complexity of their 'solution'; none had questioned whether taxing the majority of SSB consumers who control their weight was justified; or correctly calculated the impact on broader society.

No evidence of market failure had been established; indeed as Prof Brand-Miller has established — along with the **Australian Bureau of Statistics** and the **Food and Agriculture Organisation of the UN** — consumption patterns show quite the opposite. [Again, please see p. 5. Alas, the conspicuously flat FAO data (in the chart on p. 1) spanning the critical 2000-2003 period - invalid data simply "faked"/"made-up"/"invented" without any genuine counting, after the ABS stopped its counting and discontinued its sugar data as unreliable after 1998-99 - are fake/made-up/invented. Yes, they are invalid: pp. 34-35 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>]

Sugar consumption is down in Australia, especially by children, and the volume of artificially sweetened beverages sold overtook sugar-sweetened drinks some years ago.

According to Prof Brand-Miller, with whom I spoke, Ms Alberici is confused. She hasn't understood the research or has been misled [by economist Rory Robertson].

Either way, she has mistaken the volume of soft drinks consumed with the amount of sugar consumed and hasn't taken into account the appearance of flavoured mineral waters, which contain about half the amount of sugar as drinks — such as regular Coke — in the market about 20 years ago.

[Readers: This box has been inserted by Rory Robertson: Please see minutes 6:30 to 8.40 in ABC Lateline video at <http://www.abc.net.au/lateline/health-experts-continue-to-dispute-sydney-uni/7324520> Some of the transcript follows:

EMMA ALBERICI: *After this interview, a correction was issued in the same online journal it was originally published in. The confusion, the authors claimed, lay in the overall amount of sugar being added to regular soft drinks, adding up to 600 grams per person over four years.*

The correction failed to mention that the volume of sales of regular sugary drinks was up, not down. This includes higher sales of so-called sports drinks like Powerade and iced teas, as well as regular soft drinks like Coke, Fanta, Solo and Sprite. [RR - Here's that sneaky, dishonest "correction": <http://www.mdpi.com/2072-6643/6/2/663>]

When Lateline asked Professor Brand-Miller which varieties had reduced sugar content, she explained that while formulas of the classic soft drink versions are the same, there are now new ones on the market like Coca-Cola Life, with 35 per cent less sugar, and Pepsi Next, with 30 per cent less.

*But **neither of those drinks existed** when the 'Australian Paradox' paper was written, much less over the 30 years it seeks to establish an Australian paradox.*

Please also see pp. 18, 28 and 64 at <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>]

The insinuation from Ms Alberici, both in her writing and in the interview, is that Prof Brand-Miller is somehow in the pocket of sugar producers or soft drink producers.

She said " ... when you've got self-interest. It's like the climate change debate right?" ... "So if you've got the Minerals Council, you know, commissioning a report about climate change, chances are they're not going to be very happy about a link between ... mining and climate change."

*But Prof Brand-Miller, who is an unpaid director of the Glycaemic Index Foundation, which provides invaluable information for diabetics and those who simply want to make the best choices when they shop for foods, has no such conflict of interests. [False. The Low-GI crew's **sizeable financial conflicts** of interest are documented overleaf.]*

Indeed, anyone who knew anything about the work of the Glycaemic Index Foundation would be aware that a number of criteria must be met, including fibre content, sodium levels and saturated fats, before a food can be given the GI Foundation's tick (which is worth looking for when you shop). [The requirement for sugar, overleaf, is <99.5%!]

So, yet again, the ABC is running a campaign based on cod science by virtue signallers who think they know how best your life should be run, and the solution to a non-existent problem is a new tax on those who can least afford it.

We pay more for power because we have to support inefficient solar and wind plants beloved by the ABC. Now its own staff want us to pay more for soft drinks though there is zero evidence than doing so will have any effect on obesity.

So that's nothing new. However, in smearing bona fide researchers and refusing a right of reply, the ABC has started 2018 at a new low.

<https://www.dailytelegraph.com.au/news/opinion/piers-akerman-theres-not-enough-evidence-to-prove-a-sugar-tax-reduces-obesity/news-story/3dffc8d52738ac5f9deb634a530b045c>

Piers Akerman wrong to repeat Jennie Brand-Miller's false denial of serious conflicts of interest

Professor Jennie Brand-Miller insists she has "absolutely" no pro-sugar conflicts of interest, yet she founded and operates University of Sydney's (50%-owned) Glycemic Index (GI) business!



<http://www.gisymbol.com/csr-logicane-sugar/>

According to University of Sydney's revenue-producing operation, healthy Low-GI products include a special LoGI blend of 99.4% refined sugar, plus yummy Milo (46% sugar). Great for kids and diabetics! Meanwhile...

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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.

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. (View Video)

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

University of Sydney's Low-GI crew also selling millions of copies of sugar-defending/promoting Low-GI diet books, a tasty cashflow supported by false *Australian Paradox* exoneration of sugar

the diabetes & pre-diabetes handbook

The Definitive Guide to Managing Diabetes and Pre-diabetes Using the Glycemic Index

Prof Jennie Brand-Miller • Kaye Foster-Powell

Doesn't sugar cause diabetes?

No. There is absolute consensus that sugar in food does not cause diabetes. Because the dietary treatment of diabetes in the past involved strict avoidance of sugar, many people wrongly believed that sugar was in some way implicated as a cause of the disease. While sugar is off the hook as a cause of diabetes, high GI foods are not. Studies from Harvard University indicate that high GI diets increase the risk of developing both diabetes and heart disease.

Prof Jennie Brand-Miller • Kaye Foster-Powell • Prof Stephen Colagiuri • Dr Alan Barclay
THE WORLD'S FOREMOST AUTHORITIES ON THE GLYCEMIC INDEX

p. 7 at <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf>
pp.49-50 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

Why did Sydney Uni use security guard to suppress A/JCN questions, threaten RR campus ban?

RR's series of Tweets at the time, documenting the key events of 3 November 2016, at USyd's Food Governance Conference

rory robertson @OzParadoxdotcom · 2 Nov 2016
Tragedy
#Diabetes experts know less than in 1923 australianparadox.com/pdf/1923-Medic... after hijacked in 1960s by shonky sci nytimes.com/2016/09/13/wel... #USyd

anahad oconnor @anahadocconnor
Nearly 86 million Americans have prediabetes. That's one quarter of the country. We are fast becoming a diabetic nation. twitter.com/ClevelandClini...

rory robertson @OzParadoxdotcom · 3 Nov 2016
Wow!
Today
#USyd relaunches #AustralianParadox fraud

p14 sydney.edu.au/law/health/fo... abc.net.au/lateline/conte... @anahadocconnor #foodgovernance2016

rory robertson @OzParadoxdotcom · 4 Nov 2016
As new #AustralianParadox delivered, #USyd asked if I had paid \$80 (Yes) #ProfJBM's Q&A cancelled, as everyone needed full hour for lunch

rory robertson @OzParadoxdotcom · 4 Nov 2016
Audience invited to seek out #ProfJBM afterwards Quietly waiting in line, #USyd security guard asked me to leave, as JBM feels "threatened"!

