

[Scientific fraud “red alert” after Sydney University’s false denial of longevity misrepresentation in faulty *Cell Metabolism* paper](#)

Dear Professor Stephen Simpson (corresponding author), co-authors, and officials of *Cell Metabolism* (plus independent observers),

Thank you for the copy of your formal response to my Expression of Concern. As you know, I’m concerned about your misrepresentation of key median-lifespan results from the 30-diet mouse experiment that is published in *Cell Metabolism*, after taxpayers funded the study (National Health and Medical Research Council project grant 571328). <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf> I have reproduced the bulk of your formal response on p. 8 below, and provided a link to the complete piece. My assessment follows.

In response to my Expression of Concern in January, Professor Simpson advised a journalist “...Rory’s concerns are in every respect unfounded” (p. 18, below). That statement now is confirmed as **false and dishonest**. Simpson *et al* unreasonably refuse to concede that their high-profile paper’s main claim - “Median lifespan was greatest” on the diets “low in protein and high in carbohydrate” - is false. The authors’ own **Table S2** falsifies their claim: median lifespan was greatest on a diet *high* in protein (**42%**) and *low* in carbohydrate (**29%**). That **139-week** median lifespan is 10% greater than the next best, also from a *high*-protein diet; and 139 weeks is ~15% greater than the typical **121-week** median on usual chow: <https://www.jax.org/news-and-insights/jax-blog/2017/november/when-are-mice-considered-old>

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://australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

This 10-15% outperformance is profound: it’s roughly a decade in human years. If humans were like mice (p. 5), **42%** protein, **29%** carbs and boosting median lifespan by a decade would be amazing news. Bizarrely, Simpson *et al*’s faulty paper does not mention this remarkable finding: the *actual* diet-and-lifespan results from taxpayers’ 30-diet experiment remain deep in “Supplemental information”, hidden away and undiscussed. Why? Why indeed. The authors’ priority is statistical modelling of the actual results, not the *actual* results, hidden away. This is a serious problem. Professors Norman and Streiner in the text *PDQ Statistics* (3rd Edition, 2003) explain that authors have a responsibility to convey to readers “**an accurate impression**” of what the full dataset looks like “before beginning the statistical shenanigans. Any paper that doesn’t do this **should be viewed from the outset with considerable suspicion**” (p. 5, below).

The authors insist the *diet-by-diet* results above don’t matter (p.2). Yet isn’t hiding and misrepresenting the *actual* results scientific fraud? Accordingly, I continue to advise that Simpson *et al*’s unreliable paper **should be retracted**, then rewritten under competent and honest supervision to ensure the 30 diets’ median lifespans are reliably presented - as per **Table 3** on p. 4 - and discussed, before the authors launch into their colourful fun and games via a General Aggregate Model and unneeded focus on Protein-to-Carbohydrate (P:C) ratios.

(i) RR response to Simpson’s “Response 1”

Professor Simpson’s disingenuous refusal to face facts is confirmed in the first sentence of his rebuttal: “Response 1: This comment indicates confusion around median and maximum lifespans and the nature of survivorship curves” (p. 8, below). Alas, instead of simply conceding that his mislabelled **Figure 2 including panels B and C** (see overleaf) misleads readers with its one big heading “...**median lifespan**”, Simpson pretends I don’t understand simple concepts. (There’s a background of dishonesty here. Read on, especially p. 4.)

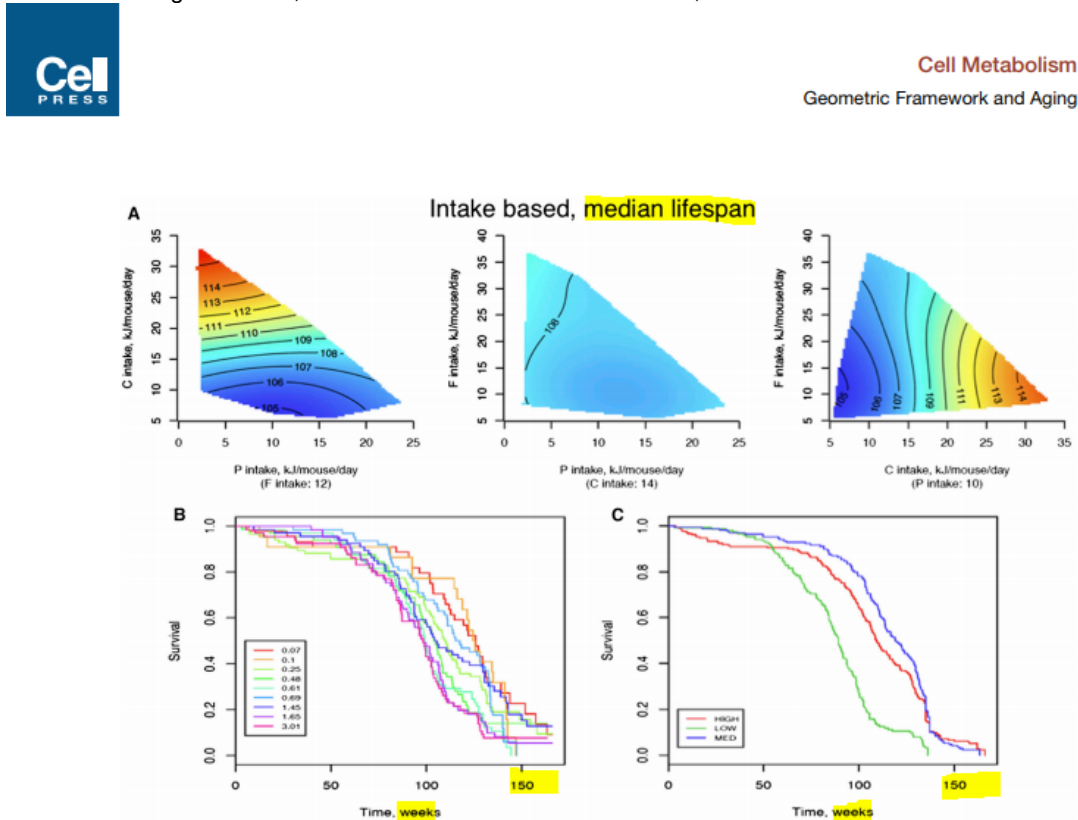
Of course, “median and maximum lifespans and the nature of survivorship curves” are all simple matters. There is no confusion on my part. I’ve worked full-time in data analysis for over thirty years, after enjoying plenty of pure maths and statistics courses in my First Class Honours degree in Economics, and then more in my Master of Economics degree at the Australian National University. I studied both mathematics and statistics at a Group of Eight university before academic standards collapsed. Here are my degrees:

p.13 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

In any case, officials of *Cell Metabolism*, please notice that **all of your Figure 2** (overleaf) is labelled “Intake based, **median lifespan**” in big font. Your mislabelled Figure 2 suggests to casual readers that some of the 30 mouse diets in Simpson *et al*’s experiment produced **median lifespans** in excess of 150 weeks. Yet **Table S2** - hidden in “Supplemental information” - shows that mice on *none* of 25 diets

Figure 2

[In Panel A, “red indicates the highest value, while blue indicates the lowest value, with the colors standardized across the three slices.”]



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

had median lifespans greater than 140 let alone 160 weeks. The heading “...**median lifespan**” on Panels B and C is misleading. A more accurate heading is: “Survival curves of selected diet groupings, happily avoiding the diet with a massive median lifespan of 139 weeks”.

Should we assume that this mislabelling deception was inadvertent? Yes, except for a second troubling matter: **Table S2** should have been ranked by **median lifespan**, the aspect of population longevity we care most about, not by the 2-3 oldest mice per diet - **outliers**. This second deception saw low-protein diets promoted to the top of the table, while diets with the *longest* median lifespans were shunted down the rankings. If Table S2 had been **properly ranked** by median lifespan, two diets *high* in protein and *low* in carbohydrate would be at the top of the table, making a nonsense of Simpson *et al*’s high-profile (false) claim that median lifespan was greatest for mice on low-protein, high-carbohydrate diets. Alas, the authors **scrambled** key data before burying Table S2 deep in “Supplemental information”.

Table 3 reproduced on p. 4 confirms that readers are being misled. My suspicion is that the authors’ convenient ranking and mislabelling deceptions were **designed** to mislead. After all, Blind Freddie and the 18 co-authors all can see that the *actual* data do not support their paper’s high-profile claim. But why would the authors seek to mislead everyone about median lifespan in mice? I really wouldn’t know. Maybe the 30-diet experiment’s results just “didn’t turn out right” in terms of the “protein leverage” (P:C) story Simpson *et al* like to tell.

In any case, the problem remains as explained in my Expression of Concern: Simpson *et al*’s paper blatantly misrepresents the median-lifespan results of the 30-diet experiment. Consumers of *Cell Metabolism* and University of Sydney “science” are being deceived (p. 6). In trying to understand what is going on, it is relevant that Professor Simpson has **“form”** when it comes to high-profile deception (p. 4).

Notably, Simpson’s **pretending that simple matters are oh-so-complicated** is the same approach taken by his colleague Professor Jennie Brand-Miller, when she launched the University of Sydney’s *Australian Paradox* fraud that Steve now oversees as Academic Director of the Charles Perkins Centre. “Mr Robertson says the paradox argument relies on misinterpreted statistics, some of which are no longer collected because of unreliability. In response, Professor Brand-Miller says Mr Robertson is not a nutritionist and does not understand nutrition”. <https://www.smh.com.au/healthcare/research-causes-stir-over-sugars-role-in-obesity-20120330-1w3e5.html>

(ii) RR response to Simpson’s “Response 2”

After scrambling the *actual* median-lifespan results then burying them deep in “Supplemental information”, Simpson *et al* insist: *The conclusion that lower protein, higher carbohydrate diets supported longest lifespans ... was derived from the entire dataset – and was statistically robust. The power and novelty of this study was that it systematically measured many combinations of protein, carbohydrate and fat and tested the responses of mice across all of these not diet by diet. In fact, to pick out one or two diets for special attention is invalid – equivalent to refuting a statistically significant regression based on individual points below or above the fitted line.*

It emerges from their “rebuttal” that Simpson *et al* have little respect for the *actual* longevity results of their 30-diet experiment. They appear besotted with the ability of their General Aggregate Model (**GAM**) algorithm to pump out colourful charts featuring Protein-to-Carbohydrate (**P-C**) ratios. The authors’ devotion to their GAM and P-C ratios – both favourites with science careerists who like the “protein leverage” hypothesis – has made them **wilfully blind** to the *actual* median lifespans that they keep insisting are not relevant.

Of course, the GAM algorithm is just an **averaging/smoothing device**. While not a fact-finder, it’s harmless and may even be useful if combined with common sense. In the simple task of identifying the particular diets in the 30-diet experiment that produced the greatest

median lifespans, however, the GAM was **neither needed nor helpful**. After all, just looking carefully at the data in Table S2 provides readers with most of the needed facts on the experiment's longevity results. Table 3, overleaf, assists in that rather straightforward task.