rory robertson @OzParadoxdotcom · 4 Nov 2016
I didn't, so #ProfJBM ushered out. I made point to #USyd officials that JBM refusing to correct false info on sci-record is scientific fraud

rory robertson @OzParadoxdotcom · 4 Nov 2016
#ProfJBM's new #AustralianParadox does not correct dominating errors featured on #Lateline abc.net.au/lateline/conte... #USyd #foodgovernance2016

rory robertson @OzParadoxdotcom · 4 Nov 2016
#USyd #VCMichaelSpence & Go8 solicit \$bns from taxpayers & polities via promise of research "excellence" go8.edu.au/sites/default/... What a scam!

rory robertson @OzParadoxdotcom · 4 Nov 2016
#ProfJBM told #foodgovernance2016 she has NO sugar COIs False glsymbol.com/csr-logicane-s... abc.net.au/cm/lb/5258294/... #LowGI #USyd #DRAWB @albericic

rory robertson @OzParadoxdotcom · 4 Nov 2016
#AustralianParadox relaunch sad day for #USyd science @anahadocconnor @Wendycarlisle @gillespi @MarikaSboros @MichaelPascoe01 @1petermartin

<https://twitter.com/OzParadoxdotcom>

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University of Sydney threatens to ban Rory Robertson over sugar dispute



Economist Rory Robertson at Sydney University, which has threatened to ban him from campus. Picture: Britta Campion

The Australian 12:00AM March 6, 2017

ADAM CREIGHTON
Economics Correspondent Sydney @Adam_Creighton

The University of Sydney has threatened to ban a high-profile financial markets economist and anti-sugar campaigner from its campus, accusing him of intimidating one of its top academics as they feud over the role of sugar in fuelling obesity.

Rory Robertson, a former Reserve and Macquarie Bank economist, has angrily denied the accusation in a series of emails with university officials, including vice-chancellor Michael Spence.

"Rather than threatening to ban me from campus, Dr Spence should simply fix (the issues)," he said, referring to a 2011 research paper, "The Australian Paradox", written by the university's top nutritionist, Jennie Brand-Miller, which finds a negative relationship between Australian obesity and sugar consumption.

Professor Brand-Miller's books have sold millions of copies worldwide and claim there is an "absolute consensus" that sugar in food does not cause diabetes.

Last year Mr Robertson attended two nutrition conferences hosted by the university, at which he says he voiced concerns about Professor Brand-Miller's controversial research, which appears to have drawn the wrong conclusion from sugar consumption data — a view corroborated separately by the ABC's *Lateline* program and author Peter Fitz Simons.

At the second conference, in November, security officials asked Mr Robertson to leave after he tried to question Professor Brand-Miller.

Deputy vice-chancellor Stephen Garton wrote to Mr Robertson in January saying the economist, who has worked in senior finance positions in New York and Sydney, had behaved in an "aggressive and intimidating manner".

"This letter is a warning that if you (repeat this behaviour) the university will revoke its consent for you to enter University of Sydney lands," Professor Garton said.

In his response, Mr Robertson called the accusation "reckless misrepresentations" and demanded the university release a video of the earlier March conference, that showed him asking questions during the Q&A session. "I'm not going to be intimidated by false claims," he wrote on January 30.

Dr Spence confirmed the threat in his February reply, writing, "so far as I have been able to gather, there is no video".

"The university reserves the right ... to secure and maintain an environment in which there is appropriate and respectful discourse," he wrote.

Excerpts of the video, which show Mr Robertson asking questions in a reasonable fashion, are on the ABC's website.

The Australian does not suggest Professor Brand-Miller has acted inappropriately. Mr Robertson has waged a five-year campaign against the university to retract the paper.

The university has cleared Professor Brand-Miller of any "research misconduct".

"There are respectable proposals for a sugar tax to help to reduce the misery of obesity and diabetes. But shonky (university) science is poisoning the important public debate with false information: the sugar and sugary drinks industries are brandishing the Charles Perkins Centre's Australian Paradox fraud as an intellectual spearhead in an effort to kill any such tax." Mr Robertson said.

Professor Brand-Miller did not respond to a request for comment.

<http://www.theaustralian.com.au/news/nation/university-of-sydney-threatens-to-ban-rory-robertson-over-sugar-dispute/news-story/0021115ba9b772e2e96e86f37ca7fd>

Self-reported sugar consumption data is [are] no better than fairy-floss

Letter to the Editor, *The Australian*, January 24, 2018

Judith Sloan argues that sugar is not a key driver of obesity, suggesting that overweight kids and adults are consuming less sugar than our fatties of yesteryear ("Call for sugar tax leaves a sour taste", 23/1).

Yet shelves in grocery stores, 7-Elevens and servos today groan under the weight of sugary products in a way they didn't in times when most of us were slim.

Are our shops really full of sugary products that no one is consuming? Is this an Australian paradox?

No. The problem is with the quality of Sloan's data. Economists should look at what people do, not what people say they do, or worse: what others say they do.

The claim of falling sugar consumption in Australia is based on fluffy self-reported responses to surveys by the Australian Bureau of Statistics. Sloan also reports an "even more dramatic" decline in children's sugar intake, based on self-reports by children and their parents.

DATA COLLECTION

11 Trained ABS interviewers conducted personal interviews with selected residents in sampled dwellings. One person aged 18 years and over in each dwelling was selected and interviewed about their own health characteristics including a 24-hour dietary recall and a physical activity module. An adult, nominated by the household, was interviewed about one child (aged two years and over) in the household. Selected children aged 15-17 years may have been personally interviewed with parental consent. An adult, nominated by the household, was also asked to provide information about the household, such as the combined income of other household members. Children aged 6-14 years were encouraged to be involved in the survey, particularly for the 24-hour dietary recall and physical activity module. For further information, see Data Collection in the AHS: Users' Guide, 2011-13 (cat. no. 4363.0.55.001).

<http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4364.0.55.011Explanatory%20Notes12011-12?OpenDocument>

No verifiable consumption data are involved. In fact, there has been no reliable time series for our consumption of added sugar since well before the ABS discontinued its best measure as unreliable after 1998-99.

What we do know is that people who eat large amounts of sugar tend over time to disproportionately suffer misery and early death via type 2 diabetes and cardiovascular disease, not to mention the millions of sets of teeth that are being wrecked by sugar and then repaired at taxpayers' expense.

Rory Robertson

<https://www.theaustralian.com.au/opinion/letters/selfreported-sugar-consumption-data-is-no-better-than-fairyfloss/news-story/f7ee99ddd74fb69d539f7e4fa1b84fc2>

Call for sugar tax leaves a sour taste

The Australian, January 23, 2018



By Judith Sloan

The Australian Medical Association is commonly described as the most powerful trade union in the country. I beg to differ.

For one thing, the AMA is not a registered trade union; there are other organisations representing the industrial interests of doctors. And, second, it has done a particularly lousy job of restricting the supply of new doctors, a key tactic of a trade union to bolster its power.



Illustration: Tom Jellett

Consider the number of students commencing medicine. In 2002, there was a total of 1837, including 367 international students. Note that many international students stay in the country after graduation.

In 2017, the total had swollen to 3853, with 642 international students. In other words, the number of students commencing medicine more than doubled over that period.

To be sure, the population also increased over that time frame. But if we consider the number of practising doctors per head of population, the ratio increased from 2.6 doctors per 1000 people in 2002 to 3.9 in 2015. This is an increase of 50 per cent.

So if the AMA has failed to restrict the number of new doctors entering the market, what is it up to? If you care to look at the AMA's annual reports, you will find very many photos of the organisation's activities under the heading "Advocacy". There is also a list of the AMA's key advocacy wins during the year.

The range of issues on which the AMA advocates is wide and varied: from climate change to asylum-seekers, from domestic violence to obesity.

In point of fact, the Labor Party would be very proud to put out the AMA's publications. The contents closely mimic many of the ALP's policy concerns and actions.

It's probably unsurprising that less than 30 per cent of medical professionals are actually signed-up members of the AMA, and there is a disproportionate number of older members aged over 50 years. This does not bode well for the future of the organisation.

So let me outline the AMA's advocacy stance on obesity, which it describes as "the biggest public health challenge facing the Australian population".

The revised AMA position statement calls on the federal government "to take national leadership in implementing a multifaceted strategy to address the serious health threat that obesity poses to individuals, families and communities".

The statement continues: "Combating obesity demands a whole-of-society approach, and the AMA strongly recommends that a national strategy to address obesity includes: a sugar tax; stronger controls on junk food advertising, especially to children; improved nutritional literacy; healthy work environments; and more and better walking paths and cycling paths as part of smarter urban planning".

So among all this [AMA] gobbledegook there is the strident suggestion that a sugar tax be introduced. To be sure, it is not only the AMA that is advocating this measure, the details of which are yet to be worked out. The idea is backed by an outfit called the **Obesity Policy Coalition**, which is funded by the Victorian government, as well as a number of left-wing media commentators.

Let's be clear: the figures on the incidence of obesity in Australia are alarming. On one set of figures, the proportion of Australians who are obese has risen from 19 per cent in 1995 to close to 30 per cent now. Rising obesity is found among both adults and children.

So why wouldn't we follow the lead of a number of other countries and regions by introducing a sugar tax? This typically takes the form of a tax on sugar-laden beverages that is generally high enough to noticeably increase the price of the product.

In some instances — in Britain, for instance — the tax rate depends on the sugar content of the product.

But here's the thing. If we look at sugar consumption in Australia, it has actually fallen very significantly over time, particularly among children. Between 1995 and 2011-12, for instance, the consumption of sugar fell from 17.6 teaspoons a day to 14.2. (2011-12 is the most recent data point from the Australian Health Survey conducted by the Australian Bureau of Statistics.)

And here's a further thing: the decline in the consumption of sugar among children (two to 18-year-olds) was even more dramatic: from 23 teaspoons in 1995 to 15.7 in 2011-12.

Note also there was a 36 per cent decline in the consumption of sugary soft drinks over that period. The two product categories the consumption of which rose were sugar-laden yoghurt and flavoured milk drinks/milkshakes/smoothies — both promoted for their health benefits.

This is surely a conundrum for the advocates of a sugar tax, including the AMA. The consumption of sugar goes down, including sugary soft drinks, but the rate of obesity goes up.

[Again, unreliable data fuel "Australian Paradox"-like fiction: the claim we are getting fatter as we eat less sugar.]

It is a case of twisted logic to think that putting a regressive tax on sugary soft drinks — a bigger burden for those on low incomes — would make any real difference to obesity, particularly among children. It would seem that parents understand the message for their children and are mostly offering them water to drink.

In fact, **the Grattan Institute, another advocate of a sugar tax**, estimates that sugary soft drinks account for only one-tenth of obesity in Australia. The introduction of a sugar tax could lower the average weight of obese individuals by half a kilo and reduce the rate of obesity by 2 per cent.

Whatever the reasons behind the rising incidence of obesity, it seems pretty clear that the consumption of sugar is not the most important factor.

What about the excise tax on cigarettes as an example of a successful sin tax? The distinction here is that smoking is clearly correlated with poor health outcomes and taxing cigarettes to reduce the incidence of smoking should have clear health benefits. (Mind you, governments count on reasonably inelastic demand because they are keen to receive the revenue.)

On the other hand, the causes of obesity are clearly multi-factorial, something that even the AMA acknowledges.

To include a sugar tax as part of a suite of measures would be a mistake, both because of its likely ineffectiveness and the potential neglect of other measures.

Mind you, it's hard to get too excited about more government-funded cycling paths as part of the solution, another AMA thought bubble.

The AMA should stick to its knitting (whatever that is) because public policy advocacy is clearly not its strong suit.

JUDITH SLOAN

Contributing Economics Editor

Judith Sloan is an economist and company director. She holds degrees from the University of Melbourne and the London School of Economics. She has held a number of government appointments, including Commissioner of the Productivity Commission; Commissioner of the Australian Fair Pay Commission; and Deputy Chairman of the Australian Broadcasting Corporation.

<https://www.theaustralian.com.au/opinion/columnists/judith-sloan/call-for-sugar-tax-leaves-a-sour-taste/news-story/0623bc802c6b2d89d0dfd6c589752e87>

Rory Robertson

29 January 2018

Letter to The Greens: University of Sydney scientific fraud features in attacks on "sugar tax"

To: senator.dinatale@aph.gov.au , Adam.Bandt.MP@aph.gov.au , senator.bartlett@aph.gov.au , senator.hanson-young@aph.gov.au , senator.mckim@aph.gov.au , senator.rhiannon@aph.gov.au , senator.rice@aph.gov.au , senator.siewert@aph.gov.au , senator.steele-john@aph.gov.au , senator.whish-wilson@aph.gov.au