Readers should be aware that Panel A of Figure 2 (on p. 2) presents the results of feeding a **subset** of the 30-diet experiment's results into a GAM. It does *not* present the 30-diet experiment's *actual* results. Indeed, while the *actual* results in Table S2 show clearly that the two mouse diets with the greatest median longevity have median lifespans of **127 and 139 weeks**, those elevated actual outcomes do not exist in Figure 2A, constrained as it is to falsely insist that "**median lifespan**" was "highest" somewhere near **114 weeks**. All good?

It turns out that an earlier taxpayer-funded study by Simpson *et al* involved 18 co-authors feeding a detailed map of the world into a GAM algorithm. The impressively sophisticated analysis allowed them to discover that the Big Island of Hawaii and the big island of Australia are both **average-sized islands**. When challenged by a layman highly skilled in traditional map-reading, they responded as follows:

The power and novelty of this map study is that it systematically measured many combinations of islands and continents. Results were derived from the entire dataset – and are statistically robust and tested across all land forms simultaneously – not simply by eyeballing the map island-by-island in a child-like manner. In fact, to pick out one or two islands for special attention is invalid – equivalent to refuting a statistically significant regression based on individual points below (say Hawaii) or above (say Australia) the fitted line.

I'm joking of course. That did not happen. But that "world map fed into a GAM" scenario is no more silly than the authors feeding Table S2 into a GAM then insisting with a straight face that "Median lifespan was greatest" on diets "low in protein and high in carbohydrate". Again, Simpson *et al* should be forced to reliably present and discuss the *actual* median-lifespan results from their 30-diet experiment in the main text of the paper before they "smooth" the results beyond recognition using their exclusion, averaging and GAM shenanigans.

(iii) RR response to Simpson's "Response 3"

Regarding the five killer 5%-protein diets that Simpson *et al* discontinued and then quietly buried in "Supplemental information", I wrote to the authors (via *Cell Metabolism*) five years ago: "I get the bit that those five low-protein diets were discontinued because 100+ young mice were dying, and so had to be euthanized according to the terms of the ethics protocol. What I don't get is why those sick/dying/dead mice are not counted in your longevity results. Excluding those 100+ died-young low-protein mice from your longevity results and then concluding that low-protein diets boost the longevity of mice seems a rather idiosyncratic 'finding' ": p. 14 in <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf> ; <https://www.medicalnewstoday.com/articles/273533.php>

Finally, Professor Simpson complains, awkwardly, in response to my Expression of Concern: "...there seems to be an implication in Mr Robertson's comments that we are somehow advocates for a *high* carb diet. We are not – we are scientists" (p. 8). Yes, of course. Let's all agree Simpson does not advise high-carb diets, and real scientists embrace the need to recklessly extrapolate from mice to humans: "A good balance for a mouse is about 20 per cent protein, about **60 per cent carbohydrates** and about 20 per cent fat", said Professor Simpson, explaining that mice on low-protein, *high*-carb diets lived longest. "**And mice are not that different from humans**" (see p. 9).

Alas, to make their experiment's (misrepresented) mouse-diet results seem relevant to the wider world, the authors opportunistically pretend diet results from mice can be treated as results from humans, ignoring the readily known fact that laboratory mice and humans have **profoundly different** metabolic responses to low-carb, high-fat diets: Mice get fat and sick, while humans tend to thrive (p. 5). For ~100 years, competent doctors have been using *low*-carbohydrate (high-fat) diets to reverse/cure type 2 diabetes in humans (pp. 11-15).

Like Simpson, Charles Perkins Centre co-author **Professor David Le Couteur** recklessly extrapolates directly from mice to humans, advising ABC listeners: "If you're interested in a longer life span ...then a diet that is low in protein, **high in carbohydrate** and low in fat is preferable... You can eat as much of that as you like. ... 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...". (The ABC report is reproduced on p.10.)

So too, co-author **Dr Samantha Solon-Biet** simply ignores our knowledge that mice and humans are profoundly different: "Despite the popularity [among humans] of high protein 'paleo' diets, our [mouse] research suggests the exact opposite ... that a low protein, **high carbohydrate** diet was the most beneficial for ... longevity. ... According to this research, [f]or every single serving of protein one consumes - they [humans] should have **10 servings of Low GI carbohydrates**. ... In our mice, this type of diet made them live longer...". <https://www.news.com.au/lifestyle/health/diet/new-research-reveals-we-should-up-our-carbs-and-cut-down-on-protein-if-we-are-to-live-longer/news-story/d10bd00bbe965f830cb4dd6a99d5dde3>

Summary: Scientific fraud "red alert" for *Cell Metabolism* officials and University of Sydney management

Cell Metabolism's faulty paper is part of a national scandal. Taxpayers spend billions of dollars each year funding Australian university research that simply cannot be trusted. Professor Simpson's statement that "Rory's concerns are in every respect unfounded" is **false and dishonest**. On the way to Simpson claiming victory for low-protein, high-carb diets, critical median-lifespan data were scrambled, hidden and ignored. Looking at Table 3, readers can confirm the authors' blatant misrepresentation of the 30-diet experiment's median lifespans. Indeed, not only are the diet results misrepresented, they have been recklessly extrapolated to humans, promoting harm to people with type 2 diabetes and/or metabolic syndrome: pp. 7-11 in <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf>

Ironically, the University of Sydney and *Cell Metabolism*'s mouse-diet longevity deception - used far and wide to misinform scientists, journalists and the general public - has been embraced by Vice-Chancellor Michael Spence as an example of "**research excellence**". In full-page newspaper advertisements in December, the University of Sydney's management claimed that "...our researchers have discovered that a low protein, high carb diet can delay chronic disease and help us [humans] live a longer and healthier life" (p. 6). To boost the credibility of the "discovery" on diet and longevity (in the process of duping the general public), there was **no mention of mice!**

If the misrepresentation of median-lifespan results had been inadvertent, the problem would have been corrected immediately. It wasn't. We now have the authors pretending there is no problem. Where are the representatives of *Cell Metabolism* and Group of Eight science who are prepared to claim publicly that the *actual* median-lifespan results have *not* been misrepresented? Is this becoming a serious scientific fraud, on a par with the Charles Perkins Centre's infamous *Australian Paradox* sugar-and-obesity fraud? I think so, and thus I continue to advise that *Cell Metabolism*'s faulty paper be formally retracted, then rewritten under competent and honest supervision, to ensure that the *actual* median-lifespan results of the 30-diet mouse experiment are accurately described, as per Table 3, and discussed.