Cc: michael.spence@sydney.edu.au , anthony.masters@sydney.edu.au , stephen.garton@sydney.edu.au , duncan.lvison@sydney.edu.au , vice.chancellor@sydney.edu.au , chair.academicboard@sydney.edu.au , dvc.research@sydney.edu.au + Academic Board list in full: <http://sydney.edu.au/secretariat/academic-board-committees/academic-board/membership.shtml> + Anne.Kelso@nhmrc.gov.au , Tony.Kingdon@nhmrc.gov.au , Tony.Willis@nhmrc.gov.au , Samantha.Robertson@nhmrc.gov.au , Alan.Singh@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 , Leanne.Harvey@arc.gov.au , Fiona.Cameron@arc.gov.au , Dennis.DelFavero@arc.gov.au , Clive.Baldock@arc.gov.au , Sarah.Howard@arc.gov.au , Marcus.Nicol@arc.gov.au , Brian.Schmidt@anu.edu.au , VC@anu.edu.au , Margaret.Harding@anu.edu.au , marnie.hughes-warrington@anu.edu.au , vc@unimelb.edu.au , margaret.sheil@unimelb.edu.au , jamesm1@unimelb.edu.au , Margaret.Gardner@monash.edu , kerrie.edwards@monash.edu , jane.mcloughlin@monash.edu , president@unsw.edu.au , l.field@unsw.edu.au , m.crossley@unsw.edu.au , b.boyle@unsw.edu.au , vc@uq.edu.au , dvc.research@uq.edu.au , provost@uq.edu.au , paul.johnson@uwa.edu.au , kent.anderson@uwa.edu.au , dvc@uwa.edu.au , vice-chancellor@adelaide.edu.au , pascale.quester@adelaide.edu.au , michael.brooks@adelaide.edu.au , bruce.lines@adelaide.edu.au , Vicki.Thomson@go8.edu.au , Matt.Brown@go8.edu.au , Alex.Kennedy@go8.edu.au , Lachlan.Murdoch@go8.edu.au , Sally.Nimon@go8.edu.au , Felix.Pirie@go8.edu.au

Dear Senator Di Natale, Dr Bandt, other Greens Senators, members of the University of Sydney Academic Board, and independent observers, including journalists,

My name is Rory Robertson. I am an economist concerned about the lack of proper quality control in nutrition "science" at Group of Eight (Go8) universities.

I note with concern that **recent high-profile attacks on The Greens' "sugar tax" proposal** are based on highly unreliable data and hopelessly flawed Go8 university "research".

I refer in particular to pieces in the past week by **Judith Sloan in *The Australian***, and **Piers Akerman in *The Sunday Telegraph*** [reproduced earlier in this document] <https://www.theaustralian.com.au/opinion/columnists/judith-sloan/call-for-sugar-tax-leaves-a-sour-taste/news-story/0623bc802c6b2d89d0dfd6c589752e87> ; <https://www.dailytelegraph.com.au/news/opinion/piers-akerman-theres-not-enough-evidence-to-prove-a-sugar-tax-reduces-obesity/news-story/3dff8d52738ac5f9deb634a530b045c>

Professor Sloan's sugar data are worse than useless. No serious policymaker would put self-reported data on children's cigarette consumption at the centre of tobacco-policy formulation. Yet Professor Sloan allows similarly unreliable data to dominate her formulation of tax and health policies with respect to added sugar: [see my *Letter to the Editor*, on page 10, earlier] <https://www.theaustralian.com.au/opinion/letters/selfreported-sugar-consumption-data-is-no-better-than-fairyfloss/news-story/f7ee99ddd74fb69d539f7e4fa1b84fc2>; and 11 in <http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4364.0.55.011Explanatory%20Notes12011-12?OpenDocument>

Piers Akerman's piece is even less credible, based as it is on the extraordinarily faulty 2011 and 2017 *Australian Paradox* papers by University of Sydney "scientist" Professor Jennie Brand-Miller, and a document - ***Fat Chance: Why sugar taxes won't work*** - published recently by the Menzies Research Centre: https://www.menziesrc.org/images/PDF/2018_MRC_Fat_Chance_Report_web.pdf

Disturbingly, featured in the ***Executive summary*** of that Menzies report (reproduced on the previous page of this document) is the 2017 expansion of the University of Sydney's infamous *Australian Paradox* fraud:

Further, [Brand-Miller and Barclay \(2017\)](#) investigated recent trends in the intake of sugars, including SSBs, and using multiple data sources reached the conclusion:

In Australia, four independent data sets confirmed shorter-and longer-term declines in the availability and intake of added sugars, including those contributed by SSBs. The findings challenge the widespread belief that energy from added sugars or sugars in solution are uniquely linked to the prevalence of obesity. [\(Brand-Miller and Barclay, 2017\)](#)

For those new to these issues, the "Australian Paradox" is an epic pro-sugar scientific fraud, co-authored by University of Sydney "scientists" Professor Brand-Miller and Dr Alan Barclay, and in part funded by the sugar industry itself.

I have been documenting this serious scientific fraud for six years. **Here's my *Five-year Update***, written around a year ago: <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

A key point to keep in mind is that there has been no reliable time series for Australians' per-capita consumption of added sugar since well before the Australian Bureau of Statistics (ABS) discontinued its best measure as unreliable after 1998-99 [p. 23 in *Five-year Update* above]; that is, the two main *Australian Paradox* papers (2011 and 2017) used to attack sugar-tax proposals feature fake time-series data for the 2000s (pp. 34-38 and 78).

As a matter of fact, three separate investigations by Australian Broadcasting Corporation (ABC) journalists and/or officials have confirmed that the main *Australian Paradox* claims are based on profound errors, including the authors' ongoing use of fake data:

1. **Lateline** (TV) <http://www.abc.net.au/lateline/health-experts-continue-to-dispute-sydney-uni/7324520>
2. **Background Briefing** (Radio National) <http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418>
3. **Independent inquiry report** (15-page Audience and Consumer Affairs report suppressed by Brand-Miller and Barclay with the assistance of ABC management) <http://www.australianparadox.com/pdf/ABC-management-suppressing-proof-USyd-sci-fraud.pdf>

Similarly, **widely respected journalist Michael Pascoe** found problems with competence and integrity at the University of Sydney when he reported on these matters in 2012: <http://www.smh.com.au/business/economist-v-nutritionists-big-sugar-and-lowgi-brigade-lose-20120306-1uj6u.html> ; <http://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html>

The extent of research misconduct by University of Sydney "scientists" and management appears to know few bounds. For example, not only did the Academic Director of the \$500m Charles Perkins Centre (**Professor Stephen Simpson**) assist Brand-Miller and Barclay to dishonestly place fake data in the *American Journal Of Clinical Nutrition* in 2017 (p. 6), but Brand-Miller and Barclay also formalised - in a 2017 Australian National University PhD thesis - their spectacular, false allegation that I **bribed University of Sydney Vice-Chancellor Michael Spence** in 2013 with a gift of \$10,000 (p. 4): <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf>

Did I mention that Brand-Miller and Barclay operate a University of Sugar "charity" that gets paid by food companies to put healthy "Low GI" stamps on sugary products that are up to 99.4% sugar? <https://www.foodpolitics.com/2016/03/sugar-in-australia-its-better-for-you/>

Or that Brand-Miller, Barclay and **Professor Stephen Colagiuri - the main scientific author of Canberra's *National Diabetes Strategy 2016-2020*** that suppresses GPs' once-standard cure for type 2 diabetes - have sold millions of University of Sydney pop-sci "Low GI diet" books, that make the blatantly ridiculous false claim that "**There is absolute consensus that sugar in food does not cause [type 2] diabetes**"? (pp. 6 and 12) <http://www.australianparadox.com/pdf/Expanded-Letter-HealthDept-type2diabetes.pdf>

For me, the *Australian Paradox* fraud has been six years full of surprises: for example, the University of Sydney in 2016 **used a security guard to intimidate** me, in an attempt to stop me wanting to ask questions - at a public conference that I had paid to attend! (p. 69) - about a draft of the 2017 [AJCN] paper that's now being used to attack The Greens' sugar-tax proposal; in early 2017, **University of Sydney Vice-Chancellor Michael Spence and Deputy Vice-Chancellor Stephen Garton each wrote to me to threaten a campus ban if I keep highlighting the serious scientific fraud that they have chosen to support** (p. 77): <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

For you, the University of Sydney's *Australian Paradox* fraud may be **the best-documented case of serious research misconduct in Group of Eight university history**.