University of Sydney's longevity deception in *Cell Metabolism* is consistent with dishonesty in *Australian Paradox* fraud

As I documented in my previous letter (reproduced on pp. 18-20, below), Professor Simpson is a key player in the University of Sydney's *Australian Paradox* sugar-and-obesity fraud. To recap, as Academic Director of the Charles Perkins Centre, Simpson helped his staff member Professor Jennie Brand-Miller to continue to dishonestly pretend that made-up/fake/unreliable data are valid and reliable (even "robust and meaningful"), and that up is down. He should have stopped the high-profile *Australian Paradox* fraud; instead, he chose to pretend it doesn't exist, by helping Brand-Miller to expand her pro-sugar deception into the *American Journal of Clinical Nutrition* (AJCN).

Again, the behaviour of Simpson *et al* in the *Cell Metabolism* mouse-longevity deception is consistent with the Charles Perkins Centre's misbehaviour in its infamous *Australian Paradox* fraud that seeks to falsely exonerate modern doses of added sugar as a major driver of obesity and type 2 diabetes. In both cases, the problem with integrity involves influential science careerists **unreasonably refusing to "specifically address" and correct the profound and well-documented problems** that render their published - and widely promoted - conclusions invalid. Professor Simpson has not explained why he protects harmful false diet information at his Charles Perkins Centre:

- <http://www.australianparadox.com/pdf/LettersCPCProfSimpson.pdf>
- <https://www.abc.net.au/radionational/programs/backgroundbriefing/independent-review-finds-issues-with-controversial-sugar-paper/5618490>
- p. 6 <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf>
- pp. 5-6 <http://www.australianparadox.com/pdf/ABC-investigation-AustralianParadox.pdf>
- <https://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418>
- <https://www.abc.net.au/lateline/health-experts-continue-to-dispute-sydney-uni/7324520>
- <https://www.smh.com.au/business/economist-v-nutritionists-big-sugar-and-low-gi-brigade-lose-20120307-1uj6u.html>
- <https://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html>
- p. 64 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>
- minute 1:20:30 <https://youtu.be/acXICYKEzy4?t=4827>

Table 3

Mouse diets ranked by median longevity (weeks) of mice on 30 diets*							
			Yellow is low-protein diet				
			Blue is high-protein diet				
DIET	Median	Protein (%)	Carb (%)	Fat (%)	Protein: Carb	Energy	Oldest 2-3 mice
RANKING	lifespan of group				ratio	density	(weeks of age)
1	139	42	29	29	1.45	high	151
Best diet's median longevity is 139 weeks, ~10% > next best. It is high in protein and low in carbohydrate							
2	127	33	48	20	0.69	low	134
3	124	5	48	48	0.10	high	146
4	124	23	38	38	0.61	high	143
5	123	14	57	29	0.25	medium	152
6	123	42	29	29	1.45	medium	148
7	123	33	48	20	0.69	medium	146
8	122	5	75	20	0.07	medium	157
9	119	5	75	20	0.07	high	152
10	117	14	57	29	0.25	high	140
11	114	14	29	57	0.48	medium	147
12	108	14	29	57	0.48	high	134
13	108	60	20	20	3.00	medium	130
14	107	33	20	48	1.65	high	137
15	107	33	20	48	1.65	medium	134
16	106	5	20	75	0.25	high	154
17	100	23	38	38	0.61	high	125
18	100	60	20	20	3.00	high	128
19	99	14	57	29	0.25	low	119
20	98	33	48	20	0.69	medium	141
21	89	23	38	38	0.61	low	100
22	89	14	29	57	0.48	low	115
23	86	42	29	29	1.45	low	104
24	84	60	20	20	3.00	low	103
25	79	33	20	48	1.65	low	116
26*	23	5	75	20	0.07	low	23
27*	23	5	48	48	0.10	medium	23
28*	10	5	20	75	0.25	low	10
29*	10	5	20	75	0.25	medium	10
30*	10	5	48	48	0.10	low	10

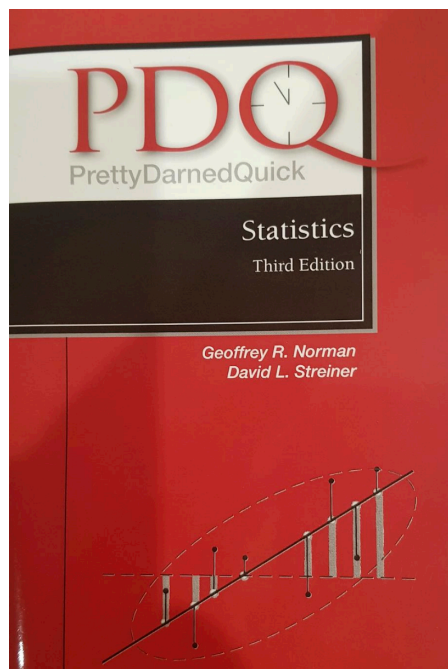
*Diets of mice euthanised because they "failed to thrive" are included in analysis above

Source: The paper's "Supplemental information" including Table S2 reproduced on p. 1, earlier.

What one *Statistics* textbook says about formal papers hiding key results before launching into “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.

¹Huff 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=gbv_selected_pages&cad=2#v=onepage&q&f=false

Bad animal model: Simpson *et al*'s lab mice profoundly unlike humans with respect to metabolism of carbohydrate and fat

Importantly, when you buy standard laboratory mice (C57BL/6), the instructions on the side of the box explain that “fed a high-fat [low-carbohydrate] diet”, they “develop obesity, mild to moderate hyperglycemia, and hyperinsulinemia”: <https://www.jax.org/strain/000664>
But humans are different (see pp. 11-15):



Nutr Metab (Lond). 2012; 9: 69.

PMCID: PMC3488544

Published online 2012 Jul 28. doi: [10.1186/1743-7075-9-69](https://doi.org/10.1186/1743-7075-9-69)

PMID: [22838969](https://pubmed.ncbi.nlm.nih.gov/22838969/)

Response of C57BL/6 mice to a carbohydrate-free diet

Saihan Borghjia^{1,2} and Richard David Feinman²

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Abstract

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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/> ; Fixing MetSyn in humans <https://www.ncbi.nlm.nih.gov/pubmed/16288655>

Epic fail in University of Sydney's quality control: False mouse-diet longevity claim promoted as "research excellence", with general public duped by scientists and management suppressing the fact that contrived "discovery" involves only mice



**We're unlearning
diet to help us
live longer**

By questioning how the body processes different foods, our researchers have discovered that a low protein, high carb diet can delay chronic disease and help us live a longer and healthier life.

Find out how we're unlearning the world's greatest challenges.
sydney.edu.au/our-research



THE UNIVERSITY OF
SYDNEY

Leadership for good starts here

Source: Full-page advertisement in *Good Weekend* magazine, *The Sydney Morning Herald*, 15 December 2018

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. [See overleaf and <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

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

[Faulty paper describes a 30-diet mouse experiment while hiding the longest *actual* median-lifespan results \(139 & 127 weeks\)](#)



Cell Metabolism
Article

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

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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>

University of Sydney's "rebuttal" of Robertson's evidence of blatant misrepresentation of median-lifespan results

(Professor Simpson - via his letter on p. 7 - provided RR with a rebuttal document without a heading, a list of authors or a date.)

Comment 1:

S2 shows that the median lifespan of mice on *none* of 25 diets exceeded 140 weeks, let alone 150 weeks. Yet **Figure 2** in the main text (chart below) suggests median lifespans beyond 150 weeks; Figure **2B** shows a Kaplan-Meier curve featuring the *oldest* mice (outliers >150 weeks) while obscuring the range of *median* lifespans (all <140 weeks) over the 30-diet experiment.

Response 1:

This comment indicates confusion around median and maximum lifespans and the nature of survivorship curves. Median lifespans per diet treatment (Table S2) are used as the basis for the response surface in Figure 2A, mapped onto mean nutrient intakes for the mice on each diet. The full survivorship analyses in the remainder of Fig. 2 includes lifespans of all mice for a given dietary category (dietary protein to carbohydrate ratio or energy density), which of course include cases both shorter and longer than the median.

Comment 2:

The authors claim **falsely** that "Median lifespan was greatest" on diets "low in protein and high in carbohydrate". You can see (Table S2) that median lifespan was greatest on a diet *high* in protein (42%) and *low* in carbohydrate (29%): 139 weeks is 10% better than the next-best median, also from a *high*-protein diet. Alas, in **Figure 2A** the authors carefully suppressed any possible sign of the two best diets (median lifespan **126-139** weeks).

Response 2:

The conclusion that lower protein, higher carbohydrate diets supported longest lifespans and best mid-late life cardiometabolic health in the mice was derived from the entire dataset - and was statistically robust. The power and novelty of this study was that it systematically measured many combinations and quantities of protein, carbohydrate and fat and tested the responses of mice across all of these – *not* diet by diet. In fact, to pick out one or two diets for special attention is invalid – equivalent to refuting a statistically significant regression based on individual points below or above the fitted line.

[more.....]

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).

[more.....]

Finally, there seems to be an implication in Mr Robertson's comments that we are somehow advocates for a high carb diet. We are not – we are scientists. As he could see by reading Solon-Biet et al. 2015 (PNAS), reproductive function in the same male and female mice was maximised on a higher protein, higher fat diet. The message from these and other experiments is that titrating macronutrient ratios (and varying their quality) can achieve many and various health and life-history outcomes – but not all outcomes are optimised on a single diet composition.



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>

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.

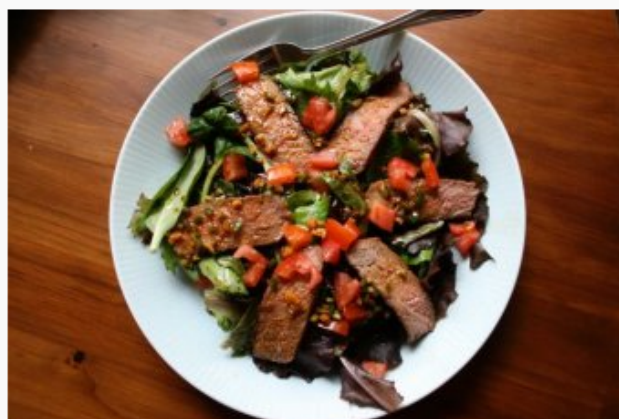


PHOTO: The paleolithic or modern day Stone Age diet is one of the latest crazes. (Flickr: Megan Myers)

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RELATED STORY: [Food industry likened to big tobacco in war on sugar](#)

RELATED STORY: [Obesity in developing countries growing at alarming rate](#)



AUDIO: [Listen to Professor David Le Couteur \(AM\)](#)

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



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News_

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

Making nonsense of the Charles Perkins Centre's bogus high-carbohydrate mouse-diet advice for human longevity, competent US scientists, doctors and dietitians 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/pat/10.1007/%2Fs13300-018-0373-9.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.