Readers, it is worth asking why we taxpayers are still gifting the University of Sydney around \$700m per annum, now that its management has chosen to actively support scientific fraud, thus defrauding taxpayers on a massive scale while also damaging public health (p. 79).

Tragically, the *Australian Paradox* matter is merely the tip of an enormous iceberg of serious incompetence and fraud across modern nutrition science. The ongoing result is harm, misery and/or early death for millions of Australians, because doctors and public health officials today know less about fixing type 2 diabetes than was known by GPs across the western world a century ago (p. 3): <http://www.australianparadox.com/pdf/Expanded-Letter-HealthDept-type2diabetes.pdf>

Senator Di Natale, other Senators and Dr Bandt, I urge you and your staff to subject my range of serious claims to intense scrutiny. If what I am saying is true - and all of it is - I urge you to try to fix this mess: a good start would be encouraging Vice-Chancellor Michael Spence - via the threat of ending that ~\$700m worth of annual taxpayer funding - to oversee the formal retraction of his University of Sydney's hopelessly flawed *Australian Paradox* papers (2011 and 2017) that feature in the range of poorly informed attempts to kill your proposed sugar tax (pp. 45-48): <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

It is unclear how long Dr Spence is prepared to keep pretending that his "scientists" promoting fake sugar data in important public debates - after valid sugar data were discontinued as unreliable after 1998-99 - is consistent with his and the Go8's promise to taxpayers of a devotion to "excellence" in research.

Regards,

Rory

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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>

During National Diabetes Week, 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>

Here's my Five-year Update on the Australian Paradox fraud, including Vice-Chancellor Spence's threat to ban me from campus: (p. 64) <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.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

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/valari.php>

Piers Akerman wrong in *Sunday Telegraph* to claim "no scientific challenges to Professor Brand-Miller's paper when it appeared in authoritative *American Journal of Clinical Nutrition [AJCN]*"

----- Forwarded message -----

From: **rory robertson** strathburnstation@gmail.com

Date: Sat, Mar 11, 2017 at 12:54 AM

Subject: ALERT: Australian Paradox fraud expands into AJCN

To: dbier@nutrition.org , dafinley@ucdavis.edu , sec@nutrition.org , dtearly@nutrition.org , dallison@uab.edu , dalpers@dom.wustl.edu , ast@nexs.ku.dk , ods@nih.gov , Naomi.Fukagawa@uvm.edu , david.klurfeld@ars.usda.gov , mattes@purdue.edu , eric.rimm@channing.harvard.edu , shapses@aesop.rutgers.edu , Ricardo.Uauy@lshtm.ac.uk , Dominique.michaud@tufts.edu , edward.saltzman@tufts.edu , f.shanahan@ucc.ie , john.sievenpiper@utoronto.ca , esmith@bcm.edu , jsorkin@grecc.umaryland.edu , young@niss.org , kquimby@nutrition.org , ajcnsubmit@nutrition.org

Good morning, AJCN officials (<http://ajcn.nutrition.org/site/misc/edboard.xhtml>) and various groups of observers, including journalists,

I am an Australian economist. My background is detailed in Part 2 of my *Five-year update* below.

I am writing to express my concern about one of your latest papers: "Declining consumption of added sugars and sugar-sweetened beverages in Australia: a challenge for obesity prevention": <http://ajcn.nutrition.org/content/early/2017/03/08/ajcn.116.145318.abstract?sid=dc2992a9-11a8-4508-9787-639ae83bd3ec>

My concern is that this latest AJCN paper is an extension of the University of Sydney's Australian Paradox fraud, the five-year history of which I recently documented: <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

Please start with my summary (p. 19) and then assess my early 2017 "exchange of letters" with the University of Sydney's senior management (pp. 64-80).

Please pay particular attention to the fact that the FAO and GreenPool data used in this new AJCN paper both are faked for the post-1999 period, after the long-running official ABS sugar series was discontinued as unreliable (pp. 34-35 and pp. 37-38).

More generally, please consider the troubling facts in Part 4 and Part 7, including my interaction with Professor Marion Nestle (p. 66 and minute 15.30 at <http://www.abc.net.au/lateline/content/2015/s4442720.htm>).

It's also worth noting that the Charles Perkins Centre's new AJCN paper recklessly dismisses as "unreliable" the main valid detailed analysis in this area, by *Rikkers et al* (see email below).

Importantly, research-integrity investigator Professor Robert Clark AO in July 2014 explicitly advised Professor Jennie Brand-Miller and Dr Alan Barclay on what their next - your AJCN - paper should address:

"...prepare a paper for publication, in consultation with the Faculty, that specifically addresses and clarifies the key factual issues examined in this Inquiry. This new paper should be written in a constructive manner that respects issues relating to the data in the Australian Paradox paper raised by the Complainant" (please see p.76 in my *Update*).

Brand-Miller and Barclay at the time agreed to do as advised (see bottom of p. 76), when the world was watching, but two-and-a-half years later it turns out that they have done something quite different.

In their (your) new *AJCN* paper, Brand-Miller and Barclay have dishonestly evaded the serious problems in their original paper (p. 19), pretending yet again that those serious problems do not exist, and choosing to place further reliance on fake FAO and GreenPool data on which no reliance should be placed.

I encourage you, the *AJCN* Editorial Board and associated officials, to consider the evidence I have provided, especially in Parts 3, 4 and 7 of <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

In my opinion, the appropriate response to this new *AJCN* paper that so heavily relies on fake data is formal retraction. You may or may not agree.

Please acknowledge this letter and, later, after you have carefully assessed the evidence provided, please advise me of your decision on this matter.