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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 hyperglycemia 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>

All sorted a century ago!

Pre-eminent medical text in 1923 advised no-sugar, low-carbohydrate treatment to cure "lipogenic" (type 2) diabetes

DIABETES MELLITUS

433

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

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

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

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

30 grams (1 oz.)	Protein	Fat	Carbohydrates	Calories
			GRAMS	
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>

Indigenous Australians are perhaps hardest hit by the Charles Perkins Centre's pro-carbohydrate 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, maladies driven by the sorts of low-protein, high-carbohydrate mouse diets misguidedly promoted by Simpson *et al*

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

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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

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.

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

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

was categorised into food groups derived from the Australian Food and Nutrient Database AUSNUT 07 food grouping system¹⁰ 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**

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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.

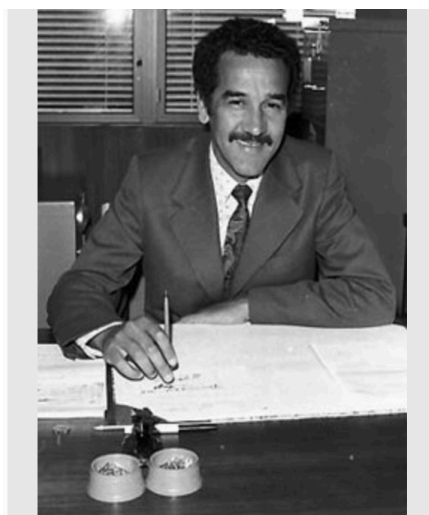
"More than half of all Aboriginal and Torres Strait Islander adults with diabetes also had signs of kidney disease. This compared with a third of non-Indigenous adults with diabetes", said Dr Jelfs.

"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%2020%20years%20earlier%20than%20non-Indigenous%20adults%20\(Media%20Release\)~130](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)

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



Letter: Expression of Concern to *Cell Metabolism* journal regarding misrepresented mouse-diet results in high-profile paper

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

Date: Thu, Jan 3, 2019 at 2:54 AM

Expression of Concern regarding misrepresented mouse-diet results in high-profile *Cell Metabolism* paper

To: <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@pfizer.com>, <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.froguet@imperial.ac.uk>, <jgordon@wustl.edu>, <leng@mit.edu>, <jgustafsson@uh.edu>, <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>, <mkarin@ucsd.edu>, <gk2172@columbia.edu>, <Cynthia.Kenyon@ucsf.edu>, <Nils-Goran.Larsson@ki.se>, <lazar@pennmedicine.upenn.edu>, <davo.mango@utsouthwestern.edu>, <dm@hms.harvard.edu>, <matsuzawa-yuji@sumitomo-np.or.jp>, <mark.mccarthy@drf.ox.ac.uk>, <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>, <mgmyers@umich.edu>, <newga002@mc.duke.edu>, <jolefsky@ucsd.edu>, <laoneill@tcd.ie>, <pearce@ie-freiburg.mpg.de>, <eric.ravussin@pbrc.edu>, <rosenzwe@helix.mgh.harvard.edu>, <sabatini@wi.mit.edu>, <asaltiel@ucsd.edu>, <jschaff@wustl.edu>, <philipp.scherer@utsouthwestern.edu>, <Ueli.schibler@molbio.unige.ch>, <csenko@wustl.edu>, <william.sessa@yale.edu>, <gerald.shulman@yale.edu>, <sternsons@janelia.hhmi.org>, <stoffel@biol.ethz.ch>, <stoffel@imsb.biol.ethz.ch>, <teitelbs@wustl.edu>, <craig@mail.med.upenn.edu>, <carl.thummel@genetics.utah.edu>, <matthias.tschoep@helmholtz-muenchen.de>, <matthias.tschoep@uc.edu>, <karen.vousden@crick.ac.uk>, <jwitztum@ucsd.edu>, <claes.wollheim@unige.ch>, <claes.wollheim@medicine.unige.ch>, <claes.wollheim@med.lu.se>, <rudolf.zechner@uni-graz.at>, <Juleen.Zierath@ki.se>

Dear Editorial Board of *Cell Metabolism* journal (and independent observers, including journalists),

Good morning, afternoon or evening.

I hope you are well. Happy New Year.

I am writing to express concern about false longevity claims by influential University of Sydney researchers in a high-profile mouse-diet study published in your journal *Cell Metabolism*.

The basic problem is summarised on p.1 and confirmed in detail in Table 3 on p.6 of <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf>

If you think my concerns are misplaced, please reply as soon as possible and - if convinced - I will pursue the matter no further.

At this stage, I am arguing that the faulty paper should be formally retracted, then rewritten under competent and honest supervision to ensure the 30 diets' median lifespans are reliably presented and discussed.