Best wishes,
Rory

----- Forwarded message -----

From: rory robertson strathburnstation@gmail.com

Date: Fri, Mar 10, 2017

Hi Team UWA...USyd in new *AJCN* paper dismisses your paper as "unreliable"

To: Wavne Ridders <Wavne.Ridders@telethonkids.org.au>, Wavne Ridders <wrikkers@ichr.uwa.edu.au>, Katherine Hafekost <khafekost@ichr.uwa.edu.au>, Francis Mitrou <francism@ichr.uwa.edu.au>, Steve Zubrick <steve@ichr.uwa.edu.au>, David Lawrence <DLawrenceTICHR@gmail.com>

Hi Team UWA,

In their new *American Journal of Clinical Nutrition (AJCN)* paper, University of Sydney (USyd) Professor Jennie Brand-Miller (JBM) and Dr Alan Barclay (AWB) dismiss your painstakingly produced *Ridders et al* analysis as "unreliable":

p. 4 of 10 <http://www.australianparadox.com/pdf/USyd-March-2017.pdf>

As I noted in my *Five-year update* last week, JBM and AWB have produced a new *Australian Paradox* paper without explicitly addressing the blatant problems - confusing up with down (!), and the use of fake data - in the original *Australian Paradox* paper: p.74 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

Part 3 in my *Five-year update* documents the original problems (starts p.18).

Part 4 documents USyd's negligent/dishonest defence of the original paper (starts p.28).

Notably, JBM and AWB promote the FAO sugar series as reliable, even though they know that post-ABS (after 1998-99) the FAO series is "made up"/"faked"/"based on no real-world counting" (pp. 34-35).

Further, JBM and AWB recklessly introduced the dodgy GreenPool series as reliable, despite that series being hopelessly unreliable, invented and funded as it was by the sugar industry to mislead over that post-ABS, post-1998-99 timeframe. In fact, the ABS itself pointed Professor Robert Clark AO towards my observation that the GreenPool series is a sugar-industry funded and framed sham (pp. 37-38).

Importantly, research-integrity investigator Professor Robert Clark AO in July 2014 explicitly advised USyd, JBM and AWB on what their next (*AJCN*) paper should address:

"...prepare a paper for publication, in consultation with the Faculty, that specifically addresses and clarifies the key factual issues examined in this Inquiry. This new paper should be written in a constructive manner that respects issues relating to the data in the *Australian Paradox* paper raised by the Complainant" (reproduced on p.76 in my *Update*).

They agreed to do so (bottom of p. 76). Yet USyd, JBM and AWB have not done that. Instead, they have dishonestly evaded those issues, pretending they do not exist.

Notably, **Professor Stephen Simpson** (Academic Director of the Charles Perkins Centre; see p. 89) and **Professor Stewart Truswell** (see pp. 94-97) okayed this new *ACJN* paper, okayed a paper deliberately presenting at least two fake sugar series as reliable.

<http://www.australianparadox.com/pdf/USyd-March-2017.pdf>

<http://www.srasanz.org/sras/sras-advisors/>

The sugar-industry's Bill Shrapnel is thanked above as well, although not for his larger role in helping to invent and publish the GreenPool series that the sugar industry designed and funded to use to try to rescue the *Australian Paradox* fraud (p. 37).

On conflicts of interest, it's a bit strange that JBM claims she has "no conflicts related to the study" - which falsely exonerates added sugar as a menace to public health - given that she runs a business that puts healthy LowGI stamps on products that are up to 99.4% sugar (p.66), and given that she has sold millions of LowGI pop-sci diet books that feature the ridiculous false claim that "There is absolute consensus that sugar in food does not cause [type 2] diabetes" (p.5).

If sugar is indeed a menace to public health - it is (p. 6) - JBM, AWB and USyd have a massive conflict of interest, because their pro-sugar LowGI business ultimately collapses, so too the pro-sugar LowGI book-selling business collapses! Of course, JBM has "conflicts related to the study", when it falsely exonerates sugar as a menace to public health.

In summary, the new *AJCN* paper - like the original paper - is an academic disgrace, with the nutritionists - plus their management - and their sugar-industry helpers, not fixing the Charles Perkins Centre's *Australian Paradox* fraud, but expanding it.

rgds,
rory

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rory robertson

economist and former-fattie

<https://twitter.com/OzParadoxdotcom>

After writing to the entire Editorial Board of the *AJCN* in March 2017, I wrote in May and June 2017 to the entire Academic Board of the University of Sydney, to alert it to Professor Brand-Miller's fundamentally dishonest March 2017 expansion of the *Australian Paradox* fraud, disgracefully assisted by "the Faculty" of the Charles Perkins Centre, led by its high-profile Academic Director, Professor Stephen Simpson, and helped by Emeritus Professor Stewart Truswell, who happens to be main scientific author of our *Australian Dietary Guidelines*

(Please see p. 6 of <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf> and pp. 34-37, 78 and 94-97 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>)

From: rory robertson <strathburnstation@gmail.com>

Date: Tue, Jun 13, 2017 at 7:21 AM

Letter (1) re Governance problems and fraud at University of Sydney

Dear Vice-Chancellor Michael Spence, Provost and Deputy Vice-Chancellor Stephen Garton, other members of the University of Sydney Academic Board, and independent observers including journalists,

In response to letters to me from the University on 13 January and 14 February, on 26 February I provided Vice-Chancellor Spence with a copy of my detailed *Five-year Update* on the Charles Perkins Centre's *Australian Paradox* fraud: <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

I received no reply. I wrote again in May, providing a detailed timeline of key developments over the past five years: <http://www.australianparadox.com/pdf/RRLetterSpenceMay2017.pdf>

Again, I received no reply.

I remain shocked that, in March, five years after being advised of the problems, "the Faculty" of the Charles Perkins Centre expanded the *Australian Paradox* fraud into a third journal, the *American Journal of Clinical Nutrition*.

I am disgusted at the dishonesty involved in University management expanding the fraud rather than properly retracting the faulty original paper, based as it is on fake data and the inept misreading of simple charts.

Still, that was your choice, and now four (not just two) high-profile and highly influential Charles Perkins Centre scientists are entangled in the blatant fraud.

My principal concern has become that governance problems at a Group of Eight university have resulted in a serious scientific fraud being allowed to prosper, promoting harm to public health and, in the process, defrauding Australian taxpayers on a massive scale.

As one of the taxpayers who helps to provide the University of Sydney with \$700m in public funds each year - including around \$400m on your promise of research "excellence" - I regard the current state of affairs as

unacceptable.

Accordingly, I plan to write to hundreds of government, public-health, academic and media entities in Australia and offshore to alert them to the ongoing misconduct by the scientists and management of the University of Sydney.

For your information, the basic substance of my planned letters is provided in this draft: <http://www.australianparadox.com/pdf/USyd-Governance.pdf> (also provided overleaf).

I am happy to discuss the situation, if anyone in management at the University of Sydney and the Group of Eight decides that pretending there is no problem is *not* the best way to deal with serious research fraud.