Best wishes,
Rory

Rory Robertson

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[Letter to authors re false longevity claims from high-profile mouse-diet paper in *Cell Metabolism*](#)

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

Date: Fri, Jan 4, 2019 at 7:20 AM

Letter to authors re false longevity claims from high-profile mouse-diet paper in *Cell Metabolism*

To: Stephen Simpson (CPC) <stephen.simpson@sydney.edu.au>, <david.lecouteur@sydney.edu.au>, David Raubenheimer <david.raubenheimer@sydney.edu.au>, <david.sinclair@unsw.edu.au>, <David_Sinclair@hms.harvard.edu>, <w.ballard@unsw.edu.au>, <samantha.biet@sydney.edu.au>, <Aisling.Mcmahon@syd.edu.au>, <Kari.Ruohonen@ewos.com>, <lindsay.wu@unsw.edu.au>, <victoria.cogger@sydney.edu.au>, <n.pichaud@unsw.edu.au>, <richard.melvin@helsinki.fi>, <Rahul.Gokarn@anzac.edu.au>, <Rahul.Gokarn@sydney.edu.au>, <Mamdouh.Khalil@anzac.edu.au>, <Mamdouh.Khalil@sydney.edu.au>, <n.turner@unsw.edu.au>, g.cooney@garvan.org.au

Dear authors,

I hope you are well. I am writing about the false longevity claims flowing from your high-profile 2014 mouse-diet paper in *Cell Metabolism* journal.

I was dissatisfied with your response - and your journal's response - to my initial concerns (pp.13-14 in first link below).

Late last year, I was troubled to find that you had allowed the misrepresentation of your longevity results to form the basis of a new (taxpayer-funded) story on mouse-diets and human dementia (p.10).

Then, in mid December, I saw it as completely unreasonable that you allowed your false mouse-longevity claims to become full-page University of Sydney advertisements in newspapers, misleading Australians about diet and human longevity (p.4).

Accordingly, I have written to the Editorial Board of *Cell Metabolism* (and independent observers, including journalists) to express concern about your false claims: <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf>

The basic problem is summarised on p.1 and confirmed in detail in Table 3 on p.6.

If anyone who reads my letter to the Editorial Board thinks my concerns are misplaced, please write to me as soon as possible and - if convinced - I will pursue the matter no further.

At this stage, I am arguing that your faulty paper should be formally retracted, then rewritten under competent and honest supervision to ensure the 30 diets' median lifespans are reliably presented and discussed.

Importantly, I encourage you not to go down the University of Sydney and MDPI journal *Nutrients*' dishonest *Australian Paradox* path of pretending there is no problem: p. 6 <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf> ; <http://www.australianparadox.com/pdf/ABC-investigation-AustralianParadox.pdf> ; p.64 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

We should be able to trust high-profile claims by Group of Eight scientists. But we cannot. This problem needs to be fixed. For starters, why would taxpayers and politicians want to keep funding "science" that produces "findings" that are factually incorrect and work to harm everyday Australians?

My sense is that taxpayers and government authorities will soon start cracking down on the growing lack of competence and integrity in Group of Eight science, including Charles Perkins Centre misrepresentations of simple matters of fact that work to harm public health.

Best wishes,
Rory

Rory Robertson

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Letter: Sydney Uni denies longevity falsehood, tells *Cell Metabolism* "Rory's concerns are in every respect unfounded"

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

Date: Tue, Jan 29, 2019 at 6:17 AM

To: Stephen Simpson (CPC) <stephen.simpson@sydney.edu.au>, David Le Couteur <david.lecouteur@sydney.edu.au>, David Raubenheimer <david.raubenheimer@sydney.edu.au>, <david.sinclair@unsw.edu.au>, ... [Full list at end of letter]

Dear authors of the University of Sydney's high-profile mouse-diet paper and officials of *Cell Metabolism* journal (as well as independent observers, including journalists),

Good morning/evening/afternoon. I hope you are well. I wrote to you in early January about your faulty paper. In response to my Expression of Concern - <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf> - corresponding author Professor Stephen Simpson last week advised an inquirer:

"Dear

As is appropriate, we have responded to the Editor in Chief and Board of *Cell Metabolism* [<https://www.cell.com/cell-metabolism/contact> ; <https://www.cell.com/cell-metabolism/editorial-board>] 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

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Today, I am writing to ask - dear authors and officials of *Cell Metabolism* - that I be provided, please, with your evidence that "...Rory's concerns are in every respect unfounded".

It is troubling that your corresponding author Professor Simpson was unwilling to provide any such evidence to the inquirer. I think Professor Simpson's problem is that no such evidence exists. I think the fact remains that his taxpayer-funded 2014 paper ("Funding was obtained from the Australian National Health and Medical Research Council (NHMRC project grant 571328)...") blatantly misrepresents the longevity results of his 30-diet mouse experiment.

Recapping briefly, here's one (devastating) problem:

1. The authors claim that "Median lifespan was greatest for animals whose intakes were low in protein and high in carbohydrate...": p. 421 <https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5>
2. Alas, contradicting that widely promoted story, the actual longevity data - carefully obscured in the authors' published "Supplemental" information - show that the greatest median lifespan (139 weeks) resulted from a high-protein (42%), low-carbohydrate (29%) diet. Indeed, that diet's median lifespan is 10% greater than the median lifespan of the next best diet (127 weeks), also a high-protein, low-carb diet. Notably, four of the top seven (of 30) diets in terms of median lifespan are high-protein diets, while seven of the worst 12 diets for median lifespan are low in protein.

The extent of the NHMRC-funded authors' misrepresentation of their 30-diet experiment's actual longevity results is illustrated clearly by Table 3 in <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf>, via Table

S2 in <https://www.cell.com/cms/10.1016/j.cmet.2014.02.009/attachment/e2d00ae0-845a-4f9e-99a4-a831d55dd569/mmc1.pdf>

Blind Freddie can see from Table 3 that my concerns are indeed well-founded: the problems I have documented are devastating to the credibility of both the NHMRC-funded paper and the high-profile dietary advice flowing from it to the general public (see the fourth-last paragraph below).

Accordingly, Professor Simpson's claim last week that "...Rory's concerns are in every respect unfounded" is obviously false and apparently dishonest. What I think we are observing is deliberate deception by a senior official of the University of Sydney, an entity that consumes billions of dollars of taxpayer-funded research grants.

While shocking to some, this disturbing lack of basic integrity is consistent with the Charles Perkins Centre's behaviour in its infamous *Australian Paradox* fraud that seeks to falsely exonerate modern doses of added sugar as a major driver of obesity and type 2

diabetes. In both cases, the problem with integrity involves influential science careerists unreasonably refusing to **"specifically address"** the profound and well-documented problems that render their published - and widely promoted - conclusions invalid:

- <https://www.abc.net.au/radionational/programs/backgroundbriefing/independent-review-finds-issues-with-controversial-sugar-paper/5618490> ;
- p. 6 <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf> ;
- pp. 5-6 <http://www.australianparadox.com/pdf/ABC-investigation-AustralianParadox.pdf> ;
- <https://www.smh.com.au/healthcare/research-causes-stir-over-sugars-role-in-obesity-20120330-1w3e5.html>
- <https://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418#transcript>
- <https://www.abc.net.au/lateline/health-experts-continue-to-dispute-sydney-uni/7324520>
- <https://www.smh.com.au/business/economist-v-nutritionists-big-sugar-and-low-gi-brigade-lose-20120307-1uj6u.html>
- <https://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html>
- p. 64 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>
- minute 1:20:30 <https://youtu.be/acXICYKEzy4?t=4827>

Beyond that well-documented-yet-ongoing research misconduct, hard evidence continues to pour in week after week that Professor Jennie Brand-Miller and her boss Professor Stephen Simpson - as key players in the *Australian Paradox* fraud that seeks to falsely exonerate added sugar, especially in sugary drinks - are on the wrong side of history: <https://www.nytimes.com/2019/01/22/well/eat/to-fight-fatty-liver-avoid-sugary-foods-and-drinks.html>

In any case, given Professor Simpson's apparent dishonesty last week in responding to an inquiry about his mouse-longevity misrepresentation, I again urge Professor Simpson, his co-authors and/or the officials of *Cell Metabolism* to provide me, please, with the explanation that Professor Simpson says he provided to "the Editor in Chief and Board of Cell Metabolism".

Critically, you need to explain how point 2. above does not clearly falsify your high-profile claim - promoted by the University of Sydney in full-page newspaper advertisements recklessly suggesting the research involved humans: p.

4 <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf> - that "median lifespan" for mice was greatest for particular diets "low in protein and high in carbohydrate".

Professor Simpson, please "Reply all" with your evidence, so that independent observers watching this situation unfold can stop believing that the problems with your high-profile paper are indeed exactly as I have documented.

Readers, this all matters because the widespread tragedy of obesity, type 2 diabetes, dementia and other diet-driven human miseries promoting early death will continue to expand as long as influential misinformation published and promoted to the general public by eminent diet-science careerists remains uncorrected.

In the current episode, NHMRC-funded mouse-longevity misrepresentations have been converted into misguided high-carbohydrate, low-protein longevity advice for humans that tends to promote misery and early death, especially for Australians with type 2 diabetes and/or Metabolic Syndrome (both largely caused by the excessive consumption of refined sugar and other carbohydrate): <https://www.abc.net.au/news/2014-03-05/low-carb-diet-may-shorten-your-life-study-finds/5299284> ; <https://www.medicalnewstoday.com/articles/273533.php> ; <https://www.news.com.au/national/breaking-news/prof-uses-1000-mice-to-expose-food-folly/news-story/403238e7cccc57b86b689aaa18fa4b95> ; <https://sydney.edu.au/news-opinion/news/2018/11/21/low-protein-high-carb-diet-shows-promise-for-healthy-brain-agein.html> ; p. 4 <http://www.australianparadox.com/pdf/Expanded-Letter-HealthDept-type2diabetes.pdf>

Until the authors or the journal provide actual evidence (not just fluffy bluster) that my concerns "are in every respect unfounded" (they can't), I will continue to advise that the Charles Perkins Centre's faulty NHMRC-funded mouse-diet paper be **formally retracted and then rewritten under competent and honest supervision**, to ensure that the actual longevity results of the 30-diet mouse experiment are accurately described, as per Table 3 in <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf>

In summary, the important point for Australian readers is that we cannot trust eminent "science" as it is done today. My experience - via the University of Sydney's infamous *Australia Paradox* fraud, and now with its sugary low-protein mouse-longevity deception - is that there is no competent quality control when it matters. Group of Eight science careerists simply show up, pick up their pay and awards of eminence, while doing whatever they please with little or no competent, honest oversight. The main victims are taxpayers and public health.

Am I silly to argue that this shonky-but-expensive system needs to change? Why shouldn't taxpayers who pour billions of dollars into Group of Eight university research have every right to insist that the general public not be deceived and harmed by false claims promoted by those receiving the funding?

Best wishes,
Rory

Rory Robertson

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Full email list of Letter addressees:

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

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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 on the Charles Perkins Centre's *Australian Paradox* sugar-and-obesity fraud and *Cell Metabolism*'s mouse-diet-and-human-health deception to my mother, Elaine Lucas, who nursed Aboriginal and other Australians in remote places - including Katherine, Alice Springs, Balcanoona and Woorabinda - from the 1960s to the 1980s. And to my late father, Alexander Robertson (see link below), who grew up in Scotland and in the Scots Guards then shifted to Coogee in Sydney before working with cattle and sheep across country Australia for half a century, and taught me, often by example, much about what is right and much about what is wrong.

I also have firmly in mind people like Bonita and Eddie Mabo, Faith Bandler, Charlie Perkins (who Dad says he knew briefly, and 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 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, including those 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 consumers 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 (pp. 9-15)

Rory Robertson
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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

www.strathburn.com

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