Finally, Vice-Chancellor Spence, have you found a copy of the University's video that, despite you saying it does not exist, has appeared on ABC national TV? (minute 15:02 <http://www.abc.net.au/lateline/content/2015/s4442720.htm>)

Regards,
Rory

<http://www.australianparadox.com/pdf/Letters-USydVCSpenceGovernance.pdf>

In 2018, the need for formal retraction of *Australian Paradox* paper seems even more obvious

In 2011, University of Sydney used *Australian Paradox* to campaign against NHMRC

HEALTH AND SCIENCE

A spoonful of sugar is not so bad



The University of Sydney's Jenise Brand-Miller and Bill Shrapnel with a variety of foods, some more nutritious than others, that all contain sugar. Picture: Jesse Dempster

LEIGH DAYTON, SCIENCE WRITER
The Australian · 12:04 AM July 9, 2011

BILL Shrapnel was not amused. He'd logged on to the National Health and Medical Research Council's website a few weeks ago and read the draft dietary guideline recommendations.

"My reaction was that the NHMRC is supposed to be the bastion of evidence-based nutrition," recalls Shrapnel, consultant dietitian and deputy chairman of the **University of Sydney Nutrition Research Foundation**. "But their dietary work is still laced with the dogma that diminishes our profession."

What raised Shrapnel's ire was the word sugars in recommendation No 3: "Limit intake of foods and drinks containing saturated and trans fats; added salt; added sugars; and alcohol". Limit sugars? "Show us the evidence," he says. "There isn't any."

Along with **University of Sydney nutritionist Jenise Brand-Miller**, Shrapnel takes the highly contentious position that **sugar isn't a dietary evil, as dangerous to human health as saturated and trans fats, salt and alcohol**.

"It doesn't actually do any direct harm to the human body. It doesn't raise blood cholesterol or raise blood pressure or cause cancer," says Brand-Miller, known for her book *The Low GI Diet*. The GI stands for glycemic index, a measure of the effects of carbohydrates on blood sugar levels.

According to Brand-Miller, these findings sit neatly with data from the UN Food and Agriculture Organisation, national dietary surveys and industry. **"Australians have been eating less and less sugar, and rates of obesity have been increasing,"** she says.

<http://www.theaustralian.com.au/news/health-science/a-spoonful-of-sugar-is-not-so-bad/news-story/1f78f8d76736b77a9abab0363504ccfe>

By recklessly misinforming public-health debate (via promotion of faked flat-lining data as valid, and other false information), University of Sydney scientists for years have been breaching the

AUSTRALIAN CODE FOR THE RESPONSIBLE CONDUCT OF RESEARCH

BREACHES OF THE CODE AND RESEARCH MISCONDUCT

In addressing the process for responding to allegations, it is useful to distinguish between minor issues that can clearly be remedied within the institution and more serious matters where the involvement of people who are independent of the institution is desirable. The boundary between minor and serious issues is not sharp, and those determining a particular case will find it helpful to consider the penalties that might be applied by the employing institution if the allegations are true, the steps needed to ensure procedural fairness to all concerned, **the extent to which there are consequences outside the institution, and the standing of the research community in the eyes of the general public.**

Here, the term *breach* is used for less serious deviations from this Code that are appropriately remedied within the institution. The term *research misconduct* is used for more serious or deliberate deviations.

Research misconduct

A complaint or allegation relates to research misconduct if it involves all of the following:

- an alleged breach of this Code ✓
- intent and deliberation, recklessness or gross and persistent negligence ✓
- serious consequences, such as false information on the public record, or adverse effects on research participants, animals or the environment. ✓

Page 10.1 https://www.nhmrc.gov.au/files/nhmrc/file/research/research-integrity/r39_australian_code_responsible_conduct_research_150811.pdf

p. 9 <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf>

Are the “blatherings” of Vice-Chancellor Michael Spence about the need to give priority to Academic Freedom just a smokescreen to avoid the proper retraction of the *Australian Paradox* paper, while continuing to defraud taxpayers by up to \$700m p.a. via the false promise that our Group of Eight universities will seek to ensure a unique devotion to “excellence” in research?

University of Sydney and Group of Eight supporting scientific fraud, and thus defrauding Australian taxpayers on a massive scale

In an epic failure of leadership in 2016, University of Sydney Vice-Chancellor and Chair of the Group of Eight, Dr Michael Spence, ditched the Go8's promise of “excellence” in research, as he embraced Academic Freedom and refused to correct blatantly false information tending to harm public health. Critically, formal retraction is the standard approach to fixing false and harmful “findings” on the scientific record. Over 600 faulty peer-reviewed papers are retraced each year (~2 per day). Supporting false and harmful “findings” published without proper quality control is **unethical and unacceptable**: <http://retractionwatch.com/2016/12/05/retractions-holding-steady-650-1v2016/>

Dear Mr Robertson
I have received your e-mail of 24 May [2012].
On the advice available to me the report of Professor Brand-Miller's research which appears in *Nutrients* was **independently and objectively peer-reviewed** prior to its publication in that reputable journal.
In that circumstance there is **no further action** which the University can or should take in relation to your concerns.
Yours sincerely
Michael Spence
DR MICHAEL SPENCE | Vice-Chancellor and Principal, UNIVERSITY OF SYDNEY | Chart 6 at <http://www.austliianparadox.com/pdf/2351d5e9austliianparadoxtoacademicberrationalfinal.pdf>
<http://www.austliianparadox.com/pdf/quietquietresearch.pdf>

Dear Mr Robertson
An independent enquiry has found there to have been no academic misconduct in the publication of this research justifying any type of disciplinary action or requiring the retraction of this paper.
Universities are not advocacy organisations. They do not promote particular points of view. They are forums for research and debate and must, absent independently established research misconduct or some type of unlawfulness, protect the right of their academic staff to undertake and publish research. This includes research that you may believe to be wrong in its conclusions. Indeed, the whole progress of scientific understanding depends upon the constant correction and re-contraction of published research. For a university to require the retraction of a piece of research simply on the basis that someone believes it to be wrong, even patently wrong, would be a fundamental blow to the tradition of free enquiry that has made universities such powerful engines of innovation and of social development over many centuries. I repeat, we will not censor or require the retraction of the academic work of our staff on any grounds save independently verified research misconduct or unlawfulness.
Your campaign of public vilification will not change this position.
Yours sincerely
Michael Spence
20 April 2016 <http://www.austliianparadox.com/pdf/Go8Chair-academicfreedom.pdf>

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>



| | 2015 | 2014 | Change | Change |
|-------------------------------------------------|-------|-------|--------|--------|
| | \$M | \$M | \$M | % |
| Teaching and learning operating grants | 304.4 | 299.5 | 4.9 | 1.6 |
| Capital funding | 1.3 | 6.9 | (5.6) | (81.4) |
| Federal government operating and capital grants | 305.7 | 306.4 | (0.7) | (0.2) |
| Research block grant funding | 150.9 | 150.4 | 0.5 | 0.3 |
| Other federal agencies research | 157.2 | 160.6 | (3.4) | (2.1) |
| Australian Research Council | 64.1 | 75.0 | (8.9) | (12.2) |
| Scholarships | 30.3 | 29.1 | 1.2 | 4.0 |
| Federal research funding | 402.5 | 413.2 | (10.7) | (2.6) |
| Total Federal funding | 309.2 | 719.6 | (11.4) | (1.6) |

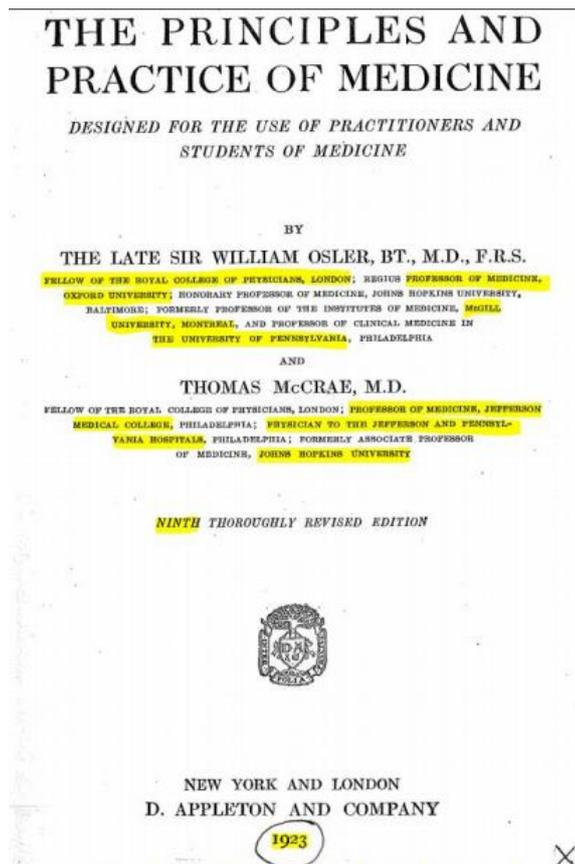
p. 51 of 136 <http://sydney.edu.au/dam/contorata/documents/about-us/values-and-vision/University-of-Sydney-2015-Annual-Report.pdf>

It's tragic that incompetence and fraud documented in *Australian Paradox* episode is merely tip of huge iceberg of false diet information harming public health everywhere

Leadership
for good
starts here.



PART 8: The tragedy of modern nutrition "science" and official dietary advice is that the *Australian Paradox* case-study is merely the tip of an enormous iceberg of incompetence and worse that has resulted in widespread misery, harm and early death for millions of everyday people across the globe. "Scientists" and GPs know less about fixing type 2 diabetes today than was known a century ago!



<http://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf>

Type 2 II. **DIABETES MELLITUS** ~90% of all diabetes

Definition.—A disease of metabolism in general with especial disturbance of carbohydrate metabolism in which the normal utilization of carbohydrate is impaired with an increase in the sugar content of the blood and consequent

422 DISEASES OF METABOLISM

glycosuria. There is a tendency to subsequent disturbance of the fat metabolism with resulting acidosis (Ketosis).

History.—The disease was known to Celsus. Aretaeus first used the term diabetes, calling it a wonderful affection "melting down the flesh and limbs into urine." He suggested that the disease got its name from the Greek word signifying a syphon. Willis in the seventeenth century gave a good description and recognized the sweetness of the urine "as if there has been sugar and honey in it." Dobson in 1776 demonstrated the presence of sugar, and Rollo in 1797 wrote an admirable account and recommended the use of a meat diet. The modern study of the disease dates from Claude Bernard's demonstration of the glycogenic function of the liver in 1857.

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 hyperglycaemia 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.

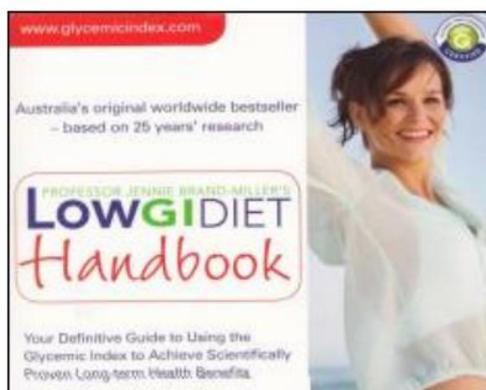
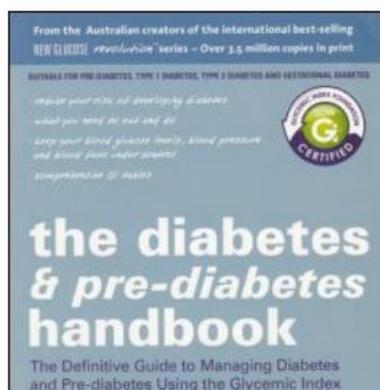
DIABETES MELLITUS 423

Is it a problem that main author of Canberra's *National Diabetes Strategy: 2016-2020* - Low-GI Professor Stephen Colagiuri - and the Charles Perkins Centre's *Australian Paradox* authors have falsely exonerated modern doses of sugar as a cause of type 2 diabetes?

Common questions

Does sugar cause diabetes?

No. There is absolute consensus that sugar in food does not cause diabetes.



<http://www.australianparadox.com/pdf/Expanded-Letter-HealthDept-type2diabetes.pdf>
pp. 81-106 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

Dear readers: Please be relentless in your scrutiny of my hard-hitting assessments

Readers,

If you believe that anything I have written or distributed is factually incorrect or otherwise unreasonable, please contact me immediately – via strathburnstation@gmail.com - and I will seek to correct any errors as soon as possible. My strong sense is that you will struggle to find any real problems. Naturally, I believe that everything in this document - and others I have produced - is factually correct. As you can see, I have been exhaustive in detailing the evidence on which my assessments are based.

Importantly, a key document that is missing from the public debate is the **15-page formal Investigation Report** produced by the **ABC's Audience and Consumer Affairs** group. This A&CA report was produced after **Professor Brand-Miller and Dr Barclay** on 24 May 2016 sent the ABC a **36-page letter of complaint** about Emma Alberici's *Lateline* program (video below). The A&CA report was finalised on 8 September 2016, and Brand-Miller and Barclay were advised of its findings on 14 September 2016. The report is devastating to them, essentially confirming my claim that the *Australian Paradox* episode has become a serious scientific fraud. So far, the explosive report has been suppressed by misguided ABC management: <http://www.australianparadox.com/pdf/ABC-management-suppressing-proof-USyd-sci-fraud.pdf>

Please be relentless in your scrutiny of my work on diet and health. If, after considering the evidence provided, you find my hard-hitting assessments convincing, perhaps together we can start to fix the influential misinformation that is working to harm everyday Australians, especially our children and the lifespans of our Indigenous peoples.

Regards,
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 my August 2017 update on the epic Australian Paradox sugar-and-obesity fraud. Did I really bribe Vice-Chancellor Spence? <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf>

During National Diabetes Week, 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

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>